



ANDROSCOGGIN
HOME CARE & HOSPICE

15 Strawberry Avenue, Lewiston, Maine 04240

Caring
connections

Spring 2015

2015 Upcoming Events

August 8th

Butterfly Release Celebration

Hospice House, 236 Stetson Road., Auburn

October 23rd

Autumn Night Out

Poland Spring Resort, Poland Spring

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.



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www.ahch.org

207-777-7740 or 1-800-482-7412

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Androscoggin Home Care & Hospice Embraces the “We Honor Veterans” Program



It may surprise many of you to learn that 25 percent of those who die every year in the U.S. are Veterans. To help provide care and support that reflects the important contributions made by these men and women, Androscoggin Home Care & Hospice has become a national partner of We Honor Veterans, a pioneering campaign developed by the National Hospice and Palliative Care Organization

(NHPCO) in collaboration with the Department of Veterans Affairs.

As a We Honor Veterans partner, Androscoggin Home Care & Hospice, through our volunteer services department, has implemented ongoing Veteran-centered education for staff and volunteers to help improve the care provided to Veterans.

“Our military veterans have earned and deserve the highest level of care and medical services available in our communities. I am honored to be part of that care as a Vietnam veteran serving veterans,” shares, Michael Stalch, AHCH Volunteer.

Many of our volunteers began volunteering for our agency after they or a loved one was touched by the work we do. They want to give back and to be able to say that they made a difference. AHCH volunteers are trained, supervised, encouraged and are provided the opportunity to share their thoughts and suggestion which only strengthens the program. They are the foundation that we built our We Honor Veterans program around.

Our military veterans have earned and deserve the highest level of care and medical services available in our communities.

*~Michael Stalch
AHCH Volunteer*

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Liberty Mutual Associates “Serve with Liberty” at AHCH’s Hospice House.

For the 2nd year in a row, associates from the Lewiston Liberty Mutual office volunteered at Androscoggin Home Care & Hospice’s (AHCH) Hospice House during Serve with Liberty. The team of 15 volunteers, along with AHCH’s staff, restored the Reflection Trail and grounds after a long winter.



Serve with Liberty is the Liberty Mutual Insurance global employee community service program. In 2014, more than 26,000 Liberty Mutual employees completed over 2,000 projects on behalf of 900 charities in 20 countries throughout the world. “Every year, associates from our Lewiston office volunteer enthusiastically during Serve with Liberty and help improve our community, one service project at a time,” said Leanna Cain, Liberty Mutual Lead Technician. “We’re pleased to support Androscoggin Home Care & Hospice and contribute to the well-being of the families staying at AHCH’s Hospice House.”

“We are blessed to have a committed group of volunteers from Liberty Mutual that care enough about what we do to spend the time preparing the Reflection Trail for another season for our patients and their families,” stated Julie Shackley, AHCH President/CEO.

Camp Dragonfly: A Mission of Coping and Communication

Androscoggin Home Care & Hospice’s Camp Dragonfly is a daylong grief support camp for any child or teen who has suffered a loss or is anticipating one. Camp Dragonfly, is offered two times a year (spring & fall) and is preparing for its upcoming retreat in June.

“It’s important that people know the camp isn’t a place where we sit around crying all day – there’s a lot of joy and laughter.”

*~ Amy Dulac
Bereavement Coordinator
AHCH*

In 2014, Camp Dragonfly was established as a part of Androscoggin Home Care & Hospice’s (AHCH) Program for Grieving Children and Teens. Amy Dulac, AHCH’s Bereavement Coordinator, has been dedicated to continuing the growth of the program since she started at the Agency in June of 2014. “Everything can always be done better,” stated Amy when asked about Camp Dragonfly. “The agency is so invested in the program, I receive constant support when I need it for Camp Dragonfly.”

The overall mission of the camp is to teach coping skills and encourage communication between children, teens & their families. “Participants can feel safe expressing how they feel,” explained Amy. “It’s important that people know the camp isn’t a place where we sit around crying all day – there’s a lot of joy and laughter.”



Those who attend the one-day retreat can expect to start the day with food and refreshment, then an introduction of everyone, which includes specially trained counselors and volunteers. Then campers break off into age appropriate groups to take part in activities that may include art or music that can help provide support through the child or teen’s grieving process. “I love anything that integrates music – it is so healing. This year, for the closing ceremony, we’re hoping to play drums around the bonfire,” stated Amy. These activities offer an opportunity for therapeutic experiences and provide education to those who want to better understand the process of grieving.

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Butterfly Release Celebration: Recognizing 10 Years of Caring & Compassion at the Hospice House



On August 8th, Androscoggin Home Care & Hospice (AHCH) will hold its 7th annual Butterfly Release Celebration. The event is a unique opportunity to remember and honor loved ones by dedicating a butterfly. Guests will share memories, enjoy music and light refreshments. The highlight of the celebration will be the reading of names of the butterfly dedications and then the mass release of hundreds of beautiful butterflies. 2015 marks a special year, as the Butterfly Release Celebration will also be recognizing the Hospice House's upcoming 10 year anniversary in November.

"I have been a volunteer at the Butterfly Release for 6 years", states Barbara Doyle. "When we lose someone we love, we are always looking for a 'sign' that they are okay and still with us in spirit. That is the purpose of this event. It is said that when a butterfly lands on you it is a sign from a loved one. That is exactly what has happened to me. I truly believe it is my Mother's way of communicating her love and presence, not just on this very special day, but every day!"

All community members are welcome to dedicate a butterfly. No prior affiliation with AHCH is needed. Your dedication will include the release of a Butterfly and the names of those being honored will be read at the event and listed in the program booklet. The celebration begins at 11:00am. Seating is first come, first serve.

Butterfly dedications are \$25 per butterfly and can be made online at www.ahchbutterfly.org. Paper dedication forms are available at Androscoggin Home Care & Hospice's Hospice House on Stetson Road in Auburn or at their Lewiston Office on Strawberry Avenue. Butterfly Dedications can also be purchased over the phone by calling the Marketing and Development Department at 207-795-9407. Proceeds from the Butterfly Release Celebration benefit patient care and family support services at Androscoggin Home Care & Hospice's Hospice House.



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

We Honor Veterans: Continued from p. 1

By recognizing the unique needs of our nation's Veterans who are facing a life-limiting illness, Androscoggin Home Care & Hospice's staff and volunteers are better able to accompany and guide Veterans and their families toward a more peaceful ending. In cases where there might be some specific needs related to the Veteran's military service, combat experience or other traumatic events, Androscoggin Home Care & Hospice's staff and volunteers have access to specific tools that enable them to help support those we are caring for.

The resources of We Honor Veterans focus on respectful inquiry, compassionate listening, and grateful acknowledgment, coupled with Veteran-centric education of health care staff caring for Veterans.

"America's Veterans have done everything asked of them in their mission to serve our country and, we believe it is never too late to give them a hero's welcome home. Now it is time that we as an agency step up, acquire the necessary skills and fulfill our mission to serve these men and women with the dignity they deserve," shared Julie Shackley, President & CEO of AHCH.

For more information on Androscoggin Home Care & Hospice's We Honor Veterans program, or if you are a veteran who is interested in becoming a volunteer or know a group that we can speak to about any of our services, visit our website at www.AHCH.org or contact us at 207-777-7740 or 1-800-742-8412.



Camp Dragonfly: Continued from p. 2

In its first year, Camp Dragonfly had more than 21 children and adults participate in the program - and it's expected to grow. "A lot of the Agency's RNs and Social Workers are now more aware and inclined to inform patients and their families about it," said Amy. "Eventually I would like to see Camp Dragonfly become a two-day retreat, this way there would be more time for socializing, grieving and then rest."

The camp is offered to children or teens and their families regardless of the cause of their loved one's death or what agency, if any, that may have cared for them. Camp Dragonfly is free to anyone who wishes to attend.

If you are interested in attending or would like more information about Camp Dragonfly, please contact Amy Dulac, AHCH's Bereavement Coordinator at 207-795-9468 or 1-800-482-7412 ext. 1468 or email her at amy.dulac@ahch.org.

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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 |

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(courtesy of TD Bank).

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Amount: \$ _____

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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 _____

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I have remembered AHCH in my will

Please send me information about volunteer opportunities at AHCH