

# Circles of Care

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HARBOR  
HOSPICE

Your Journey. Your Terms. Our Expertise.

## Creating and Sharing: What a treasure!

By Susan Newhof



Louise Miller holds a length of stretchy cord and threads a shiny black bead onto it. She has been at this project for several minutes, and when she is finished, it will be a stunning black and white bracelet with a silver angel charm. She tells me she has always worked with her hands. Then she rubs her fingers and knuckles and laughs.

"They're getting stiff!" she says with a big smile. "I'm paying for all that hand work now!"

Still, she picks up another bead and deftly adds it to the growing strand.

For the next hour, Louise and Harbor Hospice volunteer Sandy Hosko will sort through several divided trays that hold beads of every size and color, and they'll keep threading. It's been their weekly tradition for a year and a half. At the end of their time together, there are always three or four—or more—new bracelets completed.

"The hospice staff and volunteers are wonderful, and they help ease Mom's pain. Everyone has been so friendly, and they take a lot of worry off us."

— Linda, Louise's daughter

"I'm the student!" says Sandy, who is new to beading. She often brings beads to add to the collection—glass, plastic and metal, plus tiny charms that impart special messages. She hands a completed strand to Louise who ties the cord and carefully trims the ends.

Sandy smiles as she holds up the bracelet and confesses, "I never thought I could do this!"

This spring, Louise and Sandy made jewelry for each child at Camp Courage, a three-day summer camp for children who have lost someone close. The boys' wrist bands included a charm of Superman, and the girls' each had a Wonder Woman charm. The counselors got bracelets, too.

They also made bracelets with angel charms for each member of the Moms Together support group for mothers who have lost a child, a program of Harbor Hospice's Scolnik Healing Center.

When I admire a collection of bracelets that contain small metallic charms in the shape of crosses, Louise chooses one that perfectly matches the colors in my sweater and puts it on my wrist.

"It's a blessing and a pleasure to do this, and I love working with Sandy."

— Louise Miller

"You need to pick out some more, too," she says with that bright smile. Louise is used to putting bracelets on peoples' wrists. She takes her beautiful creations to family reunions and parties, to church, to any gathering of people she can give them to. When family and friends came to her house for her birthday party, she had bracelets for everyone. With four children, 13 grandchildren, 23 great grandchildren, and three great-great grandchildren, that's a lot of bracelets!

She also donates them to events at her church to help raise money to send children to camp and to cover church expenses such as snow plowing and heating.

"It makes me feel good to give out these bracelets," says the ambitious beader. "It's wonderful to know people are happy with them, that they enjoy putting them on their arms and showing someone else. It's a blessing and a pleasure to do this, and I love working with Sandy."

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Abby Larabee, LLMSW,  
Social Worker

Sandy Hosko,  
Harbor Hospice  
Volunteer



Lisa McMichael  
President & CEO

## Palliative Care – A look from the inside

The importance of palliative care has come home to me, and I am learning first-hand how it can make a huge difference in the lives of patients and their families. Greg, my beloved partner of 15 years, was diagnosed five years ago with cancer. If you've experienced that heartbreaking news, you know it turns your life upside down. If that wasn't difficult enough, Greg's treatments were harsh and debilitating, and when they stopped working, the side effects and discomfort continued.

*Sometimes the patient's desire is as simple as wanting to be able to tolerate the car ride on the way to a winter home or to feel good enough to attend a daughter's wedding. Palliative care can continue for as long as it's effective and is always developed around the patient's short- and long-term goals.*

Before it became part of our lives, we didn't truly know the extent of how palliative care could make a difference. It was an unexpected blessing, so I want to take this opportunity to tell you how Harbor palliative care brings peace and comfort to patients and their families.

Palliative care supports patients by easing the symptoms of serious life-limiting illnesses such as diabetes, cardiac issues, cancer, strokes and other neurological diseases, and reducing the side effects of their treatments. It can stop the nausea caused by medications such as chemotherapy. It can block pain. When treatments are no longer effective, palliative will help a patient have the best possible quality of life.

And because it is so hard to sit by and watch someone we love be sick or in pain, we know that when a patient feels better, everyone rallying around the patient feels better, too.

Palliative care begins with a phone call, and we'll take it from there. Dr. Harriman, our medical director, meets with the patient and evaluates his or her needs. In turn, he works in partnership with the referring physician and the patient—and family members if they choose—to determine what can be done to best support the patient.

Greg is now free from pain. He can swallow again, and food tastes good. Whatever time Greg and I have together, and the time he has with family and friends, will be shorter than we all hoped. But thanks to Harbor's palliative care, it will be good quality time—peaceful and pain free.



If you think a family member might be ready for palliative care, I encourage you to call Harbor Palliative Care. It's never too soon to get information. Let us help.

## Thank you to Dr. Leonard (Len) Wright – Goodbye dear friend

1955 - 2017

Leonard (Len) Wright III, M.D., respected and loved in the West Michigan community, died April 8, 2017; he was 62. Dr. Wright was the first full time medical director for our hospice agency, then Hospice of Muskegon County from April 2002 to June 2006.

*"Len Wright offered superb clinical leadership to our hospice team—bringing the skills and expertise of a physician board certified in internal medicine, hospice and palliative medicine and acupuncture. He was a great teacher and the staff blossomed under his guidance. Our hospice patients were certainly the beneficiaries of his direct care as well as the influence he had on the quality of care the whole team brought to the bedside of our patients."*

- Mary Anne Gorman, former Executive Director of Harbor Hospice

### Creating and Sharing: What a Treasure

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When I ask how many bracelets she has made, Louise thinks for a minute, then laughs. "A thousand maybe. Maybe more than a thousand and a half!"

Louise shares her home with her daughter Linda, son-in-law Travis, and four gorgeous cats. Linda feels blessed that she can help care for her mother, and the two of them joke about who does the most fussing. When they realized that Louise needed more assistance than they could provide, Linda and Travis called Harbor Hospice. A caseworker came to interview Louise and her family the next day, and hospice services were put in place immediately.

"Their care has made life so much easier for all three of us," says Linda. "The hospice staff and volunteers are wonderful, and they help ease Mom's pain. Everyone has been so friendly, and they take a lot of worry off us."

At 88, Louise looks back on her life and smiles. It's been good, she says, as she puts another bead on the cord she holds. She reminds me to choose more bracelets and sets out two boxes that are filled with her creations. I select a beauty in shades of blue, with two beads that look like Delft, and another in rich earth tones. I thank her, again, and she hugs me warmly like we are old friends.

"Come back again!" she says. "Anytime! Come get more bracelets!"

*Note: When I arrived to do this interview, I brought Louise and Sandy a few beaded necklaces that belonged to my mother. She passed away five years ago, and I was hoping they would be able to reuse the beads for their projects. A week later, I received an amazing gift—three lovely bracelets that they made for me from those necklaces. What a treasure!*



Bracelets for our Moms Together support group.



Dr. Dick Kamps, Karen Panozzo, Dr. Len Wright



Dr. John Mulder, Dr. Gerald Harriman, Dr. Len Wright



## New beds at Leila & Cyrus Poppen Hospice Residence offer comfort and so much more

by Susan J. Newhof



### Consider the bed.

We spend about a third of our life there when we're healthy, and it's a round-the-clock harbor of refuge when we're ill. We cuddle our partners, children and grandchildren there, nap with the cat, and curl up with a book. We might

linger in bed with a cup of coffee on a rainy morning, or relax there and chat by phone with a long-distance friend. To you and me, a bed is comfort.

For a resident at the Leila & Cyrus Poppen Hospice Residence, a bed is all that and more. Friends and family gather at their bed to hold and comfort each other. Grandkids delight grandparents there when they show off school projects and books they are learning to read. Beloved pets in for a visit nuzzle close to the owner they miss who is no longer at home. Grown children pull up bedside chairs to ask tough questions. Clergy offer prayers. Everything from funny stories and holiday celebrations to lasting hugs and final goodbyes are shared around the bed.

Because beds are so important to our patients at the Poppen, we knew when it was time to replace them that we wanted to purchase the best available. So you can imagine how excited we were when we found a state-of-the-art design that is 42 inches wide—a full six inches wider than the twin beds that are standard in health care facilities.

They are roomier and more comfortable for the patient, and they help make frequent tasks such as turning the patient easier for both the patient and staff.

We planned to buy new beds as we raised the funds for them. They cost about \$2,500 each. But the vendor offered a discount if we purchased them all at once. That seemed fiscally prudent,

and we knew it was the right thing to do for Poppen residents. Still, those beds had a bigger impact for many than we could have imagined.

Bud and Dot Kemperman married after World War II and slept side-by-side nearly every night of their life together. In fact, they did everything together, and they thought all that would have to change when Bud moved to the Poppen. To their surprise, Bud's room was furnished with one of the new wide beds, which made it possible for the Kempermans to continue the closeness they had happily shared for more than 72 years.

"It was beautiful," remembers Dot. "I slept next to Bud every night for those last two weeks at the Poppen. He could talk to me. He knew I was there. It was a quiet, calm time for us, and we both felt secure. He had his head on my shoulder when he died."

Each year at this time, we come to you to ask for your support. More than 2,500 adults and children have chosen the Poppen as their final home since we opened it 12 years ago. Your gift makes it possible for us to continually upgrade and improve it so we can provide the very best in hospice care in a gracious, peaceful setting.

Because of you, we can support the Poppen Residence and their families every step of the way, and because of you, we never turn away someone who needs hospice care but can't afford it.

Please put the Poppen Residence on your gift list again this year. If you'd like to cover the cost of a special item for the Poppen, such as a bed, a TV or a cozy sleeper sofa, call Ammy Seymour at 231-728-3442 and she will share our wish list with you.

Thank you for your thoughtfulness and your generosity. We wish you health, happiness and peace in the new year!

Did you know year end gifts can take many forms including a donation of real estate or appreciated stock! Call us for more information.



For Poppen resident Betty Seeleye, the new big bed provides room for her children and grandchildren to be close to her.

# Thank you to our 2017 Corporate Partners

We appreciate all of your support of hospice and palliative care programs and services in the communities we serve.

"As lawyers, we find ourselves in the most private and personal reaches of our clients' lives. The relationship is much more than paperwork. It is understanding, compassion and help when a family needs it most.

We have worked with Harbor Hospice for many years and have witnessed, first hand, the relationship they foster with their patients. So similar are our approaches to helping families, the community partnership was a natural fit.

Harbor Hospice and Parmenter O'Toole both recognize the deeply emotional and personal needs of the people we serve and the trust they put in us. That trust we both hold sacred.

*As our partnership develops and grows, we will learn from each other, inspire each other and take our passion for what we do to the West Michigan community."*

-Chris Kelly, Managing Partner at Parmenter O'toole



# It's been a year to remember

Hundreds of Harbor Hospice supporters celebrated at **Summer Splendor on August 18 at the Event Center at Fricano Place** in Muskegon. They grooved to the music of Black Circle Radio, and feasted on gorgeous food by Harris Hospitality. Silent auction tables featured everything from vintage cufflinks, original pottery and Disney passes to hand crafted furniture, a hot air balloon ride and Bluffton sail bags.

A corn-hole toss, Black Circle Radio's "Turn Table Take Over" and Float Your Coaster drew dozens of mini-gamers who won mega prizes including a stand-up paddleboard!

The next morning about 250 enthusiastic sailing supporters gathered at the Muskegon Yacht Club to watch our **10th annual Harbor Hospice Regatta** and to cheer Bill Newman and crew of Aftershock who won first place!

These back-to-back events generated approximately \$40,000 which is helping fund improvements and upgrades at the Leila & Cyrus Poppen Hospice Residence in Fruitport Township.

And there was more!

**The 17th Annual Naleah Drew Memorial Golf Outing** on June 17 raised nearly \$3,000 for Camp Courage, an overnight grief support camp for children. Thank you to hosts Abby and Steve Lohman, Bald Man's Bakery and the beautiful Chase Hammond Golf Club as well as all who participated!

**The 11th Annual Ride to Remember** on May 17 raised more than \$1,700 for the Poppen. Thank you to the 89 riders who pedaled their hearts out, and to sponsors Fruitport Chiropractic Center and the Fruitport Lions Club.

Thank you to all participants of the family-friendly **Clover Open**, a bowling tournament in March, and to sponsors Trophy House and Jones Sports. Together, raising funds and awareness for programs and services of Harbor Hospice and the Scolnik Healing Center!

**A Purse Party and live auction** held May 20 at the White Lake Eagles. Thank you to Ladies of the White Lake Area who hosted, and our fashion-forward friends who helped raise more than \$1,100 for Camp Courage!

Thank you to all who attended these events, to our sponsors from all over West Michigan, and to each of you who supports the work of Harbor Hospice and Harbor Palliative Care in so many wonderful ways!





## 2016 Volunteer Team of the Year Our Veteran Volunteers



Zawdie Abiade



Bob Bierenga



Ed Schuiteman

*"I don't do this for anything other than the fact that I love vets and I think they should all be honored. It is my honor to honor them."*

— Ed Schuiteman  
Veteran & Volunteer



Jim Korbecki



Larry Walburg



Larry Coffey



Pete Hoekema

# HARBOR HOSPICE

35th Anniversary  
Open House

*Celebrating*  
**35** years  
1983–2018

You are cordially invited

Thursday, May 3, 2018  
3:30 – 6:30 pm

The communities we serve have supported Harbor Hospice for 35 years. In that time, over **14,000 patients and their families have touched our lives.** In their honor, we invite you to help us celebrate 35 years of service at an Anniversary Open House.

Harbor Hospice Main Office and  
Scolnik Healing Center  
1050 W. Western Avenue  
Muskegon

**RSVP by calling 231.728.3442  
or 1.800.497.9559**

**The favor of a reply requested by  
Friday, April 20, 2018**

## Spring 2018 Volunteer Trainings

**Basic Orientation Training**  
Wednesday

May 16 ) 9:00 am  
to  
4:00 pm

**Patient Care Training**  
Wednesday

May 30 ) 9:00 am  
to  
3:00 pm

Become a volunteer today, an essential part of our hospice team!

(In order to attend Patient Care Training, you will need to have completed the Basic Orientation Training)

There are several steps prior to basic orientation so please contact us for more information at 231.728.3442 or 800.497.9559, email [info@HarborHospiceMI.org](mailto:info@HarborHospiceMI.org) or visit our website at [HarborHospiceMI.org](http://HarborHospiceMI.org)



## Chartered Healthcare Planning Coalition

Advance care planning discussions provide opportunities to discover important information about our loved ones and ourselves. Making the time to have important end of life conversations allows time for honest discussion, reflection and planning that is often not possible during times of crisis.

A gift you can give your family this holiday season is the gift of peace of mind, knowing your choices.



The staff at Harbor Hospice are available to answer questions or provide support should you have questions or would like assistance in putting together an Advance Directive. *There is no charge for this service.* Please call 800.497.9559 to set up an appointment at our office or email us through our *contact us* system.



HarborHospiceMI.org

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Look for the latest edition of Harbor Hospice *Touching Lives* magazine in your physician's office. Within its cover, you will find helpful information on *Why Listening Changes Everything*, a story of a young Camp Courage camper, Brayden's Journey and much more. If you would like copies for your church, organization or business, please email or call us today.

# HARBOR HOSPICE

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## On behalf of our patients and families Served now and those in the future

THANK YOU to the Osteopathic Foundation of West Michigan and the Joan Guylas Fund of the Community Foundation for Muskegon County for their WONDERFUL donations to help fund three of our fourteen new patient beds at The Leila & Cyrus Poppen Hospice Residence.

The new patient beds replace the beds used for 12 years since the hospice residence opened in 2005. They are wider and longer, promoting safety and allowing our families to be closer to their loved ones.

(Pictured (l to r) Ammy Seymour, Director of Development at Harbor Hospice, Andrea Masvero, Executive Director at Osteopathic Foundation, and Arlene DeKam, Residence Clinical Supervisor (HH)



## Tips for Coping through the Holidays

### If you don't know where to start

*It's impossible to know exactly how you'll feel.* Take care of your health, get adequate sleep, and find ways to be active.

*Approach the holidays with curiosity rather than expectancy.* It may surprise you how you cope with important days. There is no right or wrong way.

### If it all seems too overwhelming

*Set limits.* Only do things that are important to you.

*Avoid overdoing it.* Sometimes we keep busy to stay distracted from pain. Remember pain in grief serves a purpose.

*Recruit help.* Be kind to yourself and allow loved ones to help.

### If you're worried about facing others

*Be prepared with a canned answer.* "I'm doing OK" or "some days are better than others" is completely acceptable.

*Don't be afraid to cry in public.* Surround yourself with people who are good listeners, people will be understanding.

*Prepare an exit strategy.* Only commit to certain times after events begin. Create a reason to leave if you need to, even to go home.

### Facing the years ahead

*What you choose to do the first year can always change.* Experiment with new family rituals. There are many ways to honor your loved one on special days.

## Kids' Holiday Open House – Grief Support



An opportunity for children to create memory ornaments in honor of their loved one(s), view the DVD, "What on Earth Do You Do When Someone Dies?"

Light refreshments will be served. Please call Harbor Hospice Bereavement Services at 231.728.3442 or 1.800.497.9559 for more information.