

# Perspective

Spring 2022

A community publication  
from Northern Illinois Hospice



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## In this issue:

- 2** From the Chief Executive Officer
- 3** Hospice Medicare Benefit Marks 40 Years
- 4** Give DeKalb County Kicks off May 5
- 5** Volunteers Making a Difference
- 6** New Ways to Give
- Rotary Grant Provides Educational Opportunity
- 7** Agency Happenings
- 8** Save-the-Date

## Music and Massage Bring Comfort and Joy

Improving quality of life is Northern Illinois Hospice's goal with each patient.

One of the many ways of achieving this in hospice is through Integrative and Rehabilitation Therapies such as music and massage therapy. Reducing pain and anxiety and decreasing isolation are just a few of the benefits these therapies offer.

100-year-old Ella Stackowicz really looks forward to monthly visits from Northern Illinois Hospice Music Therapist, Mallory Pannell, MT-BC, and Massage Therapist, Stephanie Mellon, LMT. "I feel really lucky to have people like them visit me." Ella's daughter, Barbara Fiorello, agrees. She says the therapies are a huge help to



*Northern Illinois Hospice Massage Therapist Stephanie Mellon, LMT, chats with patient Ella Stackowicz before her monthly massage visit.*



First in caring for life's final months

Story continues on page 4



## 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

Well, hello, DeKalb County! I am so pleased to announce that Northern Illinois Hospice now serves DeKalb County communities!

At its best, hospice care is community-based, provided by organizations and individuals invested in their community. Think of us as neighbors caring for neighbors! All DeKalb County team members reside locally, ensuring response times to patient needs and requests meet Northern Illinois Hospice's world-class standards. DeKalb County families will be in the most compassionate, caring hands.



The care team will serve the entire county, which includes the following communities: Clare, Cortland, DeKalb, Esmond, Fairdale, Genoa, Hinckley, Kingston, Kirkland, Malta, Rollo, Sandwich, Shabbona, Somonauk, Sycamore, and Waterman. Our services include caregiver training and support; integrated therapies; medication management; help with daily living; medical equipment and supplies; emotional and spiritual support; companionship and assistance; and grief support.

DeKalb County has a long history of embracing its community hospice. Its residents, health care providers, and nursing facilities deeply know the benefits and importance of high quality, end-of-life care. Northern Illinois Hospice and DeKalb County are the perfect match. We welcome you to our family, DeKalb County, and we'll be honored to serve yours.

Make today the BEST day!

A handwritten signature in cursive script that reads "Lisa".

Lisa Novak  
Chief Executive Officer



This photo was taken on the Capitol steps in 1982. Hospice pioneers include: (top row, left to right) Jay Mahoney, Colorado; Kathleen Hart, New Mexico; Judi Lund, North Carolina; Don Armussen, Arkansas; Mary Dede, California; Don Gaetz, Florida; (bottom row, left to right) Dorothy Moga, Virginia; Dick Brett, California; Mada Ion Amenta, Pennsylvania; Judy Fox, Virginia; Ann Morgan Vickery, Washington, DC; Phil Decker, Pennsylvania; Linda Kilburn, Massachusetts; Barbara Ward, New Jersey; Michael Rosen, Florida; Hugh Westbrook, Florida; Congressman Leon Panetta, California; and Mary Taverna, California.

## Hospice Medicare Benefit Marks 40 Years

In 1982, legislation that created the hospice benefit became a formal part of Medicare, providing coverage for patients with a terminal illness. In 1983, President Ronald Reagan signed the hospice benefit into law. Since that time, the number of Medicare beneficiaries in the United States who use the hospice benefit has increased substantially. In 1984, 2,000 Medicare beneficiaries chose the elect the hospice benefit. By 2018, more than 1.5 million were enrolled in hospice care.

Sen. Bob Dole (R-KS), Representatives Leon Panetta (D-CA), and Bill Gradison (R-OH) sponsored this legislation that made hospice accessible to Americans.

(Source: nhpco.org).



### Holiday lunch and learn hosted in December

The Northern Illinois Hospice Foundation hosted a lunch and learn for volunteers and donors this past December. Northern Illinois Hospice Medical Director John C. Myers, MD, FACS, FACC, HMDC (pictured below) discussed strategies to help participants safely enjoy personal gatherings with family and friends, identify how the holiday season can affect mental health, and use sensory tools to alleviate holiday anxiety. Additionally, Northern Illinois Hospice's music therapy experts entertained guests and shared tips about using music to connect, reminisce, and celebrate.





## Give DeKalb County Kicks off May 5

Northern Illinois Hospice Foundation is participating in the annual Give DeKalb County event on May 5, 2022. The online fundraising initiative helps support non-profit organizations in DeKalb County. Last year, more than \$1.5 million was raised!

If you are interested in donating to Northern Illinois Hospice Foundation on May 5, visit [givedekalbcounty.org](http://givedekalbcounty.org).



Northern Illinois Hospice Music Therapist Mallory Pannell, MT-BC (left) and Massage Therapist Stephanie Mellon, LMT (right).



Northern Illinois Hospice DeKalb Music Therapist/Bereavement Coordinator Jen Conley, MT-BC, LPC.

## Music and Massage Bring Comfort and Joy

continued from page 1

her mom. "She loves to have visitors and, not only does massage lift her mood, but she also doesn't complain about pain anymore," says Barbara.

Touch is an important part of life and adding regular massage therapy to any well-being strategy can have many advantages. Massage can relieve stress, decrease muscle tension, manage pain, and boost mental health. "Sometimes I feel lonely, but after a visit with Stephanie, I feel so much better," says Ella.

Music therapy uses music to develop and achieve a patient's individual goals such as easing anxiety and increased relaxation. Music also encourages reminiscence and brings much joy to patients and their families. The meaningful connections that patients can make with music triggers memories and improves communication. "Mallory will sing, and I remember stories from the old songs," says Ella.

Integrative and Rehabilitation Therapies are funded through

### The Impact

Music therapy can be an impactful tool in emotional, spiritual, and social healing. Music therapy also provides numerous benefits for some patients dealing with physical pain including:

- Improved relaxation
- Enhanced communication and speech
- Improved motor coordination

Massage therapy provides relief and relaxation for many hospice patients in addition to many other benefits including:

- Improved circulation
- Improved mobility
- Stabilized heart rate, lower blood pressure

generous donors who support the Northern Illinois Hospice Foundation, enhancing quality of life for patients. For more information on how to support these therapies, visit [northernillinoishospice.org/give](http://northernillinoishospice.org/give).

# Volunteers Making a Difference

Volunteers support the Northern Illinois Hospice team in many ways.

Whether sitting bedside with a patient, making special cards, or working an event, volunteers are an essential part of the team!

If you are interested in learning more about being coming a hospice volunteer, contact Sheila O'Leary, Volunteer Program Coordinator, at 815.398.0500.



(Top from left) Bonnie Rowland-Hansen, Connie Bailey, and Betty Derosin

(Middle left) Krista Biedler

(Middle right) Karen Weedman

(Bottom from left) DeKalb volunteers Nancy Long, Judy Richey, and Sally Hoffman with Northern Illinois Hospice Music Therapist and Bereavement Coordinator Jen Conley, MT-BC, LPC.

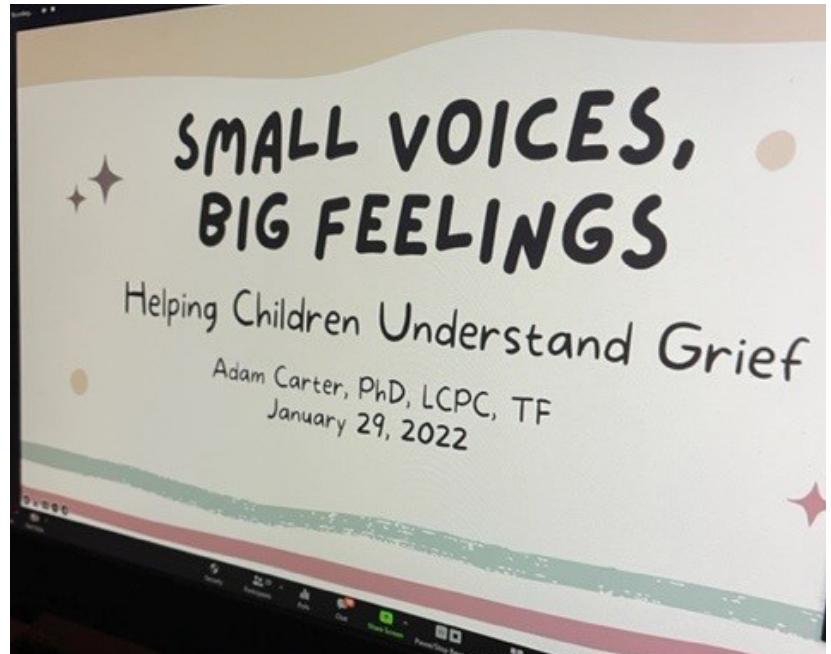


## New Way to Give

Northern Illinois Hospice Foundation has been selected as a regional charity by Walgreens for the myWalgreens donation program! This means you can now donate your myWalgreens cash rewards to our Foundation through May 31, 2022.

At Walgreens, shoppers earn unlimited 1% Walgreens Cash rewards and can choose how much to donate. Whether you'd like to contribute \$1, \$5, or more of your Walgreens Cash rewards you'll be making a big difference.

To donate, sign into your myWalgreens account Select "Donate Now" on your account homepage. Then choose from Northern Illinois Hospice Foundation from list of charities. Cash rewards must be available to donate through your myWalgreens account.



*National Clinical Director of the National Alliance for Children's Grief Adam W. Carter Ph.D., LCPC, NCC, CCMHC, ACS, TF was the guest speaker for "Small Voices, Big Feelings: Helping Children Understand Grief."*

## Rotary Grant Provides Educational Opportunity

On January 29, more than 40 area health care professionals participated in the webinar, "Small Voices, Big Feelings: Helping Children Understand Grief." The workshop was underwritten by a grant awarded to the Northern Illinois Hospice Foundation by the Rockford East/Cherry Valley Rotary Club.

The virtual event featured Adam Carter, Ph.D., LCPC, NCC, CCMHC, ACS, TF, National Clinical Director of the National Alliance for Children's Grief. Dr. Carter shared his research and experience to help professionals identify new strategies for working with children who are navigating the challenges of grief.



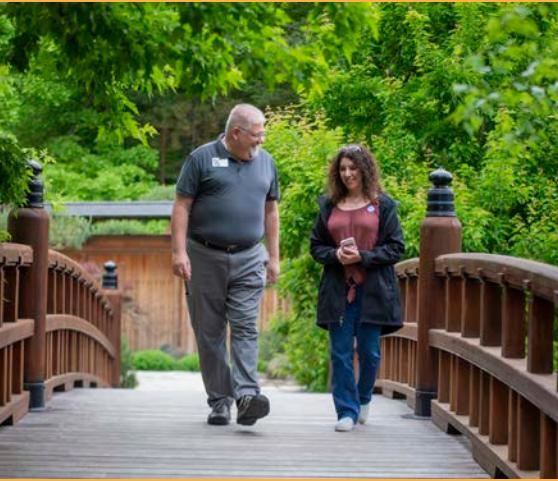
**Adam W. Carter**  
Ph.D., LCPC, NCC,  
CCMHC, ACS, TF

"Not only does the Northern Illinois Hospice Bereavement Program offer support to assist children and adolescents, but we also see the importance of 'training the trainers,' insomuch as we were able to offer this top notch educational program to professionals who work in this field," Northern Illinois Hospice Bereavement Coordinator Andrew J. Vitale, CT, said. "It offers them continuing education on the important topic of how children and adolescents grieve."

The event was sponsored by Northern Illinois Hospice, Northern Illinois University, and UW Health.

# 2022 Support Groups and Additional Support Offerings

Open to anyone who has experienced the death of someone close to them, our groups and workshops focus on learning, healing and encouragement. All are welcome. To register, please go to our website [northernillinoishospice.org](http://northernillinoishospice.org) or email Andrew Vitale at [avitale@nihc.org](mailto:avitale@nihc.org). For more information, call 779.774.9820.



**Mindful May**  
Six-consecutive Tuesdays  
Beginning May 10  
10:30 a.m. - Noon  
Anderson Japanese Gardens  
318 Spring Creek Road, Rockford

**Meditation for Grief and Resilience**  
Five-consecutive Fridays  
Beginning July 1  
11 a.m. - 12:30 p.m.  
Anderson Japanese Gardens  
318 Spring Creek Road, Rockford

**Mindful Grief Wanderings**  
Four-consecutive Tuesdays  
Beginning September 6  
10 a.m. - 11:30 a.m.  
Anderson Japanese Gardens  
318 Spring Creek Road, Rockford

\*\* Anderson Japanese Gardens events are held rain or shine.  
Please dress appropriately for the weather.



February was Heart Month and the Northern Illinois Hospice staff and volunteers went Go Red For Women! to raise awareness about heart disease and encourage all women to take charge of their health.

## Agency Happenings



Northern Illinois Hospice Music Therapist Mallory Pannell, MT-BC, held a movement to music class with residents of Heritage Woods of Belvidere.



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[northernillinoishospice.org](http://northernillinoishospice.org)  
4751 Harrison Ave., Rockford, IL 61108

RETURN SERVICE REQUESTED

# Perspective

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## SAVE-THE-DATE 08.05.22

ROCKFORD COUNTRY CLUB  
GOLF SHOTGUN @ NOON  
[NORTHERNILLINOISHOSPICE.ORG/GOLF](http://NORTHERNILLINOISHOSPICE.ORG/GOLF)



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