



Hospice of Cincinnati

The community not-for-profit hospice

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GREAT GIFT IDEA!



Double the pleasure from your holiday gifts this year. Honor a relative or friend by making a donation to Hospice of Cincinnati, and at the same time, support a great cause. Gift giving is made even easier with online donations. Go to www.hospiceofcincinnati.org and look for the "donation" link. See page 6 for information on how your gift also can light up HOC campuses.

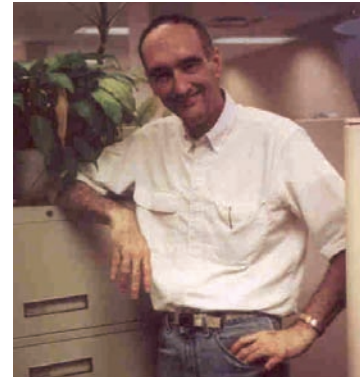
Hospice of Cincinnati is sponsored by Bethesda Inc. in a collaborative community partnership with TriHealth and Mercy Health Partners.

Patient quickly becomes family

Born in a small coal-mining town in Kentucky, the exotic religions of the Far East seemed worlds away to Michael Chapman. However, a stint in the Air Force and the opportunity for European travel after he finished graduate school brought this world much closer. "Michael studied all different religions in his travels," remembers his sister, Doris Gabbard.

So when Chapman neared the end of his life's journey, he wanted a memorial service filled with readings and poetry reflecting his interest in Far East religion. "He told me he didn't want a big Christian ceremony," Gabbard recalls. "I didn't know what to do besides what I grew up with."

Luckily his Hospice family stepped in. During his stay at the Western Hills Inpatient Care Center, the staff had grown very close to



Michael Chapman touched the hearts of the Western Hills inpatient center staff, prompting them to hold a memorial service after his death.

Chapman. "He became like a member of our own family," explains Jennifer Vinnel, West Team social worker. "We adopted him and he adopted us."

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Volunteer stirs up homemade comfort



Eileen Elliott prepares and delivers homemade soup to the Blue Ash facility for patients' families and visitors.

As a volunteer for eight years, it was comforting for Dorothy "Dot" Burns to see firsthand the kind of care patients received and the homelike facilities Hospice of Cincinnati provided. So when she needed HOC's expert care, she already had selected the facility and room she wanted to spend her last days in with her family.

Dorothy's daughter, Eileen Elliott, wanted to find a way to honor her mother and give back to HOC in some way. What better way than providing comfort in the form of steaming hot soup for weary family and friends visiting HOC patients? "My family so appreciated what Hospice provides for bereaved families," Elliott says.

A chef at The Grand Finale restaurant, Elliott began preparing extra soup on Tuesdays and personally delivering it to the Blue Ash Inpatient Care Center for families to enjoy every Wednesday. "The care there was so outstanding, and my family was really impressed with how willing all the staff were to do just about anything for the patients," she says. "This is something small I can do for them."

If you are a restaurant interested in donating soup to Hospice of Cincinnati Blue Ash, please contact Judy Russell at 513-792-6989 or e-mail judy_russell@trihealth.com.

Message from the CEO

I am often amazed by the many stories I hear from patients and families regarding their positive experiences with Hospice of Cincinnati. Each family's appreciation is a reflection of the impassioned basic human need to be comforted, supported and respected at the end of life. More than 5,000 families each year entrust this honor to HOC's gifted team of professionals and volunteers.

Our cover stories demonstrate the depth of HOC's impact on patients and families, stemming from genuine, heartfelt relationships that often develop during HOC's care and support. Western Hills patient Michael Chapman and staff connected with one another so deeply that staff members honored him after his death with a memorial service. Eileen Elliott was so appreciative of her mother's care at our Blue Ash center that she now returns the "comfort" in the form of steaming hot soup every Wednesday.

The positive experiences of patients and families emanate from a group of people at HOC with an unrelenting passion for what they do. No matter their role, HOC staff give 100 percent of themselves. One of the best examples of this passion for end-of-life care is Dr. Rebecca Bechhold. As we honor Dr. Bechhold's 20 years as medical director of HOC (see page 8), we also honor our more than 500 employees and about 600 volunteers who follow in her leadership of compassionate, empathetic care.

It takes years to develop this kind of trust with a community – the kind of trust where people feel comfortable sharing their deepest thoughts, hopes and fears. Hospice of Cincinnati has been this trustworthy friend to tens of thousands of families for more than 30 years.

Our long-standing reputation for compassionate, individualized care has anchored us as Greater Cincinnati's hospice of choice. People choose HOC because they know we will provide the compassion, dignity and comfort they seek. These basic needs can mean everything to a patient and family. Hospice of Cincinnati will continue its passion toward being that "everything."

All the Best,



Steve West
President and CEO



Employee of the Quarter

Employee Gives Hand and Heart to HOC

"When I think about an employee of the quarter, I think about someone who goes above and beyond what has to be done and is a pleasure to work with," explains Hospice of Cincinnati Chief Financial Officer Brian Krause. That describes Michael Ford, who was recently named employee of the quarter.

A maintenance mechanic, Ford spends the majority of his time at Hospice's Anderson, Blue Ash and Hamilton inpatient care centers. "I take care of plumbing and electrical repairs, maintenance repairs, hang pictures...pretty much anything they need," Ford explains.

"Everyone I know thinks Michael is fantastic and is always willing to help us, even as we have stretched his area of responsibility," Krause says. "Since I have been on board, we have opened an inpatient care center in Anderson Township and in Hamilton, in addition to relocating our Corporate Offices to a building on our Blue Ash campus.

All of these moves have created more work for Michael, and he has handled it wonderfully."

Ford operates very independently, explains his manager, Lee Storm, supervisor of engineer maintenance. "He is extremely reliable



Michael Ford

and trustworthy and can deal with almost any situation."

Having worked for Bethesda North Hospital for 31 years, Ford has assumed many roles, including working in the kitchen and painting. He feels working at HOC's inpatient centers is the best thing that could have happened to him. "The patients and the staff are just great," he says. "They are more like family than co-workers."

"Michael has very good technical skills, however, it's not what he does but rather how he does it that makes everyone so appreciative of his efforts," Krause says. "His follow through, positive attitude and friendly personality have made him a very popular person at HOC, and we are extremely lucky to have him working with us."

If you do not wish to receive future issues of Hospice of Cincinnati's quarterly newsletter, or any other future fundraising communications from Hospice of Cincinnati of Cincinnati, Ohio, you may request to be deleted from our mail list. Please send a letter to the below address requesting to be deleted from the Hospice of Cincinnati mail list.

ATTN: Hospice of Cincinnati List Manager
Bethesda Foundation Inc. • 10506 Montgomery Road, Suite 304 • Cincinnati, Ohio 45242

“Sensational” Saturday satisfies the senses!

On Saturday, Sept. 6, A Gourmet Sensation enjoyed a record crowd of more than 900 guests who dined on some of the finest foods and wines in the land. The event welcomed a new design, a silent auction, bourbon tasting sponsored by Woodford Reserve and the Gourmet “Late Night” Sensation, netting more than \$150,000 for Hospice of Cincinnati.

Title sponsors Edyth and Carl Lindner, along with major sponsors The Cincinnati Hotel and Cutting Edge Selections, helped make this another banner year for this unique and scrumptious event. Co-Chairs Trina and Milt Liss and Suzanne and Youssef Costandi, as well as a host of volunteers, gave long hours to ensure the event’s success.

Guests enjoyed delectable dishes prepared by 20 of the nation’s best chefs and were entertained by local band 2nd Wind. Among the participating chefs were Jean-Robert de Cavel of Jean-Robert at Pigall’s; Robert Waggoner of Charleston



Event co-chairs Milt and Trina Liss and Suzanne and Youssef Costandi toast to the event’s success.

Grill, Charleston; Nate Appelman of A16, San Francisco; Bram Fowler of Journeys Restaurant, Longwood; and Kevin Rathbun of Rathbun’s, Atlanta, and Kent Rathbun of Jasper’s, Dallas — brothers who beat Iron Chef Bobby Flay in the 2007 Iron Chef season premiere last September on the Food Network.

Chefs new to the event this year included: Michael Bulkowski of Revolver Restaurant, Findlay; Jeremy Strubel of Hotel Roosevelt, Hollywood; Megan Romano of Aureole, Las Vegas; Karl Krebs and Stephen Dick of Kitchen Savant, Orlando; and Eric Aubriot of Il Fiasco, Chicago.

Special thanks go to Edyth and Carl Lindner, The Cincinnati Hotel, Cutting Edge Selections, TASTE Magazine, Fifth Third Bank, The Loth Experts, Lamson Design, Executive Transportation, Sandy and Bob Heimann, Consolidated Health Services, US Foodservice, Therapy Support and Jan P. Knisely, MD.

For more information on next year’s Gourmet Sensation, please contact Diana Fogel at 513- 745-1617 or diana_fogel@trihealth.com.



Gourmet “Late Night” Sensation added a new level of excitement at this perennial event as the band kicked it up a notch for an extended evening of dancing.

Helping Hospice one step at a time

Nearly 500 hikers came out Sept. 20 for the 10th annual Hike for Hospice of Hamilton, which raised more than \$54,000. Robbie’s Song, a team organized in memory of Robbie Dalton and sponsored by Harry’s Corner, was the presenting sponsor. Mike’s Livestrong Team and Weintraub Advertising were the Platinum Sponsors.

Other major sponsors included: Heritage Health Alliance, Mercy Franciscan at Schroder, Internists of Fairfield, Tri-County Extended Care/Fairfield Pavilion, Rik Saylor Financial, Sam’s Club #8132, a donation in memory of Sylvia M. Thomas, Miller Brewery, MH Equipment Company, Fairfield Jazzercise, the High Note Band, Wal-Mart Store #3502, Pella, Process Plus LLC, MH Equipment Company, Colonial Foundation and Cincinnati Blacktop Co.

For more information on the 2009 Hamilton hike, please contact Diana Fogel at 513-745-1617 or diana_fogel@trihealth.com.



The family of Mary Mathews continues to be a perennial team at the Hamilton Hike.

Family was always important to Chapman. He was raised by a single mother, growing up in a depressed part of the country. Life there was very hard. But he found opportunities. Chapman went to college, and to graduate school, and on to see the world. He landed on the east coast, working for huge publishing companies, living his dream. But as soon as his mother began to show signs of aging and ill health, he moved to Cincinnati and took a nominal job with the city of Cincinnati to be close to his family.

Chapman appreciated the finer things in life. He owned a vast collection of books, which he distributed to the staff shortly before his death. He was an accomplished pianist and a great lover of classical music, particularly Beethoven. He developed a very close relationship with music therapist Yumi Sato and spiritual volunteer Franchot Ballinger. Sato played an original piece Chapman had composed at his memorial. Ballinger gave the eulogy.

Said Ballinger as part of Chapman's eulogy: "It was in my role as a volunteer that I knew Mike Chapman. I think that

the way volunteers and staff both opened their hearts to Mike was absolutely remarkable. Everyone that I know here—staff and volunteers—felt that we were family with Mike. He seemed to feel the same way."

Ballinger continues, "I wasn't with Mike when he died. I wish I could have been, so he would have had one more arm of love to feel in his final moments. But then, I know there was plenty of love and care around him."

HOC's chaplain Pam Kimmel and spiritual care volunteer Mary O'Brien spent many hours discussing Chapman's spiritual interests and needs. He was not only well traveled but also a well-read man, who had studied the teachings of Buddhism and found solace there. With O'Brien's help, he planned his own memorial service, complete with readings and music.

"The service was so beautiful," comments Chapman's sister. "It really gave our family a sense of closure. We were just amazed the staff from Hospice were so thoughtful to help us remember him this way."

Fernside's Camp Erin has record-breaking year

Fernside's Camp Erin had a record-breaking year with 80 children and teens attending the camp and retreat.

Sixty campers from five different states attended the Summer Camp in August and 20 teens attended the Camp Erin Teen Retreat in April.

"This is the first year we have operated Camp Erin (formerly Camp WeBelong) with support from the Moyer Foundation, and we believe the increased publicity helped bring more campers and volunteers to us," says Vicky Ott, Fernside executive director.



Campers use a variety of art therapy to help express their feelings and deal with their grief.

Cincinnati Reds, visited the camp this year "It was great to have a representative from the Reds be at camp this year. Next year we'd love to have some Reds players visit us," says camp director Kristin Todd.

Fernside has provided a children's bereavement camp for the past 18 years. This year's camp activities centered on the

bring more campers and volunteers to us," says Vicky Ott, Fernside executive director.

The Moyer Foundation was founded in 2000 by Major League All-Star pitcher Jamie Moyer and his wife, Karen. Lorrie Platt, Director of Community Relations for the



Campers make close friends with other children they can relate to who are dealing with similar grief issues.

theme "Life as a Roller Coaster: the Ups and Downs of Grief" and helped campers ages 7 to 12 deal with their specific grief issues. Small sharing circles provided safe environments for the campers to talk about their grief. They made banners about the person who died and painted their faces to depict how they 'masked' their feelings.

Wooden memory boxes, donated by the Cincinnati Woodworking Club, provided an opportunity to write down cherished memories so they wouldn't be forgotten. Of course, the typical camp activities like swimming, canoeing, fishing, hiking and a shaving cream fight made for a memorable week for all.

"We hope to see our program grow even more next year," Ott says.



A messy but happy group poses after a shaving cream fight.

Hospice of Hamilton embraced as church's mission

A retired nurse, Bitsy Adams was searching for a mission to embrace as head of her church's parish nurse ministry program. "When Debbie Hauenstein came and did a presentation about the Hike for Hospice, I knew we had found a match," says Adams, still spry at 78 years young. "As a nurse, I strongly believe in what hospice stands for. The care is superb."

Adams' church, Faith Church in Hamilton, has participated in four hikes, and many parishioners embrace supporting the hike. "Last September, we had 44 hikers and raised more than \$3,000," Adams remembers. With the help of her right-hand 'men,' Mike and Shawnda Partin, Bitsy's church has raised more than \$3,000 for the Hike for Hamilton each year for the past three years.

"Some families brought their dogs, others pulled their kids in wagons," Adams smiles. "We even had a 79-year-old hiker! Our church family has adopted Hospice of Hamilton wholeheartedly as our mission." See page 4 for information about this year's hike.



Bitsy Adams' large heart helps coordinate her church's annual participation in the Hike for Hamilton, raising more than \$3,000 each year for the past three years to support services to the community.

Hospice of Cincinnati in the community

Hospice of Cincinnati interacts with the community in myriad ways – often as a recipient of special event proceeds. The following highlights offer a glimpse into HOC's community connection.



Dave Laug, Baker Hunt Foundation executive director; Milt and Trina Liss, long-time HOC volunteers; with Shalmah Prince, artist and event chair.

Flowers, art equal support for HOC

The gardens of the Baker Hunt Art and Cultural Center were in full bloom this summer at "Forever Flowers," an art sale featuring floral displays by regional artists and benefiting Hospice of Cincinnati.

Black Family Reunion: "Putting" for knowledge

Visitors to this year's HOC booth at the Black Family Reunion had the opportunity to "putt for prizes" by sinking a putt on a miniature golf green. The catch: they had to answer a question about hospice care to win a chance to putt. This creative twist helped draw people to the booth and gave staff the chance to talk about Hospice of Cincinnati's services.

The Black Family Reunion is a two-day event that draws nearly 100,000 people from the tri-state area. It continues to be a much-anticipated weekend of education, entertainment, inspiration and delicious food that focuses on the historic strengths and traditional values of the African American family.

Teen turns passion into cash for HOC

Sarah Scherer enjoys making a difference. As a teen volunteer at HOC's Anderson inpatient care center for the past year, she has developed a great passion for the patients and organization. So when she had to choose a senior challenge graduation project at Seven Hills High School, she knew she wanted it to benefit Hospice of Cincinnati. Scherer organized and held a community garage sale in September, raising more than \$1,000 for HOC.



HOC volunteer coordinator Lisa Babis, and long-time HOC volunteer Pat Scherer with her granddaughter Sarah Scherer, who organized the garage sale fundraiser.

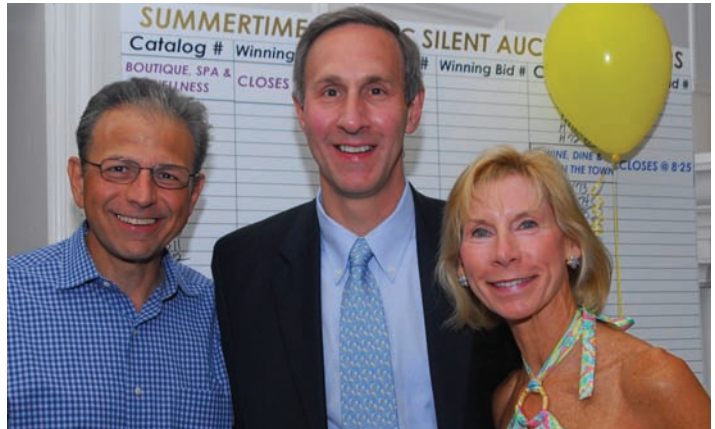
Annual Classic chips in for Fernside

Presented by Wal-Mart, the seventh annual Hospice of Cincinnati Summertime Classic, held June 22 and 23, raised more than \$195,000 to benefit Fernside, Hospice of Cincinnati's children's bereavement program. Serving as event chairs were Jeff Brinkman, vice president of Healthcare Financial Services at Fifth Third Bank, and Anne-Marie Farley.

This two-day event offered the opportunity for both golfers and non-golfers to support Fernside. On Sunday, more than 300 guests enjoyed the festive atmosphere, fabulous dinner and a silent auction, which featured more than 100 unique packages at the Hyde Park Golf and Country Club. Entertainment was provided by The Sly Band Trio. Monday's golf tournament was played in two flights with more than 200 golfers.

Organizers extend special thanks to our presenting sponsor, Wal-Mart, as well as our other generous major sponsors, including: TriHealth, Mercy Health Partners, Ablecare Medical, American-Mercy Home Care, AmeriMed, Bunnell Hill Development, Cornerstone, Fifth Third Bank, Hospice Pharmacia, Patient Transport Services, Staples and Therapy Support.

Planning for the 2009 Hospice of Cincinnati Summertime Classic is underway! Please contact Diana Fogel at 513-745-1617 or diana_fogel@trihealth.com if you are interested in serving on next year's committee, volunteering at the event, golfing or considering sponsorship.



Nolan Weinberg, MD, Christopher Bechhold and Rebecca Bechhold, MD, medical director of Hospice of Cincinnati, enjoy Sunday evening's dinner and silent auction.



A dazzling display!

Help families facing terminal illness celebrate life! Purchase lights, in honor or memory of a loved one, to decorate our campuses this holiday season, and know that your gift will brighten the lives of families throughout Greater Cincinnati. Lights can be purchased for \$25 each for our Blue Ash, Anderson, Western Hills or Hamilton campuses. Signs will be placed at each campus, labeling the displays as "Celebration of Life." Individual names will not be printed on the signs, but recognition will appear in a future issue of this newsletter. Please contact Diana Fogel at 513-745-1617 or diana_fogel@trihealth.com for more information.

Holiday greetings that give

Order your holiday cards from the Bethesda Auxiliary and at the same time, give to a worthy cause. Proceeds from the sale of these lovely holiday cards benefit Hospice of Cincinnati. Cards are available with and without a holiday message. Cards with holiday message are \$12 for a box of 12. Cards without holiday message (blank inside) are \$8 for a box of 10.

"Friends" card message reads: "May Peace, Joy and Hope be yours during this Holiday Season and throughout the New Year." "Moonlit Night" card message reads: "As the spirit of peace touches us all, may you have a Blessed Holiday Season." Cards may be imprinted inside with name and/or additional message. To order, contact Jerri Spurlock at 513-745-1618 or jerri_spurlock@trihealth.com.



Moonlit Night



Friends

From the Foundation

The art of giving smart

Gary Algie
Director, Planned
Giving/Major Gifts



The holidays no doubt triple your list of “things to do,” but before you run out of time, be sure to add “charitable giving” to your list. To get you started, here are some smart year-end giving strategies that will help you reduce your current-year income taxes while helping further the mission of Hospice of Cincinnati.

- **Give appreciated assets.** Writing a check is simple, but when you give appreciated property you’ve held for more than one year, such as stock, you can claim a deduction for its full fair market value and avoid any tax on the appreciation.
- **Prepay pledge.** Speeding up deductions lets you save taxes sooner. Consider prepaying a pledge due next year or even beyond.
- **Watch your gift date.** This determines the year of deduction. If you mail a check, the postmark date is the date of the gift. For securities, the date of the gift determines both their valuation and the year of deduction. To be effective, delivery must be unconditional and the stock

certificate properly endorsed or a separate stock power provided. If you hand deliver them, that day is the gift date.

- **Take capital loss yourself.** If you own securities worth less now than when you purchased them, sell them and contribute the proceeds. This way, you can take a capital loss on your return, which you can’t do if you donate those securities directly to Hospice of Cincinnati.
- **Give real estate, works of art or other property.** The deduction is determined by the appraised value. The date of the gift is the date the property is received by Hospice of Cincinnati. For real estate, this is the date we receive a properly executed deed.

If you would like to discuss a gift to Hospice of Cincinnati or have questions regarding how your donation can be more tax-efficient, please call me at (513) 745-1622 or send e-mail to gary_algie@trihealth.com.

The information in this publication is not intended as legal advice. For legal advice, please consult an attorney.

Adult Bereavement Support Group Offerings

Grief support groups are available at our Anderson, Blue Ash, Hamilton and Western Hills locations. For information about these programs and other Hospice of Cincinnati bereavement services, please call: Alan Gruber at 513-686-8120, Vivian Jones at 513-686-8139, Claire Peasley at 513-686-8121, or Polly Peterson at 513-686-8122.

Young Adult Grief Support Group

Offered by Fernside: A Center for Grieving Children. For young adults ages 18 to 26 years old. Call 513-745-0111.

ARROW SPRINGS EVENING SUPPORT GROUP

Meets Tuesday evenings 6:30 to 8 p.m. at Bethesda Arrow Springs, 100 Arrow Springs Boulevard, Lebanon. Call Alan Gruber at 513-686-8120.

BLUE ASH

Afternoon Support Groups

- New grief support group meets weekly on Wednesday afternoons from 1 to 2:30 p.m. Call Polly Peterson at 513-686-8122.
- Second group meets weekly on Thursday afternoons from 1 to 2:30 p.m. Call Claire Peasley at 513-686-8121.

Evening Parent Loss Support Group

For adults ages 27 and older who have experienced the death of a parent or a surrogate parent figure. Sessions will be held on Wednesday evenings from 6:30 to 8 p.m. A new support group will be starting in November/December. Call Claire Peasley at 513-686-8121.

Death of Adult Child Group

For parents who have experienced the death of an adult child. Sessions will be on Fridays from 1 to 2:30 p.m. Call Vivian Jones at 513-686-8139.

Younger Working Widows Grief Support Group

Meet with other younger widows. No age requirements — just those of you who are not yet retired. Meets twice a month; 1st and 3rd Tuesdays from 7 to 8 p.m. Contact Polly Peterson at 513-686-8122.

VOLUNTEER OPPORTUNITIES

Numerous volunteer trainings and opportunities for Hospice of Cincinnati/Hamilton are available throughout the year. We particularly need help in the west side of Hamilton County and in all of Butler County.

Pre-registration is required for all volunteer training. Please call Judy Russell at 513-792-6982 or email her at judy_russell@trihealth.com

Dr. Bechhold celebrates 20 years as HOC medical director

Twenty years is a long time to be committed to anything. In fact, each year, about one-third of America's workforce changes jobs. But Hospice of Cincinnati Medical Director Rebecca Bechhold, MD, saw something special in the fledgling organization in 1988 that made her want to stay involved. This year, Dr. Bechhold celebrates her 20th anniversary as HOC's medical director.



Rebecca Bechhold, MD

"Over the years, I've seen Hospice of Cincinnati enhance the services it provides to both patients and families that truly improve quality of life," Dr. Bechhold explains. "I am so proud to be part of a team that is committed to delivering the highest quality care to our community."

Dr. Bechhold's colleagues provide their thoughts about her leadership and contributions to HOC.

William L. Barrett, MD, Professor and Chairman, Department of Radiation Oncology, University of Cincinnati

"Dr. Bechhold has been a wonderful oncologist in Cincinnati for many years and has taken tremendous care of a great number of patients with cancer. Her work with Hospice of Cincinnati has been exemplary. The service provided by Hospice of Cincinnati, under Dr. Bechhold's direction, has been tremendously beneficial to thousands of patients and family members over the last 20 years.

Physicians can be confident that when they refer a patient to Hospice of Cincinnati, the patient and their family members will receive excellent care, and we hear nothing but compliments about that care. Dr. Bechhold and Hospice of Cincinnati together are truly a class act in every respect."

David Weiskittel, MD, family practitioner, Madeira Family Practice

"In her 20 years with Hospice of Cincinnati, Dr. Bechhold has overseen a transformation of hospice care from an option for terminal cancer patients to a 24-hour-a-day full range of services for anyone approaching the end of life. Hospice of Cincinnati is an incredible resource for the community, and she is one of the people who have made hospice care great. As an oncologist and medical director of Hospice, she has bridged the gap between aggressive medical treatment and the transition to care and comfort provided at the end of life.

My patients tell me that she's very compassionate, very competent, and instills in them tremendous confidence that they are getting the best care available. I immensely enjoy working with her, and I appreciate sharing patient care with her. She believes in what she does. She's energized by it, even after 20 years. She keeps getting better and better."



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