Did you know that hospice provides grief support to families?

Grieving Children Find Consolation and Friendship through Hospice of the Chesapeake

With grant funding, NHF commissioned original photography to increase your understanding of hospice’s scope

Two boys laugh boisterously during a special camp for children who have lost a loved one. Many hospices provide this kind of specialized bereavement support. The Hospice of the Chesapeake hosted this camp.

A girl completes a “trust” exercise in which she experiences the power of allowing her peers to hold her up. This is a metaphor for how people grieve best. With loving people surrounding them.

A little boy shares his feelings with his “big buddy.” Volunteers routinely return to camp each summer to open up their hearts.

You can send your hospice story to NHF for publication!

“I Will Never Be Scared of the Word Hospice Again”

Here is a beautiful story we received recently. We want to share it with you.

By Tammy Frye

My grandmother had a wonderful, love-filled 94 years of life and was blessed to be in great health until her 93rd year. She was admitted to Orchard Villa in Oregon this January [2009] and passed away in August.

Extraordinary Caregivers

You would have thought they grew up right beside us, calling my grandma Miss Kate or Katie like she loved. They would go out of their way to throw a few rollers in her hair (outside of beauty shop day!!). I would watch them lovingly rub lotion into her dry legs, smoothing her hair back when she was in bed. Just tons of loving touches every day.

Honestly, I’ve always been scared of the word hospice.

During my grandma’s final hours, I was fortunate enough to be with her. The staff, without my asking, moved the other lady in the room so we could have privacy during her last night. They made

Katherine Hubscher (Sept. 20, 1915 - Aug. 12, 2009) and her granddaughter, Tammy Frye.

Continued on page 2
Jill Gaby will never forget the day her father, Jim Wilhelm, stopped by her house to tell her he only had months to live. She says, “His words, our emotions and the idea that I was going to watch my dad die of cancer literally brought me to my knees.” Jill could not imagine how she would endure the pain of watching her father die of mantle cell lymphoma.

**How Did She Survive?**

Jill and her family did get through the experience of watching their beloved dad leave them. While it was certainly not easy, she credits the “incredible care” he received at Kobacker House with how they coped. (Kobacker House is the inpatient unit of Home-Reach Hospice in Columbus, Ohio).

She explains, “Dr. Patel, Volunteer Manager Linda Hanson, and so many others guided us through dad’s final days with a complete understanding of our feelings. They answered our many questions while balancing a professional persona with sincerity and compassion. They recognized dad’s dignity and respected it at all times during his dying process.”

**A Chance Encounter**

After her dad’s passing, a stroke of magic occurred. By total chance, Jill ran into her old college pal, Meg Herman, at the Columbus Marathon finish line. Meg is the Run to Remember® Spotlight Race Director. She told Jill about the program. That was all it took! Jill decided right then, with the sweat still pouring off, to dedicate her upcoming Boston Marathon to her dad. She would raise money for Kobacker House and NHF.

**Next Steps: A Team!**

Jill says, “I’m not done with Run to Remember®. You’ve got me hooked! My next goal is to put together a team to run a race. It doesn’t have to be a marathon. I love that this program is open to all levels of athletes. It’s just an extraordinary program and one that is so important. I can’t imagine going through a death without the support of hospice.”

**“I Will Never Be Scared of the Word Hospice Again”**

up a bed for me. They brought me coffee, made sure I was OK. They even gave me hugs throughout the night. When she passed the next morning, I was holding her hand. The ladies cried with me.

We rejoiced grandma’s time while there, how she even made others smile and laugh while she was nearing the end. They gave me privacy to say goodbye to her. They didn’t rush into the “formal process.” They even brought me a tray filled with fruit, muffins and beverages to try to offer sympathy.

The friends grandma made there are wonderful ladies, each unique in their own problems, but all full of love. I made new “grandma’s” while visiting my grandma there, and will still be back to see them even though grandma is no longer with us.

**Does Jill Inspire You?**

You can choose any race (5K to marathon or beyond) and run or walk it at any pace. First, register for the race of your choice. Second, register with Run to Remember www.runtoremember.org. It is easy to start fundraising with your own personal Web site.

**Are You a Hospice Program That Would Like to Benefit?**

Contact Stuart Lazarus at stuart@runtoremember.org or (614) 271-7465 to learn how your hospice can put together a team to raise money for your program.

My life has been changed by this experience. I am going to look for ways to volunteer time to help those other special people feel love before they go. I will never, ever be scared of the word hospice again.
Can you imagine strapping on a backpack and walking from New York to North Dakota?!

Colin Skinner Treks across the Country to Raise Awareness about Hospice
Retracing his steps of 20 years ago, visitor from U.K. aims to visit hospices

British citizen Colin Skinner landed at John F. Kennedy Airport on August 21, 2009 with a singular goal in mind. He plans to walk each mile between New York City and Minot, North Dakota to raise awareness about hospice. Twenty years ago, he made a similar journey, all the way to San Francisco.

You can follow his adventures at www.nationalhospicefoundation.org/colin. Colin is an entertaining writer. You will enjoy his dispatches from the field. And he might be coming to a hospice near you!

Bequests Help Fuel NHF’s Work
NHF is deeply grateful to these individuals

As of August, 2009, NHF had received a total of $132,557.67 from the estates of Katherine M. Canaday, Leland H. Hunter, Margaret G. Hunter, Harold R. Nelson, and Mildred Rueda.

Caroline V. Rider, an attorney who sent us a bequest check, wrote a moving note. “At the time my client made the will, he had anticipated being more affluent at the time of his death than he actually turned out to be. But his intentions were noble, so consider this check one man’s heartfelt thanks for the good work that you do in the world.” We certainly do.

The Legacy Society
We are honored to receive bequests of any size. You can build a legacy of caring by naming NHF in your will and becoming part of our Legacy Society. To become a member of The Legacy Society, simply notify us of your intentions by emailing planning@nationalhospicefoundation.org or phoning us at 703-516-4928.

As part of our special celebration at the sixth annual NHF Gala next spring, we will honor those donors who have joined The Legacy Society by February 1, 2010.

NHF Rushes $4,500 to The Dougy Center, Destroyed by Fire
Through your support, NHF is able to help when hospices are hit by hurricanes, fires, and floods.

In July, we raced to the mailbox to send a check for $4,500 to The Dougy Center in Portland, Oregon to help with the rebuilding of their main building. It was gutted by a terrible fire in June.

The Dougy Center was the first center in the United States to provide peer support groups for grieving children. The fire destroyed the building. It melted children’s toys. Ruined the welcoming kitchen. And turned books and records to ash. What had been a safe haven for grieving children and families is now a blackened, ruined shell.

“The Dougy Center’s work in child peer support is pioneering. This fire is an extraordinary tragedy,” says NHF CEO & President J. Donald Schumacher. “We were glad to release funds from the Disaster Relief Fund to help with the rebuilding effort.”

Has Your Interest Income Been Dragging Its Feet?
Perhaps it’s time you considered a Charitable Gift Annuity with NHF

Among the benefits you can expect:
• Guaranteed payments for life, partially tax-free
• Income tax charitable deduction

For more information, call us at 703-516-4928. Or email planning@nationalhospicefoundation.org
The Gift of Music

The O’Neill Brothers have created “Songs of Serenity,” a beautiful set of 3 CDs of soothing instrumental piano music. They are perfect for the quiet relaxation we all need when faced with life’s struggles. You can purchase any of their music through NHF’s Web site (www.nationalhospicefoundation.org/music) and NHF will receive 50% of the proceeds.

Visit www.nationalhospicefoundation.org/music to hear a sample of their songs. Then, click through to purchase.

The O’Neill Brothers have released over 30 CDs of instrumental piano music, and sold almost two million copies—all without being associated with a major record label. Along the way, they have written and performed music for HBO, NBC, PBS, ESPN, and CBS.

We are deeply grateful for their generosity!

The Gift of Giving:
TisBest Charity Gift Cards

TisBest Philanthropy offers Charity Gift Cards that you can buy and then give to your friends and family. The fun part is, they can choose which of 250 national charities will receive the funds. And NHF is on the list! TisBest Philanthropy has determined that we meet their criteria for fiscal and social responsibility.

Buy a card at www.tisbest.org and put “NHFgift” in the promo code box. NHF gets $2.00 for every card purchased. This is a lovely little way for NHF to earn some funds while helping create a better world. Even if your family and friends don’t select NHF as their charity of choice, we still get a little something. It’s a win-win for everyone.

Are You Ready to Finish All of Your Holiday Shopping Today?
Check out these two new affiliate programs that benefit NHF

In this challenging fundraising environment, we are extra pleased to have good friends working on our behalf.

We would like to thank:

- The anonymous donor who made a $29,000 grant to support Caring Connections, NHPCO’s national consumer initiative (www.caringinfo.org). The grant came through the Funding Exchange, a network of public foundations that grant nearly $15 million annually.

- The Association of Carolina Shag Clubs (ASCS) for their generous gift of $4,773. Each year, 15,000 devotees of this dance join 105 clubs throughout the South and Southeast. When deciding in the 1990s where to give their charitable contributions, the ACSC established a $100,000 endowment with the Foundation of the Carolinas. Each year, they give the interest earned to NHF. “Hospice touches everyone; it’s not disease specific,” explains Judy Vick, ASCS Chair.

- Bear Leis of TAWS Printing who donates back to NHF a percentage of our printing bill every year. “We are more than a printer; we are a partner,” says Leis.

- John Kirk, author of Ring the Bell, for donating the proceeds from his book to NHF. Kirk wrote his inspirational book about “making ordinary moments extraordinary in business and in life.” You can purchase a copy at NHPCO’s Marketplace (www.nhpco.org) or by calling 1-800-646-6460 between 9:00 a.m. and 6:00 p.m. (Eastern.)

- Jennifer and Michael Tuite for their “River to River Walk” across Iowa to raise money for the FHSSA Fund, which supports our affiliate organization, the Foundation for Hospices in Sub-Saharan Africa. They raised more than $13,500.

- The Gift of Music: The O’Neill Brothers have created “Songs of Serenity,” a beautiful set of 3 CDs of soothing instrumental piano music. They are perfect for the quiet relaxation we all need when faced with life’s struggles. You can purchase any of their music through NHF’s Web site (www.nationalhospicefoundation.org/music) and NHF will receive 50% of the proceeds.

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Learn more about NHF at www.nationalhospicefoundation.org
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