



ANDROSCOGGIN
HOME CARE & HOSPICE

15 Strawberry Avenue, Lewiston, Maine 04240

Caring
connections

Fall 2015



ANDROSCOGGIN
HOME CARE & HOSPICE

Recognizing 10 Years of *Caring & Compassion* at the Hospice House November 2015

In 2001, Androscoggin Home Care & Hospice, in collaboration with area hospitals, physicians, and nursing homes, initiated a needs assessment that clearly defined the need for a 10-bed hospice house. Our needs assessment focus groups allowed us to talk with local physicians as well as hospital, long-term care, and community representatives. The majority of the participants felt that having a hospice house designed to exclusively focus on the needs of dying patients and their families would make a significant improvement in end-of-life care in our region.

At the time, patients and families in need of inpatient hospice care had to utilize local hospitals and nursing homes. For some, these facilities offered the kind of care that eased discomfort and fear. In collaboration with local hospitals and facilities, our goal was to offer a home-life environment for patients and their families when care at home was no longer possible.

The plan for a new hospice house kept our promise to provide the choice of dying in a home-like environment when dying at home was not feasible. The AHCH Hospice House was the first of its kind in the State of Maine.

In 2004 the Board of Directors approved a \$3.7 million construction budget and \$1.5 million Capital Campaign to build a Hospice House with 14 beds. In November 2005 the doors opened to our first patient.

Since 2005, our Hospice House has provided more than 3,900 patients and their families intensive pain and symptom management and support, beyond what can be effectively provided in their home or long-term care facility.

To celebrate our 10 years of caring and compassion at the Hospice House, we ask you to please share your stories or thanks by visiting our website at www.ahch.org.

Volunteering at Androscoggin Home Care & Hospice

Kathy Baillargeon, Volunteer Supervisor, is always looking for volunteers to join their team at Androscoggin Home Care & Hospice (AHCH). They are looking for volunteers to fill the many needs they have for patients and families as well as needs in the



Jeannine Blais

office and at the Hospice House. Volunteer support has been an integral part of the Agency's services for 50 years. The program is widely recognized as one of the most extensive, non-profit, home health care and hospice volunteer programs in Maine. Jeannine Blais, a volunteer at AHCH, has volunteered since losing her husband and expressed that her time spent volunteering has made her feel like she is part of another family. "I figured that I needed to return the services that had been given to him. It has made me less lonely, being without my husband, because we were always together." A lot of volunteers are passionate about the services that AHCH provides, and find volunteering to be a rewarding way to spend their time.

Retirement is one of those transitional moments in life when "one door closes and another one opens." This is an exciting yet scary time for many as they say good-bye to the past, make sense of the years that have gone by, and enter into the unknown world of

retirement, wondering what is next. Volunteering is a great opportunity in helping someone transition from the working world into the world of retirement. It is an opportunity to find something they truly feel inspired to do. As a volunteer, you will learn a lot about the community you live in and of the great need out there for so many. This is a journey to discover more about who you are and all you can do for the world around you. You too can feel like you are getting more than you give. Donald LaBranche, a volunteer at AHCH, has volunteered since retiring. He shares "It allows me the opportunity to put the knowledge and experience I had accumulated in the course of my working years in good use. Although retired, It makes me feel that I can be useful, needed, and wanted in society."

Volunteer support has been an integral part of the Agency's services for 50 years.

There are many needs which include respite for the caregiver, companionship, grocery shopping, transportation to doctors' appointments and other special needs as requested. Volunteers are matched with patients in their area, so the travel is limited. Transportation volunteers are reimbursed mileage for bringing patients to doctors' appointments. Other volunteer opportunities include bereavement, office and Hospice House (kitchen, phones, or visiting patients). There are many ways to volunteer, and the volunteer department will help you find the right role for you.

Volunteers go through training that prepares them well for the role they choose to do and are matched in their area. If you want to learn more about volunteering, call 795-9580 and one of our volunteer staff will be happy to meet with you.

2015 Holiday Remembrance Ornament



2015 marks the 10th year AHCH has offered a holiday remembrance ornament. This year's ornament is made of pewter and features a beautiful tree of life. It comes packaged in a silver organza bag with a tag personalized with the name of your loved-one.

Proceeds from the holiday remembrance ornament are dedicated to providing home health and hospice care for needy patients. Since the program began more than \$15,000 has been raised. The Holiday Remembrance Ornament is generously sponsored by Mechanics Savings Bank.

Ornaments are \$20 each and will be mailed or available for pick up at our Lewiston office the week of December 8th.

Ornaments can be ordered online at ahch.org. In November order forms will also be available at AHCH's Lewiston office on Strawberry Avenue, the Hospice House at 236 Stetson Road, Auburn and at all Mechanics Savings Bank locations.

Change Comes to the AHCH Adult Grief Program

As the seasons change so too has the adult grief group program at Androscoggin Home Care & Hospice. Although the previous program was very successful it felt like time for a change. There is still an educational element that helps people to better understand what they are experiencing in regard to their grief and bereavement. What has been added is an element that allows the participants to acknowledge their loss and how it is affecting their lives but then move forward in appreciating what their loved one brought to their lives. Appreciation can be a very healing emotion.

There are currently adult grief groups in Auburn, Lewiston and Farmington. They will be offered again in January in Lewiston and Auburn. In April there will be groups offered in Farmington, Bridgton and Norway if enough people register and once again at the Lewiston and Auburn locations.

In June we will be holding our fourth Camp Dragonfly as part of the Program for Grieving Children & Teens. It is a day-long camp for children and/or teens who have lost a loved one. All children are accompanied by at least 1 parent or guardian. We incorporate arts, crafts, music and fun in a way that supports improved coping and communication skills. The camp has been enjoyed

Joan and Krystal bereavement facilitators



by all who have attended. There is no charge to attend and the camp is open to the community.

Plans are beginning to offer other children's and teen's programs throughout the year. They will occur one evening a week for 2 hours for 4 weeks. "Seams like yesterday" will incorporate clothing pieces that belonged to or remind us of our loved ones to create a small wall hanging or lap quilt. This group will help families to share memories and create an heirloom that honors those memories.

To register or for more information contact the bereavement department at 795-9468 or amy.dulac@ahch.org.



ANDROSCOGGIN
HOME CARE & HOSPICE

15 Strawberry Avenue
Lewiston, Maine 04240

ADDRESS SERVICE REQUESTED

Non-Profit Org
U.S. Postage
PAID
Lewiston, Maine
Permit #3

www.ahch.org • 207-777-7740 • 1-800-482-7412

Upcoming Events

Hospice House 5K & Remembrance Walk

May 1st – *Farmington*

May 15th – *Auburn*

Registration is now open, visit www.hhrunwalk.org

Androscoggin Home Care & Hospice celebrates 50 years in business

January – December 2016

Visit www.ahch.org for more info on these events

Androscoggin Home Care & Hospice cares for the health, independence, and quality of life of Maine residents and their families in the comfort of their home and community.

M.O.D.E.L. Care is patient centered care that is Meaningful, Organized, Developed, Effective/Efficient and has Lasting Quality.

AHCH Annual Fund

Each year more than 10,000 individuals and their families across 122 communities turn to Androscoggin Home Care & Hospice (AHCH) when they need compassionate, quality care at home.

They know and trust that with one call, AHCH can respond to a range of needs, whether it's nursing and therapy care after hospitalization, extra support with personal care and household tasks, or hospice care at the end of life.

It is this unique "continuum of care" that the community has come to count on and why AHCH counts on community support of the AHCH Annual Fund. The donor gifts we receive represent our single most important source of community support. More than the amount of any single gift, it is your support that makes it possible for us to bring needed care and volunteer services to the homes of individuals and families who turn to us in difficult times.

As so often is the case, the numbers alone (712 patients served through donor and community gifts in 2014) can't fully convey the difference your generosity is making. With your help:

- A young patient, facing a terminal reoccurrence of cancer, received hospice nursing care for six weeks as she and her husband prepared for their move out of state to be closer to her husband's family.
- A young patient with a fractured leg and no health insurance was assisted at home with nursing care and physical therapy in the weeks following his hospitalization.
- A patient with limited health insurance coverage received daily nursing wound care in his home for three weeks following a kidney transplant.
- An unemployed patient with no health insurance coverage received our nursing services when she was stricken with an unexpected heart attack.
- Four AHCH volunteers, providing companionship, respite and spiritual support, made it possible for an elderly patient needing hospice care to remain comfortably at home.

While home health programs and services have evolved over our 49-year history, the essence of home care remains the same – *care, compassion and trust*. Qualities residents of Maine have counted on from AHCH. Please join me to make certain this trusted partnership will continue for our neighbors, family and friends by making a gift to the AHCH Annual Fund.

Your support of the AHCH Annual Fund is sincerely appreciated; last year alone, AHCH provided over \$1.2 million in services to those unable to pay for the cost of care.

Please make a difference by contributing to the Annual Fund today!

2015 Annual Appeal

Each and every gift makes a difference

GIFT LEVELS:

\$10,000-\$14,999 Pacesetter \$1,000-\$2,499..... Caregiver
\$5,000-\$9,999 Partner \$250-\$999 Family
\$2,500-\$4,999..... Guardian \$25-\$249..... Friend

GIFT AMOUNT: \$ _____

My company matches charitable gifts (form enclosed)

Please direct my gift to the selected fund:

- | | |
|--|---|
| <input type="checkbox"/> Community Bereavement Support | <input type="checkbox"/> Investments in Patient Care Technology |
| <input type="checkbox"/> Continuing Education for Clinical Staff | <input type="checkbox"/> Patient Subsidized Care Services |
| <input type="checkbox"/> Hospice House | <input type="checkbox"/> Where Needed Most |
| | <input type="checkbox"/> Volunteer Services |

This gift is in memory of in honor of

Name: _____

Please notify the following person(s) of my gift

Name _____

Address _____

You may make your gift by Credit Card

(courtesy of TD Bank).

VISA MasterCard

Amount: \$ _____

Account:

Expiration Date: _____

Signature: _____

You may make your gift online through our website at www.ahch.org.

You may also make your gift by check

Checks are payable to Androscoggin Home Care & Hospice.

Mailing Address: 15 Strawberry Avenue, Lewiston, ME 04240

DONOR INFORMATION

I wish to remain anonymous in agency donor lists and publications

Name (Mr./Mrs., Ms., Miss, etc) _____

Address _____

City _____ State _____

ZIP _____ Phone _____

I have remembered AHCH in my will

Please send me information about volunteer opportunities at AHCH