



# HORIZONS

*Community Newsletter*

Comfort and dignity as life nears its end

WINTER 2018

## DEMENTIA CARE AND EDUCATION CAMPUS TO LAUNCH

Hospice of the Valley plans to establish a Dementia Care and Education Campus in Phoenix that will care for people at all stages of dementia and bring experts and caregivers together to share best practices in dementia care.

“We are excited to offer this multi-purpose campus supporting patients, their caregivers, healthcare providers, students, volunteers, neighbors and the community,” said Debbie Shumway, executive director, Hospice of the Valley. “As one of the top ten states with elderly populations, Arizona’s fourth leading cause of death is Alzheimer’s disease. By 2025, more than 200,000 Arizonans will have Alzheimer’s disease—a 50 percent increase.”

The four-building campus is planned for a site at 3811 N. 44th St. in Phoenix. Hospice of the Valley purchased the land from the Scottsdale Unified School District. Formerly it was the site of the district office.

Hospice of the Valley, a not-for-profit agency, was founded in 1977 to care for people nearing end of life and to support their families. As the need for dementia care has grown, we have expanded services to care for patients at all stages of the disease and to help caregivers relieve stress. We also have created educational and professional development programs to encourage people to go into careers that involve dementia care.



*Gail Higgenbotham, dementia activities coordinator, reads to Tomasa Revilla.*

Expected to open in summer 2019, the campus will include:

- A 10-bed dementia palliative care unit for people with advanced disease receiving hospice care.
- A 12-bed assisted living home for people with mild, moderate or advanced dementia, many with behavioral problems, who may or may not be on hospice.
- An adult day care center for people with dementia.
- An early childhood education center for children ages 3–5 in the same building as the adult day care center.
- A dementia education center with a conference room for up to 100 guests and a café for community and campus visitors. The center also will include a model patient room to provide hands-on caregiver education.

## HOV expanding services for dementia care



*Debbie Shumway*

Dementia—the most common form is Alzheimer’s disease—has an immense impact on our community. The disease’s prevalence is increasing as people live longer.

In this issue of *Horizons*, you’ll read about our plans to launch a Dementia Care and Education Campus. This year also marks the

start of a Dementia Care Fellowship program. HOV is sponsoring fellowships for 15 community professionals to pursue projects designed to improve quality of life for people with dementia. We also are reaching out to the next generation by teaching courses about dementia at Arizona State University.

Hospice of the Valley has long been committed to compassionate dementia care that incorporates our mission: comfort and dignity as life nears its end. A current program called Palliative Care for Dementia supports family caregivers with loved ones who aren’t yet ready for hospice but need help at home. Gardiner Home is the nation’s first inpatient hospice home dedicated to dementia patients. We also offer mindfulness classes to relieve caregiver stress.

Many of these programs are supported by donations, which enable us to serve those in need around the clock. Our After Hours team supports all programs and assisted more than 10,000 callers last year.

We pledge to continue our commitment to help people make the best of every day. We thank you for supporting our work and for giving us the privilege of serving patients and families at their time of great need.

Best regards,

**Debbie Shumway**  
*Executive Director*

## Innovation drives our success



*Dieter Gable*

Hospice of the Valley is the most amazing organization—truly about comfort and care.

My involvement with the organization started indirectly when HOV took care of my father about 14 years ago. When HOV took such incredible care of him in his last days, little did I know I would find myself becoming active in the organization over the coming years.

Starting this year I will serve as president of the board of directors, succeeding Michael Withey, whom we all thank for his contributions on his second round as board president and for his commitment to continue his involvement with our agency.

I first became formally involved in the mission through Ryan House, one of HOV’s partners in care, serving children with life-limiting illnesses and their families. Being friends of the facility namesake’s family brought me to the board of Ryan House, and subsequently to the HOV board. As demonstrated by its support of Ryan House, HOV delivers on its commitment to serve the community with unmatched caring and outcome-focused initiatives that are truly innovative.

The healthcare landscape is evolving, consolidating and shifting. HOV will continue to be a national leader in delivering innovative solutions because our culture embraces innovation and improvement. Our leadership team never rests and continues to strive at the pace of a start-up in its 41<sup>st</sup> year! The examples of this drive are numerous and nationally recognized, the most recent endeavors focused on dementia care.

It is a great pleasure for me to be able to serve as president for this organization, doing my part to support HOV’s unfettered success led by an exemplary executive team with Debbie Shumway at the helm.

Thank you for the opportunity to be part of such a great cause!

**Dieter Gable**  
*Board President*



### Phoenix Symphony plays at Gardiner Home

At the cozy setting of Gardiner Home, five Phoenix Symphony musicians played from their hearts for six hospice patients with dementia, seated in a semi-circle. Their reactions ranged from animated smiles, nods, and singing to—a deep, sound sleep.

“How nice of you guys to come out!” a patient exclaimed.

Next to her, a sleeping man’s hand began stirring to the beat of *The Battle Hymn of the Republic*. What started as a twitch turned into a wave, then two hands coming together like an orchestral conductor. Many years ago, the man used to sing at weddings and special events, a memory triggered by the group’s performance.

“Music can access parts of the brain that language can’t,” said Maribeth Gallagher, director of Hospice of the Valley’s dementia program, and herself once a professional musician. “It can take people to another time and place. It can open a floodgate of emotions.”

Thanks to a donation from Hospice of the Valley volunteer John Radway, the Phoenix Symphony musicians have been playing for dementia patients at Gardiner Home since November. John cared for his wife Claire through a decade of dementia until her death. Longtime fans of classical music, the Radways appreciated Hospice of the Valley’s use of music in dementia care. A donation in his wife’s memory to the symphony seemed the perfect way to honor her.

“I thought it would be a nice thing for the people at Gardiner Home,” said Radway, 81. Nice it was—for patients, family and staff members who gathered in the ranch-style hospice home’s living room for the mini-concert.

The first concert featured patriotic medleys, Christmas carols, Beethoven, polkas and classics like *Moon River*. Some of the musicians have family histories and personal experiences with dementia.

Some of the patients have personal experiences with the songs.

A married couple, one with dementia, was deeply touched by *Ode to Joy*, their wedding song. A lively woman sang along with gusto to *I’ve Been Working on the Railroad* because her husband, who died last year, had done exactly that.

Another patient felt inspired by *Amazing Grace*. “I could live on this,” she said.

Phoenix Symphony musicians Tessa Golman, violin; Steve Hanusofski, clarinet; Maggie Martinic, violin; Melita Hunsinger, cello; and Greg Umber, horn.



John Radway, HOV donor and volunteer, with his wife Claire.



A patient enjoys the music.

### Fred Knapp gives his home to HOV

Fred Knapp was so grateful to Hospice of the Valley for support during his longtime partner's passing years ago that he gave back tenfold—first by volunteering, then posthumously by bequeathing his home to the agency.



*Fred Knapp*

Following his partner's death, Knapp had a challenging few years. In his grief he was supported by Hospice of the Valley with individual professional counseling and through the LGBT support group "Healing Rainbows."

Knapp volunteered for three years at the White Dove Thrift Shoppe – Scottsdale, putting his designer flair to

use creating displays, valuing collectibles for sale and helping with whatever was needed.

He specified in his will that the contents of his home and proceeds from his home's sale be donated to HOV.

Following Knapp's death from cancer last fall, HOV volunteers and staff from the "Wrap Pack" packed his belongings and took them to the Scottsdale thrift store. Sale proceeds benefit hospice patients and families.

"This is a beautiful story of how volunteers come to us because we meant so much to them at their time of need—and they give us so much in return," said JoEllen Feltham, volunteer coordinator for the Dove. "HOV is like the gift that keeps on giving."

### Reap What You Sew spreads love and comfort

Quilts are layered with meaning—warmth, comfort, love, family, tradition.

Every year these labors of love are created by Reap What You Sew, a ministry of First Christian Church, Phoenix. Up to 150 women—many of whom aren't church members but support the cause—make hundreds of quilts and "angel wraps" for ill adults, children and babies and the organizations that care for them. Hospice of the Valley is among the 16 receiving organizations, which also include hospitals.

Once a year the quilters come together with the organizations' representatives to hear stories about how the quilts change people's lives.

Cheryl Thomas, director of fund development for Hospice of the Valley, tells about the comfort quilts bring to those nearing end of life and their family members.

"A granddaughter came to visit her grandmother at one of our inpatient hospice homes and brought with her the quilt she had received at the same hospice home the year before when her grandfather died there," Thomas said. "She told us she slept with the quilt every night and it comforted her after her grandfather passed away. Your lovely quilt is helping her again, now in coping with the loss of her grandmother."



*Debbly Hovorka with Cheryl Thomas*

Todd Koceja, a nurse who manages HOV's Sherman Home on the Mayo Clinic Hospital campus, recalled asking a new patient what her favorite color was. Red, she responded quizzically, why do you ask? Koceja went to the quilt closet and found a beautiful quilt with red roses. "How do you know I love roses?" said the delighted patient. The quilt warmed the woman in her final days, then went home with her family.

"These ladies have such love for people," said Debbly Hovorka, the group's leader. "They devote a lot of time and effort to this—and put their best into it as if each quilt was going to one of their own family members. I am so blessed to work with them."



### Heiland Tea is sweet on HOV

High Tea may be a British tradition, but the “Heiland Tea” is vintage Prescott.

For 25 years, Mary Heiland has hosted a charming annual tea party for the sheer joy of it. For almost a decade, she cleared the living room of her Moon Valley home to make room for little tables borrowed from friends. But since 2001, the grand event has been held under a giant willow tree shading the lush front lawn of the family’s 1902 historic home in Prescott. “I love to bring people together,” Mary said. “It’s a day of Victorian splendor to get away from the world!”

Mary chooses a different theme each year—Teddy Bears, Raggedy Ann—even *Gone with the Wind*—then her dearest friends fly in from California, Colorado and Washington to help decorate. The setting is quintessential Pinterest—charming tables dressed in pink and white linens, set with fine china and adorned with fresh cut flowers and iced shortbread cookies shaped like teapots.

Ladies in flowy sundresses and flouncy bonnets happily chat the day away—sipping fancy teas and nibbling luscious lemon scones, coconut cookies, chocolate croissants, petit fours and cucumber finger sandwiches.



*Debbie Shumway, Mary Heiland and Lin Sue Cooney.*

But this blissful afternoon of laughter and friendship is much more than a day of leisure. The Heiland Ladies Tea is “tea with a purpose.” They’ve supported a local women’s shelter, the Prescott Library, breast cancer research and for the last two years Hospice of the Valley. “Everyone I know has been touched by Hospice of the Valley,” she said, “including me. It’s a blessing to have somebody right there holding your hand.”

### Generous giving brings the extras to our patients

Robotic cats engage and comfort patients. The cats at Gardiner Home meow, purr, blink, stretch and have cozy, soft fur. But they don’t eat, use a litter box, scratch or bite.

Robotic cats are a comfort tool for dementia patients, who enjoy the familiar pleasure of cuddling a lap cat without suffering any of the drawbacks.

“Oh yes, I like that kitty!” exclaimed Dee, a patient at Gardiner Home, which is dedicated to dementia care.

Dee had cats in the past, and regards the robotic orange tabby and grey-and-white cat as her own.

Carol Carro donated 100 cats—which cost \$100 each—to Hospice of the Valley after reading in *The New York Times* about their popularity with dementia patients.

“It’s the sensory, tactile contact that brings them comfort and something from the past that is ‘alive’ in the present,” said Christie Bonner, dementia social worker.

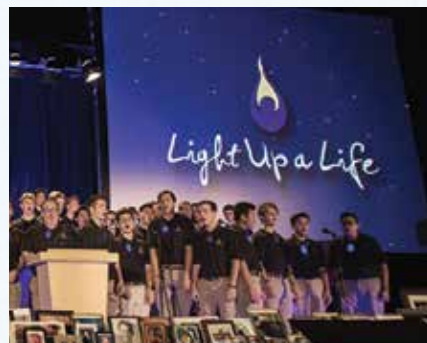
## SPECIAL EVENTS SUPPORT PATIENTS AND FAMILIES

### Off the Vine nets \$113,000

Hospice of the Valley's Off the Vine Vintage Wine Auction netted \$113,000 for the agency's patients and families. About 200 people attended the Oct. 13 event at Mountain Shadows in Paradise Valley. In addition to the new venue, this year's event featured five celebrity chefs from some of the Valley's finest restaurants devising fabulous food and wine pairings. About \$40,000 to support the volunteer "Saluting Our Veterans" and "Honoring First Responders" programs was raised as the featured "fund-a-need." Many thanks to all for your generous support!



### Light Up a Life remembrance attracts 1,500



More than 1,500 people turned out to pay their respects to loved ones at Light Up a Life, a community remembrance ceremony held Nov. 19 at Steele Indian School Park in central Phoenix. A montage of 600 photos of the deceased that was set to music was projected against the night sky. "This brings together all kinds of people from all walks of life, but for one hour we all have one thing in common," said Paul White, whose wife died eight years ago. The annual event sponsored by Hospice of the Valley is open to all at no cost.





### HOV awarded Medicare project

Hospice of the Valley is the only Arizona hospice selected to participate in a federal project designed to demonstrate that quality of life would be improved and healthcare resources conserved if hospice and palliative care was provided to patients at the same time as curative treatment.

Under current payment rules, Medicare beneficiaries are required to forgo curative care to get hospice care. They can get both under the program Hospice of the Valley calls *MediCaring*. About 150 patients are expected to be served daily.

Participation in the project is limited to traditional Medicare beneficiaries with advanced cancers, chronic obstructive pulmonary disease, congestive heart failure and HIV/AIDS. The program is offered to individuals living in their own homes.

Information about *MediCaring* is available from community physicians and Hospice of the Valley: (602) 530-6900.

### Grants support hospice care

Hospice of the Valley is grateful for the following grants awarded in the second half of 2017:

- The Arizona Community Foundation and APS: \$10,000 to support respite care for Hospice of the Valley charity care patients and families in the Southwest Valley.
- Employees Community Fund of Boeing Arizona: \$5,000 for New Song Center for Grieving Children.
- Fort McDowell Yavapai Nation: \$10,000 to support therapeutic harp in palliative care units.
- Glendale From the Heart: \$5,000 for charity care at Thunderbird palliative care unit.
- Salt River Pima-Maricopa Indian Community: \$100,000 to support HOV dementia care programs.

### Dementia Fellowships awarded to 15

Fifteen individuals have been selected to participate in Hospice of the Valley's Dementia Care Fellowship program for 2018. They include nurses, educators, social service providers, physicians and a fire department captain. Each fellow and each fellow's organization will receive \$5,000—a total of \$10,000—to participate in the program and to support a sustainable change project. Hospice of the Valley created the fellowship program to encourage professionals in a variety of fields to develop ways to improve care for people with dementia and support family caregivers.

### Stacia Ortega named Piper fellow

Stacia Ortega, director of volunteer services for Hospice of the Valley, has been named a Piper Fellow by Virginia G. Piper Charitable Trust. Piper Fellowships are awarded annually to outstanding leaders of nonprofit organizations and support their pursuits to grow professionally and strengthen the community.



*Stacia Ortega*

Ortega leads 2,100 volunteers. A licensed clinical social worker, she joined the agency in 2001 and launched one of the first hospice teen volunteer programs in the country. Ortega also developed an adolescent grief support program that included a wilderness experience. As volunteer director Ortega has worked on broadening the volunteer base and opportunities.

Her fellowship will focus on developing a volunteer model that includes new technologies and modern training approaches for young people.

### First responders honored by HOV

“Honoring First Responders” has been launched to pay tribute to patients who served as emergency, medical and law-enforcement officers. Volunteers who worked in the same line of work meet with patients and honor them with a flag and a pin. The program is modeled after “Saluting Our Veterans,” which honors patients who served in the military.



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## PLEASE JOIN US

### AAHA! An Auction of Heirlooms and Art

March 3, 2018  
6–10 p.m.  
Arizona Biltmore  
McArthur Ballroom  
2400 E. Missouri Ave.  
Phoenix, AZ 85016

AAHA! An Auction of Heirlooms and Art, the signature fundraising gala for Hospice of the Valley, includes dinner and live and silent auctions with collectible pieces by renowned artists, antiques and one-of-a-kind experiences. This year's theme is "Swing Into Spring." Event proceeds benefit Hospice of the Valley's patients and families.

Tickets are \$300 per person or \$250 for young professionals (40 and under).

**For reservations, [hov.org/aaaha](http://hov.org/aaaha) or (602) 530-6992.**

