



Hospice & Palliative Care of Westchester

TODAY

FALL/WINTER 2011-2012

Welcome to Our New Executive Director

The Board of Directors and the staff at Hospice & Palliative Care of Westchester (HPCW) are pleased to welcome Mary K. Spengler, MS as our newly appointed Executive Director. Prior to joining us, Mary served as Vice President at White Plains Hospital. She previously served as Director of Nursing there before becoming Vice President of Nursing.

Mary brings a wealth of knowledge and experience to HPCW and has played an instrumental role in our organization since its founding nearly 20 years ago. In 1991 Ms. Spengler was designated by White Plains Hospital Center to work with Visiting Nurse Services in Westchester to establish a joint hospice program which would eventually become Hospice of Westchester and then HPCW.

Mary has also been an integral part of HPCW's development, expansion and strength. She has been a member of our Board of Directors and has chaired and served on various Board Committees, including the Governance Committee, Professional Advisory Committee and the Strategic Planning Committee. She has also been an active member of the Development Advisory Board.

We are excited to welcome Mary and look forward to her leadership and fresh ideas that will help to enhance the programs and services we offer our patients and families.

Happenings & Gatherings

10th Annual "In Celebration"



(l-r): Michele Geller of Hastings-on-Hudson, member of HPCW's Board of Directors and event sponsor; Holly K. Benedict of Ossining, Director of Development, HPCW; Anna L. Shereff of Bronxville, long time HPCW supporter; and Mary K. Spengler, MS of White Plains, Executive Director, HPCW



(l-r): William F. Flooks, Jr. of White Plains, HPCW Board member and "In Celebration" co-chair; Ray DeBenedictis and Tim Murphy of Arroyo Chevrolet-Cadillac of Mt. Kisco, Honorees and event sponsors; Jennifer Watts of White Plains, HPCW Board Chair and event sponsor; Dr. Lawrence Severino of White Plains, Honoree; James P. O'Toole of Darien, Conn., Honoree and HPCW Board member

HPCW hosted its 10th Annual Gala Cocktail Reception, "In Celebration," at Westchester Country Club, Rye. All funds raised at the event support

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New Laws Benefit Hospice Patients

Earlier this year, The New York Palliative Care Information Act was passed, requiring doctors and other medical personnel caring for patients with a terminal illness to provide information on the patient's prognosis, availability of treatments and options for end-of-life care. This act can potentially improve a patient's quality of life and may also help the patient live longer. Palliative care, according to the National Palliative Care Research Center, "focuses on relieving suffering and achieving the best possible quality of life for patients and their family caregivers."

Palliative care encompasses the entire spectrum of the health care system and includes aggressive pain management and treatment of symptoms. It may enable patients to live longer by reducing depression, facilitating improved sleep and eating habits through better pain control

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Message from the Executive Director



I am pleased to begin my work as Executive Director at HPCW.

Over the last two decades, we have met our mission to provide extraordinary and dignified comfort, care and compassion to each and every individual and family in our care. It is through the dedication of our staff and volunteers and the generous contributions of donors that we can continue to offer programs and services that benefit our com-

munity. I look forward to broadening our reach and to continue serving individuals and families who are facing a terminal illness – regardless of their ability to pay.

There are two services that we provide without reimbursement: our Complementary Care Services and our Bereavement Services. The Complementary Care Services, which include massage, music therapy, reflexology and acupuncture, are offered alongside traditional medical services we and our medical staff provide. Our Bereavement Services, which we offer to our hospice families for thirteen months following the loss

of a loved one, are also offered and provided to the greater Westchester County community.

It is my pleasure to be part of the exceptional HPCW team. I extend a warm thank you to our outstanding Board of Directors, our exemplary staff, our compassionate volunteers, and our generous donors for their hard work, dedication and help in making HPCW the “Hospice of Choice” in Westchester County.

Our best wishes to you for a peaceful, healthy and happy holiday season!

Mary K. Spengler

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the Anna and Louis H. Shereff Care-giver Program. Honorees included James P. O’Toole, Lawrence J. Severino, MD and Arroway Chevrolet-Cadillac of Mt. Kisco. The event also recognized Anna L. Shereff who was also the grand sponsor.

9th Annual Golf Invitational



(l-r): Joe Lafferty; Tim Garvey; Anders Eng; and Glenroy Smith, of Entergy, event grand sponsor

HPCW hosted its 9th Annual Golf Invitational at Westchester Hills Golf Club. All proceeds directly benefited HPCW’s programs and services.



(l-r): Bill Flooks, Beecher Funeral Home, event sponsor; Brysen Van Eck, News12 Westchester; event co-chair and sponsor John Zanzarella, Zanzarella Marketing; Jennifer Watts, HPCW Board chair and event sponsor; Jay Michaels, WFASfm; Mary K. Spengler, HPCW Executive Director; and event co-chair; and sponsor James P. O’Toole, James P. O’Toole Consulting.



(l-r): Gary Schnorr; Neil Luria; event co-chairs; Jack Geoghegan and Larry Dix, Hildegard D. Becher Foundation, Inc., event grand sponsor

OUR MISSION

Hospice & Palliative Care of Westchester provides extraordinary and dignified comfort, care and compassion to every individual and family facing a serious or life-threatening illness.

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and emotional support, and keeping patients out of the hospital, where they are more susceptible to serious infections.

Another new piece of legislation, The Patient Protection and Affordable Care Act, ensures that access to quality, affordable health care is provided to all Americans. The Act also gives families of children with terminal illnesses who are covered under Medicaid, the option to continue curative treatments while receiving end-of-life care from hospice – including pain management. Prior to the launch of the Children's Health Insurance Program, parents were required to forgo all curative treatments when beginning a comprehensive hospice program for their children who have been diagnosed with a terminal illness.

"We are encouraged by this important new legislation and expect to see an increase in the number of families seeking the comfort of hospice care for

children who have a terminal illness," said Mary K. Spengler, HPCW's executive director. Since HPCW's inception nearly 20 years ago, its staff and volunteers have preserved their patients' dignity, improved quality of life, provided pain management and symptom control, and helped give peace of mind to their family members and caregivers.

The care HPCW provides is delivered by a dedicated team of specially-trained professionals who provide a holistic approach to meeting patients' physical, emotional and spiritual needs. The team includes the medical director, registered nurses, licensed social workers, spiritual counselors, certified home health aides and volunteers.

HPCW's staff and volunteers look forward to continuing their mission to provide extraordinary and dignified comfort, care and compassion to every individual and family facing a serious or life-threatening illness.

NEWS FROM THE VOLUNTEER DEPARTMENT

VOLUNTEER OPPORTUNITIES

We are always looking for warm, compassionate volunteers for our programs. Current needs include volunteering to be a patient visitor in nursing homes and assisted living facilities in Valhalla, Dobbs Ferry, Mamaroneck, White Plains, Cortlandt Manor and Tarrytown. If you enjoy flower arranging, we are looking for two volunteers for our "Flowers for Life Program."

If interested in our volunteer opportunities, please contact Mary Jane Schaumann, Director of Volunteer Services at 914-682-1484 ext.116 or mjschaumann@hospiceofwestchester.com. Thank you.

hospiceofwestchester.com

2011-2012 Bereavement Support Groups

Evening - Adult Loss of Parent

Evening - Loss of Spouse

Daytime - Senior Loss of Spouse

Men's Evening - Bereavement Support Group

Evening - General Bereavement Support Group

All of our support groups are facilitated by experienced professionals with expertise in grief counseling. Please contact our bereavement department for further information regarding start dates and registration.

Bruce Page, MAT., M.Div.
Bereavement Coordinator
914-682-1484 ext. 118 or

Janice Sauer, LCSW, CT
Bereavement Coordinator
914-682-1484 ext. 130

Pre-registration is required.

Commemorative Butterfly Release

HPCW recently celebrated life with our special Butterfly Release at the Rye Nature Center. More than 140 family members, friends and colleagues watched as butterflies were released in remembrance of their loved ones.



(l-r): HPCW staff, Mary K. Spengler; Bruce Page, and Mary Jane Schaumann



Hospice & Palliative Care of Westchester

311 North Street, Suite 204
White Plains, NY 10605

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If this was received in error, please call 914-682-1484 ext. 122.

YOUR LIFE, YOUR DECISION, OUR HELP.

Appreciation to Friends and Supporters of Hospice & Palliative Care of Westchester

This year marks the 19th anniversary of Hospice & Palliative Care of Westchester (HPCW). We continue to serve as an integral and solid member of the Westchester County community by providing quality, end-of-life care that emphasizes compassion, dignity and respect. This success reflects the loyal support of you and other community members who have supported us throughout our history. Please continue this tradition by making a year-end, tax-deductible gift to HPCW. For further information, please contact Holly K. Benedict, Director of Development, at 914-682-1484 ext. 122. Thank you again to you – our supporters – who have helped HPCW stay true to our mission and making us the “Hospice of Choice” in Westchester.



White Plains Hospital's Medical-Surgical Department members present a donation to Hospice & Palliative Care of Westchester. The donation was made possible as a result of White Plains Hospital's annual medical-surgical raffle. Their contributions will help support HPCW's programs and services

STAFF ANNOUNCEMENTS

We would like to welcome new staff members:

Executive Director: **Mary K. Spengler, MS**

Nurses: **Anne Brady, RN; MariAnn Corsa, RN;**

Annmarie Flannery, RN; and **Patricia Sakal, RN**

Director of Counseling Services: **Daniel Beltran, LCSW**

Billing Manager: **Dawn Cillo**

IT Specialist: **Jude Donald**