



Nurturing Our Gardens

The Good Thyme Garden Club cares for three of the beautiful gardens at the Arbor Hospice and Hospice of Michigan home office in Ann Arbor—the Herb Garden, the Pollinator Garden, and the Monarch Waystation.

Club President Margaret Huang shares about the gardens below:

“The Herb Garden contains our favorites of basil, oregano, parsley, sage and thyme. Six varieties of lavender add color and fragrance to the garden.

With the Pollinator Garden, our goal is to attract pollinators, both insects and birds, that aid in fertilizing flowers and vegetable plants for growth. This includes bees, ants, butterflies, moths, beetles and hummingbirds. Plants in this garden include Summer Sweet, Weigela, Hosta, Coreopsis, Geranium, Goldenrod, Joe Pie Weed, Hibiscus, Columbine and Astilbe.

The Monarch Waystation, our newest garden, was developed in fall 2015. Our motivation was the dramatic drop in the



Monarch Butterfly population, which has dropped 80% in the last two decades due to loss of milkweed related to changing

agriculture practices, the Monarch’s amazing migration story and several other issues. We had wonderful help from Ford volunteers in preparing the soil and delineating the boundaries and paths of the garden.

It was important to plant milkweed, the only plant on which the female Monarch lays her eggs and the developing caterpillars love to eat. We also wanted nectar plants that nourish the adult butterflies. Plants to welcome the butterflies include milkweed, Mexican Sunflower, Rudbeckia, Butterfly Weed, Cone Flower, Bee Balm, Cat Mint, and Yarrow.

Our club is grateful to have this opportunity to contribute to this community project to beautify the area and support our environment.”

Thank you, Good Thyme Garden Club, for over 20 years of wonderful care for the gardens!

A Message From Bob



Bob Cahill, President and CEO

the pioneer of the modern hospice movement, and the founder of St. Christopher's.

Dame Saunders was a trained nurse and social worker who subsequently became a physician in pursuit of her passion to create today's hospice care. Early in her nursing career, as she cared for a cancer patient in a hospital, Dame Saunders recognized that the patient's cancer medication —dosed every four hours—was not sufficiently addressing his pain. While the medication did offer a brief period of physical relief, the patient would become very anxious and uncomfortable in anticipation of the excruciating pain he would face in remaining hours before his next dose.

Combining her nursing and social work skills with a medical degree, Dame Saunders advocated for the concept of a peaceful death that focused on managing the physical, emotional and spiritual pain that people encounter at end of life. She also recognized the importance of providing bereavement services to patients' families—rounding out the concept of an interdisciplinary approach to care. Dame Saunders' vision to allow patients to live their final days comfortably, with physical, emotional and spiritual support, would make a profound change in end-of-life care.

Last year, I had the privilege of traveling to Europe. The highlight of my trip was the day I spent visiting St. Christopher's Hospice in London, where the concept of hospice care as we know it today got its start. During this experience, I was humbled to meet a close, personal friend of Dame Cicely Saunders,

In 1967, Dame Saunders established St. Christopher's Hospice, a unique location for patients to receive the compassionate care they needed outside of a hospital setting. Within two years, patients began asking if they could live their final days at home—creating the need to develop the next phase, home hospice care. Today, most hospice care is provided in a patient's home rather than in an inpatient setting.

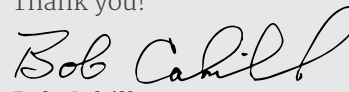
I found it fascinating how far the hospice movement has come from those early beginnings. More importantly, I returned with a renewed sense of appreciation for the compassionate work all of us do every day—from our clinical teams to our volunteers, from our board members to our donors. Each plays a critical role in support of our not-for-profit mission to care for anyone regardless of their age, diagnosis, or ability to pay.

Today's changing culture continues to make its impression on hospice care in our country. We see a shift in how our *for-profit* counterparts are responding to their shareholders, making business decisions that not only reduce levels of care, but also avoid high cost patients as a means to cut costs. As a result, we are welcoming more referrals, honored that we can be there for all patients at such an important stage of life.

As a leader of Arbor Hospice and Hospice of Michigan, it is my vision to strengthen the not-for-profit mission to ensure we will always be there for future generations—ready to serve the needs of the community.

We are so grateful for the generosity of our donors, whose support helps our organization continue to do this important work that respects and honors every moment of life.

Thank you!


Bob Cahill

A Very Special Holiday

For 15 years, *Yatooma's Foundation For The Kids* has helped children who have lost a parent through resources and social events. Thanks to the generosity of *Yatooma's Foundation For The Kids*, the holidays were made just a bit brighter for a family who had recently lost their wife and mother.

On December 15th, *Yatooma's Foundation For The Kids* surprised the family with an "Extreme Christmas Makeover" that included an entire

truckload of gifts, along with a check to cover the cost of winter bills. Faith Abrahamian of *Yatooma's Foundation* states, "The first Christmas after losing a parent is the hardest, so we try to make that a happy memory."

Continuing to build collaborative relationships with community partners like *Yatooma's Foundation For The Kids* is important to Arbor Hospice to ensure families can receive the support they need.



Santa (Norman Yatooma) even paid a visit!

Massage Therapy Brings Comfort to Patients

The whole-person approach of hospice—helping patients achieve physical, spiritual and emotional comfort—recognizes the many types of therapies available to achieve a positive end-of-life experience. One of the most requested is massage therapy, which Arbor Hospice has proudly offered since 2011.

Arbor Hospice’s licensed massage therapists apply their special skills to provide physical and emotional comfort to hospice patients, working to reduce patient pain and anxiety levels, and aiding in symptom management.

Massage therapists also try to increase patients’ flexibility and raise their responsiveness to physical touch and contact. Experience and research have shown that utilizing

massage therapy at end of life can benefit patients by:

- decreasing emotional stress and anxiety;
- decreasing physical discomfort and stress hormone levels;
- aiding in digestion and sleep;
- preventing pressure points and bedsores;
- decreasing feelings of isolation.

Victoria Jennings, Arbor Hospice massage therapist, shares that some patients benefit more physically—feeling stiff muscles loosening—while others feel the emotional benefits more strongly. Jennings finds that the companionship and the physical touch itself, which they may be lacking, provides a healing connection.



Victoria performs massage wherever the patient is—sometimes it’s in a hospital bed, or even sitting on the sofa—and focuses on what the patient needs that day. Some days it may be a full massage. Other days it could be gently rubbing the patient’s feet, or just holding their hand. Victoria says that her job isn’t an easy one, but “it’s worth it when I see that what I’m doing is bringing them comfort and joy.”

Your support helps Victoria continue to provide comfort to our patients. If you would like to make a donation to support Arbor Hospice’s complementary therapies, please visit www.arborhospice.org/donate.

Bells Are Ringing

Born with cerebral palsy, Jeffrey faced a lifetime of challenges. As his health declined, he became withdrawn and had great difficulty interacting with people at any level. Understanding the universal power of music, his Arbor Hospice care team recommended music therapy as a means to connect with Jeffrey. From the first visit, his caregivers noticed how he smiled when the music played. At the next visit, his music therapist Rachael gave him wrist bells, encouraging him



to “play along” to his three favorite songs—“Jingle Bells,” “How Great Thou Art,” and “Amazing Grace”. Despite his limited mobility, Jeffrey was able to raise his wrists up just

enough to make the bells jingle to the melodies. Watching Jeffrey smile and laugh out loud as he jingled the bells delighted his caregivers, who were overjoyed to see him participating in the music. Jeffrey’s caregivers are grateful for the gift of music therapy and the joy it continues to bring.

Arbor Hospice’s Music Therapy program is fully funded by philanthropy. To ensure that the comfort and joy of music therapy continues to be available to patients, please visit our website at www.arborhospice.org/donate to make a donation.

Pets Bring Happiness to All

On a chilly winter Friday, Brecon Village Memory Support Center welcomed members of the Arbor Hospice Complementary Therapies team for an intergenerational program with their residents and students from the U of M Stamps School of Design, who are participating in a course on expressive arts projects under the leadership of Professor Anne Mondro.

Alison Wagner, Director of Volunteer Services and Complementary Therapies, kicked off the presen-

tation focusing on the impact of massage therapy. Surrounding her presentation about the power of touch, she led a brief breathing exercise, and ended with a hand-holding exercise. These demonstrations helped the audience experience some of the therapeutic techniques used to help manage pain.

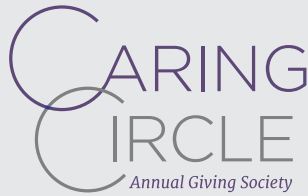
Accompanied by Arbor Hospice’s therapy dog, Leon, Joe Slowins spoke to the group about his experiences as a pet visit volunteer, noting the impact a pet visit can have to provide relief from the stress of serious illness. He also shared that during these visits, Leon often reminds people of the pets that had been



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**ARBOR
HOSPICE**



Annual giving is the foundation of Arbor Hospice's ability to fulfill its nonprofit mission of serving all who need our care regardless of their diagnosis, age, or ability to pay. It is through our donors' annual support that we are able to offer the quality, compassionate care that everyone deserves at the end of life. A special thanks to our 2018 Annual Giving Society individual donors and organizations!

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Employees Are Donors Too!

The Legacy Club and Caregivers Club represent Arbor Hospice employees who contribute annually at levels of \$1,000 and \$500 respectively. We are grateful to all of our employees for their commitment to the compassionate care they provide, as well as their monetary support.

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Keeping Memories Alive with *Hearts of Remembrance*

For more than 25 years, talented and dedicated volunteers have hand-crafted *Hearts of Remembrance*, collectible keepsakes that have become a signature fundraising effort for Arbor Hospice.

Hearts of Remembrance make a touching gift when you know of someone who has experienced the loss of a loved one and are a memorable way to say you care. Each year, volunteers design a new Heart, working throughout the year to handcraft these treasured keepsakes. They have become a popular collectible, helping to honor and keep memories alive for the loved ones we have lost.

Arbor Hospice currently has a limited supply of previous years' Hearts available. If you are interested in adding to your collection of *Hearts of Remembrance*, or wish to start a new family tradition, please contact Danielle Cook at 313-578-5025.

Funds raised through *Hearts of Remembrance* support:

- Charity care for uninsured or underinsured patients
- Grief support services for adults and children
- Pediatric hospice care
- Complementary therapies, including music, pet and massage therapy
- Palliative Care, for those dealing with serious illnesses

***Hearts of Remembrance* Seeking Volunteers**

Hearts of Remembrance volunteers meet the fourth Wednesday of each month from 9:00—11:00am at Arbor Hospice on Oak Valley Dr. Please consider joining us to:

- Meet a new group of people
- Volunteer within your community
- Take part in creating a one-of-a-kind collector's item
- Learn a new skill or share your existing skills
- Help support end-of-life care in Ann Arbor and surrounding communities.

There is no experience required to become a Hearts of Remembrance volunteer! Our talented Heart makers are happy to teach you—whether it's needlepoint work, cutting the materials, gluing or assembling—this project has something for everyone. Volunteers are also welcome to help spread the word about this special project that has such a huge impact on the patients and families we serve.

If you have more questions about the program, contact Danielle Cook at 313-578-5025.

Comfort is in the Fabric of Arbor Hospice

Quilts are an important piece of the history of Arbor Hospice. Their message of comfort is woven into the fabric of the care provided.

When *The Residence of Arbor Hospice* on Oak Valley Dr. first opened in 1998, Arbor Hospice founder Mary Lindquist wanted to share her passion for quilting with patients, knowing they would “recognize that all the stitches in the quilts have been made with love.” Perhaps the greatest symbol of this love is the Founder's Quilt, which recognizes all those who played a role in establishing hospice care in Washtenaw County. The

Founder's Quilt remains in the building on Oak Valley, reminding everyone of the organization's proud heritage. Many visitors have been delighted to find their family's name on the quilt.

Through the years, quilters throughout the community have donated numerous quilts to continue the “inherent message of comfort and love” that Mary Lindquist envisioned quilts would offer patients and families. Honoring this great tradition, many of these quilts hang on the walls of *The Residence of Arbor Hospice*, which moved to the campus of EHM Senior Solutions in Saline in January 2017.



The Arbor Hospice Founders Quilt

Families often comment on the kindness of others they see through the quilts, which provide a warm and welcoming atmosphere at *The Residence of Arbor Hospice*.

Continued from page 3

part of their lives. For those who have had to give up their pet in order to live in a facility, Leon is a great comfort. During his presentation, Joe and Leon “worked the room”, allowing the audience to pet him and experience the comfort and joy he brings to those he visits.

With the participants' energy and spirits up, Arbor Hospice's Music Therapy Su-

pervisor, Rachael Lawrence-Lupton, and Music Therapy Intern, Helen Cullen, took over the session. Guitar in hand, Rachael demonstrated how music is utilized in a hospice setting, engaging the group in a discussion of music's powerful ability to trigger memory and bring comfort.

The Complementary Therapies team was honored to participate and share

their talents with the group and welcome opportunities to demonstrate the impact of massage, pet and music therapies to others.

Pet therapy, along with massage and music therapy at Arbor Hospice is fully funded through philanthropy. If you would like to support this important program, please visit www.arborhospice.org/donate.

Special Thanks to our Board Members:

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OVERARCHING STANDARD OF HIGHER PURPOSE

Every Person, Every Time.

PURPOSE STATEMENT

We meet our patients and families where they are with urgency, purpose and compassionate accountability surrounding them with decades of dedicated hospice expertise.

CULTURE STATEMENT

Our strength comes from working together providing more layers of support for anyone with a terminal illness who seeks and needs our care regardless of age, diagnosis or ability to pay.

If you wish to remove your name from future fundraising solicitations, contact the Donation Processing Center, 800-669-9335 or email: inquiries@arborhospice.org.

Live! FROM THE BIG HOUSE SAVOR THE JOURNEY

Savor the Journey Returns to the Big House!

Thursday, May 9, 2019 from 6-9 pm

Jack Roth Stadium Club | University of Michigan Stadium
1201 S Main Street, Ann Arbor, MI 48109



The evening begins high above the field in the Jack Roth Stadium Club, featuring a strolling dinner and short program emceed by Eli Zaret, former lead sports anchor for WDIV.

A new addition to the festivities will feature a fun and interactive art piece created by artist Tom Maniaci, who will take the lead from our guests, asking for their contributions and suggestions to help "complete" a painting! Guests will then have the opportunity—through a live auction—to win this one-of-a-kind painting!

And like last year, the evening's activities will culminate with a special opportunity to tour the Wolverines locker room,

run through the tunnel, and take the field just like the team does on game day! Guests are encouraged to bring additional shoes, cameras and any memorabilia to make the most of being on the field. It's your chance to try to kick a field goal or run for a touchdown!

All proceeds from *Savor the Journey* will benefit Arbor Hospice, directly supporting essential community programs.

For tickets, sponsorship or donation information and benefits, please contact Kim Streich at (734) 794-5120 or kstreich@arborhospice.org. For sponsorship packages, visit our website at www.arborhospice.org.