

Published by Calvary Hospital, the nation's only acute care specialty hospital devoted exclusively to the palliative care of adult patients in the advanced stages of cancer and other life-limiting illnesses.

CALVARY
HOSPITAL

Where Life Continues

CROSSROADS

FALL

2019

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STAY IN TOUCH WITH CALVARY

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LETTER FROM THE CALVARY FUND EXECUTIVE VICE PRESIDENT



Dear Friends,

People often ask me, “Does Calvary really provide the quality of care I hear about from all those radio commercials?”

As the following anecdote will illustrate, *CalvaryCare*SM can have a life long impact on people’s lives.

In 1952, when she was just 13 years old, Norma Adams experienced our care when her beloved mother, Matilda, was a patient at Calvary, at our former location on Featherbed Lane. Matilda was only here for two weeks when she died on Mother’s Day.

Norma and her sister, Rita, were so inspired by seeing the tender loving care their mother received here, both went on to have long productive careers as nurses. In fact, between the two of them, they have a combined seven decades of nursing experience! As Norma so eloquently states, “Your loved one will get the compassionate loving care that they need and deserve at Calvary.”

By the time you receive this issue, you may have heard about the Palliative Care and Hospice Education and Training Act (PCHETA H.R. 647). This important new Bill is making its way through Congress. It recognizes a critical and growing need for hospice and palliative care services and education in this country. Our participation – *and yours* – will be critical.

Calvary has provided palliative care to more patients than any other hospital or medical center in the world. We are considered by many national and global health care organizations to be the leading expert on palliative care.

I would like to follow up with you personally with updates on this transformational legislation, along with other important developments your support makes possible. My letters to you will be friendly, informal and informative on a wide range of topics of interest to all of us. If you would like to sign up for these updates or have thoughts to share, please contact me at tbarr@calvarycare.org.

With gratitude,

A handwritten signature in cursive script that reads "Timothy P. Barr".

Timothy P. Barr
Executive Vice President

WHY CALVARY SUPPORTS PCHETA (H.R. 647)

Since we published the last issue of *Crossroads* nearly a year ago, an exciting development has taken place. Under the leadership of NY Congressman Eliot Engel, a bipartisan group of more than 245 legislators introduced the Palliative Care and Hospice Education and Training Act (H.R. 647).

(At press time, the Bill had not been passed).

Calvary is 100% behind this Bill. We have encouraged our supporters, donors, employees, Hospital Board, Fund Board, and Professional Advisors Council (PAC) to write to Congressman Engel and their own local representatives urging support of the Bill. **To learn more:** www.calvaryhospital.org/HR647

Why is Calvary so enthusiastic about this?

Once it passes, this Bill will do the following:

- Increase educational opportunities in Palliative Care for many healthcare professionals;
- Encourage physicians to become Board certified in this specialty;
- Improve Palliative Care knowledge among faculty members in medical, nursing and other healthcare schools;
- Increase funding for research related to Palliative Care; and
- Educate the public and healthcare community nationally about the benefits of Palliative Care.

The bottom line: When curative solutions are no longer a realistic choice, people can seek Palliative Care to address their pain and symptom management. Making lay people and the medical community understand the value of Palliative Care – and the appropriate time to bring this up – is something that will benefit all of us.

For the past 33 years, Calvary has been basically doing what this Bill proposes, through our Palliative Care Institute. To date, we have educated thousands of medical students, doctors, nurses, and others about Palliative Care, and thus established relationships with hospitals in the U.S. and around the world. This Bill will potentially open new doors to further enlighten people about this important subject, which impacts us all.

GRIEF AWARENESS MONTH



When you lose someone you love, the resulting grief can be one of the most challenging things that a person – young or old – might deal with in their lives.

If grief is not addressed at the time that the loss occurred, the consequences of that death can last for years – even forever.

Calvary has designated **September** as **Grief Awareness Month** to spotlight various resources available to people of all ages. To learn more go to:

www.calvaryhospital.org/GAM

CALVARY HOSPICE BRINGS CALVARYCARESM RIGHT INTO THE

Many patients want to
spend their last days in
familiar surroundings.



Many people are familiar with Calvary's 200-bed Bronx campus and our 25-bed Brooklyn campus. What most people don't realize is that for the past 20 years, **Calvary Hospice** has brought this excellent care right into the homes of thousands of New Yorkers. Calvary now cares for more patients outside the hospital than we do inside our walls.

Wherever we care for people, our priority is to make sure that we adequately address patients' pain and symptom management. So whether we deliver this care in people's own homes, an assisted living facility or a nursing facility, Calvary is honored to offer this service to our patients.

When patients' medical needs evolve and become acute, **Calvary Hospice** can easily transfer patients for short-term inpatient care to our Bronx or Brooklyn Campuses, to the 18-bed Dawn Greene Hospice located in Mary Manning Walsh Home, in Manhattan, and to our 13-bed unit in Ozanam Hall of Queens Nursing Home, in Bayside.



The renovated family room at The Dawn Greene Hospice at Mary Manning Walsh Home.

For the past 20 years, Calvary Hospice has brought our care into the community.

SISTER M. SEAN WILLIAM O'BRIEN of All Saints O.Carm | 1938 - 2019

*The Calvary family mourns the passing of Sr. Sean on July 22, 2019.
She was in the 55th year of her religious life when she entered into her eternal life.*

A long-time supporter of the Calvary mission, Sr. Sean was Executive Director of Mary Manning Walsh Home (MMW) in Manhattan. She was instrumental in the establishment of The Dawn Greene Hospice at MMW in late 2014. Due to the enormous demand for *CalvaryCare*SM in Manhattan, the unit quickly expanded from the original 10 beds to an 18-bed unit in 2018. The Dawn Greene Hospice is a partnership between Calvary and MMW. Both are part of ArchCare, the Continuing Care Community of the Archdiocese of New York. Mary Manning Walsh Home and Ozanam Hall are both managed by Carmelite nuns.

NORMA ADAMS

Remembering her Mother



Matilda

In 1952, when Calvary Hospital was located on Featherbed Lane in the Bronx, we were privileged to care for a patient named Matilda Joseph Ollivierre. She was a patient for approximately two weeks before dying on Mother's Day from bladder cancer.

Matilda was born and raised in Trinidad. After immigrating here in her late teens, she married and had three children: son Cyril, and daughters, Rita and Norma. Matilda was a devout Catholic and attended daily Mass regularly.

Norma describes her mom as quiet and friendly, someone who found the good in every person she met. Matilda and her daughters went to the movies together frequently, seeing such favorites as Maureen O'Hara, Clark Gable, and the Three Stooges. She also loved musicals. Norma's most cherished memory is simply spending time with her mother.

At the time that Matilda was receiving *CalvaryCare*SM, Norma, her youngest child, was only 13 years old. As is often the case, the family tried to protect Norma from the sad reality of her mother's situation by not telling her the truth. Norma was hopeful that her mother would recover and return home to the family; sadly that was not to be.

Nearly 70 years later, Norma still vividly remembers the tender loving care her mother received at Calvary. "Mama had a wonderful and dedicated team caring for her throughout her short stay. The staff left an indelible impression on me."

One of Norma's last memories of her mother is her sitting in a clean and beautifully-made hospital bed, smiling and relieved of all her pain. Soon after, Matilda died peacefully, thanks to the staff that cared for her with "compassion, empathy, and kindness."

Norma and Rita were so inspired by the care their mother received, that they went on to become nurses. After earning Baccalaureate and Master's degrees, they had long, productive careers as nurses. Between them, Norma and Rita have more than seven decades of nursing experience.

Calvary is very grateful for Norma's generous support of our mission. She wants people to know that **"At Calvary, your loved one will get the compassionate loving care that they NEED and DESERVE."**

CALVARY OFFERS UNIQUE CHALLENGES TO SPIRITUAL CARE PROVIDERS

Spanish-speaking
Chaplain with a patient



Calvary's Spiritual Care department employs more than 30 chaplains from diverse religious, spiritual and cultural traditions. The Hospital offers one of the few **Clinical Pastoral Education (CPE)** programs in the U.S. that offers extensive hands-on experience with people at the end of life.

When faced with their mortality, terminally ill patients can respond in many ways. They – and their family members – may be in complete denial, angry at God or be at peace with this news. Once you overlay ethnic or traumatic life stories, patients often need and deserve personalized spiritual care.

Being a chaplain at Calvary Hospital or Calvary Hospice presents an unusual opportunity for spiritual care providers. Before they walk into any patient's room or home, our Spiritual Care Providers have to be prepared for any range of possibilities.

Being well-versed in religious text and prayers is not enough for chaplains. They must also have a thorough foundation in global current events going back several decades and a wide-ranging knowledge of the American experience.

"In order to be of most help to our patients, chaplains are trained to explore a patient's narrative," says Rev. C. Alejandro, M.S., M.Div, ACPE Certified Educator and Board Certified Chaplain, APC.

"For example, I met a patient at Calvary who was from El Salvador. During the visit, he said he had migrated to the U.S. in the early 1980s. I knew that the civil war in his country was going strong at that time.

"Because of that knowledge, I remained attentive and open to the patient's experiences which included having been tortured at some point before he immigrated. I was then able to ask more tactful questions that allowed me to learn more about his life story and how he made meaning of his life as well as his dying. This information allowed me to provide the spiritual care that he needed at that time."

TO LEARN MORE ABOUT THE PROGRAM:

www.calvaryhospital.org/pastoralcare

MARY KEEGAN

Remembering her Sister



Ann

Ann Keegan was the youngest of five children in a first-generation Irish immigrant family. For years, she suffered from Parkinson's disease and a very rare blood cancer – Polycythemia Vera. One of the first symptoms was too much iron in her blood. She endured years of chemo, resulting in numerous blood transfusions. Her sister, Mary, was by her side for years as her caregiver.

In early 2018, when her family found out that Ann need end-of-life care, they turned to Calvary. Ann received our care across our continuum – at Ozanam Hall of Queens Nursing Home, Calvary's Bronx campus, Hospice in the privacy of her home, and a final 3½ month stay at Ozanam Hall, where she died on April 1, 2019. Ann received *CalvaryCare*SM for the last 13 months of her life.

Independent and quiet, Ann worked for many years at General Motors and at a local bank, in various clerical positions. Mary remembers her as being incredibly loyal, upfront, honest, responsible, and dependable. "Ann always supported me in everything. She was a fabulous sister."

A devout Catholic, Ann enjoyed visiting religious shrines (Our Lady of Fatima, Our Lady of Lourdes, etc.) and visited the Holy Land, where she walked in the footsteps of Christ. She also enjoyed gardening and being an active congregant at St. Kevin Catholic Church (Flushing).

Ann – like Mary – remained single and did not have any children of her own. The sisters lived together under the same roof their entire lives. They often traveled together, visiting Ireland multiple times. Ann even visited Italy, where her itinerary included a Mass at San Giovanni Rotondo in Foggia, the town where Padre Pio resided. He was present at the side of the altar during the Mass Ann attended and died two weeks after her visit.

After Ann's death, Mary decided to support our mission by remembering her sister with a leaf on **Calvary's Tree of Life** at the Bronx Campus.

"I am so very grateful that Ann was able to benefit from *CalvaryCare* in so many ways during her final months. I recommend Calvary to everyone I meet!"



A gift to **Calvary's Tree of Life** ensures that a loved one's name will exist in perpetuity with the lifetime of the Hospital. For more information, please contact **Sandrina Fernandez**, Development Associate, at **718-518-2039** or via email at **sfernandez@calvaryhospital.org**.

THANK YOU TO OUR FOUNDATION DONORS

Thank you to the foundations that provide support to Calvary's mission of compassionate, comprehensive care for people near the end of life. Many foundations choose to support a particular program of care, such as bereavement support for children and adolescents, or Calvary@Home. Behind every foundation are Trustees who have had personal experiences with *CalvaryCare*SM, or who understand the importance of our care. **The following foundations have made grants of \$1,000 or more, which were received between January 1, 2019 and July 31, 2019.**

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Please contact Calvary Fund at 718-518-2077 so we may correct the error.**

THANK YOU TO OUR STORRS SOCIETY DONORS (\$1,000+)

Your contributions support Calvary Hospital's special mission of providing care, comfort and compassion to over 6,000 patients and families. Such gifts help us to secure a strong future for our care. Thank you to the families and friends that contributed to support Calvary in memory of their loved ones. Listed below are gifts from January 1, 2019 to July 31, 2019.

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Storrs Society members are passionate about their continuous commitment and generosity to the Calvary Fund. Become a member by making annual gifts of \$1,000 or more. For more information, please contact **Chris Ayson**, Patron Program Manager, at **718-518-2680** or via email at cayson@calvaryhospital.org.

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DID YOU KNOW

Our Nutrition Department handles 10,000 requests each year.

By the time most patients arrive at Calvary, decision-making is often handled by their healthcare proxy or caregiving teams. However, patients can still request special dishes that may bring back fond memories of earlier times and provide comfort.

Fortunately for Calvary, the culinary team in the Nutritional Services Department is a global mosaic of countries and ethnicities. That diversity is helpful in handling many culinary requests that come in every year from patients. Every request is handled at no charge to the patients or families.

“Rather than choosing from the standard menus they receive each day, almost half of our patients request special items,” reports Donna DeEsso, MS, RD, CDN, Director, Nutritional Services.

“This means we fulfill over 10,000 special requests each year. The phones in the kitchen ring constantly all day, every day with special requests.

“One young patient, who was only able to eat pureed foods, requested lobster tail with melted butter, a meal that reminded her of the day her child was born, one of the happiest days of her life. When the dish was delivered, she was brought to tears by the joy she felt from having this unusual request honored.

“We know how important food memories are, especially for patients at the end of life. Our team is always willing to handle these special requests.

“We also prepare recipes brought to us by patients and their loved ones,” said Ms. DeEsso. “An example is the wife of a patient who asked us to prepare lamb chops the way she used to make them for her husband, as she did not want to leave his side.”

The variety of culinary requests from patients include: oxtails and curried goat, fried shrimp, chicken wings, fresh fruit and vegetable smoothies, soups—especially chicken—and burgers and fries.

To learn more about Nutritional Services or how you can support patient requests:

www.calvaryhospital.org/food



SUSAN GARDNER

Remembering her Mother



Alice

In June 2019, Alice Ellis died at age 98 from congestive heart failure while under the care of **Calvary Hospice**. It was the third time since 2017 that she received Hospice Care right in her home in Brooklyn.

Alice was a strong, smart, independent woman. She was a natural leader and excelled in all that she did. Whenever things got tough, Alice would say, “This too shall pass.” She was a devoted mom to her only child, Susan Gardner. Family meant the world to Alice; she was a beloved member of her extended family.

Music was an integral part of Alice’s entire life. She played piano and trombone and spent decades teaching voice at several schools including Abraham Lincoln High School in Brooklyn. Alice was proud of the choral groups she led, which would often perform in local nursing homes. Some of her students became cantors and others, big celebrities such as Neil Sedaka. He kept in touch with Alice regularly over the years.

Upon hearing of her death, many of Alice’s former students wrote beautiful letters to Susan describing the impact her mother had on them. Many referred to Alice as their “second mother” and described how she taught them valuable life lessons, especially how to have harmony in music and life.

Susan is very grateful to the **Calvary Hospice** team who made Alice’s well-being their priority. Carmela Aiese, RN and Alice developed a strong bond. Whenever Stefan Benkowski, Calvary’s Music Therapist, would visit, Alice loved “talking shop” with him. They often performed together; she on piano and he on guitar.

Even before her mother died, Susan began supporting Calvary’s mission. She wants people to know that **Calvary Hospice** provides all the necessary support to help patients and families get through this difficult journey right in their own home.

CALVARY COLLABORATES WITH THE CHINESE AMERICAN COALITION FOR COMPASSIONATE CARE

Founded in 2005, the Chinese American Coalition for Compassionate Care (CACCC) is the first and only organization in the country that addresses end-of-life care issues in the Chinese community.



CACCC's visit to Calvary.
Sandy Chen Stokes, CACCC's Founder,
(pictured sixth from left).



Patti Klein, RN,
Calvary Hospital with
Shirley Pan, CAIPA.



The metropolitan area in New York, with a Chinese population of nearly 600,000 people, contains the highest concentration of Chinese residents in the country. These patients are a growing presence for Calvary, creating a demand for bilingual employees and volunteers.

In July, Calvary collaborated with CACCC, on a 4-day volunteer training for 32 bilingual Chinese/English speaking volunteers. 18 attendees signed up to volunteer for us!

CACCC also hosted an informative event, **When East Meets West**, to help healthcare professionals of all backgrounds learn about the main challenges in delivering hospice care

to this community. One of the things we learned about was **Heart to Heart® Café**. This clever programming idea uses a card game to encourage people to discuss advance care planning and what matters most to them. The game format created openings for people to discuss deeply personal fears and wishes, even with complete strangers.

We were fortunate that CACCC founder, Sandy Chen Stokes, and several NYC-based supporters had the time to visit Calvary's Bronx campus before they returned home to California. Calvary looks forward to working closely with CACCC to educate the Chinese community about palliative and hospice care.

THE BEST GIFT YOU CAN GIVE YOUR FAMILY

A health care proxy (also referred to as a durable power of attorney for health care) is a document that appoints someone to make medical decisions for you, if you are in a situation where you can't make them yourself. You must choose your proxy thoughtfully since he/she will be acting on your behalf.

By appointing a health care proxy, you can make sure that health care providers follow your wishes. You may allow your proxy to make all health care decisions or only certain ones. You may also give your proxy instructions that he or she has to follow.

This form can also be used to document your wishes or instructions with regard to organ and/or tissue donation.

After appointing your proxy it is extremely important to discuss your wishes about your medical care, including resuscitation, artificial nutrition and hydration, and personal goals for quality of life. Knowledge of your wishes will help guide the decisions your proxy will have to make with your medical team. Knowing that any decisions made are based on your personal values and wishes will be a comfort to family and friends during a stressful time.

TO LEARN MORE OR DOWNLOAD A PROXY FORM:

www.calvaryhospital.org/acp

WHAT INSPIRES YOU TO GIVE TO CALVARY?

*"The primary mission of Calvary
inspires us to continue to give.*

*Your commitment to non-abandonment
and caring for patients and families
with compassion, care and comfort
has always stood out in my mind.*

*My wife and I agreed that it was
a great place for us to support.
We also heard the ads on the radio.*

*Whenever a friend or loved one
of ours passes away we contribute
to Calvary in memory of their friends
and family instead of giving flowers
and gifts to the families."*

Donald F. Mooney is a religion teacher
at Archbishop Molloy High School
and a Fordham graduate.

TO READ MORE ABOUT
DONALD MOONEY'S STORY, VISIT:

www.calvaryhospital.org/ourstories

WHAT INSPIRES YOU TO GIVE TO CALVARY?

"I was inspired to give to Calvary because of the printed materials that I received in the mail. I don't know anyone with cancer but I knew a couple of people that were cared for through your hospice program. It was a solicitation letter that grabbed my attention. Your commitment to non-abandonment and supporting patients through their final days really resonated with me.

Life Mantra: I am grateful every day – for another day of life. I take time each morning to meditate and pray."

Pat S.

Supporting Calvary for over 12 years



MAKE A DONATION ONLINE AT: www.calvaryhospital.org/ways-to-give/

UPCOMING EVENTS

- | | |
|--------------------|--|
| November 12 | Calvary's Annual Awards Gala |
| November | National Hospice & Palliative Care Month |
| November | National Family Caregivers Month |



THE SOCIETY OF 1899

Calvary Hospital was founded in 1899 by dedicated volunteers with supporting gifts and bequests dating back to the turn of the century. The Society of 1899 honors their legacy of compassionate care for those most in need. For more information on becoming a member or other planned giving opportunities, please contact **Elizabeth Edds Kougasian, Esq.**, Director of Major and Planned Gifts at **718-518-2080** or via email at ekougasian@calvaryhospital.org.

CROSSROADS

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