

Caring connections

ANDROSCOGGIN HOME CARE & HOSPICE • SPRING 2009

Memories to Share

Listening to patient's stories and memories has always been a very important part of the role of an AHCH hospice volunteer.

As part of their training, hospice volunteers spend time learning about active listening and the art of asking thoughtful questions to encourage patients to tell their stories and share memories. Now, those memories will be recorded for families to treasure for years to come.

This fall, AHCH Volunteer Services will begin a storytelling project, where a group of specially trained volunteers will work with patients to record the memories they want to share with their family. The recordings can take the form of an audio CD of the patient sharing their memories, a slide show of family photographs set to music, a collection of short stories of the patient's life written by a volunteer, and even a scrapbook of memories.



Hospice patient **Doressa Page of Gray** volunteered to participate in the pilot.

Her daughter, Sheryl Baker explains, "the whole process- from choosing the photographs to watching the completed CD - was wonderful. The entire family, especially my mother, enjoyed the process.

As we looked through photographs she would tell the story behind each, making them come to life. Now, watching the CD I can still hear her words , and that is a treasure to keep."

Take Note!

Caregiver Information on our Website - ahch.org

AHCH recognizes that caring for an aging family member is both a challenging and rewarding responsibility.

This is particularly true when adult children are faced with helping their aging parents come to terms with sudden changes that affect their health, and ability to live independently.

You can now go to our website and find information to assist your elderly family members prepare for the care decisions and life transitions they will likely face. There are tips on home safety and ideas for starting conversations on sensitive subjects.

go to **Information & Resources** tab, click on the **Caregiver Resources** link.

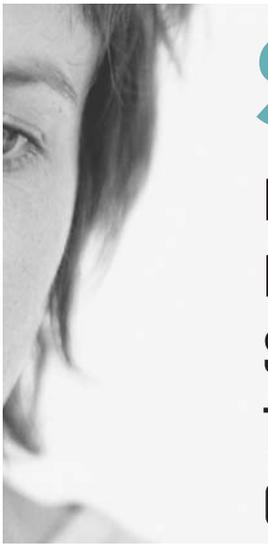


Androscoggin Home Care & Hospice

is a nonprofit, Medicare-certified agency providing skilled home care, supportive care and hospice care for residents of central and western Maine.

Our mission is to care for the health, independence, and quality of life of residents in central and western Maine in the comfort of their home and community.

AHCH is accredited by the Joint Commission on Accreditation of Healthcare Organizations.



Suicide

EVERY 17
MINUTES
SOMEONE IS LEFT
TO MAKE SENSE
OF IT

Last fall, AHCH was a host site for the National Day of Support for Survivors of Suicide Teleconference.

Sixty people from communities throughout our service area attended that teleconference, highlighting the need for support in dealing with this unique and difficult loss.

To meet this need, AHCH expanded its successful community grief support programs, Pathways through Grief and Guidance through Grief, to offer a targeted support program for survivors of suicide. "It has been some time since the agency has offered a support group specifically for survivors of suicide, explains Jim Douglas, Bereavement Services Supervisor. He continues, "We have had participants in our existing support groups who have experienced the loss of a loved one due to suicide. While the groups cover the same information on grief and loss they were not ideal."

"There are special challenges for those who are dealing with suicide. The struggle to make sense of it or find meaning, while present in all people coping with a loss, is more intense and frequently the grieving process is much longer," states Douglas.

The new Guidance Through Grief – Bereavement After Suicide support group is held in Lewiston. The next offering is slated to begin in September.

As with our other community support programs, there is no cost to participate.

Pre-registration is required.
Call Jim Douglas, Bereavement Services Supervisor at

777-7740 • 1-800-482-7412

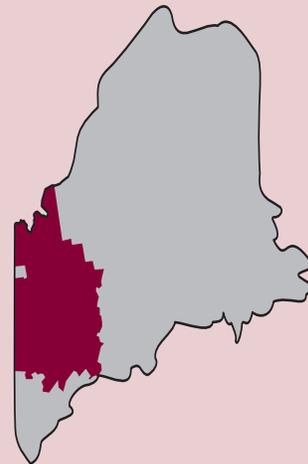
we are touching more lives...

For more than 40 years, community residents have trusted AHCH to be there in their time of need.

Growing awareness of the agency's committed staff and quality care have recently led to an increasing number of requests for our services in communities just bordering Androscoggin county.

Earlier this year, AHCH made the decision to officially extend our services to include the towns of Topsham and Brunswick.

This service area expansion follows on the heels of our 2006 expansion which focused on extending services to several communities in Kennebec and Somerset counties.



today...

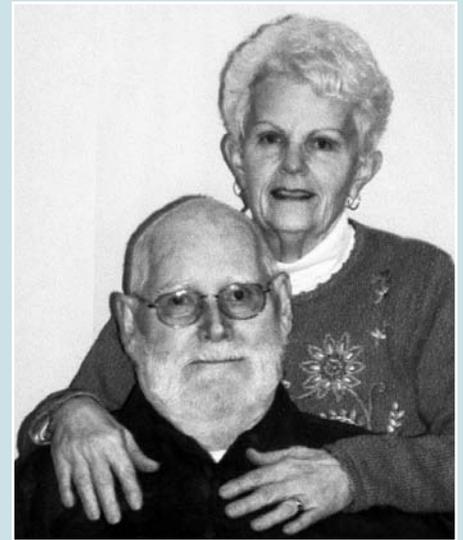
AHCH offers skilled home care, hospice care and supportive care services to more than 110 communities in central and western Maine.

Making a Lasting Gift

Ruth Linehan's involvement with AHCH began in 2006 when her husband fell ill. Following his death at the Hospice House, she took advantage of the bereavement support available through AHCH, meeting several times with our Hospice House chaplain. Her involvement continued when she decided to become a hospice volunteer.

In the Spring of 2008, Ruth approached AHCH with the idea of making a planned gift to support the Hospice House and other patient care services of the agency. With the help of her son, Patrick, who represents Modern Woodmen of America, Ruth explored a number of planned giving options including life insurance and annuities. After careful consideration, the best option for Ruth was to name AHCH as the beneficiary of an annuity she and her late husband Eugene established.

"She wanted to give and this approach is allowing her to make a major gift to an organization she truly cares about," explains Patrick. "My goal was to find the best approach for her needs. Since this was the first substantial planned gift of its kind to AHCH, I hope it will inspire other donors and financial advisors to evaluate the options they may have."



"When it comes to charitable giving, I like to control where my money is going, explains Ruth. Working with my annuity gives me the opportunity to specify how the funds will be used. I feel good knowing that I will leave something behind that will be worthwhile and make a difference for Androscoggin Home Care & Hospice."

Volunteer Leadership - Four New Community Members Join the Board of Directors

AHCH is pleased to announce that

Sharon Cullenberg of Farmington
Cindy Giroux of Dixfield
Chip Liversidge of Rangeley
Cyndi Robbins of Poland

have joined the Board of Directors.

Our 2009 officers are

Laird Covey of Poland, Chair
Bryan Dench of Falmouth, Vice-Chair
Steve Costello of Lewston, Past-Chair
Bruce Cook of Norway, Secretary
René Dumont of Auburn, Treasurer

Continuing their service as members of the Board are;

Jeffrey Brown, MD of Auburn
Mary MacMahon of Poland
Michael McClellan of Raymond
Gail Sasseville of Old Orchard Beach



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UPCOMING events

More information can be found about these events on our website ahch.org or by calling the AHCH Development Department at **777-7740**

A Celebration of Spring!

2.6 mile walk/run to benefit the Kathleen M. Whalen Fund of AHCH

Sunday, May 17

AHCH Hospice House

The Fund, created by Kathleen's family following her death in 2008 at the AHCH Hospice House, supports care provided to patients at the Hospice House with limited health insurance.

Registration begins at 8:00am with the walk/run starting at 9:00am.

Butterfly Release Celebration

Saturday July 25

(rain date July 26)

3:00-5:00pm

AHCH Hospice House

Join us for a celebration to remember your loved ones at our first live butterfly release- a unique opportunity to honor a loved one by sponsoring a butterfly. Butterflies are \$20 each.. event proceeds to benefit the AHCH Hospice House

