Playing the game of Life

Thurman Garrett has had a life woven with memorable experiences.

A native Oklahoman, Thurman graduated from Blackwell high school in 1942. At the time, World War II was raging and like so many young men, Thurman joined the fight and served in the Army until the war's end in 1945.

Upon his return, he enrolled in the education program at Oklahoma Agriculture and Mechanical College (now Oklahoma State University). It was there, playing football, his athletic ability began to shine.

In 1947, Thurman found himself being drafted by the National Football League (NFL). Seizing an exciting opportunity, Thurman joined the Chicago Bears under the direction of George Halas, playing center, defensive guard and even kicking for the team.

Following his year in the NFL, Thurman returned to school and married his wife, Cathryn. After graduating from college in 1952, Thurman taught for a year in Waurika, then moved back to Blackwell to begin a coaching career. In 1961, he and his family moved to Sand Springs, where they have made their home for the last 41 years.

Throughout that time, Thurman had various roles in the Sand Springs public school system. He taught and coached football at Charles Page high school for a year, moved on to become vice-principal for the school over the next seven years, and served as the first principal for Pratt Elementary and Boyd Junior high schools. Thurman retired from his position of Director of Transportation for Sand Springs schools life continued on page 2.

Fact: As many as 52 million Americans, or 31% of the adult population, are caring for their loved ones at home.

Fact: One third of informal caregivers consider themselves to be in fair to poor health, citing physical strain and chronic stress as two conditions.

At Hospice of Green Country, we understand the stress and exhaustion caregivers experience. Working with hundreds of families each year, we offer not only practical assistance, but also peace of mind by showing caregivers they are not alone in the care of their loved one.

Whether the patient is a child at home, a grandmother in a nursing home, a young father in the hospital, or a spouse in our support group, we are available to walk individuals and families through their very individual and personal end-of-life journey.

Often, our clinical teams serve not only as teachers regarding care for a family member or friend at home, but also as sensitive listeners.

We’re looking to you, our donors and our friends, to help us. Spread the word about the support you, your loved ones or your friends have experienced through Hospice of Green Country.

Encourage people you know who are trying to cope with a life-limiting illness to give us a call. We can do so much more for patients and families when we learn about their situation early in an illness.

Your generous gifts and support will enable Hospice of Green Country to raise community awareness of our services and to reach more patients and families during 2002 who urgently need our care. Thank you for being a part of our family!

Sincerely,

Betty Nollan, RN, CRNH, MBA
Executive Director

www.hospiceofgreencountry.org
Rhoda Chastain, founder of Hospice of Green Country, expressed her individualism by lending herself to people in need.

According to family she was not a career professional, but had a love for campaigning on behalf of Hospice of Green Country and providing companionship to hospice patients in need.

Chastain died on March 1, 2002, at the age of 64. She was a homemaker who raised three children, one of which died of leukemia in her late teens. According to Chastain's son Marc, she lost a child and became an empty-nester simultaneously.

“Since my sister and I were away at college when Lydia died, my mom needed to come up with a productive project,” he explained. “To cope with her grief, my mother began to dedicate her time to something therapeutic — raising money to begin a hospice service that provided in-home, end-of-life care and grief counseling for those left behind.”

Friend and board member, Ron Peters, remembers Chastain as a kind, giving, dedicated woman who was determined to raise money for the cause.

“I first met Rhoda in 1985 while she was campaigning for contributions to begin Hospice of Green Country,” he said. “Soon after our meeting, Rhoda asked if I’d consider bringing my business perspective to the board. I can honestly say without her there would be no Hospice of Green Country today. Through sheer determination she raised the money needed to start this organization and opened its doors in 1987 with two employees.”

“Having the hospice nurse come out and monitor Thurman has been such a tremendous help,” said Cathryn. “They provide support to allow me to spend more time with Thurman instead of running around doing errands. The care is so excellent and the responsiveness to our needs is wonderful! We consider them a blessing to all of our family.”

Though together for more than half a century, both still enjoy each other’s company. This March, Cathryn and Thurman celebrated their 53rd wedding anniversary.
Volunteers — A Gift to the Community

By Benelle Reeble, Ph.D.
Volunteer Program Manager

During April, the Volunteer Department at Hospice of Green Country was busy preparing for National Volunteer Week, April 21-27, 2002. The theme of this year was “Volunteers — A Gift to the Community.” Did you know that every year more than 100 million Americans give freely of their time and skills to improve schools, ease the lives of the aged, aid those stricken with tragedy, and serve the needs of others in countless ways? Through their efforts, these volunteers have built better communities and a stronger nation.

Our volunteers serve because they enjoy giving to others without expecting anything in return. However, at Hospice of Green Country we take the opportunity during National Volunteer Week to have a very special banquet to acknowledge and honor the work of our volunteers. Through laughter and tears, we share our words of thanks for a year of great service. Available on short notice, in bad weather, and ready for all sorts of challenging requests, our volunteers are “Angels of Mercy,” and make our community a better place through their actions. It is a rare privilege to work with such people of compassion and commitment to being there for others.

Dr. Martin Luther King, Jr. once said that “Everyone can be great because anyone can serve.” Our volunteers have proven their greatness in serving others here at Hospice of Green Country. Wouldn’t you like to show your greatness to those around you? Please call 747-CARE (2273) to find out how you can become a Hospice of Green Country volunteer.

Volunteers . . . We salute you!

“Stars & Spirit” was the theme of the 2002 Volunteer of the Year Awards Luncheon. Vernon Hensley won the Volunteer of the Year Award in the category of Direct Service for his volunteer work, and the agency was presented with a $1,000 check in his honor. Vernon provides medical, emotional and practical services to terminally ill patients and their families. He delivers medicine to patients, transports patients to doctor appointments, and serves as a handyman in the office. Vernon encourages others to be the best they can be and leads by example. He supports those who are down or discouraged and has broad shoulders for the tearful. Vernon’s cheerful smile and warm hugs brighten the days of those who are fortunate to come in contact with him.

Hospice of Green Country appreciates Jody and Ed’s commitment to our agency and mission and thanks them for their many years of service!

For more information on how you can make a difference in the life of someone who is terminally ill, contact our Volunteer Department at 747-CARE (2273).

Meet Jody Anderson and Ed Knell, two Hospice of Green Country volunteers. Jody serves as the Assistant Chair for the Department of Human Resources at the University of Oklahoma and Ed is a design draftsman for a local engineering company. Jody has been volunteering at Hospice of Green Country for about three years and Ed has faithfully served as a Hospice of Green Country volunteer for nearly six years. In addition to her volunteer service, Jody also provides professional education opportunities for Hospice of Green Country staff and volunteers. The latest class, held March 6, was on the topic of “Working with Native American Patients and Families.” The purpose of this presentation was to heighten people’s awareness to the ways we can honor and respect Native American families as we serve them through our programs. When asked why they chose to serve as a volunteer for Hospice of Green Country they responded, “Volunteering is an important aspect of our lives. We especially like being able to help someone and not expect anything in return.” Hospice of Green Country appreciates Jody and Ed’s commitment to our agency and mission and thanks them for their many years of service!
At Hospice of Green Country, families often share stories with us about the difference compassionate hospice care makes during the last chapter of life. We wanted to share some of these stories with you.

When you support Hospice of Green Country, you become a valuable member of the team that makes these stories possible. Your contributions translate into medicine to relieve pain, nurses to care and teach, supplies to ensure comfort, and social workers, chaplains and volunteers to comfort, guide and assist the terminally ill children and adults we serve and their families.

“I want to say a big ‘Thank You’ from the bottom of my heart for all the care, love and support you gave to my husband and me. No one could have been kinder, funnier, more loving and caring than those who cared for us. All of you made me feel so capable, good and safe during this difficult time. Thank you again. It was wonderful knowing we were not taking this journey alone.”

— Wife and Family of Patient

“The staff at Hospice of Green Country has been extremely supportive of us in our time of need. They were always there for all of us and for our mom, and continue to support us through their compassionate and caring attitudes. This is not just a job to them, it is a calling. Thank you for serving your call and for honestly caring about what was best for mom and our family.”

— Daughter of Patient

“My family recently experienced the death of our father. During his illness our family, like most, did not want to consider placing him in a nursing home. We wanted him at home with us until the end. That was also his wish. Through a co-worker, we found out about a wonderful United Way agency — your agency. The assistance you provided allowed our father to die with dignity — at home surrounded by many family and friends. From the medical assistance to make him comfortable to the spiritual/emotional support offered to him and us, thank you. Since his death, your support has continued through the bereavement counseling that my entire family is receiving. My family and I will forever be in your debt.”

— Son of Patient

“We recently lost our wife and mother. But we were fortunate to have come into contact with the greatest organization, Hospice of Green Country. As caregivers, we had the opportunity to meet many of their expertly trained and compassionate personnel. They not only provided excellent physical and medical care, but also provided a tremendous amount of emotional support to our family. Now we believe that not all angels are in heaven. Those who feel like supporting an organization that properly uses all donations and fulfills its mission should support Hospice of Green Country!”

— Husband of Patient

Please join Hospice of Green Country staff and volunteers for our annual

**Spring Memorial Service and Butterfly Release**

and reception to honor our loved ones.

**Sunday, May 19, 2002**

4:00 — 5:00 p.m.

Fellowship Congregational Church
2900 South Harvard, Tulsa, Oklahoma

Reception immediately following.

This service is dedicated to the memory of all our patients and bereaved families in the community.

For more information, please call 747-CARE (2273).
10 Practical Tips to Help a Friend Through Grief

1. **Respond to the death as soon as possible.**
   Don’t assume the person is fine or that close friends or relatives are enough to fill the void.

2. **Notice things.**
   What do they need and what can you do? Don’t expect to be asked — it’s a confusing and unpredictable time for everyone. Think about providing some of the essentials: tissues, extra coffee, disposable glasses, cups, plates, napkins, paper towels, etc. None of these are perishable and can be used later.

3. **Remember that shock may carry the bereaved through those first few days.**
   A certain amount of shock is common even when the death is expected. Shock just softens the impact of reality and allows the grief-stricken some time to absorb the facts. Respond to their immediate needs; most often, the tough stuff comes later.

4. **Avoid clichés.**
   Instead consider saying a heartfelt, “I’m sorry,” “I don’t know what to say,” or offering a warm hug.

5. **Don’t relate this death to ones that you have experienced.**
   It’s not your grief, and your feelings and coping style are not exactly like anyone else’s.

6. **Encourage and allow tears.**
   Crying is a normal and healthy reaction to grief. Provide a shoulder and a tissue.

7. **Avoid judgment of the grief-stricken.**
   Often, the bereaved can’t even think straight. Almost any behavior is acceptable at first, as long as it isn’t physically harmful to the bereaved or those around them.

8. **Encourage talking and reminiscing.**
   Share your good memories and say their name! Remember, the most important thing is that our deceased loved ones lived, not that they died.

9. **Listen and listen . . . and listen.**
   ‘Just be there’ when you can, and when you have the courage and the energy. Being with the bereaved is hard and exhausting work.

10. **Hang in there if you can.**
    Be careful about offering advice and suggestions, as your friend’s feelings will be changing for quite a while. If the death was particularly traumatic or complicated, a few counseling sessions could be a consideration later on.

For more information on dealing with the issues of death and grief, please contact the Bereavement Program at 747-CARE (2273).

---

**Spirituality — DEEPENING THE MEANING OF LIFE**

For most people, the act of dying begins a spiritual journey, as they face the hope of a life hereafter or even fear of its absence. The question of “Why am I here?” is answered in many different ways because spirituality has many different faces. It is at the core of all religions, and, in one form or another, it is the comfort most people turn to when they realize they are about to enter an unknown place.

Spirituality may be found in the connections, relationships and meanings that give our lives passion, commitment and hope. Often, a terminally ill diagnosis can send people into a “mad-dash search” that leads them into a realization that there are deeper truths. Some find deep reservoirs of faith they never even suspected were there.

A deep, religious faith and being involved in a faith community makes a difference for those with serious or terminal illnesses. Research has shown that such involvement is related to decreased depression and anxiety, greater well-being and a higher quality of life. People are coming to realize that spirituality is of the utmost importance at the end of life. It is that which ultimately concerns us. When someone knows they are dying, life is put in perspective.

It is for these and other reasons that hospice caregivers and others committed to spiritual care attempt to create a “sacred space” for patients where they can share their story and “unload the burden of pain.” When stories are told, something redemptive happens. People who have been involved in hospice have learned that, rather than being a fearful experience, dying can be healing, and even spiritually fulfilling.
The Annual Fund

Every year, Hospice of Green Country seeks charitable contributions from all segments of our community. In order to further our mission of providing quality, compassionate end-of-life care to patients and families, regardless of ability to pay — a large part of our operating budget must come from the generosity of those throughout the communities we serve. The following supporters, through their generous philanthropy, help to underwrite the costs of our annual operations and programming by giving to our annual Campaign for Dignity.

We are grateful for each and every gift, no matter the amount. However, space limitations permit only the listings of donations of $50 or more made to Hospice of Green Country between January 1, 2002 and March 31, 2002. If there is an error or omission, please call the Development Office at 747-CARE (2273).

“We do for ourselves, alone dies with us. What we do for others and the world remains and is immortal.” — Anonymous

Masters of Compassion
$25,000+
Hillcrest Medical Center Foundation Tulsa Area United Way

Masters of Caring
$10,000- $24,999
Charles and Lynn Schusterman Family Foundation

Circle of Life
$5,000- $9,999
Claremore Area United Way

Circle of Compassion
$2,500- $4,999
Mr. Clyde Buchanan Youth Leadership of Tulsa

Circle of Caring
$1,000- $2,499

Circle of Friends
$500- $999
Mr. Richard P. Small

Spirit of Hospice
$250- $499
Mr. Ted J. Bock Mr. Al P. Vargas

Hearts of Hospice
$100- $249
Ms. Patricia G. Mainka Anselmi
Mr. and Mrs. Michael D. Bagby
Mr. and Mrs. William H. Barley
Ms. Leslie Boyd
Ms. Mary Ellen Brown
Mr. and Mrs. Charles D. Chastain
Ms. Angeline Cope
Mr. and Mrs. John Davis
Ms. Nancy J. Gladden
Mr. and Mrs. Phil Hughes
Mr. and Mrs. Lawrence Kiker
Mr. Gilbert Klemann
Mr. Paul K. Lackey
Mr. Brent LaGere
Mrs. Ethel Lubin
Mr. and Mrs. Kenneth Madl
Ms. Carey Miller
Ms. Doris Lee Miller
Mr. and Mrs. Gary L. Jones
Dr. and Mrs. Robert C. Morton
Ms. Jane Palmer Parks
Mr. and Mrs. Tim Reynolds
Mr. and Mrs. Jerry Scott
Ms. Krista Sharp
Mrs. Terry S. Slagle
Dr. William Tankersley
Ms. Carol Traband
Mr. Ben T. Walkingstick

Friends of Hospice
$50- $99
Mr. and Mrs. Douglas W. Barcus
Ms. Owassa Berry
Mr. Victor T. Castaldi
Mr. and Mrs. Ron Cobb
Mr. and Mrs. Ernest W. Crawford
Mrs. Laverne Croninger
Mr. Anthony B. Davis
Ms. Melanie J. Davis
Ms. Vickie Sue Dodson
Mr. and Mrs. Joseph Dowd
Ms. Patricia Duncan
Ms. Wanda Edmison
Dr. and Mrs. David Epstein
Mr. and Mrs. William A. Fiasco
Dr. A. Jane Fleming
Mr. and Mrs. Mark F. Friedlein
Ms. Georgia Lynn Henry
Ms. Karen Keith
Ms. Mabel J. Neary
Mr. and Mrs. Don G. Nelson
Mr. and Mrs. Douglas Nix
Ms. Kim Owens
Mr. and Mrs. David P. Page
Mr. Douglas M. Peck
Mr. Leo N. Plummer
Mr. James M. Reed
Mr. and Mrs. William Lee Ritchey
Ms. Suzanne S. Robbins
Ms. Virginia Robertson
Mr. and Mrs. James Ruley
Mr. and Mrs. Craig Schaal
Ms. Charlotte Stewart
Chris Swan

Mr. and Mrs. Rick Tegtmeier
Mr. and Mrs. Don E. Vold
Mr. and Mrs. Rex D. Waggner
Mr. Rudy Woolis

Corporations for Caring

Hearts of Platinum
$5,000- $9,999

Hearts of Gold
$2,500- $4,999

Hearts of Silver
$1,000- $2,499

Hearts of Bronze
$500- $999
State Farm Companies Foundation

Corporate Friends
BankOne, Oklahoma, N.A.
BJ Services Company
Blue Cross & Blue Shield of OK
Chandler (U.S.A.), Inc.
Cornerstone Church
Corps of Engineers Info Management Office
Heatherwood Apartments
Kansas Court Reporters Association
L. A. Sharp Investments
Mound Valley Alumni Association
North American Warehousing Company
Oklahoma Galvanizing
Ty Coiffures

Visit the New Website!

Hospice of Green Country has launched its new website: www.hospiceofgreencountry.org. The website is designed to assist patients, families, donors, colleagues and others throughout our community find current information about the programs and services we offer, critical end-of-life care issues, on-line giving and volunteer opportunities, and links to other palliative care sites. Our website will be updated monthly, so visit us online, any time! If you have any comments or suggestions for additional topics on our website, please call our office at 747-2273, or email us at hgc@tulsa-hospice.com.
Our Heartfelt Thanks
Memorial Gifts . . . Remembering A Loved One

At the time of a loved one’s death, the thoughtful and generous decision to designate gifts in memory of a loved one to Hospice of Green Country is a meaningful contribution that family members, survivors and friends may make. This “gift” ensures the continuation of important programs and services of Hospice of Green Country. Many of our families decide, at this time, to thank the many people who have lovingly and kindly cared for their family member . . . the nurses, aides, social workers, and clergy . . . by requesting through the newspaper death notice that memorial gifts be made to Hospice of Green Country. This type of gift offers a significant way for friends and family to express their sympathy, love and respect. When a memorial gift is received by Hospice of Green Country, an appropriate acknowledgement of thanks for the gift is sent to the donor and notification to the family of the deceased person. The family is informed of the donor’s name and address, but the gift amount is not disclosed. For more information on making memorial gifts, please contact the Development Office at 747-CARE (2273).

Give us your hand so we may hold it
Tell us your story so we may listen
Pass on the burden so we may carry it
Come into our arms so that we may give shelter
Call out my name and I will be there always.

— Author Unknown

www.hospiceofgreencountry.org
Marjorie “Elaine” Moore Jones
President, Board of Directors • Hospice of Green Country

A third-generation member of the management team of her family’s business, Moore Funeral Home, Elaine Jones is one very busy woman, typical of the dedicated supporters of vision of Hospice of Green Country.

Jones is the Plan Administrator (health plans) for her firm and responsible for all human resources issues for each of the business’ five locations. In addition, Jones assists with marketing and funeral director/manager tasks for the Rosewood location, the company’s headquarters.

Jones became involved with Hospice of Green Country around 1996 when she was asked by Deborah Palazzo to help with Tree of Lights. She remained an active volunteer and advocate ever since.

“Hospice of Green Country’s mission says it all!” exclaims Jones. “To provide quality, compassionate end-of-life care to patients and families — regardless of ability to pay. I’ve seen and heard first-hand the difference Hospice of Green Country can make in the lives of families facing the death of a loved one.”

Hospice of Green Country Staff
Debbi Aery, RN - Clinical Manager, Hospice of Green Country Northeast
Jenny Akarsupulos, D.O. - Medical Director
Linda Biggs, RN - Case Manager
Wendy Bowman - Nurse Aid
Chehona Brewer - Nurse Aid
Pete Brown - Nurse Aid, Hospice of Green Country Northeast
Lisa Carpenter, RN - Case Manager, Hospice of Green Country Northeast
Beth Casey, MSW - Support Services Manager
Marie Chapin - Administrative Assistant
Betty Clark, RN, CHPN - Director, Admissions & Clinical Education
Vicki Clause, RN - Case Manager
Lea Ann Goddrell, RN - Case Manager
Scott Draughn, MSW, LCSW - Support Services Manager
Kay Ferrell, RN, CHPN - Director, Care Coordination
Mary Fluker, RN - Admissions & Intake Nurse
Linda Gardner, RN - Case Manager
Jacob George, Md, THM - Spiritual Care Coordinator
Connie George, LPN - Weekend On-Call
Julie Gonzales, MA, CFRE - Director, Development & Community Relations
Kristin Graham - Nurse Aid, Hospice of Green Country Northeast
Sharon Hamilton - Nurse Aid
Jane Ho, Md - Chaplain
Lance Houghtaling - Chaplain, Hospice of Green Country Northeast

Shayan Hundley - Office & Volunteer Coordinator, Hospice of Green Country Northeast
Katie Jackson - Nurse Aid
Jacinta Jones - Bookkeeper
Jeannie Jones - Volunteer Program Assistant
Lisa Koering - Community Relations Manager
Cheri Larkin, MSW - Support Services, Hospice of Green Country Northeast
Paula Leoper - Program Assistant
Sandra Mosby - Medical Records Clerk
Janet Myers - Live Alone Program Coordinator, Support Services Assistant
Betty Nollan, RN, CRPH, MBA - Executive Director
Margene Osgood, RN - Admissions & Intake Nurse
Brandy Piersall, RN - Case Manager
David Pippin - Director, Administration & Finance
Debby Raslan - HR Coordinator
Kelli Riffe, RN - Weekend On-Call
Benelle Reebie, Ph.D. - Volunteer Program Manager
Dale Shannon - Clinical Coordinator
William Smith, M.D. - Medical Director, Hospice of Green Country Northeast
Deb Sudergren - Support Services Manager
Bill Swels - Nurse Aid
Wegie Sumter - Community Relations Coordinator, Hospice of Green Country Northeast
Chris Taylor, D.D. - Medical Director
Janet Teel, RN - Case Manager
Karen Todaro - Development Coordinator
Marilynne Tuggle, LPN - Nurse
Rosie Uthorn, RN - Weekday On-Call
Kelly Wright, MSW - Interim Bereavement Coordinator

www.hospiceofgreencountry.org