

Turning Gratitude into Action

The heartache from losing a loved one can quickly put life into perspective. Instead of focusing on the depth of the loss, two resilient individuals decided to pay it forward and get involved with the organization that so graciously cared for their loved ones.

Honoring a Sister's Legacy Through Service

Thirteen years ago, Nancy Philippart's sister, Cheryl McWilliams, was diagnosed with a rare form of cancer. Only 39 years old and the mother of two young daughters, the diagnosis rocked Cheryl. Yet with her physician's assurance of a 95% survival rate, Cheryl and her family were optimistic and ready to do whatever it took to beat the disease.



Nancy's sister, Cheryl

Despite several rounds of chemotherapy, experimental treatments and multiple visits to the emergency room, Cheryl's doctors informed her that they had exhausted all possibilities for successful treatment. At that point, the family started discussing the benefits of hospice care, so they could focus on Cheryl's quality of life and celebrate the time they had left.

From the very first interaction with Hospice of Michigan, Cheryl and her family were grateful for the physical, emotional and spiritual support of the entire care team who worked tirelessly to help Cheryl and her family achieve the goals they had set.

As the nurses focused on keeping her pain managed, other team members helped Cheryl address cards for the many milestones ahead that she would miss – her daughters' birthdays, graduations and weddings – and even helped Cheryl record a special message for her daughters to listen to following her death.

Among the many aspects of care that the family appreciated, what stood out to Nancy was the care team's deep knowledge and experience with the end-of-life process. Hospice of Michigan nurses are trained to identify when a patient is actively dying, so they were able to give Cheryl's family the time they needed to be at her bedside to say their goodbyes. Their social worker organized all of the necessary paperwork and contacted police and the funeral home. And, the bereavement team was on call to provide the support they needed to cope with their loss.

In the 12 years following her sister's death, Nancy continues to be thankful for the care team's knowledge, expertise and commitment to give Cheryl the death she wanted – surrounded by friends, family and even her pets.

Joining the Hospice of Michigan Foundation Board in 2019 has given Nancy the ability to keep giving back. She is thrilled to serve on the Board in a volunteer capacity, providing her time and resources to help the organization that helped guide her family through the hardest times.

“I don't know how we could have gotten through this situation without Hospice of Michigan.”

– Nancy Philippart, Hospice of Michigan donor and Board Member

To further honor her sister's memory, Nancy and her husband, Tom McGrail, have established the *Cheryl A. McWilliams Grief Support Fund*. This fund provides bereavement support to families based on their individual needs, before, during and after the death of their loved one.



Nancy (left) and her sister Cheryl

Hospice of Michigan is grateful for Nancy's commitment to pay it forward to assure that families across the state benefit from the personal, compassionate care that Cheryl and her entire family received.

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A Message From Bob



Bob Cahill,
President and CEO

In mid-February, Hospice of Michigan lost an icon. While diminutive in size, June B. Hamersma had a passion for hospice care that was larger than life. June died suddenly at age 90 leaving a legacy of support that dates back to the 1980's when she served on the board of Hospice of Greater Grand Rapids, our predecessor organization.

With deep faith and compassion for others, June was the original advocate for our *Open Access Program*, determined to ensure that everyone who needed hospice care had access to it. In 1994, she inspired and founded the *Hospice of Michigan Foundation* to raise the necessary funds to support our not-for-profit mission of providing hospice care for anyone, regardless of their age, diagnosis or ability to pay.

As a great champion of hospice care, June expanded that vision embracing the value of bringing our individual hospice programs together so families across the state could access the quality care they needed. To this day, the *Hospice of Michigan Foundation* adheres to one of the founding principles that was so important to June – that money raised in a specific community can be directed to stay in that community.

In 2004, in recognition of her enduring commitment, Hospice of Michigan established the *June B. Hamersma Planned Giving Society*.



June B. Hamersma, April 4, 1929 - February 16, 2020

To this day, June's belief in this mission continues to define and motivate our organization, and has inspired legions of donors, volunteers, and friends to continue to give generously to ensure that Hospice of Michigan's exceptional care remains available for future generations.

We are forever grateful for June's heartfelt support and vision. Her legacy will be felt for years to come.

With regards,

Bob
Bob Cahill

Virtual Connections: Men Overcoming Loss

On site or online, a unique support group designed just for men

Hospice of Michigan Grief Support Managers Wesley Lawton (Macomb) and Will Gasper (Cadillac) have established **Men Overcoming Loss** – a support group where men across the state who have experienced loss of a loved one can connect with others – in-person or virtually – to share their stories and feelings with men who can relate.

Participants in *Men Overcoming Loss* can log into the support group (from their webcam-equipped personal computers or by a mobile device) to participate during the first half-hour of the in-person

sessions held at Hospice of Michigan offices across the state. Following the half-hour, virtual participants will be turned off and the support group will continue for those participants at the office sites.

If you know a grieving man who could benefit from the support and resources to help him work through his grief comfortably and productively – even if he lives 10 miles or 100 miles away from a Hospice of Michigan office – please be sure to tell him about *Men Overcoming Loss*. For more information about the group, please contact: Wesley at wlawton@hom.org or Will at wgasper@hom.org.

Key Details for **Men Overcoming Loss:**

- *Men Overcoming Loss* is a support group for any male who has experienced loss of a loved one.
- The group will meet every **third Tuesday** of the month at 6:00 p.m.
- In-person locations include: Big Rapids, Bloomfield Hills, Gaylord and Grand Rapids.
- Attendance is free. To register, please visit www.hom.org and click on the **Grief Support** tab. Once registered you will receive a confirmation that includes a link to connect virtually.

Turning Gratitude into Action: A Vow to Give Back



Ken and Sandy

When faced with a Lymphoma diagnosis in 2017, Sandy Regalado, a tough and vivacious woman, vowed to her son, Ken Regalado that she would fight it with all she had. And, for the next year she did, facing chemotherapy, a stem cell transplant and any other treatment options her doctors recommended.

Despite her tenacity and willingness to keep trying, on November 8, 2018 Sandy and her family gathered to hear the heartbreaking news that treatment was no longer an option and that her disease progression meant that she may only have a month or two remaining.

As a pragmatic and take-charge kind of guy, Ken immediately made it a priority to help Sandy live her remaining days to the fullest, creating new memories while she was still mobile and coherent. Without hesitation, Ken arranged a trip to Lakeport State Park in Lexington, Mich., a place near and dear to his family's heart.

Renting a cute little cottage, Sandy and Ken spent the trip visiting a painted rock garden, the beach and their favorite campsite. That evening, Sandy ate what turned out to be her final full meal at her favorite waterfront restaurant, The Windjammer. Ken, knowing that this was likely the last time they would enjoy this special place together, made it a point to capture and share these treasured moments and memories with the rest of the family.

Upon returning from their trip, Sandy's condition started to deteriorate. With her strength and stability rapidly diminishing, she fell a few times, which only made her pain and symptoms worse. At that point, the hospice discussion began in earnest and Ken reached out to Hospice of Michigan.

“Hospice of Michigan continues to blow me away. Their employees are constantly faced with dire situations and they go about it with such a caring, compassionate and upbeat attitude.”

– Ken Regalado, Barley, BBQ & Beats Committee Member

Throughout the process, Ken and his family were amazed at how knowledgeable and “right on” the Hospice of Michigan nurses were about their mother's journey. The nurses described exactly what would happen during the end of life, and while tough to hear, the family was thankful for their insight so they would know what to expect.

When the family realized that Sandy had only a few days left, the entire family flew and drove in from across the country to be by her side. Fortunately, Sandy remained alert and coherent for one special evening with her entire family, peacefully slipping away the next day. Ken remarked it was as if she waited for everyone to arrive and say their goodbyes.

On the one-year anniversary of her death, Ken and his immediate family celebrated Sandy's life by duplicating the Lexington trip that he took with his mother the year before. Booking the same cottage, following the same itinerary and making it a point to find the rock Sandy painted. Sure enough, out of thousands of painted rocks on display at a waterfront park – they found Sandy's rock! Ken and his family proudly posed for a picture to honor their beloved mother and grandmother.



Sandy with her painted rock



Ken's family with the rock Sandy painted

Ken's experience with Hospice of Michigan was so profound that he vowed to do whatever he could to give back to the organization that helped his family. Today, Ken is combining his passion to give back with the resources and contacts he has developed through his work as an experiential and event marketing professional. Not only is he generous with his time and energy, but he is working relentlessly to encourage sponsorships and create an experience that will make Barley, BBQ & Beats at Detroit Garden Theater spectacular (see back cover for more information on Barley, BBQ & Beats)!

Thank you Ken!

Hope for the Holidays

Creating memories and finding support

The holiday season can be stressful and overwhelming, but for those grieving the loss of a loved one, it can often seem unbearable. That's why Katie Gedraitis, Hospice of Michigan Grief Support Services Manager (Ludington), offers *Hope for the Holidays*, a special, seasonal support group.

Hope for the Holidays is a time to reflect and remember our loved ones and learn practical coping skills to use throughout the holiday season and the new year.



Marie and her Detroit Lions inspired memory wreath

Participants engage in open conversation which give the bereaved an opportunity to mourn, while also constructing a special craft in memory of their loved one.

This year's craft was a memory wreath. Participants were encouraged to bring a variety

of materials, pictures or symbols that reminded them of their loved one to include on their wreath. Participants bonded in their grief, supported one another, and took home a sentimental keepsake honoring their loved one. One participant said, "I was able to meet new people and bond with some old friends. I enjoyed the company and learned through other's stories."

Thank you to *All Occasions Event and Floral* in Ludington for hosting the support group and assisting with construction of the memory wreaths.



Carolyn's wreath included a bobble head reindeer in honor of her husband

Innovating and Expanding Caregiver Education

Introducing The Hospice of Michigan Caregiver Resource Library

The responsibility of being a caregiver for a seriously ill loved one is both a great honor and an enormous undertaking. With the guidance of the Hospice of Michigan care team, caregivers learn the skills necessary to help keep their loved one comfortable and focused on quality of life.

Because caregiving can be both physically and emotionally demanding, Hospice of Michigan knows how important it is to provide resources that help caregivers be confident in this meaningful role.

That is why we are grateful for the generosity of a group of dedicated donors who have funded the production of a video series to reinforce the teaching our care teams provide caregivers during one-on-one visits.

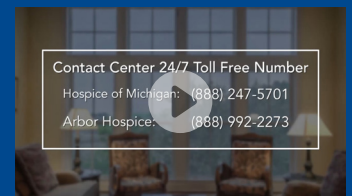
The *Caregiver Resource Library* is accessible on www.hom.org on a password-protected page. It is designed with accessibility in mind, and acts as a reminder when a caregiver needs to refresh their knowledge of how to manage the most common pain and symptoms that patients experience at end of life.

The eight professionally produced videos are created to deliver information in an easy-to-understand format that guides them through the skills and techniques required to help keep their loved one comfortable. Some of the video topics include fall prevention, incontinence care, nausea

and vomiting – to name a few. Having this library readily available on a home computer, iPad or mobile phone will not replace one-on-one interactions with our patients and families, but will enhance the caregiver experience and quality of life for Hospice of Michigan patients.

Our goal is to build and grow the *Caregiver Resource Library*, adding new topics so we can continue to help caregivers address the needs of their loved ones. Of course, to expand this video series, it requires funding from generous donors. The cost to film, edit and produce a video for the library is \$10,000.

If you're interested in funding a video for the *Caregiver Resource Library*, please contact Barbara Anderson, Philanthropy Director at (616) 356-5266.



Special thanks to Lawrence D., Sr. and Dolores E.* Bos, Thomas S., Sr. and Mickie Fox and the Brookby Foundation whose generosity and advocacy made this *Caregiver Resource Library* possible.

*In Grateful Memory

Finding Purpose After Loss

Hospice of Michigan's strength comes from a dedicated team of hospice professionals, working together to provide layers of support to bring comfort, dignity and respect at end of life. The impression the hospice experience makes on a family often has a lasting impact and in some cases, opens the door to a new and fulfilling career path.

Philanthropy Coordinator – Melissa McDonald's Story:

“Back in September of 2018 my world was turned upside down when my dad was diagnosed with stage four Melanoma and given a timeline of months – that quickly turned into weeks. Once we realized the urgency of his diagnosis, talk of hospice care started to arise in conversation.

At the time, I didn't fully understand the meaning of hospice and often associated the term as negative, but

after the first sign-on visit my whole mindset changed. I saw Hospice of Michigan as a breath of fresh air and the assistance we truly needed to appreciate the final weeks we had with my dad. Hospice of Michigan gave my family the guidance and reassurance we needed to get through this journey and assist my dad through these final stages.

During this difficult time, my sister stumbled upon a job opening with Hospice of Michigan. I was immediately intrigued after witnessing the compassionate care and knowledge that my dad's clinical team expressed. Although I was interested in pursuing a new job at that time – I didn't think my life could handle anymore change after the passing of my dad. However, I decided to take the jump and apply for the position.

Within days of joining Hospice of Michigan as a Philanthropy Coordinator, I instantly felt a sense



Melissa (top left) with her mom, late dad and younger sister

of relief and pride knowing that I was with an organization that truly emulates its mission and values – which I witnessed firsthand.

Hearing patient stories and having lived my own hospice journey, makes my job so much more rewarding. Understanding what families are going through and being able to relate with my personal connections makes a world of difference.”

Love in Every Stitch

Many Hospice of Michigan volunteers are inspired to get involved with our organization after personally experiencing the care we provide. Yet other volunteers find their way to us simply because they have a desire to help others in need.

Last fall, Hospice of Michigan volunteer Lynnette Norris, introduced her friend, Carla Forslund, to the variety of volunteer opportunities available. When Carla learned how many ways there were to volunteer, she immediately thought of her mother and the lovely quilts she makes.

Carla's mother, Eloise Covell, has been sewing most of her life. At 95 years young, and with impressive longevity in her family (her mother lived to be 99 1/2; her younger sisters are 91 and

93), Eloise continues to quilt as a way to keep her mind active and healthy.

Through the years, Eloise's family has been fortunate to receive many of her precious, handmade quilts. Learning more about patient needs at Hospice of Michigan, Carla suggested that her mother consider donating some of her newer quilts to their patients. Eloise readily agreed and now finds great satisfaction in helping others through doing something she enjoys – quilting.

In the last year, Eloise has donated thirteen quilts to Hospice of Michigan. When asked how long the process takes from start to finish, Eloise jokes and said, “depends on how much time I want to spend on it – but typically one month.”



Eloise proudly displays her homemade quilts that she donated to Hospice of Michigan

Eloise does not plan on stopping anytime soon. As long as she has materials and her health, she says she will continue to provide patients with the comfort of a handmade quilt.

For more information on how to volunteer or get involved with Hospice of Michigan, please visit www.hom.org/get-involved

A Trip of a Lifetime

When word got out that the *Jo Elyn Nyman Anchors Programs for Children* would be hosting an exclusive statewide screening of *Jumanji: The Next Level*, starring Dwayne “The Rock” Johnson and Kevin Hart, pediatric patient Liam Fairbanks was thrilled.

Liam and his family were planning on attending the Royal Oak screening and were excited to be able to see the movie before its nationwide release. Little did the Fairbanks know that thanks to Hospice of Michigan, Arbor Hospice, The Jenna Kast Believe in Miracles Foundation and Sony Pictures, a once in a lifetime trip was being planned to attend the Los Angeles Red Carpet premiere for *Jumanji: The Next Level*.

Diagnosed with brain cancer at 16, Liam faced his disease with poise far beyond his years, never complaining, even on the toughest days. Despite the challenges and setbacks, the family has remained firmly focused on making the most out of every day and to “live, laugh and love” frequently.

When Liam’s care team floated the idea of sending him and his family to Los Angeles, Liam’s mom, Heather, couldn’t imagine that he would have the stamina to travel. Liam had just been hospitalized with a debilitating infection and his nurses weren’t sure if he was stable enough to attend the screening in Royal Oak, let alone fly across the country to California.

Fortunately, Liam recovered from the infection, and by his 19th birthday, he had regained enough strength and mobility that he did not need to rely on his wheelchair as much. Heather knew that the prospect of the trip gave Liam something to look forward to. So with the doctor’s clearance, the planning for a red carpet adventure began, bringing together Liam’s community of support to create a one-of-a-kind trip.

The first surprise was a personalized video message from Dwayne “The Rock” Johnson and Kevin Hart expressing their excitement of Liam’s participation at the premiere. Next, was a fitting for a new suit to wear at the premiere, thanks to the generosity of a long-time donor.



Liam preparing for the private helicopter ride

Working with The Jenna Kast Believe in Miracles Foundation to make the family’s travel arrangements, Liam’s care team made sure that all of their plans while in Los Angeles were set, including a few surprises planned by a family friend.

Beginning with a limousine ride to the airport, Liam, Heather and his younger brother Walker, set off on an epic California

adventure. Upon arrival, a family friend arranged for a helicopter ride flying high over the iconic Hollywood sign and other Los Angeles sites. Later that evening, their friend scheduled a relaxing cruise on a Tall Ship that was decked out for the holidays with lights from stern to bow.

On premiere day, the family joined A-list celebrities for a walk down the red carpet at the famed TCL Chinese Theatre in historic, downtown Hollywood.

Liam and his family had the chance to socialize with some of the cast members including Nick and Kevin Jonas, Danny DeVito and Alex Wolff before the lights went down in the theater.



Liam aboard the decked out sailboat



Danny DeVito (left) poses with Heather, Walker and Liam



Walker (left) and Liam meet Nick and Kevin (right) Jonas

To wrap up their trip, Liam, Heather and Walker were treated to a private tour of the Sony Pictures Studios. They visited famous sets and saw props from well-known movies and shows like *Spiderman* and *Breaking Bad*. The experience even included a private lunch in Sony Picture’s executive dining room.

From limo to red carpet, the Fairbanks experienced Los Angeles in style and headed back to Michigan with memories to last a lifetime.

With the support of *Jo Elyn Nyman Anchors Programs for Children*, Liam and his family are doing well and continue to make the most out of every day. “We are eternally grateful,” said Heather.

For more information on the *Jo Elyn Nyman Anchors Programs for Children*, please visit www.anchors4children.org.

AN EXCLUSIVE STATEWIDE MOVIE SCREENING

JUMANJI

THE NEXT LEVEL

2019 POST EVENT REPORT

4

DAYS

4

CITIES

1,500

GUESTS

\$265,000+

RAISED TO BENEFIT



Jo Elyn Nyman
Programs
for Children

FUNDING
1,600

DAYS OF CARE

TRAVERSE CITY

275 GUESTS

1ST MAJOR FUNDRAISER HELD IN TRAVERSE CITY

ALPENA

160 GUESTS

TOOK OVER ENTIRE AMC CLASSIC THEATER

GRAND RAPIDS

570 GUESTS

60 PEDIATRIC PATIENTS AND FAMILIES

SOLD OUT!

ROYAL OAK

480 GUESTS

65 PEDIATRIC PATIENTS AND FAMILIES

SOLD OUT!



Notes of Hope Weekly Affirmations of Comfort and Support

Sometimes in the midst of grief or distress, a few thoughtful words can bring great comfort and healing — that is the concept behind *Notes of Hope*, Hospice of Michigan's weekly affirmation email program.

Notes of Hope are short, positive and supportive affirmations, quotes or lessons delivered weekly to inspire and encourage the reader. All *Notes of Hope*

affirmations are authored by Hospice of Michigan's expert grief support counselors.

It is our hope that *Notes of Hope* will be a gift to you.

You can sign up to receive your *Notes of Hope* at www.hom.org/notes-of-hope/. And remember to invite family and friends who could benefit from receiving *Notes of Hope*.

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**In Memory Of*



Hospice of Michigan Foundation
43097 Woodward Ave. Ste. 102
Bloomfield Hills, MI 48302-5042

OVERARCHING STANDARD OF HIGHER PURPOSE

Every Person, Every Time.

PURPOSE STATEMENT

We meet our patients and families where they are with urgency, purpose and compassionate accountability surrounding them with decades of dedicated hospice expertise.

CULTURE STATEMENT

Our strength comes from working together providing more layers of support for anyone with a terminal illness who seeks and needs our care regardless of age, diagnosis or ability to pay.



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One Great Event – Three Fantastic Locations!

APRIL 24

THE GARDEN THEATER
DETROIT

MAY 8

THE WEX
CADILLAC

MAY 16

VAN ANDEL ARENA
GRAND RAPIDS

Hospice of Michigan is excited for our annual *Barley, BBQ & Beats* fundraising event that will occur at three fantastic locations across the state. This unique celebration features the state's growing love of barbecue from leading pit masters and handcrafted cocktails from select Michigan distilleries all set to the rhythm of live music from Cadillac-native Luke Winslow-King and other hometown favorites!

These three entertaining evenings will raise critical funds and build awareness for Hospice of Michigan's Open Access Program. Open Access is our commitment to the communities we serve, promising to take care of anyone who seeks our care regardless of age, diagnosis, or ability to pay.

Join Hospice of Michigan for a fun night full of Barley, BBQ & Beats! For more information, sponsorship opportunities or to purchase tickets, please visit www.hom.org/bbb2020.

Tickets: \$40 pre-sale / \$45 at the door

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LOUNGE SPONSOR:
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If you wish to remove your name from future fundraising solicitations, contact the Donation Processing Center, 800-669-9335 or email: info@hom.org.

Locations

- Ada (Grand Rapids)
- Alpena
- Ann Arbor
- Big Rapids
- Bloomfield Hills
- Cadillac
- Clinton Township
- Dearborn
- Fremont
- Gaylord
- Ludington
- Muskegon
- Southfield
- Traverse City