



Hospice & Palliative Care of Westchester Volunteer Inducted into Westchester County Senior Hall of Fame

White Plains, NY – (December 19, 2008) – Ruth Jaskow, an 85-year-old Rye resident and volunteer for Hospice & Palliative Care of Westchester (HPCW), was recently inducted in the Westchester County Senior Citizen Hall of Fame for her efforts to enhance the quality of life in her community. The Hall of Fame was established in 1982 by the county's Department of Senior Programs and Services.

Married since 1943 to her husband, Lou, Ruth has volunteered for myriad organizations in Westchester County, including the Mamaroneck School District, United Hospital in Port Chester and Meals on Wheels, also in Mamaroneck. She has been a volunteer at HPCW for three years.

HPCW volunteers are specially trained to provide comfort, support and companionship to patients and their families. They also assist with office administrative support, community outreach and fundraising events, and offer pet therapy for those who request that program. Other programs in which HPCW volunteers are involved include *Flowers for Life* and *Portraits of Love*.

"Ruth Jaskow has demonstrated that as we age, we can fill our lives with activities that are not only fulfilling but beneficial to others, as well," said Kate Colburn, M.A., executive director of Hospice & Palliative Care of Westchester.

Mary Jane Schaumann, director of volunteer services for HPCW, said that she is grateful to the Westchester County Department of Senior Programs and Services for its recognition of an outstanding volunteer. "Ruth is an integral part of our volunteer team, and this honor has been a long time in the making," Schaumann said.

"By talking with people, sitting with them, laughing and crying with them, we believe that we help them, and that they help us. Sometimes it's just holding a hand or getting a smile from a smile. We talk about life, memories, upbeat topics, and socialize," Ruth said. She added that she and Lou find it extremely reassuring to know that the dying process can be peaceful.

"Hospice & Palliative Care of Westchester is a wonderful program," said Ruth and Lou, who hope to continue their volunteer work at HPCW for six more years before retiring. "This is our dream," Ruth said.

For more information on volunteering for Hospice & Palliative Care of Westchester, call Mary Jane Schaumann at 914.682.1484 x116 or email her at MJSchaumann@hospiceofwestchester.com.

Hospice & Palliative Care of Westchester is located at 311 North Street, Suite 204, White Plains, NY 10605, White Plains, NY. For additional information, visit www.hospiceofwestchester.com or call 914.682.1484.

About Hospice & Palliative Care of Westchester: Hospice & Palliative Care of Westchester is a private, not-for-profit agency that provides comprehensive health care services to people with advanced illnesses who live in Westchester County. Hospice & Palliative Care of Westchester offers programs and care that are intended to promote patient quality of life by addressing the medical, physical, emotional and spiritual needs of patients and their families.

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