

Perspective

Fall 2020

A support community publication
from Northern Illinois Hospice



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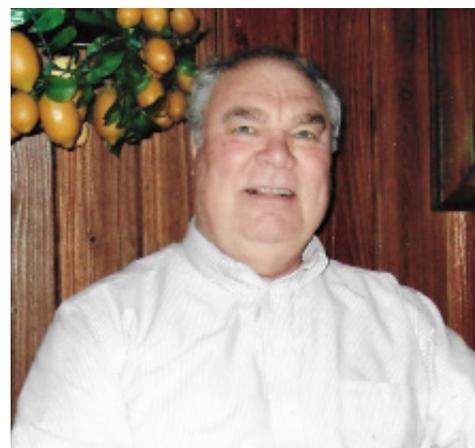
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HOME WITH HOSPICE

Family Given More Time Together During Pandemic

While the COVID-19 pandemic has changed so many aspects of the way we live, Northern Illinois Hospice continues to provide expert care and heartfelt support to the patients and families that call on us. Rockford resident Dennis Goble experienced our clinical team’s dedication and steady, knowledgeable presence firsthand when his dad, Tom Goble, became a Northern Illinois Hospice patient in March. The Goble family knew a hospital stay during such a chaotic, uncertain time would likely mean they could not stay by Tom’s side, and so they chose to keep him comfortable at home, surrounded by loved ones.



Tom Goble enjoying his 75th birthday at Maria’s restaurant.

Dennis first heard about Northern Illinois Hospice when his good friend, Scott Olson, Vice President of

Northern Illinois Hospice’s Board of Directors and Co-chair of Northern Illinois Hospice Foundation’s annual Rockvinia charity fundraiser, asked him to join the Rockvinia planning committee two years ago. Dennis,

Story continues on page 3



First in *caring* for life’s final months



MISSION

Northern Illinois Hospice is a trusted community partner dedicated to:

- providing extraordinary and dignified care, comfort and compassion to individuals and families at the end of life;
- removing barriers to care access so all eligible individuals, regardless of ability to pay and payment source, receive exceptional care and support; and
- educating others about end-of-life planning and hospice and palliative care.

VISION

Our vision is to be a local and national leader in hospice and palliative care and to enrich end-of-life experiences through our quality, innovative approaches, and supportive education.

CORE VALUES

- COMMUNITY
- COMPASSION
- EXCELLENCE
- GRATITUDE
- INTEGRITY
- QUALITY
- SERVICE
- STEWARDSHIP
- VISION

From the Chief Executive Officer

In 2016, hospices nationwide were mandated to establish emergency plans. As Northern Illinois Hospice did its planning, no one imagined a pandemic of COVID-19's magnitude.

With the proclamation of the national emergency, we have taken the steps to ensure the safety of staff, volunteers, and everyone we serve. Northern Illinois Hospice managers immersed themselves in "all things COVID" as the pandemic consumed our days and time. We did and continue to do stellar work, and I am so incredibly proud of our team.

Patients and families continue to receive Northern Illinois Hospice's expert, compassionate care, albeit in new ways. Virtual visits now have a place in our patient care toolkit. Wearing personal protective equipment (PPE) with a smile behind the mask, staff continue to visit all individuals preferring traditional, in person hospice care.

During this public health emergency, our Harrison Avenue headquarters, our home since May 2019, has played a starring role, providing up-to-date technology and ample space for 6' social distancing. We have adeptly pivoted to the world of remote work, telehealth, and Zoom meetings. From phones and devices, staff can access the "Playbook" for the most-up-to-date COVID guidance and resources.

Perhaps, there's a silver lining of this surreal moment in time. While we have always been strong, Northern Illinois Hospice has become stronger. While we have always provided great care, we are providing great care in different ways.

We have been lifted by your support, kindness, check in's, prayers, donations, and friendship. During this time of "distance," we're holding you close to our hearts.

Make today the BEST day!

Lisa Novak
Chief Executive Officer





Dennis Goble (left) with the Rockvinia Committee in 2019. Also shown from left, Kathy Lundy, Julie Humpal, Jessica lasparro, Brecken Haak, Robin Thompson, Andy Scarpaci, and Scott Olson.

HOME WITH HOSPICE

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whose dad always taught him and his brothers that it is important to give back, told Scott yes, and he has been a dedicated volunteer ever since.

In the years that followed, Dennis learned more about our healthcare organization and knew who to call when his dad's health began to decline. Dennis recalled how he and his family had some questions about bringing people into his dad's home when cases of COVID-19 were increasing in our region, but those questions were quickly answered. "Even though things were up in the air at the time, the professionalism and experience came across with every person," Dennis said. Northern Illinois Hospice Case Manager, Victoria Jones RN, BSN, cared for Tom and remembered how supportive his family was and said, "I want my patients to feel loved and I want families to feel closure."

Tom passed away in his home on April 6, 2020, but his legacy

lives on in his family and friends. Dennis wrote a moving obituary to honor his dad, who he describes as "humble" and "a larger than life presence in a lot of people's lives." The Goble family directed memorial gifts to Northern Illinois Hospice Foundation in Tom's memory. "It really wasn't a major decision," Dennis said of his family's choice to direct memorial gifts to our organization. "For us, it was a no brainer. I had personal involvement with Northern Illinois Hospice, but seeing it in action made the difference."

We are grateful to Dennis and his family for putting their trust in Northern Illinois Hospice during such a difficult and uncertain time. Our team has responded to the challenges posed by the COVID-19 pandemic with innovative solutions and careful safety measures to ensure individuals and families, as well as staff are safe, while still providing the same individualized care for which we are known.

"Wish" Program Remains Impactful

Northern Illinois Hospice Foundation's "Wish" Program continues to help patients take part in memorable activities, accomplish goals, and simply enjoy life. Our "Wish" requests have taken a different shape lately, but the joy and meaning this program brings has never been in doubt.

One Northern Illinois Hospice patient requested a squirrel picnic table feeder so she could watch the squirrels in her yard dine in style, atop a tiny picnic table bench. Another woman wanted to experience the beauty of Anderson Japanese Gardens and learn more about the meaning behind the Garden design. She will be enjoying a private docent-led tour with her significant other and breakfast outdoors at Fresco at the Gardens.

Other recent wishes have been practical in nature but very impactful to the recipients. One gentleman received a box fan to help him beat the summer heat. Another patient was given a grocery store gift card to contribute to household needs now that her family member, with whom she lives, has reduced work hours.

Oftentimes the simplest requests bring immeasurable happiness. We are so grateful to our donors for helping us fulfill patient wishes of every variety!



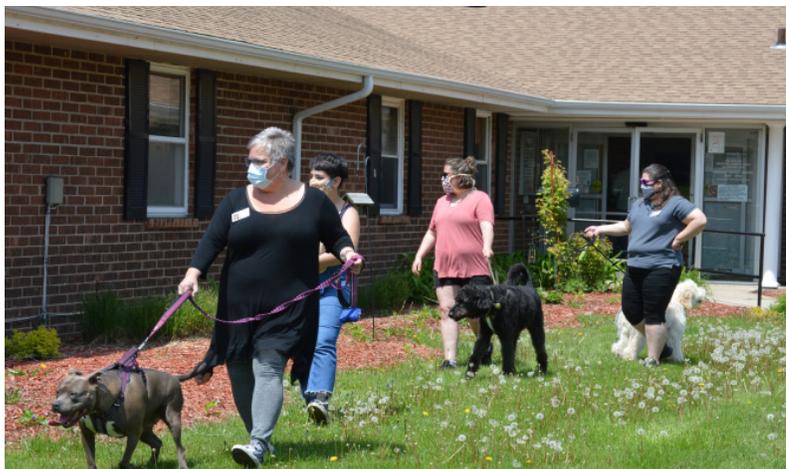
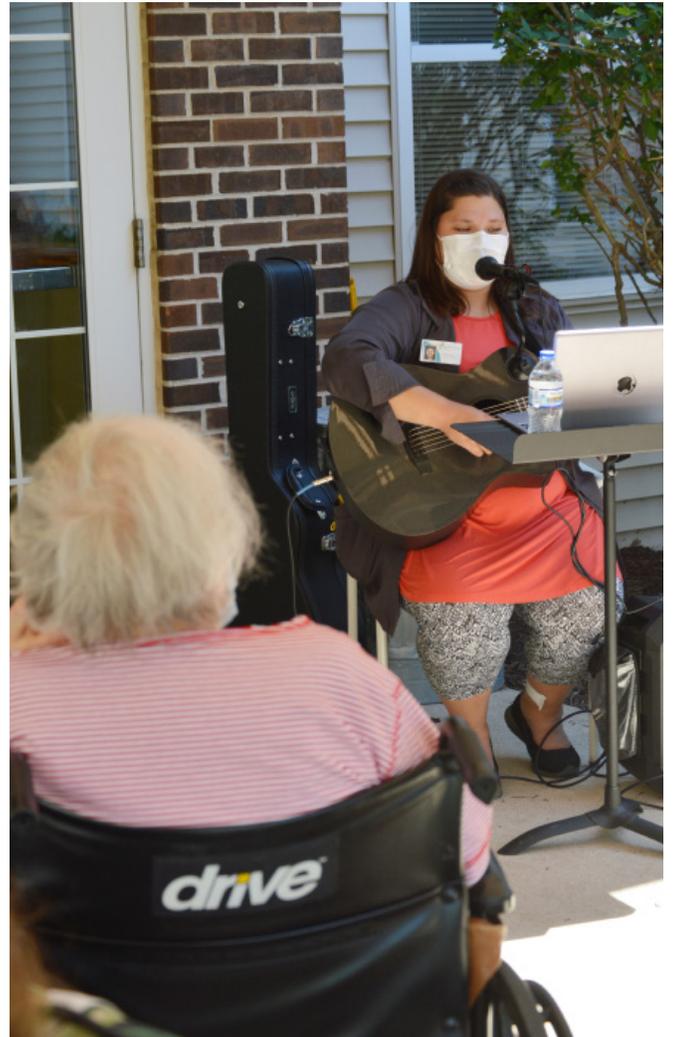
Puppy Parade

Four-legged friends bring smiles to local facilities



Above and below: Northern Illinois Hospice staff and volunteers parade their pups around, visiting residents through their windows at Heritage Woods of Rockford (above) and Park Place of Belvidere (below).

Right: Northern Illinois Hospice Music Therapist Mallory Pannell, MT-BC plays guitar and sings for the residents of Crimson Pointe while they socially distant visit during the puppy parade.



northern illinois

Hospice

First in *caring* for life's final months

Northern Illinois Hospice Foundation Board Elects New President

Northern Illinois Hospice Foundation is pleased to welcome Kelly Dinsmore, MHA to the role of Foundation Board President. Kelly, who was raised in the Rockford region, is passionate about giving back to the community that helped her become the successful professional she is today. In her job as Director of Business Development at SwedishAmerican, A Division of UW Health, she works to establish on-site or near-site primary care clinics for some of our region's largest employers. This innovative approach gives employees easier, more affordable access to healthcare.

Kelly was elected in as the Foundation Board President at the May 2020 annual meeting and assumed the role from Gary Tiffany. Gary served as the Foundation Board President since the Foundation was established in 2014 and was instrumental in establishing



Kelly Dinsmore, MHA (right) has taken on the role of Foundation Board President, following in the footsteps of five-term, former Foundation Board President Gary Tiffany (left).

and leading the Foundation forward. His deep knowledge of Northern Illinois Hospice has been invaluable, and we are endlessly grateful to Gary for his many years of service and commitment to the mission of both

Northern Illinois Hospice Foundation and Northern Illinois Hospice. Gary will continue as a Foundation Board trustee, providing steady guidance and wisdom informed by his years of experience.

See How Far Your Support Stretches

Have you ever wondered how your gifts to Northern Illinois Hospice Foundation uplift and comfort patients?

Donor support fuels Northern Illinois Hospice's mission. It makes possible a wide variety of innovative programs and services that are proven to bring hope, education, and comfort to our patients, families and community.

Our clinical and administrative teams are end-of-life experts. They are proud of what they do, 24/7 for the community at-large, your friends, neighbors, and loved ones.



When you attend a "Better Together Tour and Talk," you will hear directly from members of our team about how they are making life better for those they are honored to care for.

The first Tuesday of every month, from noon – 1 pm, "Better Together Tours and Talks" shine the spotlight on a department, program, service, or initiative that is impacted by your support. Although we are looking forward to the future when we can host our Tours and Talks in person, your and our team's health and safety are paramount. So, we turn to the virtual technology of Zoom to connect

with you and share our good work. We cordially invite you to join us "virtually" on a Tuesday — October 6, November 3, and December 1. This fall, the spotlight will shine on Volunteer Services, Bereavement, Community Outreach, and new and expanded programming in 2021.

It's easy to register, simply email Holly Sammons, Foundation Specialist, at hsammons@niha.org. She will email you a registration link, and you will be all set! Questions? Please reach out to Holly Sammons, Foundation Specialist at 779.210.3576, or Susan Lundin, Director of Northern Illinois Hospice Foundation, at 779.210.3577.





Northern Illinois Hospice Director of Clinical Services, Mike Freeze, RN, BSN, CHPN, holds one of the six air conditioners purchased through the grant.

Grant Awarded for Personal Cooling Devices

When the temperature begins to rise, patients often tell our clinicians that they do not have air conditioning, and fans provide only minimal relief. Our team wanted to offer these patients, some of whom are more sensitive to the heat because of preexisting conditions like diabetes, a solution to lower the temperature and circulate the air. Additionally, many of the patients we serve are confined to bed and do not have the financial resources to purchase a cooling device.

Thanks to the Rockford Cosmopolitan Club's generosity, we were able to purchase personal air conditioning units and replacement filters to help keep our most vulnerable patients comfortable.

Director of Clinical Services, Mike Freeze, RN, BSN, CHPN shared, "This grant has allowed us to provide immediate relief to the patients we serve. These personal cooling devices are available to our team to deploy quickly, even after hours and on weekends, providing valuable relief to a vulnerable population." We are grateful to the Rockford Cosmopolitan Club membership for their support!



WHAT OUR PATIENTS & FAMILIES ARE SAYING

"The love and care they gave to our mom as well as the support, guidance and love they gave to us, the family, was professional and phenomenal. We cannot thank them enough! Hospice care is an amazing service; however, we feel our experience with these wonderful people surpassed our expectations, especially due to the unusual circumstances of the pandemic."



2020 Charitable Giving

Provided by our friends at Associated Bank - associatedbank.com

As part of the [Coronavirus Aid, Relief, and Economic Security (CARES Act)], individuals and corporations that itemize can deduct much greater amounts of their contributions. Individuals can elect to deduct donations up to 100% of their 2020 AGI (up from 60% previously). Corporations may deduct up to 25% of taxable income, up from the previous limit of 10%. The new deduction is for gifts that go directly to a qualified public charity. The higher deduction does not apply to donations directed to a donor advised fund. You can also donate more than 100% of your AGI, but it won't all be counted in 2020. Any amount over that would create a charitable contribution carry-forward (subject to the 60% AGI limit) in the subsequent tax years.

Required minimum distributions (RMDs) have been waived for most qualified retirement accounts in 2020, including distributions from defined benefit pension plans and 457 plans...Due to this year's RMD waiver, highly appreciated equity positions held in an after-tax investment account may be a good source for gifting in 2020. With no required minimum distribution from qualified retirement accounts, this is a window of opportunity for many investors.

Individuals interested in charitable giving for 2020 should consult with their financial advisor and/or tax professional regarding gifting strategies.

2020 Bereavement Support Groups & Workshops

Open to anyone who has experienced the death of someone close to them, our groups and workshops focus on learning, healing and encouragement. Conversation topics include: understanding grief and mourning, common myths about grief, available resources, the importance of community, helping others to heal ourselves, and self-care. All are welcome. Pre-registration is required for groups and workshops. Call 779.774.9820 or email avitale@niha.org for more information. Locations of groups and workshops will be shared during pre-registration.

Please note: new members may join during the first and second meetings of any 6-week session. Shorter sessions are open to anyone who would like to join; however, sessions build upon themselves, so it is best to attend all of them.



Mindful Mondays: Mondays, September 14, 21, and 28, October 5, 12, 19, and 26; 10:30 a.m. – Noon; Anderson Japanese Gardens, 318 Spring Creek Road, Rockford

6-Week Virtual Support Group: begins Tuesday, October 20, 2020; Time: TBD (six consecutive Tuesdays)

Virtual Legacy-Memorial Service: Sunday, November 8, 2020; Time: 2 p.m.

Virtual “Here Come the Holidays - What About My Grief!” Workshop: Friday, November 13, 2020; Time: TBD

Northern Illinois Hospice Responds to

Challenges

Posed by COVID-19

Thanks to donor support and mindful stewardship of the resources so generously donated to our organization, Northern Illinois Hospice was prepared to meet the challenges of the COVID-19 outbreak. Our new building affords us with enough space for office staff to practice social distancing at work and is equipped with the technology we need to stay connected with our clinical team members who are working in the field with patients. Here are some of the many ways our team has adapted:

- Our leadership team has creatively increased communication with staff by producing a weekly staff e-newsletter, holding bi-monthly virtual all staff meetings, a bi-monthly virtual staff support group led by our Bereavement Coordinator, Andrew Vitale to provide staff with a safe space to connect and share their feelings with co-workers.



- Safety, education, and outstanding quality continues to be our top priorities. Our leadership team has diligently worked to keep our supplies of personal protective equipment well stocked; patients, their caregivers, and staff educated on protective measures; clinicians continue to be trained on new policies and procedures related to COVID-19. Telehealth visits are now available to connect with patients who are trying to reduce visitors to their homes and with home visits or are in facilities with visitor restrictions

- Our clinical team and volunteers have brightened the lives of patients and their caregivers by delivering care packages with beautiful handmade masks, hand sanitizer, lip balm and other small items. Additionally, colorful window decorations were made for patients in facilities to decorate their rooms and windows, and organized “puppy parades.”





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Our volunteers have been busy making masks for staff and patients and their families. Special thanks to Kathy Bach (pictured far left), Marie Baumert, Tina Bettner, Vicki Braun, Rita Findley, Anne Godin (pictured left), Erica Lemming, Martha Lisiewicz, Aliana Neal, and Dr. and Mrs. John Myers for donated materials, and the St Rita's Sewing Ministry — Patty, Annie, Darlene, and Liz.

If you would like to be removed from our mailing lists, please call 815.398.0500.