

Perspective

Spring 2023

A community publication
from Northern Illinois Hospice



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Aromatherapy Promotes Comfort

By Amy Mastroianni

Northern Illinois Hospice is excited to offer aromatherapy as a new complementary therapy to help ease symptoms patients might experience. Aromatherapy uses essential oils to target specific clinical symptoms, promote comfort, and enhance well-being.



Northern Illinois Hospice Certified Aromatherapist Stephanie Mellon, LMT, (left) shows Heather Morrison, LPN, how the new aromatherapy rollers will work on patients.

Hospice patients may experience many symptoms like nausea, anxiety, and pain. While aromatherapy does not replace medications patients are prescribed, it's an option that can be used to provide additional comfort to patients. Northern Illinois

Hospice Certified Aromatherapist Stephanie Mellon, LMT is coordinating the program and hopes patients experience the benefits of aromatherapy. "Essential oils can offer physical and emotional relief which

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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



Another big hospice acquisition has hit the news. An Atlanta-based hospice provider, the largest provider in the U.S. based on revenue and patients served, has gotten even bigger. We're not talking community hospice here; this is for-profit, big business where the mission of care is at risk of competing with profit margins. A venture capitalist owns a 60% stake in the hospice company and Humana, our nation's third largest health insurance provider, owns 40%. The \$710m deal expands provider locations from 380 to 500 and patients served from 25,000 to 34,000. A local hospice provider with a Rockford office is part of this sale; it has had three owners in five years.

Not all hospices are the same.

We and our loved ones may need end-of-life care and support one day. Who would we like to walk this vulnerable journey with us?

As the hospice industry continues on a deeply concerning path, Northern Illinois Hospice and its mission, vision, and values are a guide star for quality hospice care. For more than 40 years, our name has stayed Northern Illinois Hospice, and we have served our community responsibly and faithfully. We have been, are, and will always aim to be the gold standard for quality, end-of-life care, locally and nationally.

A hospice that cares for its friends and neighbors, placing patient needs at the center of all team decision making. A hospice that is guided by community values with a volunteer board of directors and local leadership. A hospice with staff and volunteers residing in the communities they serve, ensuring timely care and responsiveness. A hospice with a local Foundation that raises funds for meaningful programs and resources for patients and families. A hospice that goes above and beyond the service requirements of the industry. A hospice that makes decisions with one mission in mind: providing what's best for patients and families.

As ambassadors of Northern Illinois Hospice, you always have been our biggest cheerleaders. With your support, you help assure that services to terminally ill patients are provided by a local partner, with one mission, to provide what's best for patients and families. Your referrals, your donations, your volunteering, your "talking us up" to friends, neighbors, and organizations, your informing your trusted physicians and advisors that Northern Illinois Hospice is on your family's support team – that sends the message that our area has what it needs: *Northern Illinois Hospice*.

Make today the BEST day!

Lisa Novak
Chief Executive Officer

CARE TEAM PROFILE



Northern Illinois Hospice Advanced Practice Nurse Andrea Henrey, APN ACHPN listens to patient Betty Lou's heart during a recent visit in her home.

Andrea Henrey Hospice Advanced Practice Nurse

The clinical care team at Northern Illinois Hospice is comprised of a group of expert staff, all dedicated to ensuring patients and families receive the best experience during their end of life journey. Andrea Henrey, APN ACHPN is a key member of that team, helping to oversee a patients' care plans, including providing visits, symptom management, prescribing medications, and supporting Northern Illinois Hospice clinicians.

Andrea's nursing career began in medical oncology, which led to emergency medicine, where she spent more than a decade. It wasn't until her father became ill that her interest in palliative care was ignited. "I witnessed the care my father received and was really inspired to follow that path," said Andrea. Andrea was in graduate school at the time at Northern Illinois University and made the

decision to change her focus from the educator track to advanced illness management.

While working at Swedish American Hospital, she was presented with an opportunity to work on the palliative care team and jumped at the chance. After two years of palliative care, her next career move would be to hospice. "I was working in the hospital and met members of the Northern Illinois Hospice team and knew that was where I was meant to be," said Andrea.

Andrea spends many hours visiting patients, whether it's their private residence, a nursing facility, or assisted living. Her expertise provides support to the clinical team which is invaluable. "Andrea ensures that patient goals are being met and if they are not, she makes adjustments to ensure the patient

is experiencing the best quality of life," said Paula Sanders, RN BSN CHPN, Director of Clinical Services for Northern Illinois Hospice.

For Andrea, it's not just about overseeing a patient's medical needs, Andrea enjoys time spent getting to know each patient and their family. "It is so important to me to know who they are now and who they were prior to hospice. Everyone has an interesting story to share and it deserves to be heard."

Now, after five years at Northern Illinois Hospice, and caring for hundreds of hospice patients, Andrea says the biggest lesson she has learned from the dying is simple: *Life is too short and cherish the everyday moments and spend time with your loved ones as much as you can.*

Northern Illinois Hospice Welcomes New Medical Director

Dale R Gray, MD, has joined Northern Illinois Hospice as its new medical director. Dr. Gray has been an internal medicine physician for 37 years, 22 of those years in private practice in Rockford. He brings six years of hospice experience to Northern Illinois Hospice. In his role as medical director, he is responsible for the medical component of the hospice program.

“Dr. Gray brings a rich perspective to our team – Internal Medicine, hospice leadership, and practice management – as well as a bedside manner that will be so appreciated by Northern Illinois Hospice patients, families, and team members. We’re thrilled to have him at the helm,” said Lisa Novak, Chief Executive Officer.

He graduated from Houghton College (NY) in 1978 with a Bachelor of Science degree in Biology, Summa Cum Laude. He earned his medical degree from the University of Illinois. He then completed his Internal Medicine Residency at the University of Rochester, Rochester General Hospital, and served a year as Chief Resident. Early in his career, he helped open the Crusader Clinic office on Kishwaukee Street in Rockford, worked as a staff physician at the Rockford Clinic, and helped start the Hospitalist Program at Rockford Memorial Hospital, serving as its medical director. He is a diplomate of the American Board of Internal Medicine and the National Board of Physicians and Surgeons.



Dale R. Gray, MD

“I consider it a privilege and an honor to be able to serve as a medical director for Northern Illinois Hospice,” Dr. Gray said. “It is a great organization that has a wonderful mission and vision of service to the community. I look forward to working with the entire team as we strive to give excellent, compassionate care.”

Aromatherapy Promotes Comfort

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leads to a better quality of life. That is what we strive to provide for all our patients,” says Stephanie.

Essential oils are derived from plants in a concentrated form and are offered to patients topically or by inhalation. The Northern Illinois Hospice care team develops an aromatherapy plan around patients' personal preferences and a Northern Illinois Hospice physician is consulted before any essential oils are utilized.

The Aromatherapy Program was made possible thanks to generous donors to the Northern Illinois Foundation. The Foundation Board of Directors was pleased to allocate funds to support the initiative. “The generosity of our supporters allows us to equip our staff with innovative treatment options to help our patients in new and meaningful ways,” said Susan Lundin, Director of Northern Illinois Hospice Foundation.

Northern Illinois Hospice has created essential oil blends to target the most common symptoms hospice patients experience. (See below.)

Ease
Used for nausea and headaches.
Ingredients: Peppermint essential oil.

Calm
Promotes relaxation and decreases anxiety.
Ingredients: Lavender, Sweet Orange, Geranium, and Vetiver essential oils.

Relief
Used for symptoms of pain.
Ingredients: Peppermint, Lavender, Ginger, and Frankincense essential oils.

Uplift
Used for sadness and fatigue.
Ingredients: Sweet Orange, Peppermint, Lemon, and Geranium essential oils.



Give DeKalb County Kicks Off May 4

Northern Illinois Hospice Foundation is participating in the annual "Give DeKalb County" event on May 4, 2023. The online fundraising initiative helps support non-profit organizations in DeKalb County. Last year, \$1.58 million was raised!

Give DeKalb County has raised over \$6.8 million for nonprofit organizations in DeKalb County, Illinois since 2014.

Give DeKalb County:

- Features a 24-hour online giving day on May 4, 2023.
- Invites mail-in donations April 20 – May 4, 2023.
- Boosts every dollar donated with the Bonus Pool.
- Is coordinated by the DeKalb County Nonprofit Partnership, a program of the DeKalb County Community Foundation.

If you are interested in donating to Northern Illinois Hospice Foundation on May 4, visit givedekalbcounty.org.

MARK YOUR calendars



Mark your calendars for a “line-up” of fun events to join others in supporting Northern Illinois Hospice’s outstanding care for patients, families, and the community!

MAY 4, 2023
GIVE DEKALB COUNTY
givedekalbcounty.org
ALL DAY

Northern Illinois Hospice Foundation is excited to be part of "Give DeKalb County!"

JUNE 28, 2023
GUEST BARTENDING EVENT
Mary's Place
602 N. Madison St., Rockford
4-9 PM

Presented by Northern Illinois Hospice Foundation, special “celebrity bartenders” take over the taps and mix up a good time for everyone 21+. Your goodwill, “tips,” and donations are appreciated!

JULY 16, 2023
KICK-IN FOR CANCER
SM & SF Club
7625 Kishwaukee Road, Rockford
STARTING AT 11 AM

The SM & SF Club of Rockford hosts their 25th "Kick-in for Cancer" family fun event, open to the community. Northern Illinois Hospice Foundation is honored to be a beneficiary of this event. For more information about this event, visit smandsfclub.org.

JULY 31, 2023
35TH ANNUAL CHARITY GOLF EVENT
Aldeen Golf Club
1902 Reid Farm Road, Rockford
12:30 PM Shotgun Start

The Northern Illinois Hospice Foundation event includes: 18 holes of golf, delicious lunch, games, prizes, trophies, and post golf hors d'oeuvres and cocktails. (See more information on following page!)

AUGUST 12, 2023
HEARTS OUT TO HOSPICE
Neighbors Bar and Grill
7745 Forest Hills Road, Loves Park
12 PM - MIDNIGHT

In memory of his mother, Neighbors Bar and Grill’s owner Kelly Evink and family members and staff host an annual good time event in their beer garden - “Hearts out for Hospice” - to exclusively support Northern Illinois Hospice. Open to the public, 21+, the live music and good food begin at noon. Since 2008, Neighbors Bar and Grill has donated over \$25,000 to Northern Illinois Hospice Foundation. More information can be found at neighborsbarandgaming.net.





Save the Date

**NEW DAY
NEW PLACE**

It's time to skip forward to summer and think about sponsoring, supporting, or attending the community's premier charity golf event!

Northern Illinois Hospice Foundation's 35th Annual Charity Golf Outing will be **MONDAY, July 31, 2023**, at Aldeen Golf Club.

Last summer, the Annual Charity Golf Event raised more than \$65,000. This year, with generous sponsors, golfers, and donors, the committee plans to swing past that milestone number and raise even more money for the programs and tailored services Northern Illinois Hospice patients and their families depend on, 24/7/365.

What's new in 2023?

- Starting the week off right! Golf is now on **MONDAY!**
- Now on the beautiful greens of Aldeen Golf Club, 1902 Reid Farm Road, Rockford.
- 12:30 PM Shotgun start.

What continues in 2023?

- Sponsoring, donating, and participating is rewarding.
- Funds raised at the event stay local, benefiting area patients and families.
- Fun! Including 18 holes of golf, delicious lunch, games, prizes, trophies, and post-golf hors d'oeuvres and cocktails.

Sponsorship and donation information is available by visiting northernillinoishospice.org/golf or by contacting Northern Illinois Hospice Foundation Assistant Libby Knopp at lknopp@niha.org.

Golf registration forms will be available in early summer.



2023 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. For more information on Rockford area events, email Andrew Vitale at avitale@niha.org and for DeKalb area events, email Jen Conley at jconley@niha.org.



Mindful May
Tuesdays: May 2-30, 2023
10:30 AM - Noon
Anderson Japanese Gardens
318 Spring Creek Road, Rockford

Bridge of Hope Bereavement Care Group
Thursdays: July 13- August 17
6 - 7:30 PM
Northern Illinois Hospice/
Gateway Arts Building
2225 Gateway Dr., Sycamore

Meditation for Grief and Resilience
Fridays: July 14 - August 25, 2023
10 - 11:30 AM
Anderson Japanese Gardens
318 Spring Creek Road, Rockford

Mindful Grief Wanderings & Awareness
Tuesdays: September 19 - November 7, 2023
10 - 11:30 AM
Anderson Japanese Gardens
318 Spring Creek Road, Rockford

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

SM & SF CLUB GENEROUS DONATION



The local SM & SF CLUB generously donated a \$10,000 grant to Northern Illinois Hospice Foundation this past winter. The funds will be used to purchase a training manikin, which will be used to provide ongoing education to our clinical team.

Annually, the SM & SF club awards grants to local hospital cancer centers and nonprofit hospices from monies raised during their "Kick-in for Cancer" community and club events. Since 1999, Northern Illinois Hospice Foundation has been generously granted nearly \$50,000 from the SM & SF Club!

From left: Team Leader Tonya Cooper, RN CHPN, Director of Northern Illinois Hospice Foundation Susan Lundin, Cyndy Lane of the SM&SF Club, Director of Quality, Compliance, and Education Jean Klemme, RN BSN, and Director of Clinical Services Paula Sanders, RN BSN CHPN.

Nourishing YOUR GARDEN

Caregiver stress is a very real thing. More than half of Americans over 50 are in a caregiver role with an older adult in their life.* On top of ordinary demands, caregiving can often leave a person feeling overwhelmed and fatigued.

Join us for a one-hour workshop, which will include half an hour of information sharing, ideas, and resources, and then a half hour craft to create your own personalized planter.

Information on local resources will be available and all supplies will be provided.

*University of Michigan National Poll

Join us

Care for the Caregiver Workshop

Thursday, May 4, 2023
1:00-2:00 PM

DeKalb Public Library
309 Oak St., DeKalb

This workshop is free and intended for adults and seniors. It is first come, first served as space is limited.

This event is co-sponsored by





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Wish Program Brings Spring Spoils to Patient

With the help of Northern Illinois Hospice Foundation's Wishes Program, our volunteer Anne Godin made a patient's day a little chipper with the installation of a bird feeder. The patient resides at Forest City Rehab and Nursing Center, and the bird feeder was placed outside his window. Anne's weekly visits allow her to regularly fill the feeder with seed. The Wishes Program, through the generosity of donors, supports patients with both "bird-like" and larger requests.

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