

CROSSROADS

FALL 2020



Wishing you
and yours all the
blessings of this
Thanksgiving Season.
Among our list to be
thankful for is every
one of you who has
supported Calvary
through thick and thin.

HAPPY
THANKSGIVING!
STAY SAFE
AND IN
GOOD HEALTH.

Thomas J. Fahey, Jr., MD
Chairman, Calvary Hospital
Board of Directors

Frank A. Calamari
President and
Chief Executive Officer

Carlos M. Hernandez
Chairman, Calvary Fund, Inc.

ARLENE GRAUER

I was in a State of Panic!

Arlene Grauer watched her mother, Eleanor Grauer, and aunt, Dorothy Grauer, go through Calvary's hospice care.

"I was in a state of panic and had no idea how to handle the dying process. Calvary took care of me, too. It was the most phenomenal thing. It was like angels came in, wrapped their arms around me and made things so much easier."

When Arlene believed Mom needed end-of-life care in 2004, Calvary Hospice was there to provide her with the expert care that she deserved. What surprised Arlene was how *she* was cared for as well.

Eleanor was given a few weeks to live when Calvary's hospice program began treating her at Providence Rest in the Bronx, taking her off a restricted diet and allowing her to enjoy Haagen-Dazs ice cream.

Eleanor lived **nine months** under hospice care before dying of chronic obstructive pulmonary disease at the age of 93 in 2004. *"She was so comfortable. It was unbelievable,"* said Arlene. (continued on page two)

WHO NEEDS A WILL?

In general, people used to think that estate planning was only for old people or wealthy individuals, but that mindset is changing. Essential workers managing the inherent risks of fighting on the front lines of the pandemic are keenly aware of the threat to their health. If anything, the current pandemic has reinforced the importance of estate planning for us all. (continued on page two)

ARLENE GRAUER *(continued from page one)*

Years later, when her aunt needed the same kind of care, Arlene turned to us again, confident that Calvary would provide her aunt with the same excellent care. Given care at home, Dorothy died at the age of 94 in 2011 in the home where she lived since she was 8 years old.

Both times, Calvary made sure that Arlene's mother and aunt were cared for with compassion and comfort and without pain. Their quality of life was the priority.

"I felt that I was putting them in the hands of angels, and I was."



*"I am proud to support the
Calvary mission as a member of the
STORRS SOCIETY.*

*I want to make sure that Calvary's
unique care will continue to be
available to people who need it."*



For more information about the **Storrs Society**, contact Chris Ayson at 718-518-2680.



WE ARE ALWAYS HERE FOR YOU AND YOUR LOVED ONES

At Calvary, we offer more than 30 bereavement groups across our three sites for grieving individuals. Calvary hosts all their bereavement support groups online. This ensures that grieving adults and children who needed the stability and benefit of this support would continue to receive it during a tumultuous time. In addition to the more than 30 existing support groups, Calvary recently strengthened its group offerings with two new adult groups for deaths due to COVID-19: one for those experiencing the death of a parent, and one for those facing the death of a partner or spouse.

A connection to Calvary is not necessary to participate in any Calvary support group. All groups are offered at no charge. If you or someone you know is in need of our services, please call us at **Bereavement Line – 718-518-2281** or email **Jackie Abbondandolo** at jabbondandolo@calvaryhospital.org.

WHO NEEDS A WILL? *(continued from page one)*

It is not just Baby Boomers who need to prepare their wills. Estate planning is relevant to all Millennials and Generations X, Y, and Z (starting at age 18). If you can vote, you should have a will!

Given our palliative care expertise, Calvary also has deep and wide experience in estate planning. During National Estate Planning Week (October 19-25), we created a special resource page:

[www.calvaryhospital.org/resources/
estate-planning-information/](http://www.calvaryhospital.org/resources/estate-planning-information/)

For questions about Wills and Estate Planning, contact Elizabeth Edds Kougasian, Calvary's Director of Major and Planned Gifts, at 718-518-2080 or email: Ekougasian@calvaryhospital.org.

HOW TO HELP SOMEONE WHO IS GRIEVING

There are many ways to help a loved one during this difficult time. Your presence is most important and there are many ways to be present:

- Observe your body language and theirs
- Pay attention to non-verbal cues
- Be patient
- Exhibit calm body language
- Reflect their feelings
- Attend to their needs and yours
- Affirm their feelings
- Avoid giving advice
- Allow them to express their feelings
- Stay connected and available – either in person or virtually
- Let them cry

LEARN MORE:
www.calvaryhospital/grief

“Crying is sacred. It’s part of the healing process to cry. For some people crying is cathartic. It’s a privilege to be present and to experience their vulnerability.”

– Yvette Ramirez, Calvary Chaplain

NEW CALVARY FUND STAFF



Angela Keating

Angela has worked as an executive assistant for over 20 years in the financial and legal industry. She loves being a part of such a great team

at the Calvary Fund and spreading the message of Calvary Hospital. Angela lives in Westchester County with her family and she loves to travel to historical sites throughout the USA.



Nancy Keane

Nancy spent most of her career in the financial services sector and has spent the later part of her career as a development professional with a focus on

foundation grants. Nancy previously served as Director of Mission Advancement at Wartburg, a provider of senior residential housing and healthcare services, and has an MBA in Finance from Iona College. She is excited to be here to support Calvary’s mission of providing compassionate care and dignity for patients and families.

CARIBBEAN PORRIDGE

Use 1% milk, or any milk (lowfat, 2%, skim or coconut), to mix into the cornmeal. **Note:** Add the cornmeal to **cold** milk and stir, stir, stir. If you follow these two simple rules, you’ll have creamy, smooth porridge every time. *Makes 2 servings*

INGREDIENTS

- 2 cups of water
- 2½ cups cold Milk
- ½ cup Cornmeal
- 1 Bay Leaf
- 2 Cinnamon Sticks
- ½ tsp Salt
- ½ tsp ground Nutmeg
- ½ tsp Pimento Berries
- 2 tsp Vanilla Extract
- 3 Tbsp. Condensed Milk

INSTRUCTIONS

- Place 2 cups of water in a pot over a medium heat.
- Add bay leaf, milk, salt, pimento berries and cinnamon sticks to water.
- While water is boiling, mix cornmeal with milk. Once mixed well, pour mixture into pot.
- Stir continuously as mixture begins to thicken.
- Turn flame down while porridge boils. Once done, remove from flame.
- Add grated nutmeg, vanilla and condensed milk to taste.
- Remove cinnamon sticks and pimento berries and pour into bowls.

Porridge is served daily as part of the breakfast choices at Calvary Hospital.





Bryan Salek, Charles Salek, E. Barry Lyon & Eileen Lyon



On Monday, August 24, 2020, 60 enthusiastic golfers joined us for the Calvary Hospital 32nd Annual Golf Classic held in memory of Dennis E. Berberich. Due to the ongoing pandemic, this year's event did not include many of our outing's traditional components such as tennis, our brunch, and lavish cocktail reception and dinner, where in the past we have had around 300 guests in attendance. However, our golfers were able to enjoy a beautiful and safe day on the course of Brae Burn Country Club.

Special thanks must be extended to our Co-Chairs, Dennis M. Berberich, Maryann Farrell and Joseph L. Nunziata for their leadership. Thanks to the contributions from many of our sponsors and donors, over \$120,000 was raised in support of Calvary's patients and families. Our event's leading sponsors were The Robert Goelet Foundation, Simone Healthcare Development, the Solimine Family, Linda and Dennis Berberich, Central Medical Supply, Empire General Contracting, Eileen and E. Barry Lyon, the Monaghan Family and LaSorsa Auto Group.

STAY CONNECTED WITH YOUR LOVED ONES

It is our goal during this difficult time to keep patients and their family members connected. We are happy to help set up patient-family calls through Zoom conferencing, FaceTime or WhatsApp. Each patient also has a phone in the room which we can assist them in dialing.

Currently, we allow families to visit patients daily from 1:00 – 5:00 pm.

Patients on the critical list may have two more hours of visiting per day, per person. These visits must be arranged in advance by calling the Social Work/Family Care Department at 718-518-2365 and we will be happy to facilitate the connection.

Note: This information is subject to change in accordance with the NYS Department of Health.



SUPPORT CALVARY'S MISSION!

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. Memorialize someone special today, because your gift of love helps thousands of patients and families today and tomorrow by remembering yesterday.



For more information about our Tree of Life or the Brooklyn Donor Wall, please call **Sandrina Fernandez**, Prospect Research Management and Donor Relations, at **718-518-2039**.

CROSSROADS is published by the Office of Public Affairs and Community Relations. Please direct inquiries to the Public Affairs Office at 718-518-2289.



MAKE A DONATION ONLINE AT: fund.calvaryhospital.org



Where Life Continues

CRFall20



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Where Life Continues

Please complete the form below if you would like to support Calvary's philosophy of non-abandonment and superior care through a charitable donation or donate online at www.calvaryhospital.org/donate.

Name _____ Email _____

Address _____

City _____ State _____ Zip Code _____

Phone _____

☐ Enclosed is my gift of \$_____.

☐ I would like to be contacted about including Calvary in my will.

Please make check or money order payable to The Calvary Fund, Inc. Your donation to The Calvary Fund is tax-deductible. For questions or comments, please contact Calvary Fund at **(718) 518-2077**.

If you would like additional information on memorializing your loved one, please contact Sandrina Fernandez at **(718) 518-2039**.

Please use the contact information below to reach a specific department at Calvary Hospital. For all other questions please call **(718) 518-2000**.

Comments and Concerns about Patient Care	(718) 518-2365	dfeldman@calvaryhospital.org
Bereavement Support	(718) 518-2125	mgeorgopoulos@calvaryhospital.org
Calvary Fund	(718) 518-2076	treyes@calvaryhospital.org
Home Care/Hospice	(718) 518-2465	ndagostino@calvaryhospital.org
Palliative Care Institute	(718) 518-2147	gfilardi@calvaryhospital.org
Public Affairs	(718) 518-2289	bnitzberg@calvaryhospital.org
For Referrals, contact Community Outreach Services	(718) 518-2300	klynch@calvaryhospital.org



Where Life Continues

1740 Eastchester Road
Bronx, New York 10461

**HAPPY
HOLIDAYS**

