

# CONNECTION

NEWSLETTER OF ALIVE HOSPICE

## 40 things to know as we kick off our 40th year!

Alive Hospice will kick off its 40th year on Nov. 14, and in honor of this milestone, we've made a list of 40 things everyone should know about Alive Hospice. When you stop to think about all we do in Middle Tennessee, it adds up to something amazing!

**1** Alive Hospice was **Tennessee's first hospice** – and one of the first in the nation!

**3** Alive Hospice is **accredited by the Joint Commission** and has earned its Gold Seal of Approval.

**4** When cure is no longer an option, we focus on **quality of life** to help patients live fully and meaningfully at the end of life.

**2** Alive Hospice is a **nonprofit organization** that provides care and services to all who need them. **We don't turn anyone away.**

**5** Our care is not only for the last days or weeks of life, but the **last six months.**

**6** We provide care for **about 400 patients** on the average day.

**8** We provide roughly **58 percent** of charity hospice care in the 12 counties we serve, and **24 percent** of charity hospice care in the state.

**10** We have offices in **Nashville, Madison and Murfreesboro.**



**7** We provide care for **more than 3,000 patients and their families** in the average year.

**9** In 2013, we provided **nearly \$900,000** in charity care for uninsured and underinsured patients.

We need your support to do all of these things! **Please give today at [AliveHospice.org/give](http://AliveHospice.org/give)** or with the envelope in this newsletter.



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**11** We serve **patients of all ages** and are the only hospice program in Middle Tennessee with a **dedicated pediatric hospice team**.

**12** We provide hospice care in **patients' homes**.



**13** We offer **inpatient hospice care**. In fact, we were the first organization in Middle Tennessee to open a hospice residence and inpatient facilities.

**14** The care we provide is not only **pain and symptom relief**. It's also **emotional and spiritual support**.

**15** Our care is **not only for patients**. Families receive lots of support from Alive Hospice, too.

**21** We have **9 chaplains** on staff who provide spiritual care and support.

**22** Our **Call Center** is available **24 hours a day, 7 days a week** to answer questions from patients and family members.

**23** Our nurses make visits to patients' homes **in the middle of the night**.

**24** We offer a **comprehensive grief support program** for families of Alive Hospice patients and anyone in the community who has lost a loved one.

**25** We have **6 full-time grief counselors** on staff, including 3 who **specialize in children's grief support**.

**26** Our grief support staff has **more than 100 combined years of experience**.

**27** We offer **grief support groups** for adults and children quarterly. Our groups meet in Midtown Nashville, Madison, Murfreesboro, Brentwood and Hendersonville.

**28** We offer **3 camps** for grieving children and teens.

**29** We offer **Grief During the Holidays** seminars.

**30** We offer a **Grief in the Workplace** program.

**16** We have an **entire team** to serve our patients and families including physicians, nurses, hospice aides, social workers, chaplains and volunteers.

**17** We have **7 hospice physicians** and **3 nurse practitioners** on staff. They make rounds in our inpatient facilities every day and are available to make home visits.

**18** We have **more than 100 nurses** on staff with expertise in pain and symptom management.

**19** We have **more than 40 hospice aides** (certified nurse technicians) who provide personal care (bathing, grooming, linen changes and more).



**20** We have **15 social workers** on staff who offer emotional support, assistance with planning and more.

**31** We offer group **memorial services** for the families of our patients.

**32** **Community education** is part of our mission.

**33** We offer a monthly **Lunch and Learn Series**.

**34** Each year, we host a **Faith Leaders Conference** on End-of-Life Care that illuminates, enlightens and inspires.

**35** We assist with completing **advance directives** with **free workshops** as part of The Gift Initiative of Alive Hospice.

**36** With **The Alive Institute**, we're a center for training and education in hospice care for health care professionals and tomorrow's caregivers.

**37** We've partnered with **nearly 20 institutions** in Middle Tennessee to provide clinical experiences for medical students and tomorrow's nurses, social workers and chaplains.

**38** We have **more than 300 volunteers!** All told, they gave more than 16,600 hours of service in 2013.

**39** We have a **music therapist** in residence, a dedicated group of **music volunteers**, **pet therapy** and more.

**40** **Your support makes it all possible! Please give today at AliveHospice.org or with the envelope in this newsletter. We're grateful for your support!**

*“Did you know?”* Alive Hospice is the first hospice provider in Tennessee to offer a Pet Peace of Mind program in conjunction with Banfield Charitable Trust.

# At Alive Hospice, pets are family, too

A Partnership With



## Pet Peace of Mind program helps patients' pets get the care they need

We know how much pets mean to our patients, and that's why Alive Hospice has partnered with Banfield Charitable Trust to offer the **Pet Peace of Mind program**. This volunteer-driven program helps provide for pets' day-to-day needs and long-term well-being. After all, pets are family, too!

Pet Peace of Mind volunteers help in several ways, including:

- taking dogs and cats for **veterinary visits** and **grooming appointments**
- **walking dogs**
- delivering **pet food** and **supplies**

Additionally, Banfield Charitable Trust offers **funding to help cover veterinary care** and **other pet necessities**.



### A camp milestone

Camp Evergreen celebrated its 20th year in June! All told, we've helped more than 650 kids who have lost loved ones in the last two decades. Grief Counselor Dianne Castellano (pictured with kids this summer) has been part of Camp Evergreen all 20 years.

*For more information about grief support programs for kids (and adults), call 615-963-4732 or visit [AliveHospice.org](http://AliveHospice.org).*

### How you can help:

**Individuals** can help by volunteering with Alive Hospice's Pet Peace of Mind program and spreading the word about this service.

**Kennels, veterinarians and animal hospitals** can help by providing care and short-term, emergency boarding for dogs and cats.

*Call 615-327-1085 to get involved!*

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# Calendar

Mark your calendar for these upcoming events and programs!

## Nov. 12: We Honor Veterans Program

10 to 11 a.m.

Alive Hospice Administration East Building  
1718 Patterson St., Nashville, TN 37203  
Call 615-346-8418 to RSVP

## Nov. 20: Grief During the Holidays seminar

6:30 to 8 p.m.

Alive Hospice Administration East Building  
1718 Patterson St., Nashville, TN 37203  
Call 615-963-4732 to RSVP

## Dec. 4: Grief During the Holidays seminar

6 to 7:30 p.m.

First Presbyterian Church  
210 N. Spring St., Murfreesboro, TN 37130  
Call 615-346-8680 to RSVP

## Dec. 11: Grief During the Holidays seminar

6:30 to 8 p.m.

Alive Hospice Administration East Building  
1718 Patterson St., Nashville, TN 37203  
Call 615-963-4732 to RSVP

## Dec. 12: Lunch and Learn

Preparing an Advance Directive in 7 Steps  
12 to 1 p.m.

Alive Hospice Administration East Building  
1718 Patterson St., Nashville, TN 37203  
Call 615-346-8418 to RSVP

## January 2015: Alive At The Bluebird

22nd annual concert series benefiting Alive Hospice  
Tuesdays through Saturdays  
9 & 9:30 p.m. shows  
Reserve seats at [www.bluebirdcafe.com](http://www.bluebirdcafe.com) in December

## March 2015: Bluebird in the Boro

2nd annual concert series benefiting Alive Hospice  
March 2-4  
6 p.m.  
Mayday Brewery  
521 Old Salem Road, Murfreesboro, TN 37129  
Reserve seats at [AliveHospice.org](http://AliveHospice.org) in February

## 5 tips for coping with grief and the holidays .....

The holiday season is almost here, and if you've lost a loved one, it may not be something you're looking forward to this year. **Here are 5 tips to help you get through it:**

- 1. Be gentle with yourself this holiday season.** Above all, you need time and self-care. Nourish yourself well and get plenty of rest.
- 2. Do what you need to do.** Let people know your plans may be subject to change. It's OK to change your mind about a gathering.
- 3. It's OK to be honest with yourself** and with friends and family about how you're feeling.
- 4. Some people find comfort in keeping up old traditions.** For others, starting new traditions feels better. Do what feels right to you.



- 5. Give yourself permission to enjoy the holiday season if it feels right.** But don't feel like you have to get in on the festivities.

*We invite you to learn more at one of our 2014 Grief During the Holidays seminars (see dates in the calendar above). Call 963-4732 or visit [AliveHospice.org](http://AliveHospice.org) to register or for more information.*

*“What’s in a name?”* When we were founded in 1975, the word “Alive” was an acronym that stood for Adaptation to Life-threatening Illnesses Very Effectively.

## In memoriam: Our friend Dr. Eric Raefsky

The Alive Hospice family was deeply saddened by Dr. Eric Raefsky’s tragic death in an automobile accident in August. Dr. Raefsky was a beloved physician who touched many lives over the years as part of Tennessee Oncology and Summit Medical Center.

He also touched lives through his work with Alive Hospice as a former board member, as a volunteer physician, and as a longtime supporter of our mission.

He was a true ambassador for hospice and an advocate for patients and families in Middle Tennessee.

Our hearts continue to go out to Dr. Raefsky’s wife, Victoria Heil; his family and friends; his patients; his colleagues at Tennessee Oncology and Summit Medical Center; and all who knew him.

His was a life well lived, and he will be deeply missed.

## A Note from Anna-Gene

Where has the time gone? It’s a question I find myself asking myself a lot these days – not only because it’s autumn and 2014 is almost over, but because Alive Hospice will be kicking off its 40th year in November.

With 2015 now in sight, we’d like to ask you to remember Alive Hospice by making a donation. In this newsletter, we’ve shared 40 things everyone should know about Alive Hospice. They’re also 40 good reasons why your support is needed! This list shows what Alive Hospice has become over the last four decades, and as we enter our next 40 years, your help is greatly needed to keep it all going.

**Can we count on your help?** Please donate online at [AliveHospice.org](http://AliveHospice.org) or by using the envelope in this newsletter. Your support will make all the difference for someone in need!

Gratefully,

Anna-Gene O’Neal, RN, MSN, MBA  
President and CEO, Alive Hospice



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1718 PATTERSON STREET | NASHVILLE, TN 37203  
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## ***Remember loved ones with a Forget-Me-Not***

Our 2014 keepsake ornaments are available for order! Designed exclusively for Alive Hospice, this year's Forget-Me-Not ornaments symbolize the perpetual memories of cherished loved ones: never fading, forever blooming in our hearts.

Each ornament measures 3 inches in diameter and is individually handcrafted in porcelain. Ornaments may be purchased for \$100 with proceeds benefiting Alive Hospice.

***Order online today at  
[AliveHospice.org/ornament](http://AliveHospice.org/ornament)  
or call 615-327-1085.***

***Order Now!***  
Quantities limited



Alive Hospice's Mission: We provide loving care to people with life-threatening illnesses, support to their families and service to the community in a spirit of enriching lives.

