

Hospice of Westchester TODAY

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Caring for the Caregiver

BY MARY K. SPENGLER, RN, MS, LNHA

Caring for a loved one, whether a family member, friend, or neighbor, is becoming increasingly common as the Baby Boomer generation continues to age. According to the 2025 Caregiving in the U.S. report by AARP and the National Alliance for Caregiving, 59 million Americans provide care for an adult friend or family member who is ill. While the typical family caregiver is a 51-year-old woman, there are an increasing number of men and younger people serving in this role.

The responsibilities of family members or friends who find themselves in this situation do not end with caregiving; many also hold some type of employment. Caregiver obligations can place demands on their schedule and emotions, causing significant stress both in and outside of the workplace. For this reason, those in this position must be sure to take care of themselves to protect their own health and well-being in all aspects of their lives.

Caregivers must understand that taking care of themselves is just as important as caring for a loved one. While there are a number of rewards to providing care for another person, there are also potential risks to the caregiver's health.

Signs of caregiver stress may build up slowly and might not be immediately

noticeable. Coworkers, friends, or loved ones may detect mood changes, impatience with colleagues or clients, and a lack of joy in workplace or social activities. Anxiety, irritability, and exhaustion are also common signs.

Stress can contribute to lost wages and negative health effects for the caregiver without the proper tools and coping strategies. Some simple steps can be taken to prevent or minimize the effects of stress. Seeking help is paramount—very few people can handle the financial, physical, emotional, and logistical burdens alone. Take turns with a family member. Pay attention to your own limitations and know when to ask others for assistance.

According to the Family Caregiver Alliance, it is not unusual for caregivers to develop mild or more serious de-



pression as a result of the constant demands they face in providing care. Be sure to know what the signs of depression are (including a notable increase or decrease in appetite, fatigue, a change in sleep patterns, and a loss of interest in people or activities that once pleased you) and seek help through individual counseling or a community-based support group.

To avoid any misunderstandings with their loved ones' medical team, caregivers must take the time to communicate with them. Ask questions of the doctors, nurses, and social workers, and understand when and where the professionals must step in.



23RD ANNUAL GOLF INVITATIONAL

More than 125 business people, community leaders, and supporters participated in Hospice of Westchester's 23rd Annual Golf Invitational, which was held at Westchester Hills Golf Club in White Plains on Tuesday, June 3. This year's event honored Joseph Pepe Sr. and the Pepe Auto Group for their many years of philanthropic support. Pepe Cadillac has served as the Hole-in-One Sponsor of the Golf Invitational for many years, adding to the overall success of the event.

The Grand Sponsors for this year's event were Beecher Flooks Funeral Home, Inc.; Christa Gallo; Hildegard D. Becher Foundation, Inc.; Manhattan Beer & Beverage Distributors; Next Level Private, LLC; PKF O'Connor Davies, LLP; The Blue Sandstone Group at Morgan Stanley and Zanzarella Marketing. Sponsors included: Peter A. Camilli & Sons, Inc.; Empress EMS; Envipco; E.W.G. Glass Recovery and Recycle Corp.; Grassy Sprain Pharmacy and TOMRA of North America, Inc. The hole-in-one contest was sponsored by PEPE CADILLAC. ♡



Hospice of Westchester Golf Invitational Sponsors and Co-Chairmen. From left: William F. Flooks, Jr. (Beecher Flooks Funeral Home, Inc. and HOW board chair); Cindy B. Rudbart, CDFA (The Blue Sandstone Group at Morgan Stanley); Robert P. Camilli, Jr. (Peter A. Camilli & Sons); Holly K. Benedict (Director of Development and Public Affairs of HOW); Jack Geoghegan (Hildegard D. Becher Foundation Inc.)



Hospice of Westchester Golf Invitational Sponsors and Co-Chairmen. From left: Jim O'Connor (Empress EMS and HOW board member); Louis Ventura (E.W.G. Glass); Michael Centineo (TOMRA of North America); Mary K. Spengler, RN, MS, LNHA (Chief Executive Officer of HOW); Karen Zanzarella (Zanzarella Marketing and event coordinator); John Zanzarella (Zanzarella Marketing and event coordinator); Joseph Kahl (Manhattan Beer Distributors, LLC)



Joseph Pepe Jr. (left) accepted the recognition at HOW's Annual Golf Invitational on behalf of Joseph Pepe Sr. and the Pepe Auto Group. Pepe is pictured with Bill Flooks (Grand Sponsor, Beecher Flooks Funeral Home, Inc., and HOW board chair)

Tree of Life

SAVE THE DATE

December 2nd, 2025

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 25th.

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

Fall Fête at Sam's of Gedney Way



L-R: Peter and Karen Herrero, owners, Sam's of Gedney Way; Mary K. Spengler, RN, MS, LNHA, HOW CEO; William F. Flooks Jr., HOW board chair; and Holly K. Benedict, HOW Director of Development and Public Affairs.

More than 90 community members, board members, staff, and friends came together on Wednesday, October 22, for our third 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. ♡

Kind Words from Our Families

"I wanted to write and thank your agency for the exceptional care, help and support we received throughout my mother's hospice care. The help with Mom's care was exceptional, invaluable and confidence building as your team helped guide us as Mom peacefully transitioned and slipped away. The grandest of Thank You's to your entire team for making this difficult situation such a positive experience. We feel so lucky to have been associated with your organization."

"My family and I would like to thank you for the care you gave our mother. You gave us comfort and support when we needed it, as well as advice regarding end of life. Her death was peaceful and at home with us, which we will never forget. Thank you!"

"Our family will always remember the professionalism and kindness of the caregivers who supported us as our mother was comforted in those final days. Every family who faces such challenges should know how important the emotional and logistical support of hospice organizations can be. God bless you all!"

"We are writing to express our sincere gratitude for the exceptional care our beloved father received from your dedicated team. Your staff provided remarkable comfort, dignity and unwavering support to him and the entire family. Thank you once again for your incredible services."

Become a Hospice Volunteer!

Hospice volunteers are essential members of the care team. Opportunities include visiting patients and/or provide office support.

What you can do:

- ♥ **Patient visits** - Offer comfort and companionship to hospice patients and families. Volunteers read to patients, facilitate life review or provide a quiet presence and more.
- ♥ **Flowers for Life** - Pick-up, arrange and deliver flower arrangements to our patients.
- ♥ **Office Support** - Assist with filing, mailings, 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

Cover story continued

Personal time is essential for those managing employment while caring for a loved one. They should be encouraged by those around them to explore options for using personal time for both caregiving and self-care. They may need reassurance that taking time off—even for half a day or just a few hours—will not adversely impact the company or their job.

Perhaps most importantly, caregivers should not forego enjoyable activities. Spend time with friends. Gardening, reading, painting, exercise, and meditation can help alleviate the stresses of caregiving. They must spend enough time on themselves while caring for a loved one.

Being a caregiver can be very rewarding, but it is also a balancing act. Caregivers must be aware of their own health and well-being as much as they are of their loved ones.♥

MESSAGE FROM

The Chief Executive Officer



For more than 33 years, Hospice of Westchester's mission has been to provide exceptional end-of-life care that emphasizes compassion, dignity, and respect. Our organization has provided services to thousands of patients and their families across the county, and we take pride in our legacy as a trusted member of Westchester's healthcare community.

This year has been particularly dynamic for us, as we've enriched and expanded our programs to better address the needs of our patients. We've held several successful annual events and are looking forward to our upcoming Tree of Life Reception on December 2 at Westchester Hills Golf Club. We are pleased to announce that we have once again met all 20 standards of charitable accountability set by the Better Business Bureau, earning our designation as an accredited nonprofit.

Operating for more than three decades is an incredible accomplishment—especially in a rapidly evolving healthcare landscape at the national, state, and local levels. These shifts have impacted how hospice care is delivered. As the number of patients relying on our services continues to grow, so too do the costs associated with their care. Despite the rising demand, we've continued to face significant cuts in reimbursement rates.

It's important to emphasize that we remain committed to providing exceptional clinical expertise and compassionate care to our patients and their families. These financial challenges have not compromised the quality of our services.

As we reflect on the achievements and challenges of the past 33 years—and those yet to come—we want to express our heartfelt gratitude to our dedicated Board of Directors, Hospice of Westchester staff and volunteers, the Westchester community, and our generous donors and supporters for their substantial roles in our ongoing success. We take pride in our history and look forward to continuing to serve as a model of 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, RN, MS, LNHA
CEO

Visit our website
www.HospiceofWestchester.org

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

Liz Barnett, LCSW
Bereavement Coordinator
914-682-1484 ext. 146



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).



In Celebration

Hospice of Westchester hosted its annual "In Celebration" Gala Cocktail Reception at the Westchester Country Club in Rye on Thursday, September 25. The event honored HOW board member James G. O'Connor and Empress Ambulance, and The Kensico Cemetery and Matthew G. Parisi, Esq. A special recognition was also given to longtime supporter and Grand Sponsor of the event, Rochelle E. Shereff.

"In Celebration" event co-chairs include William F. Flooks Jr., Michele and Terry Geller, DDS, and James P. O'Toole. The event's Grand Sponsor is Rochelle E. Shereff. Premier sponsors include Beecher Flocks Funeral Home, Inc.; Michele and Terry Geller, DDS; Hildegard D. Becher Foundation Inc.; Barbara and Paul T. Khoury, MD; Next Level Private, LLC; PKF O'Connor Davies, LLP; and White Plains Hospital. Signature sponsors include Co-Communications, Inc.; Grassy Sprain Pharmacy; and The Kensico Cemetery. ♡



Front row from left: HOW board member, event co-chair and premier sponsor Michele Geller; Stacey Cohen, signature sponsor, Co-Communications; HOW CEO Mary K. Spengler, RN, MS, LNHA. Back row from left: Event co-chair, emcee and premier sponsor, Terry Geller, DDS.; honoree Matthew G. Parisi, Esq., signature sponsor, The Kensico Cemetery; HOW board member and honoree James G. O'Connor, Empress Ambulance; Anthony Ciarletta, signature sponsor, Grassy Sprain Pharmacy; HOW Board Chair William F. Flooks, Jr., event co-chair, emcee and premier sponsor, Beecher Flocks Funeral Home, Inc.; HOW board vice-chair George Whitehead, premier sponsor, PKF O'Connor Davies, LLP



Representatives from premier sponsor, Next Level Private, LLC. From left: Gary J. Raniolo II; Jean Riordan; Russ Baker; Maggie Smith; Steve Bohmert; Jennifer Baukol; and John Kenney



HOW CEO Mary K. Spengler, RN, MS, LNHA, with HOW board member Michael Palumbo, MD, premier sponsor, White Plains Hospital

IN APPRECIATION

APPRECIATION TO FRIENDS AND SUPPORTERS OF HOSPICE OF WESTCHESTER

Hospice of Westchester (HOW) is proud to celebrate our 32nd Anniversary in 2024. 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 financially challenging times. Your tangible gifts allow for adequate staffing and technology and ensure that our patients costs are covered. It is important to note that no one is denied service provided they meet medical eligibility criteria.

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.

BOARD OF DIRECTORS

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

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Michele Geller
Mary Gibbons Gardiner
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Barry P. Mitchell, Jr.
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.

HAPPENINGS & GATHERINGS

Hospice of Westchester Receives Donation from Proterial America, Ltd.



L-R: Mary K. Spengler RN, MS, LNHA, CEO of Hospice of Westchester; Maria Rodriguez, Community Action Committee (CAC) member, Proterial America, Ltd.; and Holly K. Benedict, Director of Development and Public Affairs, Hospice of Westchester

Hospice of Westchester received a \$2,000 donation from Proterial America, Ltd. The funds will support the heart of the organization's work, Hospice Home Care services. Hospice of Westchester provides exceptional end-of-life care to Westchester County residents diagnosed with any life-limiting illness, wherever they reside.

Hospice of Westchester Receives Donation from The Scarsdale Woman's Club



L-R: Mary K. Spengler RN, MS, LNHA, CEO of Hospice of Westchester; Mary Ann Alling, The Scarsdale Woman's Club; and Holly K. Benedict, Director of Development and Public Affairs, Hospice of Westchester

Hospice of Westchester received a \$1,100 donation from The Scarsdale Woman's Club. The funds will support the organization's work providing compassionate end-of-life care to Westchester County residents diagnosed with any life-limiting illness.

NATIONAL CARE AT HOME MONTH — November is designated as National Care at Home Month, designed to help unify and elevate the voice of the care-at-home community. 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 the Anna & Louis H. Shereff Caregiver, Complementary Care and Bereavement Program. ♥