

Hospice of Westchester TODAY

IN THIS ISSUE

THE IMPORTANCE OF
COMPLEMENTARY THERAPIES
IN END-OF-LIFE CARE
1, 3 & 6

GOLF
INVITATIONAL 2
—
TREE OF LIFE 2
—
FALL FÊTE AT SAM'S OF
GEDNEY WAY 2

IN CELEBRATION 3
—
LETTER FROM
THE CHIEF EXECUTIVE
OFFICER 4

BEREAVEMENT
GROUPS 4
—
VOLUNTEER
OPPORTUNITIES 5

MARY SPENGLER NAMED
ONE OF WESTCHESTER'S TOP
CEOS 5

VOLUNTEER CAROLYN VAN
NESS RECEIVES QUALITY OF
LIFE AWARD 5

APPRECIATION
TO FRIENDS AND
SUPPORTERS 5

NATIONAL
HOSPICE & PALLIATIVE
CARE MONTH 6

www.HospiceofWestchester.org

The Importance of Complementary Therapies in End-of-Life Care

When you think about hospice or end-of-life care, a common misconception is that the focus of the providers is solely on pain management. While this is a key component of any hospice care program, many providers, including Hospice of Westchester (HOW), believe in the importance of a holistic approach to treating patients, not just their symptoms.

It has been proven that patients diagnosed with a life-limiting illness benefit from the addition of alternative therapies into their treatment plan. Often known as Complementary Care, these therapies can maximize patients' comfort and overall quality of life.

Caring for the "whole" patient should be an essential component of any hospice program. Mind-body complementary therapies like massage, reflexology, music therapy and art therapy, as well as the presence of a compassionate doula, can help ease tension, reduce anxiety levels and improve the overall comfort of the patient. We are proud to offer all of these resources, at no cost to our patients, through The Anna & Louis H. Shereff Complementary Care Program.

MUSIC THERAPY

Since 2017, HOW has partnered with Music Conservatory of Westchester and its Music Therapy Institute to offer music therapy services to our patients.

According to Lisa Sandagata, MA, MT-BC, Director of Outreach, Music Conservatory of Westchester, music therapy provides emotional support, reduces

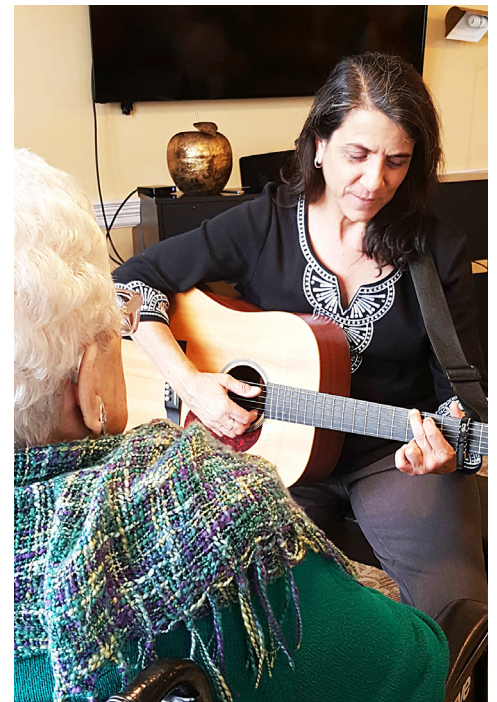
anxiety, can alleviate pain and create a social context involving loved ones. Patients receive the opportunity to be musical, explore the music of their lives and recall their special memories and moments through song. Music can also provide physical comfort and reduce the loneliness, isolation or depression that are often experienced by patients at the end of life.

"Music is a social art and something made to be shared," she says. "Enjoying the music that has been present in all the stages of a patient's life provides a wonderful opportunity for these individuals to think of happy memories from their past. It also helps them make positive memories in the present with those surrounding them."

Music therapy sessions can also feature music-assisted relaxation, where the therapist will play an improvised piece of music to help the patient feel more comfortable. This type of receptive experience gives the patient the opportunity to relax and enjoy the many benefits of music.

ART THERAPY

Participating in art therapy provides an opportunity for patients of all ages to express themselves through artistic activi-



ties. Art can produce a release of feelings that can be healing to the mind, body and spirit.

Valeria Koutmina, MPS, ATR-BC, LCAT, art therapist with HOW, says that art therapy provides a way of sharing space and communicating with a patient and their family. Markmaking is meaning-making, and visual art is an organizing, life-affirming and grounding process that is especially important at a time in life that may presents challenges, emotions and unknowns. After meeting a patient and assessing their interests and abilities, she'll bring several types of artistic materials for them to choose from.

"It becomes a collaboration between the art therapist and the patient. It is a non-invasive part of the hospice process,



21ST ANNUAL GOLF INVITATIONAL

Hundreds of business and community leaders participated in our 21st Annual Golf Invitational, which was held at Westchester Hills Golf Club in White Plains on Tuesday, June 6. This year's event honored Joseph Kahl, longtime supporter, event sponsor and co-chairman. It was our most successful Golf Invitational to date, and proceeds from the event supported our commitment to providing compassionate end-of-life care and support to patients and their families.

IN APPRECIATION
Grand Sponsors for the event included Atlantic; Beecher Flocks Funeral Home, Inc.; Hildegard D. Beecher Foundation Inc.; Manhattan Beer Distributors, LLC; Next Level Private, LLC; and The Blue Sandstone Group at Morgan Stanley. Sponsors included Peter A. Camilli & Sons, Inc.; Empress EMS; Envipco; Polchinski Memorials, Inc.; TOMRA of North America, Inc.; and Zanzarella Marketing. The hole-in-one contest was sponsored by Pepe Cadillac. ❤️



Hospice of Westchester Golf Invitational Sponsors and Co-Chairmen. From left: Jim O'Connor (Empress EMS, HOW board member); Larry Weiss (Atlantic); Christa Puccio-Gallo (Atlantic); William F. Flocks, Jr. (Beecher Flocks Funeral Home, Inc., HOW board chair); Mary K. Spengler, MS, LNHA (HOW CEO); Karen Zanzarella (Zanzarella Marketing, event coordinator); John Zanzarella (Zanzarella Marketing, event coordinator); Tina Bergers (Envipco); Joseph Kahl (Manhattan Beer Distributors, LLC, event honoree); Robert Camilli (Peter A. Camilli & Sons, Inc.); Mike Centineo (TOMRA of North America, Inc.); Jack Geoghegan (Hildegard D. Beecher Foundation Inc.); Barry P. Mitchell, Jr. (Next Level Private LLC, HOW board member); Michael K. Ciaramella (Polchinski Memorials)



HOW Golf Invitational Sponsors & Co-Chairmen: Mary Gibbons Gardiner (The Blue Sandstone Group at Morgan Stanley, HOW board member); Joseph Kahl (Manhattan Beer Distributors, LLC, event honoree); John and Karen Zanzarella (Zanzarella Marketing, event coordinators)

Foursome from Hole-in-One Contest Sponsor Pepe Cadillac. From left: James Macagna, Joseph Pepe, Jr., Chad Harris and Robert Schneider

Tree of Life



SAVE THE DATE

November 30, 2023

We are thrilled to host an in-person reception for our Tree of Life this year! You are invited to remember a loved one by purchasing a gold star in their memory. The star will be placed on our Tree of Life. As a thank you for your donation, we cordially invite you to attend an evening of light refreshments and entertainment.

WESTCHESTER HILLS GOLF CLUB
5:00-6:30pm

For further information about the event or to make a required reservation, please contact Holly Benedict at 914-682-1484 ext. 122 by November 24th.

GRAND SPONSORS – Beecher Flocks Funeral Home, Inc., Co-Communications, Inc., Cuddy & Feder LLP, Michele Fraser Geller, Grassy Sprain Pharmacy, Next Level Private, LLC, PKF O'Connor Davies, LLP, The Hildegard D. Beecher Foundation, Inc., Valley Bank. **SPONSORS** – Graphic Management Partners, Polchinski Memorials, Inc., Ross Mailing Services, Inc., The Kensico Cemetery, Westchester Hills Golf Club

Fall Fête at Sam's of Gedney Way



L-R: Holly K. Benedict, Director of Public Affairs and Development; William F. Flocks Jr., Board Chair; Mary K. Spengler, MS, RN, LNHA, Chief Executive Officer; Peter and Karen Herrero, owners, Sam's of Gedney Way

More than 100 community members, board members, staff and friends came together on October 25 for our first Fall Fête at Sam's of Gedney Way in White Plains. It was a lovely evening and there was wonderful energy in the sold-out restaurant. We thank Karen and Peter Herrero, owners of Sam's, who donated ten percent of the revenue generated throughout the evening to our organization. The funds have been earmarked to support our vital programs and compassionate services. ❤️



In Celebration

Hospice of Westchester hosted its annual “In Celebration” Gala Cocktail Reception on Thursday, September 28 at the Westchester Country Club in Rye. The event honored Mary Gibbons Gardiner, HOW board member and immediate past board chair, and Music Conservatory of Westchester. A special recognition was also bestowed upon longtime supporter and Grand Sponsor of the event, Rochelle E. Shereff.

Event co-chairs included William F. Flocks Jr., Michele and Terry Geller, DDS, and James P. O’Toole. The Premier Sponsors were Beecher Flocks Funeral Home, Inc.; Co-Communications, Inc.; Michele and Terry Geller, DDS; Grassy Sprain Pharmacy; Hildegarde D. Becher Foundation Inc.; Barbara and Paul T. Khoury, MD; Next Level Private, LLC; PKF O’Connor Davies, LLP; The Blue Sandstone Group at Morgan Stanley; and White Plains Hospital. ❤️

IN APPRECIATION



Front row (L-R): Jean Newton, MA, Ph.D, Music Conservatory of Westchester (honoree); Mary Gibbons Gardiner (honoree, sponsor, The Blue Sandstone Group at Morgan Stanley, HOW board member); Grand Sponsor Rochelle E. Shereff; Mary K. Spengler, MS, RN, LNHA (HOW CEO). Back row (L-R): Barry Mitchell (board member and sponsor, Next Level Private, LLC); Terry Geller, DDS and Michele Geller (event co-chairs, sponsors); William F. Flocks, Jr. (HOW board chair, event co-chair and sponsor, Beecher Flocks Funeral Home, Inc.); Jack Geoghegan (sponsor, Hildegarde D. Becher Foundation Inc.); George Whitehead, (HOW board member, sponsor, PKF O’Connor Davies, LLP)



George Whitehead (HOW board member, sponsor, PKF O’Connor Davies, LLP) and Susan Fox (sponsor, White Plains Hospital)



Holly K. Benedict, HOW Director, Development and Public Affairs; Anthony Ciarletta RPh and Linda Ciarletta RPh (sponsors, Grassy Sprain Pharmacy)

Continued from cover

acting as a soothing modality that engages their mind and their creativity,” she says.

One of the most important benefits of art therapy is that it gives individuals autonomy and the opportunity to make a choice in whatever medium they’d like to use at a time when they may feel a lost sense of control.

“The end of life is sometimes complicated. Art therapy gives individuals the opportunity to take in art and create something beautiful during their final journey. And sometimes art making is not even what happens during a session. It’s about the conversation around it, trying different materials and enjoying the process.”

COMPASSIONATE DOULA

A Doula is a person who accompanies at major life transitions. Doulas are most

closely associated with births, but can be part of dying as well.

Ruth Diones, a compassionate doula with HOW, says, “This important journey is one of the most important moments in life. It’s important to celebrate it, make it special and nourishing. Let’s celebrate life and acknowledge it’s wonders.”

Some of the things that Ruth does as a doula includes: spend time with a patient if they do not have any visitors or family; offer respite for the family; play music; offer a structured life review; create a death plan; help the person get comfortable – notice and advocate when the patient is in pain or distress; facilitate meetings with estranged family members or emotional family members; create a peaceful environment; and much more. Families also have the option to request the presence of the compassionate doula when a patient is

actively dying.

“A doula is able to be the calm in the storm, helping the patient and their families during what can be a very emotional time. Because Hospice utilizes a team approach, I am able to overlap with the other providers and be an added support for the patient and family.”

MASSAGE THERAPY

It is widely accepted that power of touch can have a healing impact on pain and decrease stress. Massage is a form of structured therapeutic touch, which can relax patients, relieve muscle tension, reduce anxiety levels and blood pressure, boost the immune system and moisturize the skin.

Licensed massage therapist Maria MacIlvane, who is part of our team at HOW, says there are many benefits of massage therapy on hospice patients,

LETTER FROM

The Chief Executive Officer



Hospice of Westchester was founded 31 years ago with a mission of providing exceptional end-of-life care that emphasizes compassion, dignity and respect. Thousands of patients and their families throughout the County have received our services through the years, and we are proud of the legacy we have built as a respected member of Westchester’s healthcare community.

This has been a very active year for our organization, including being able to enrich and expand our programs to better serve our patients’ needs. Our extraordinary staff and volunteers celebrate and exemplify our mission and values of respect, integrity, dignity, teamwork and excellence as they guide our patients and their families along their most important journey.

This year, we hosted several successful annual events and are excited for our upcoming Tree of Life reception. It will take place in person for the first time in three years on Thursday, November 30 at Westchester Hills Golf Club. In addition, we are proud to say that we have once again met all 20 standards of charitable accountability established by the Better Business Bureau and received designation as an accredited nonprofit.

The fact that our organization has been able to operate for more than three decades is a tremendous feat considering the continually changing healthcare environment at the national, state and local level. These changes across the continuum affect how hospice care is provided. As the number of patients dependent on our care has increased, so has the cost to care for them. It is important to note that we continue to maintain and offer our exceptional clinical expertise and compassionate care to our patients and their families.

When we consider the accomplishments and challenges the last 31 years have brought and those still to come, we extend our gratitude to our dedicated Board of Directors, the Westchester community, and our donors and supporters for the essential role they have played in our continued success. We reflect proudly on our past and look forward to continuing to serve as the model for excellence in end-of-life care.

Thank you for your continued generosity. Our best wishes to you and your family for a peaceful and healthy holiday season.

Mary K. Spengler, MS, LNHA
CEO

Visit our website
www.HospiceofWestchester.org

Hospice of Westchester is a private not-for-profit, tax exempt agency that is certified by the federal government, licensed by the New York State Department of Health, as well as accredited by the Community Health Accreditation Program (CHAP).



BEREAVEMENT GROUPS

Winter Bereavement Support Groups & Workshops

- ♡ Spouse/Partner Loss
- ♡ Adult Parent Loss
- ♡ Flying Solo

(spousal loss after a year for women)

Please contact our Bereavement Department for more information. Groups are held on a regular basis.

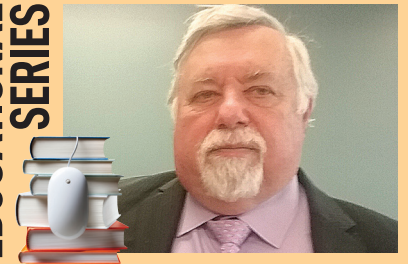
Individual Grief Counseling

Short-term, one-on-one counseling is available to members of the community and our patient family members. Please contact our Bereavement Department for more information about groups or individual services. Individual Counseling and Support Groups are held in person in our office.

Kim Gordon, LMHC-FT
Bereavement Coordinator
914-682-1484 ext. 163

Joan Jacobus, LCSW, MBA
Volunteer Director/Bereavement Coordinator
914-682-1484 ext. 185

EDUCATIONAL SERIES



In an effort to continue to offer the highest quality of care to our patients and their families, HOW is committed to providing ongoing educational opportunities to our staff throughout the year. We are grateful for the support of the Edward M. Simas Educational Fund that sponsors the educational series. Our 2023 presentation was titled, “Back in the Saddle Again.” It was presented by Kenneth J. Doka, Ph.D., MDiv, Sr. Vice President, Grief programs, The Hospice Foundation of America. ♡

VOLUNTEER OPPORTUNITIES

Have specialized skills?
(second language, Veteran, etc.)

Want to learn new skills?
(administrative tasks, computing etc.)

Want to meet new people?
(other volunteers, hospice staff)

Become a Hospice Volunteer!

Our volunteers provide comfort and companionship for our patients. Volunteers may assist in the office. Hospice volunteers are special and essential members of the care team.

What you can do:

- ♥ **Patient visits** - Provide companionship, emotional support, life review poetry, or read to patients
- ♥ **Flowers for Life** - Pick-up, arrange and deliver flowers
- ♥ **Office Support** - Assist with filing, mailing, reception desk and other business-related jobs

We would love to hear from you to explore the possibility of you joining our volunteer team.

Please call Joan Jacobus, Director of Volunteers at 914-682-1484 ext. 185, or e-mail jjacobus@hospiceofwestchester.com

HAPPENINGS & GATHERINGS

Mary Spengler Named One of Westchester's Top CEOs & Business Leaders of the Year



This summer, HOW CEO Mary K. Spengler, MS, RN, LNHA, was named one of the CEOs & Business Leaders of the Year by 914Inc. Her outstanding contributions were recognized in the Non-Profit Companies: Healthcare category. Members of our staff and board of directors joined Mary at the ceremony, which took place at Salem Golf Club on August 28. ♥

Volunteer Carolyn Van Ness Receives Quality of Life Award at Volunteer New York! Spirit Awards



Longtime HOW volunteer Carolyn Van Ness received the Quality-of-Life Award at this year's Volunteer New York! Spirit Awards celebration. When Carolyn retired in 2016, she began volunteering for our organization as an office volunteer and "friendly visitor" to hospice patients and bereaved family members. During the pandemic, Carolyn continued her conversations with patients and grieving families via the internet. In addition, Carolyn is involved in HOW's Flowers for Life program. ♥

APPRECIATION TO FRIENDS AND SUPPORTERS OF HOSPICE OF WESTCHESTER

Hospice of Westchester (HOW) is proud to celebrate our 31st Anniversary in 2023 and have been a valued and respected member of the Westchester healthcare community since our inception. HOW remains committed to providing extraordinary end-of-life care to Westchester County residents diagnosed with any life-limiting illness. Our professional team continues to provide exceptional medical expertise and compassionate care to all those requiring our services.

At the core of every decision we make, it is our relationships with our patients and families that matters most. We value this bond and truly believe it is very unique in today's world. This relationship defines who we are and it is an honor to be invited into our patients' homes to help them and their families along their most important journey.

Funds raised throughout the year have been allocated to support the heart of our operations, Hospice Home Care, and to help us fulfill our mission. We invite you to be our partner in this

great endeavor. Throughout our history, your generosity has helped us manage through financial challenging times. Your tangible gifts allowed for adequate staffing and technology and to ensure that our patients costs are covered. It is important to note that no one is denied services due to an inability to pay.

We know that without your help, we would not have been able to accomplish all that we have. Please continue this tradition of giving by making a year-end, tax-deductible gift using the enclosed envelope, online at hospiceofwestchester.org or by calling Holly Benedict at 914-682-1484 ext. 122.

All of us at HOW are eternally grateful to you for the essential role you play in our continued success.

Hospice of Westchester made a steadfast commitment 31 years ago to provide the finest hospice care to Westchester County residents without compromise. To this day, we continue to serve as the model for excellence in end-of-life care. ♥



BOARD OF DIRECTORS

William F. Flooks, Jr., - **Chairman**
George Whitehead, - **Vice Chair**
Joanne Ciaramella, Esq., - **Secretary**
Mary Frances Barrett - **Treasurer**

Amy Ansehl, DNP
Stewart Ault
Mary Gibbons Gardiner (Chair Emeritus)
Michele Fraser Geller
Gavin Hougham, PhD
Tatyana Fowler
Catherine McGovern, MD
Barry Mitchell
James O'Connor
Michael Palumbo, MD
Beverly Thornhill, MD

Hospice of Westchester is a private, not-for-profit, tax-exempt agency.
If this was received in error, please call 914-682-1484 ext 122.

OUR MISSION

Hospice of Westchester is committed to providing compassionate end of life care. We combine the highest level of quality medical care with emotional and spiritual support enabling individuals and their loved ones to make the most of each day.

Continued from page 3

including helping with muscle tension, circulation and anxiety. She also works with patients' family members to teach them what they can do in between sessions to help their loved ones.

"When patients know that someone is with them, holding their hand and providing a compassionate touch, the effects are amazing," MacIlvane says.

REFLEXOLOGY

Reflexology is based on the belief that specific areas of the feet and hands correspond with specific parts of the body. Gentle stimulation of these areas with the thumbs and fingers relieves stress and tension, improves circulation,



promotes normal body function and results in a feeling of deep relaxation.

HOW has two Nationally Certified Reflexologists that work with our patients, Gabrielle Zale and Diane April.

"Ultimately, touch is the greatest healer, particularly at this final journey in life," Zale says. "Even though some

patients may not be awake and alert, by touching them in this way you are acknowledging that they are still there and still part of the world."

Zale says that, even if a patient can't speak, she is able to sense small body changes that show the effects of her practice. "It's a subtle energy shift. Their breathing slows down – you can tell they are relaxing and may be feeling less pain and anxiety. They can tell that you are acknowledging them and are really present with them," she says.

A version of this article appeared in the February 27, 2023 issue of the Westchester and Fairfield County Business Journals. 

NATIONAL HOSPICE & PALLIATIVE CARE MONTH – November is designated as National Hospice & Palliative Care Month, designed to raise awareness of hospice and palliative care within the community. This year's theme is "Courageous Conversations." Hospice of Westchester is thrilled to present, in conjunction with the Music Conservatory of Westchester, a concert series to patients in various nursing homes during the month of November. This has been made possible through the generosity of our Anna & Louis H. Shereff Caregiver and Complementary Care Program. 