

Dreams Become Reality for Hospice Patient

On August 1, Hospice of Green Country lost an amazing young man. Fortunately the weeks preceding his death were full of first-time experiences.

Cody Wheeler got the chance of a lifetime recently when the dream he has had since childhood became reality – visiting Disney World. After being diagnosed with a rare bone cancer more than two years ago, at age 22 Cody thought he would never live to realize his dream. However, thanks to the Dream Foundation, a trip to Florida became a time to remember.

The trip marked a number of firsts for Cody – a limo ride provided by a Tulsa attorney, a plane trip, and according to Cody, the best part – Universal Studios.

“Universal Studios was too cool!” said Cody. “I even got out of my wheelchair and rode some of the rides.”

Joining the Skiatook native on his trip was his mother Vickie, his aunt, Kym and a special invitee, his best friend Josh Flemming.

“I called Josh up and asked how he’d like to take a trip to Florida with me,” said Cody. “He didn’t believe me at first, but it didn’t take him long to agree to go along.”

Dream continued on page 2.



One of the many things Cody saw during his trip to Universal Studios was “Jaws.” Pictured with him are his aunt, Kym (left), best friend, Josh and mother, Vickie.

executive director

Brent Wolfe to Assume Executive Director Post at Hospice of Green Country

Brent Wolfe joined Hospice of Green Country on September 1 as Executive Director.

Wolfe brings an extensive background in non-profit services to the Hospice of Green Country team. Most recent was his 10-year tenure at Family and Children’s Services (FCS), first as director of community services and later as associate director.

Prior to his roles at Family & Children’s Services, he worked as a psychotherapist for the Family Mental Health Center for 10 years. During that time he also served as director of home-based family services and director of outpatient services. He has served as a licensed psychotherapist since 1979. Wolfe received his bachelor’s degree in psychology in 1969 from Phillips University in Enid, Okla. In 1979 he received his master’s degree in social work from the

University of Hawaii.

While at FCS, Wolfe assisted with the direction and development of an \$11 million budget and 250-person family service agency.

“Brent’s career to the non-profit sector has provided him a keen understanding of the challenges involved in leading a mission-driven and financially successful organization,” said Elaine Moore-Jones, president of the Hospice of Green Country board of directors.

“I am honored to join the Hospice of Green Country team,” Wolfe said. “Hospice of Green Country has been a leader in the hospice movement and has an excellent reputation for compassionate, quality care. I look forward to working with Hospice of Green Country’s committed and dedicated staff.” *

The Labyrinth Volunteer Inservice

By Benelle Reeble, Ph.D., Volunteer Program Manager



VOLUNTEERS AND FAMILY MEMBERS CHALLENGED THE LABYRINTH AT THIS SUMMER'S INSERVICE.

Approximately 30 volunteers and family members, ranging in age from 10 to 84, met on July 20 at Camp Fire USA's Camp Okwaniee. The purpose of our gathering was to experience The Cycle of Life Inservice. Four inservices are required per year for volunteers to keep an active status.

This unusual inservice was to walk the Labyrinth. What's a labyrinth, you may ask? Though it has many definitions, Hospice of Green Country used it as a circular walk, a maze, which gave each member the possibility of going within, detaching from the world and themselves as each walked toward the center.

A maze offers constant choices along the way. Most mazes have high walls so you cannot tell where you are. This labyrinth has low walls so you always know where you are. Camp Okwaniee's Labyrinth was made of

rope, which made it accessible for visually impaired persons. Paths were wide enough to accommodate a wheel chair.

As volunteers walked through the labyrinth, they were instructed to walk in silence and give respectful space to those around them. They were to acknowledge entering and exiting the labyrinth in their own creative way and to walk at their own pace. Each person was to leave what he or she chose (problems, fears, conflict, grief, attitude, etc.) in the center.

As volunteers walked out, they were to take what was appropriate to reintegrate the experience within their lives – a way of reflecting who they are.

Despite the Oklahoma July heat, each member shared a moving and meaningful discussion over a delicious potluck culinary experience. They used this activity to experience for themselves

what's going on within each of them, and to relate it to their service with their terminally ill patients.

"We benefited greatly from our journey together," said Benelle Reeble, volunteer program manager. "Although we bring different backgrounds to this group, the one common thread that joins us all is our love of service for others. Hospice of Green Country looks forward to coming here again together. Indeed, it is a rare honor and a special privilege to share with this extraordinary group of our HGC volunteers!" *

Dream continued from page 1.

The Dream Foundation learned about Cody from his social worker, Deb Sodergren. The organization provided hotel accommodations and the tickets to both Disney World and Universal Studios. Additional support was provided by Denise Vance, Summit Physical Therapy and Rehab therapist, who was touched by Cody when evaluating him for physical therapy pain relief. Denise along with her parents, Betty and Emmitt Atwood of Owasso, presented a \$2,000 check for airfare and spending cash. Hospice of Green Country staff in Claremore also chipped in with more spending money.

Cody was able to experience the *Back to the Future* ride – his favorite – as well as the *Men in Black* ride, where he and his mother fired laser shots at aliens.

After the trip, Cody came home to the care and love of his family and continued hospice care from the Hospice of Green Country Claremore staff. Through the hard times, he kept smiling and had his memories to keep him going.

"We just don't know what to say to thank people enough," said Cody's mother, Vickie. "So many people from so many places gave so much. It's hard to believe." *

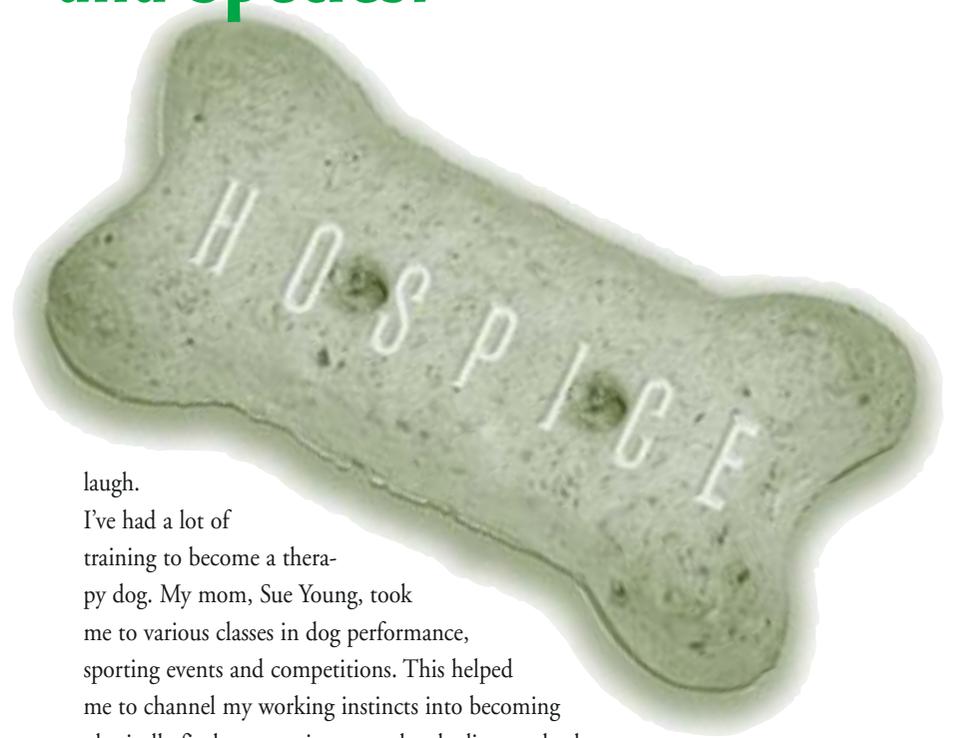
Hospice of Green Country Volunteers

Come in all Shapes – and Species!

Hi! My name is Lizzie and I'm a volunteer at Hospice of Green Country. I'm a Border Terrier and I'm certified/insured with Therapy Dog International (TDI). I love to visit hospice patients, their families, and also work with the grief counseling groups at Hospice.

I'm 12 inches high at the shoulder and weigh 12 lbs. I like to cuddle on people's laps, be petted and give doggie kisses. Children, grownups, and grandparents are wonderful and I enjoy their company. Every age is special.

Often when people are sad, they talk and hug me and let me know how they are feeling. Sometimes they don't feel as comfortable telling their loved ones that they are feeling sad. I can love them back and help them forget their troubles while I'm there. I also do tricks that make people



laugh.

I've had a lot of training to become a therapy dog. My mom, Sue Young, took me to various classes in dog performance, sporting events and competitions. This helped me to channel my working instincts into becoming physically fit, but more importantly, obedient and calm in all sorts of new situations. Before my second birthday, I was tested by a TDI evaluator for temperament, calmness in strange and new situations or things like hospital equipment. I had to pass obedience tests, ignore distractions and noises, and take some rough handling just to show them how I could stay calm.

Mom washes me once a week, brushes my teeth every day, and files my nails once a week that way they're smooth and don't hurt people. It seems like a lot of work, but visiting with everyone makes it all worth it!

If you're interested in getting lots of love and attention from me, please contact Benelle Reeble, manager of volunteers, at Hospice of Green Country, (918) 747-2273.

Mom has visited patients and has been an office volunteer more than four years. She understands the joys of volunteering with Hospice of Green Country. Since becoming a member of the Hospice team, the volunteering is even more fun. I can't wait to greet you! *

LIZZIE, ONE OF HOSPICE OF GREEN COUNTRY'S MANY VOLUNTEERS, LOVES TO VISIT PATIENTS.

Bereavement Department Gains Valuable Team Members

The Hospice of Green Country team is proud to welcome Kelly Wright as its new bereavement coordinator.

Wright began working at Hospice of Green Country in May of 2001 as a social worker. She then moved into the Bereavement Department in the beginning of 2002. She has a master's degree in social work and a family history in hospice work.

"I'm very excited to be in this position, and about all of the great things we have planned to assist our families and the community," said Wright.

Hospice of Green Country is also very pleased to introduce its new bereavement program assistant, Star Saldana. She has been an incredible addition to our

team! She has a bachelor of arts in psychology and is beginning work on a master's degree in counseling psychology.

This year the Bereavement Department is offering some wonderful programs. One recent addition is a new kid's grief recovery group, *Adventure Through the Land of Grief*. Each child, age 5 to 12, will be a character as he or she travel through the "mountain of questions," the "swamp of guilt," the "cave of fear," and many other challenging places. The dramatic approach provides grief education, a chance to learn healthy coping skills, and a safe place to express feelings. The group begins September 16, and meets every Monday night from 6 to 7 p.m. for nine weeks. There also will be a group in the spring.

In October, a grief recovery group for teens will begin. This group will meet for

seven weeks on Tuesday nights from 6 to 7 p.m. An additional group will be held in the spring as well.

Hospice of Green Country's adult groups will be six weeks and are scheduled for different times throughout the year. The Summer Enrichment Series, a series of educational sessions dealing with different aspects of grief, has recently ended. Watch for another series next summer. The monthly widow's tea will begin in September in Claremore at His Girls' Tea Room. September also will begin the monthly Spanish support groups.

If you have any questions or need more information about these programs, please contact Kelly or Star at 747-2273. They are very excited to be serving you! *

from the president



Since Hospice of Green Country opened the search for a new executive director in June, there have been many discussions between board members, agency directors, staff and volunteers about leadership.

According to Carly Fiorina, CEO, Hewlett-Packard, "Leadership is no longer about command and control, hierarchy title or status. It's not about finding blame. Leadership is about making a difference, creating positive change. It's about getting things done and getting rid of everything else that doesn't contribute. It's about encouraging, enabling and empowering every employee. It's about reinforcing core values, articulating a vision and then setting people free. Leadership is about trust and giving authority back where it belongs."

The board has been proud of the Hospice of Green Country staff as they pulled together to meet the challenges of a transitioning agency. Hospice of Green Country has a clear mission — and the staff articulates that vision everyday. I'm awe-inspired by their dedication to each patient, each family, each other.

Not to sound cliché, but they're a big family who cares for each other as they care for the community. Every discipline of the agency is so integral to the well-being of the whole — from Marie's reassuring voice on the telephone, to Kay's gentle facilitation of the IDG (inter-disciplinary group) meetings, to Chaplain Jacob George's progress reports on a family's spiritual journey. There are the nurses and home health aides reporting to the medical directors their interactions with each family. Then there's Debby keeping the office humming, answering a million questions on a million different subjects. Lisa is running her "paper-route" in Tulsa and Wegie is beating the bushes in Claremore. Karen is updating our donor base and acknowledging gifts, bequests and assisting with grant writing and submissions. Benelle Reeble, the general over her army of volunteers, serves at a moment's notice. Kelly and her energetic, creative healing touch with grieving family members. Every one of the HGC team is so special! They inspire me and make me proud to be associated with Hospice of Green Country!

Elaine Moore-Jones

President, Board of Directors, Hospice of Green Country

Spirituality —

DEEPENING THE MEANING OF LIFE

The notion of spirituality is central to hospice. Spirituality means different things to different people. It encompasses a person's life experiences and goes beyond identification with a particular religion. It may include faith or focus on that which provides a sense of personal meaning in life and death. It includes the individual's quest for meaning, either through religion or by simple existential questioning of events. We all ask the same questions – "Why" or "Why me?" We all have similar regrets – "If only!" We all experience fear, joy, anxiety, peace, anger and many other emotions. So it is a contemplative time, as people think about what their life has meant and what their death means. Spiritual care has more to do with being and hearing another than offering ready-made answers.

The Hospice of Green Country staff provides respectful ministry to persons of all faiths or spiritualities. Spiritual health can be sought through formal religion, prayers not associated with any religion, meditation, and social ties with family and others. It involves relationships and finding meaning in life. Throughout their life journey, people develop personal thoughts that shape their individual beliefs, values, and methods of coping – and therefore their unique spirituality. Every person has a spiritual dimension and each person's spirituality is unique. Our values and spiritual orientation influence how we respond to and make meaning of life-limiting illness.

Terminal illness can be a painful, frightening and isolating experience. Sometimes it causes one to experience emotional and spiritual distress. Emotions experienced during a terminal illness, such as fear, powerlessness, helplessness and despair are examples of spiritual distress. Chaplains seek to creatively empower individuals to face and encounter their diagnosis, suffering, loss and possibility for renewal. Thus, regardless of the person's medical condition, a person's inner resources and external community support are mobilized for strength, courage, hope, meaning and peace. In order to do spiritual care, one needs to build trust with the patient and family. Trust comes from presence and time spent together.✱

Jacob George, the author of this article, serves as Spiritual Care Coordinator for Hospice of Green Country. Recently, he received a Doctor of Ministry degree in Pastoral Care & Counseling from Texas Christian University. He is the only Board Certified Chaplain (BCC) in the hospice setting in the Tulsa area. Hospice of Green Country believes that quality spiritual care happens when provided by professionally trained chaplains.

Journey 2002

“LA RUE Á PARIS!”

THE ROAD TO PARIS!

Portraying a scene from the movie *Moulin Rouge*, Hospice of Green Country celebrated an evening full of romance, rogues and “can can” dancers. The Tulsa Garden Center looked like a scene from Paris during Hospice of Green Country’s largest fundraiser, *Journey 2002: La Rue a Paris (The Road to Paris)*!

Master of Ceremonies Gary Percefull directed an evening of festivities, including an auction featuring art created by local artists, to benefit Hospice of Green Country. Music by Le Jazz Hott and Trio Lyrique set the stage for dancing in an atmosphere of beautiful decorations created by Mary Murray’s Flowers.

This year’s Journey 2002 honorary co-chairs were Norma and Steve Turnbo who worked with committee co-chairs Cheryl Cohenour and Suzann Stewart. The event committee included Elaine Moore-Jones, Sharon Nelson, Lee Ann Cole, Elaine Dishman, Tom Dittus, Pat Hobbs, Lynn Jones, Mary Mitchell, Linda J. Percefull, Betsy Perry, Debby Raskin, Benelle Reeble, Nelda Stender, Anne Thompson, Karen Todaro, Gaylyn Wattman and Tracy Wright-Owen.

“On behalf of all the directors, we’d like to extend a special thanks to Norma and Steve Turnbo,” said Elaine Moore-Jones, president of the Hospice of Green Country board. “We can’t thank them enough for their contribution of time, contacts and magnanimous donations to the evening fundraising efforts.” A special thank you to this year’s in-kind donors included, Steve Cluck, Catherine Cox, Cox Electronics, CRC & Associates, Garden Deva, M.A. Doran Gallery, Great Plains Airlines, Wanda Hay’s/Heart of Glass, Ken’s Flowers Antiques & More, Ann Livingston, McNally Printing, Mary Murray’s Flowers, Perry Creative Inc., Photography by Russell, The Scissortail Group, Theatre Tulsa, Anne Thompson, Nikki Wood, and Ziegler Art & Frame.

Food and drinks, the focal point of any party, was provided by Anheuser-Busch Sales of Tulsa, B&B Liquor Warehouse, The Bottle Shop, Full Moon Café, Impressions, Java Dave’s Coffee, Jubilee Liquors, Ben E. Keith Foods, Old Village Wine & Spirits, Pepsi-Cola Bottling Company of Tulsa, Ranch Acres Wine & Spirits, Reliance Wine & Spirits, Spice of Life, Saint Louis Bread, Steamroller Blues, Eky’s Foods, Chef Larry Teeter, and Tulsa Brickyard.

Thanks to everyone who participated this year!





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After 25 years with PriceWaterhouseCoopers, Herb Haschke put away his adding machine and accounting books and turned to law. In 1988 he became self-employed, working as a tax and general business lawyer.

Haschke was introduced to Hospice of Green Country four years ago when close friend and current board member Ron Peters asked him to be part of the organization.

Due to the death of his father in 1989 of lung cancer, Haschke had been introduced to the concept of end-of-life care, but never had the chance to benefit from its services.

"I accepted Ron's proposal because I believed in the mission of Hospice of Green Country and the thought of people passing in a dignified manner," Haschke said. "My time on the board has been very rewarding and I've met many outstanding people."

Haschke passes on two bits of advice to people he speaks with.

"I would always encourage anyone to consider volunteering in any non-profit organization," he said. "I've received tremendous personal satisfaction working with Hospice of Green Country. I have received much more from it than I have given. Second, definitely consider using a hospice agency and taking advantage of its services." *

Hospice of Green Country Staff

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Jenny Alexopoulos, D.O. - Medical Director
Kristin Asbill - Nurse Aide, Hospice of Green Country Northeast
Linda Biggs, RN - Case Manager
Wendy Bowman - Nurse Aide
Cleshona Brewer - Nurse Aide
Pete Brown - Nurse Aide
Marie Chapin - Administrative Assistant
Vicki Clouse, RN - Weekday On-Call
Lea Ann Cockrell, RN - Case Manager
Scott Draughon, MSW, LCSW - Support Services
Kay Ferrell, RN, CHPN - Director, Care Coordination
Mary Fluker, RN - Admissions & Intake Nurse
Linda Gardner, RN - Weekday On-Call
Jacob George, M.Th., D. Min., B.B.C. - Spiritual Care Coordinator
Connie George, LPN - Weekend On-Call

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Jane Ho, Mdiv - Chaplain
Lance Houghtling - Chaplain, Hospice of Green Country Northeast
Sharyn Hundley - Office & Volunteer Coordinator, Hospice of Green Country Northeast
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David Pippin - Director, Administration & Finance
Debbi Raskin - HR/Office Manager
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