



THE Hospiteer

All for One and One for All September 2010

“Autumn is a second spring when every flower is a leaf.”
— Author unknown



Retiring nurse **Ruth Zika** and her husband, **David Stephenson**, attended a summer picnic in her honor Tuesday Aug. 10 at the Charleston Main Office. (More pics on pages 4-5).

Ruth’s last home visit

HospiceCare colleagues wish her well in retirement

H IRED to work on-call every other weekend in February 1991, nurse **Ruth Zika** probably didn’t expect she would spend nearly 20 years of her life working for HospiceCare — but we’re glad she did and are sad to see her go. Ruth worked her way from on-call, to full-time floater, to case manager, to education/infection control nurse, to provider relations/NH liaison, and back to full-time weekend on-call in November 2001 when she “retired” the first time. Now her last assignment will be to go to her own home where she’ll be able to spend more time with her husband, **David Stephenson**. At a summer picnic in her honor Aug. 10 nurse Gayle Michael, a longtime hospice colleague, remembered Ruth’s dedication to her job and her willingness to go to any length: “Ruth came down to the office on Friday afternoons to pick up the ‘bag phone’ which was our source of communication back then. And it only worked on ‘sunny days’ for a range of about 10 miles. She would have to stop and place the magnetic antenna on the hood of ‘Big Red,’ the 4WD drive truck Ruth would borrow from her husband for such occasions as fording streams, going up certain hollows, etc. Conditions were far less convenient at that time due to the newness of the hospice concept and lack of infrastructure.” *Continued on page 3.*

New fitness center part of wellness program

Exercise space, equipment to help staff keep fit

by **Larry Robertson**
Executive Director

HospiceCare’s new Health and Fitness Center in the building across the driveway from the Main Office opened Monday, Aug. 9th to all employees, their spouses and/or significant others as part of the agency’s wellness program.

If you are interested in utilizing the facility please stop by the HR office to pick up a copy of the policies and procedures and waiver of liability forms that will need to be signed before you can utilize the facility. You also will need to sign up for a pass code to enter

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SUMMER CHALLENGE OF CHAMPIONS



A little horsing around helps hospice

HospiceCare is grateful to the **Kanawha Valley Horsemen's Association** and the **Winfield Riding Club** for their generous support through the **2010 Summer Challenge of Champions Horse Show** held July 29-31 at the Winfield Riding Center. This year's show attracted more than 150 horses and their riders of all ages to compete in more than 80 different classes. In addition to all the wonderful riding contests, there was a festive family-fun open house with carnival games, a clown making balloon animals, and a caricature artist on Friday evening of the event. This was HospiceCare's first year as the main charity for the three-day event, which helped raise \$15,000 to benefit programs and services for hospice patients and their families. Special thanks goes to KVHA President **Rick Comer**, show organizer **Brett Hamilton** (pictured top center), as well as all of the participating barns and dozens of sponsors for making this KVHA show one of the most successful ever. HospiceCare hopes to continue to be part of this awesome annual event as well as other shows throughout the year. ❖



Happy Birthdays!

September

| | | |
|-----------------|-----|----|
| Angie Barr | ... | 4 |
| Becky Powell | ... | 9 |
| Shawna Brown | ... | 10 |
| Brenda Scott | ... | 12 |
| Jolene Wiseman | ... | 12 |
| Stephen Nelson | ... | 14 |
| Sharon Ellis | ... | 15 |
| Jeff Carrier | ... | 16 |
| Larry Robertson | ... | 16 |
| Kitty Kiser | ... | 17 |
| George Cantees | ... | 19 |
| Mike Morris | ... | 24 |
| Rebecca Hughart | ... | 25 |



Executive Director **Larry Robertson**, HR/Volunteers Director **Kendra Prine**, and Administrative Assistant **Elaine Harrison** almost got blown away Aug. 5 as they braved a threatening thunder storm (below) to quickly cut the ribbon on the new HospiceCare Health & Fitness Center at the Main Office.



Welcome Aboard!!!

Virginia Barnett, RN
Case Manager - Main Office

Ruth *Continued from the front*

Gayle continued: "Ruth could always be counted on to give an accurate assessment of the situation and adapt to whatever situation she ran into. It was really hard to ruffle her feathers!"

Ruth talked at the picnic about the importance of self-care for the hospice staff and how that has imprinted itself onto her more as the years went by.

Ruth has many and varied interests and she will enjoy her retirement days doing things that we all don't have time for while working. But she did say she is already missing her friends and colleagues at hospice. ❖

Fitness *Continued from the front*

the facility. (No one under the age of 18 is allowed in the facility.)

One side of the facility has a dozen or so pieces of workout equipment. The other side will be kept open for floor exercise. DVDs and a flat screen TV are there for those of you that want to work out to an exercise DVD. We are looking into scheduling exercise classes in the evenings that will be taught by professional instructors. We will provide a few floor mats but you may want to bring your own.

A refrigerator is available and stocked with bottled water. A "Coin Jar" has been set out for those drinking the water to drop in coins or dollars to help offset the cost. Food products are not allowed in the refrigerator. Hand wipes will be provided to wipe off the equipment after each use. Please dispose of the wipes in the trash cans provided.

Men's and Women's bathrooms



are available. Each is equipped with a single shower stall. You will need to bring your own towels, soap, shampoo, and other toiletries.

As of now, we will set the hours of operation from 6 a.m. - 9 p.m. daily. Hours may become flexible later on, but for now let's try to stay within these guidelines.

I hope you are excited about this opportunity and will utilize these facilities as part of our Wellness Program and employee benefit package. Hope to see all of you there ... just not all at the same time!!!

RUTH'S FAREWELL PICNIC



RUTH'S FAREWELL PICNIC



A TOUCH OF COLOR



Quilters' stitches help brighten conference room

*"In appreciation for services provided by HospiceCare for the residents of Kanawha County," reads a statement handwritten in black ink on the back of a new quilt the **Kanawha Valley Quilters Guild** stitched together as a gift for HospiceCare, which will hang in the Main Office's conference room to help warm up and add a little color to the bare beige walls. Guild members **Janet Morris**, top left, and **Juanita Reed** presented the quilt to Volunteer Coordinator **Libby Gates** and Executive Director **Larry Robertson** (holding the quilt) in August. Other guild members who worked on and signed the quilt included: **Anne Sims**; **Marliese Sigman**; **Carrie Swing**; **Clara Poe**; **Clara Johnson**; and **Cathy Taylor**. The guild meets every Monday morning from 9:30 a.m. to noon at the South Charleston Library for anyone who is interested in lending a hand, needle and thread! ❖*

WELCOME TO OUR NEW NEIGHBORS!



Sojourner's Shelter finds refuge in annex building

For the next few months, while their current East End location gets a complete make-over, the YWCA Sojourner's Shelter will operate out of HospiceCare's annex building on 2nd Avenue across the parking lot from our Main Office here on Charleston's West Side. More than 50 residents and a dozen staff members started moving to the updated temporary facility on Aug. 24. "While occasional renovations and repairs have been made throughout the past 18 years, the shelter facility has not received an extensive overhaul due to the complexity of completing certain projects while simultaneously housing an average of 64 individuals daily," YWCA Executive Director **Debby Weinstein** said. Renovations and repairs to the shelter include upgrading the kitchen, relocating a laundry facility, removing carpet and installing tile, replacing industrial size hot water tanks, and fixing plumbing, electrical, heating and cooling and sprinkler systems. Also, a bed bug problem will be remedied, security will be upgraded, and offices will be redesigned, all for a cost of around \$330,000. "After much consideration, we realized that a temporary program relocation was greatly needed to accomplish these critical projects," Weinstein said, noting that a chance meeting with HospiceCare's Executive Director **Larry Robertson** at a United Way meeting in June set the whole plan in motion. "Debby mentioned to me that Sojourner's needed a temporary home. I said I might have the answer for you," Robertson said. "We are glad that, at least for now, someone can make good use of the (annex) building. We are looking forward to having them as a neighbor." Sojourner's Director **Margaret Taylor** (top left) said, "HospiceCare has been good to us. We only pay utilities. A lot of people have stepped up to the plate. I want to thank everyone for playing a role in this. It's a joint effort. Charleston has always been a caring community. We are truly grateful." Assisting Taylor with the move were (i.e., bottom center) YWCA Board Secretary **Martha Pettit**, Sojourner's Assistant Director **Sandy McGrath**, and **Carolyn Meadows** with the YWCA. HospiceCare's IT Team of **Tanya Spade**, **Jonathan Harrison** and **Mike Morris** (bottom right) helped set up the temporary shelter's Internet connection. ❖

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|---|----------|
| <h1>September 2010</h1> | | | | | | |
| 5 | 6  LABOR DAY | 7 ♦ Grief Recovery Support Group, 6-8 p.m., Charleston | 8 ♦ IDT Green Team, 8:30 a.m., Charleston ROSH HASHANAH BEGINS AT SUNDOWN | 9 | 10 | 11 |
| 12  GRANDPARENTS DAY | 13 ♦ CNA meeting, 8:30 a.m., Charleston; and 5:30 p.m., HHH ♦ Orientation Day, 8:30 a.m., Charleston ♦ Blood Drive, 9 a.m.- 2 p.m., Charleston Main Office | 14 ♦ Nurses meeting, 8:40 a.m., Charleston ♦ Ice Cream Social, 11:30 a.m. - 1:30 p.m., Charleston Main Office ♦ Grief Recovery Support Group, 6-8 p.m., Charleston | 15 ♦ IDT Blue Team, 8:30 a.m., Charleston | 16 ♦ Board of Directors, 8 a.m., Charleston | 17  YOM KIPPUR BEGINS AT SUNDOWN | 18 |
| 19 | 20 ♦ CNA meeting, 8:30 a.m., Charleston. ♦ Nurses meeting, 5:30 p.m., HHH | 21 ♦ Grief Recovery Support Group, 6-8 p.m., Charleston | 22 ♦ IDT Green Team, 8:30 a.m., Charleston | 23  AUTUMN BEGINS | 24 | 25 |
| 26 | 27 ♦ CNA meeting, 8:30 a.m., Charleston. | 28 ♦ Grief Recovery Support Group, 6-8 p.m., Charleston | 29 ♦ IDT Blue Team, 8:30 a.m., Charleston | 30 | <p>Mark your calendars for HospiceCare's annual Memorial Service from 3-5 p.m. Sunday, Nov. 21 at Emmanuel Baptist Church, 1401 Washington St., W., in Charleston. The service honors the memory of hospice patients who have died this past year and is a celebration of their lives for family, friends, staff and other loved ones. Please RSVP with Kathy in Stout.</p> | |