

Hospice
OF CENTRAL PENNSYLVANIA

HeartLine
When time together matters most

After 21 Years We've Moved!

On January 19, 2009 Hospice of Central PA (HCP) opened its doors at the **Felix and Dorothea Kitlinski Community Caring Center**—its new home at 1320 Linglestown Rd. in Harrisburg.

After more than 21 years as a tenant in the East Pennsboro Township building, HCP had outgrown its existing quarters and exhausted options

to reconfigure the space available.

The property is only two blocks from the Carolyn Croxton Slane Hospice Residence. This ideal location makes all the resources of the agency easily available to everyone involved in the care and support of

HCP's patients and their families. It is also highly accessible to the many caregivers served by HCP, because of its proximity to expressways, good community visibility and convenient parking.

Moving to this location was the culmination of more than 18 months of searching and planning to locate a property which would allow the agency to better meet the growing need for hospice care, education and support within our community. Our new **Community Caring Center** allows our agency to:

- Serve the growing number of families who are dealing with life-limiting illness.
- Create a haven of support for persons experiencing grief over the loss of a loved one, where individuals may receive one-on-one counseling, participate in bereavement support groups, or attend special sessions which help them deal with their sorrow.
- Offer a large and well-equipped venue for end-of-life training and education for HCP staff and volunteers, health care professionals, and members of the community.



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This special issue of Heartline includes the magazine, Touching Lives, which contains articles by national hospice leaders. We hope it will familiarize our readers with hospice care and the range of services offered by Hospice of Central PA.

Caring Donor Changes HCP's Future



Hospice of Central PA's new Community Caring Center is named in honor of the late Felix Kitlinski and his wife Dorothea, whose generous gift made it possible for us to begin our search for this building.

Mr. Kitlinski was the founder of F.T. Kitlinski & Associates, a geotechnical engineering firm in Harrisburg, which is still a family-owned business. Mrs. Kitlinski was once a teacher at Sara Lindemuth Elementary School and has been a caregiver throughout her life, including caring for several family members during their terminal illnesses. She knows personally families who were served by Hospice of Central PA, and her husband once employed the former owner of our Carolyn Croxton Slane Hospice Residence.

The Kitlinskis have lived in Susquehanna Township for more than 50 years, and F.T. Kitlinski & Associates is located on Progress Avenue in the Township. By placing their name on Hospice of Central PA's new home Mrs. Kitlinski is fulfilling the family's wish to do something to help the community and to honor their roots in this area. By including "Community Caring Center" in the name of the building, the family also recognizes that our mission focuses on care, caring and care giving and touches the lives of many individuals, families and organizations in our community.

HeartLine is a
newsletter published by
Hospice of Central PA.

The mission of Hospice of
Central PA is to provide the
terminally ill of Central
Pennsylvania and their families
with compassion, dignity and care
through the coordinated delivery
of emotional, physical and spiritual
support of the highest quality.

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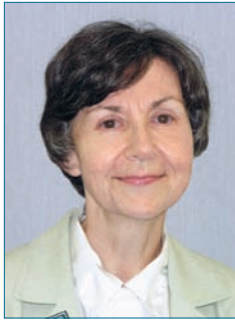
Heartline welcomes questions,
comments, suggestions and
story ideas.

Please Contact Us at
717 732-1000

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A Letter from the Director

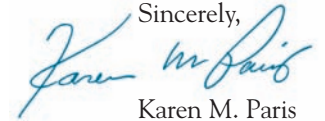
Dear Friends,

Hospice of Central Pennsylvania (HCP) has a 30 year history of providing the highest quality end-of-life care to our patients and their families. In recent years we have seen a rapid increase in the number of persons in need of our services, and this growth presented us with unique challenges. Among them was the fact that we outgrew our "home" of 21 years.

In 2007 we set out to find new office space which could adequately support our current and future needs plus allow us to offer additional education and services to our community. After months of searching, HCP acquired the property at 1320 Linglestown Road—within sight of our Hospice Residence. We proudly opened the doors to the Felix and Dorothea Kitlinski Community Caring Center on January 19th, 2009.

This issue of *Heartline* tells you about our new home and the generous donor whose gift allowed us to begin our quest to find it. It also announces a pilot program to assist young children facing the loss of a loved one. I want to thank everyone who helped make these initiatives possible so we may bring *comfort and hope when time together matters most* to persons facing terminal illness.

Sincerely,



Karen M. Paris

We've Moved! - continued from page 1

- Take better care of HCP caregivers—its staff and volunteers—by providing working conditions which facilitate their professional development as well as their day-to-day working with and teaching individuals and families receiving HCP services.

The **Felix and Dorothea Kitlinski Community Caring Center** represents a significant step in the evolution of Hospice of Central PA. It is large enough to overcome today's short-fall in space and accommodate future growth of staff, volunteers and other caregivers as the number of families served by HCP continues to rise. It is a place which our staff and



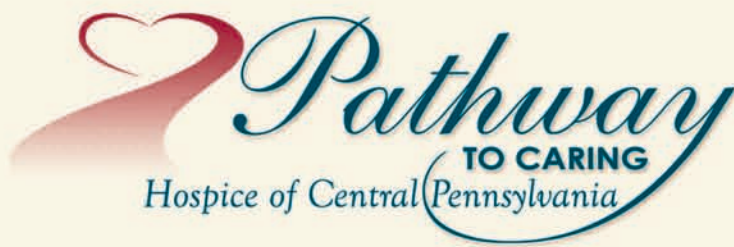
volunteers can call "home." It is a place where individuals seeking information, assistance or counseling can come to learn, to be helped or to cry.

We feel privileged to be able to serve and support persons with a life-limiting illness and the family

members who provide their daily care. We are grateful to East Pennsboro Township for being such a good landlord for so many years, just as we are grateful to all who helped make it possible to look to the future from our new site.

"It is your hearts and unselfish commitment that makes the "idea" of Hospice a reality in the lives of families walking a tough road. May you continue to smooth that road for others and be blessed yourselves."

Bill's Daughter



For only the second time in its 30 year history Hospice of Central PA is launching a capital campaign. Our *Pathway to Caring* campaign will help raise the funds to retire the mortgage on our new **Felix and Dorothea Kitlinski Community Caring Center** and to build a fund for its long term maintenance.

Our goal is \$4,000,000 and the funds from this campaign will be used as follows:

Purchase, renovate and equip a building	\$ 3,500,000
Funds endowed for maintenance and upkeep	500,000
Campaign Total	\$ 4,000,000



We have already achieved more than 50% of our goal as a result of generous pledges from our naming donor; HCP's Board of Directors, Campaign Steering Committee and Staff; as well as foundations and other leadership givers. As the campaign expands and moves into its public phase, we seek support from individuals, companies, foundations and other organizations that value the comfort and compassion which we offer to terminally ill persons and their families.

There are opportunities in the *Pathway to Caring* campaign for named gifts, and designating one of the rooms or areas in the building is an excellent way to honor someone who has influenced one's life. Donors may make commitments extending across three or four tax-years, and may even consider a five-year pledge. Donors may fulfill their pledges through cash

gifts or through transfer of assets which HCP can turn into cash.

The *Pathway to Caring* campaign will provide the resources for Hospice of Central PA to both improve and extend its



support and education of caregivers across the community. It is HCP-trained and -supported caregivers who make it possible for persons with a life-limiting illness to make informed choices about how they wish to live and where they wish to die. It is these

caregivers who offer the comfort and hope that sustains terminally ill individuals as they deal daily with the symptoms of their illness. It is these caregivers who will receive ongoing encouragement, counseling and education from HCP after the person for whom they are caring dies. This support will enable these caregivers to continue to touch the lives of others.

If you would like to learn more about how you can participate in the *Pathway to Caring* campaign—as a donor a volunteer campaigner or both—please contact Dan Hayward (Ph: 717 732-1000 or e-mail: dhayward@hospiceofcentralpa.org).

“At various moments different institutions entered our lives... Out of all of these, only your organization, Hospice of Central Pennsylvania, quietly offered the support we needed to help my father die in a peaceful and dignified way... Hospice puts the responsibility and power squarely in the hands of the family. This is a tremendous gift, one that I'll never forget, and I thank you for it.”

Orlando's Son

Moving Day

Friday, January 16, 2009—

Moving day dawned clear and cold—colder than on any other day this past winter. A horde of movers from Zeiglers Storage and Transfer trooped into the East Pennsboro Township building at 8 a.m. and began the task of filling the first truck. Once the trailer was full and on its way, another pulled up to the loading station. When a truck arrived at Linglestown Road location, Zeigler workers and HCP staff worked together to position its contents in the right places within the building. This shuttle continued into Friday evening and most of Saturday. Sunday was a day of arranging, organizing and preparing for many of the staff.



During the moving process employees of Ecomm worked to activate the new phone system and technicians from NCSI connected our servers and computers. Meanwhile, our clinical teams were in the field caring for our patients and their families, maintaining their focus on the reason Hospice of Central PA exists.

Monday, January 19, 2009—Open for Business. Of course there were problems and new things to learn. Nevertheless, when staff members reported for work on Monday morning, we were ready to serve our patients, their families and other caregivers who depend on the comfort, support, and compassion provided by HCP.



HCP will offer a new program for grieving children from June 22–24, 2009. Camp New Day is a day camp for children entering 1st through 6th grades who are grieving a loss of a loved one. The goal is to provide a compassionate environment where these children can experience hope and healing through interactions with peers, support of adults, and opportunities to positively express their emotions. A “buddy” will be assigned to each camper to give them one-to-one attention and support. Monday evening will be a night for campers, parents, buddies, and other camp staff to get acquainted. It will also include a special session for the parents/guardians of these children. On Tuesday and Wednesday, camp will run from 9 a.m. to 3 p.m., and will include arts and crafts, games, music, and lots of fun. Activities will provide the children with chances to remember their loved one, express their grief, and learn how to positively cope with their emotions. The program will include lunch and snacks and is free of charge. We are seeking children and volunteers for the event. For more information, please call Heather Menapace, Bereavement Care Coordinator, at 732-1000.

Volunteer Corner

Our exceptionally talented volunteers bring their hearts and expertise to both patient support and the many programs of our agency. The majority come to us in order to join the hospice care teams, providing hands-on care as well as practical and emotional support to the patients and families we serve. They commit to extensive training and on-going continuing education to keep their skills sharp and knowledge current. We are also fortunate to enjoy the skills and dedication of volunteers who work with various HCP committees, support our fund raising efforts and provide much-needed administrative assistance of many kinds.

Each role filled by a volunteer is vital to helping our staff meet the commitments we have to our patients and their families. Each person who volunteers is greatly appreciated for their passion, compassion and hard work.

The pictures on this page show the two groups which recently graduated from our 33 hour training program—the first to use the new Community Education Center. Our next class will be in September in Carlisle. For more information, please call Barbara Hardy at 732-1000.



Staff Update

One of the reasons behind our search for a new location was the need for space which our growing staff can use as a “home base” to plan and coordinate the care of our patients and their families. Over the past year, we have been pleased to welcome the following persons to the HCP team:

Patient Services:

Nurses—Sharyn Farner, Suzanne Hopple,
Stacy Marciano and Carey Kosco
CNAs— Donald Bechtel, Susan Catina,
LuAnn Hinkle, Kate Stepp and
Brenda Shaefer Mann

Family Services:

Chaplain: Rev. Yvonne Rulli-Butler
Social Worker: Sharon Hartman

Hospice Residence:

Nurses—Patricia Colyott, Shirley Deiter and
Mary Klaus
CNA— Tamara Perry

Clinical Liaison: Lin Scouten, RN

Quality Assurance/Performance Improvement:

Nancy Bove, RN