



Honored to serve our brave Veterans

Fruitport Boy Scout Troop 1023 performs the flag ceremony.

Today there are approximately 21.9 million living Veterans who fought or are fighting for freedom. Many people may not realize that one out of every four dying Americans served our country in the military—that's more than 680,000 Veterans who die every year—in their home communities, many served by hospice organizations. Harbor Hospice is honored to be one of those hospice organizations.

Since opening the doors of the Poppen Hospice Residence five years ago, we have cared for nearly 230 of our community's Veterans in this beautiful setting. It is an honor that we cherish and treasure. Providing Veterans with the comfort and compassion they so richly deserve at life's end is our distinct privilege—and our last opportunity to thank America's Veterans.



Veteran Eli Obradovich, US Air Force, with niece Patti Feldt and Christopher Whitlow, Shelby Boy Scout Troop 1151.



Hers is a story of

AND



Newly promoted Master Sergeant Zornes with her command officers.



Master Sergeant Gina Zornes

5/12/64 – 12/10/09

PATRIOTISM AND INSPIRATION

As a tribute to all Veterans, we honor Master Sergeant Gina Zornes. Hers is a story of patriotism and inspiration.

When Gina's mom needed a kidney, she stepped forward to become the donor. And because that medical experience piqued her interest, she pursued becoming a nurse—a dialysis nurse. Next, she obtained a Master's Degree in Business Administration, raised her son, Chase, and joined the U. S. Army. She served her country in Kosovo for a year and a half. All this in her all too short 45 years.

During the last month of her extraordinary life, while at the Poppen Residence, Gina achieved her dream of becoming a Master Sergeant. Her pursuit of this goal was threatened by the cancer that was taking her life. The physical requirements of Master Sergeant were simply outside her scope of possibility.

However, circumstances being considered, in time the U. S. Army agreed that Gina should get her dream. The Army came to the Poppen Residence in uniform and made it official. The ceremony took place in front of family and friends and Gina got her rank of Master Sergeant right there in her room, in her uniform.

When she died, the military honored her again by standing at attention during her visitation and saluting her at her burial. The President sent a General to represent him at her service. Her lifelong friend, Lorie Mabrito, says, "Her love for the Army was second only to her love for family and friends."

Veterans Day finds many families and friends gathered by the flagpole at the Poppen Residence.

They share a program of tribute to all who have defended our freedom. They read aloud the names of the Veterans who have spent their final days there.

This year, it is with great pride and gratitude that we include the name Gina Zornes, Master Sergeant, U.S. Army.

Gina receives her rank of Master Sergeant by the command officer as her son Chase proudly observes.

On November 11, Harbor Hospice staff, families and friends gathered at the Poppen Residence with great pride and gratitude to pay tribute to Gina and others who have defended our freedom. Thank you!



Were You Aware?

We listen to our patients and families. End of life care can be overwhelming; as a result, we think the following points are worth highlighting:

- **Great Resource**—Harbor Hospice is a wealth of information concerning end of life issues. If you have questions about how to talk with a loved one about end of life matters, advance care planning, grief-related concerns, or you just want to know more about what types of services are provided, all you need do is call 800.497.9559 or visit the website at www.HarborHospiceMI.org. The members of the Harbor Hospice Team can help you sort through your concerns and provide you with direction and/or supportive services. There is never a charge for information calls and we welcome the opportunity to assist you with your questions.
- **Cost**—Hospice services in the home are fully covered by both Medicare and Medicaid. Those with commercial insurance may incur a co-pay; however, this would be determined on a case-by-case, ability-to-pay basis. Those without healthcare coverage and/or those who are unable to pay would never be turned away from hospice services in the home. Harbor Hospice has funds available to help families in need of financial assistance.
- **Retaining Control**—Filling out your Advance Directive allows you to retain control over your health care in the event you are no longer able to speak for yourself. An Advance Directive gives you the opportunity to spell out your wants and desires for your personal healthcare. This document may be updated as frequently as you wish. As long as your Advance Directive is signed and witnessed, your designated health care agent is legally bound to act in a manner which is consistent with your wishes.
- **Hospice in Your Home**—This is one option for hospice care. It is provided in your home—wherever you call home—be it a skilled nursing facility, assisted living facility, adult foster care home, or your home of origin. If you call it home and it is a safe environment, hospice care can be provided there. If hospice in your home is no longer possible for whatever reason, the Poppen Hospice Residence provides another option for care.
- **Anticipatory Grief**—Grief begins upon receiving a terminal diagnosis, both for the patient and the family. There is often a great sense of relief when families call Harbor Hospice as soon as they know. **There are many supportive services and much that can be done to help patients and families live every moment they have together.** The comment we hear most frequently is “we wish we had called you sooner.”

800.497.9559
www.HarborHospiceMI.org



The light show was performed by West Michigan Burnerz.



Pig Out for Hospice

Mike and Wendy Brown have been hosting the very “family friendly” Pig Out for Harbor Hospice since the summer of 2004. Harbor Hospice cared for Mike’s mother, Marcia Brown, who died in 2003. As Mike wrote, “Wendy and I continue to do the Pig Roast each year because we promised ourselves that we would keep the memories of our mother and many others alive as long as humanly possible! We wanted to let people know about this great organization and the caring people that make up Harbor Hospice.”

Mike and Wendy’s tribute to Mike’s mother, Marcia, has raised over \$10,000 for Harbor Hospice—a legacy that helps ensure that no one is turned away from hospice care.

Hunter Dickenson and Kaden Brown smile with Smack the Clown (Dick Knapp from Ohio).



November—National Hospice and Palliative Care Month

Remembering...feeling grateful

Dear Family:

It occurred to me this morning that it was one year ago today, November 2, that Dad entered the loving care of Harbor Hospice. It would be easy to feel sad about that but instead I am going to spend the day feeling grateful for the care he was given by the Hospice staff. Further, I will pray for all Hospice workers with a thankful heart for all the love and compassion they show to those in need.

This will be a special month—remembering those November days and nights when he taught us about true faith, love, compassion, and forgiveness.



David Ladd, son of Mike and Donna Ladd





Total Praise Musical Concert



“It will lift
your spirits—
it will touch
your heart.”

—Vernill Allen



A gospel concert to raise cancer awareness filled the sanctuary at Christ Temple Church in Muskegon Heights on October 24. Choirs and Praise Teams from area churches performed individually and as a group choir to remember those who have died of cancer and to raise awareness of the help available in our community.

Harbor Hospice was pleased to sponsor this special afternoon of music and prayer, along with Mercy Health Partners.

The Christ Temple Praise Team “Majestic Voices of Praise” led the event. Their message: “When cancer happens to you or your loved one it’s hard to know how to cope—during the illness and after the death. A lot of us still don’t have enough information on cancer, even though it is a disease that has hit us from all sides. It doesn’t have boundaries. It doesn’t discriminate—age, wealth, neighborhood, religion.

No matter what side of the tracks you come from, when cancer comes into your life or your family, you never know enough.”



Karriem S. Watson, MD
MPH, MS, CCRC,
Research Administrator,
UIC Dept. of Neurosurgery,
Chicago, IL



Dr. Kathryn Alguire
Johnson Family Center for
Cancer Care



Michael Miller, Jr.
Mercy Health Partners



Mary Anne Gorman
Harbor Hospice

“...age, color, wealth, neighborhood, religion...
it doesn’t discriminate. When cancer comes into your
life or your family, you never know enough.”

A Gift in Your Will or Trust

Your will or trust is the legal record of your wishes for the distribution of your assets. The term bequest refers to the instructions regarding that distribution.

Bequests are the simplest and oldest of all planned gifts. Over our history, bequests have helped Harbor Hospice add services and establish endowment funds.

Just a few sentences in your will or trust is all that is needed. Suggested language to share with your attorney is:

“I, (name), of (city, state, ZIP), give/ bequeath to Harbor Hospice (written amount or percentage of the estate or description of property) for its unrestricted use and purpose.”

This type of planned giving is simple, flexible, versatile, and it may be a tax-wise step as well. Above all, it is valuable and meaningful to the mission of Harbor Hospice and end of life care.

Please notify Harbor Hospice if you have made a planned gift, or if you would like any additional information. Thank you.

The Inner Circle

Name: _____
(as you wish it to appear in publications)

Phone: _____

Address: _____

____ Yes, we have named Harbor Hospice in our estate plans and would like to be recognized as a member of the Inner Circle

____ Yes, I/we are interested in naming Harbor Hospice in my/our estate plans. Please send more information.



NEWSLETTER STAFF

Mary Anne Gorman, *Executive Director*
Susan McGarry, *Development Director*
Linda Aerts, *Executive Assistant*
Sheila B. Warners Design, *Graphics*



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1050 W. Western Ave., Suite 400
Muskegon, MI 49441
231.728.3442 – Muskegon
231.873.0359 – Oceana
231.845.5060 – Mason
616.844.3330 – Ottawa

www.HarborHospiceMI.org

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Holiday Goal List

Even if we look forward to the holidays with great anticipation, getting through them can be challenging under the best of circumstances. Most of us have family traditions that we have either created or inherited. We set goals for ourselves and then go about the feverish pace that is necessary in order to accomplish them. When the loss of a loved one is added to the frenzy of the holidays, often the only thing we want to do is go back to bed and pull up the covers.

The following handy list could work for anyone, but it is especially useful for those who are grieving. Items can be added or subtracted and adapted to meet your holiday needs. It is a great tool for sorting out the holiday tasks that can be put aside for next year or eliminated entirely. Good self-care is very important, but particularly so during the holidays. Make certain that the tasks on your list are the ones that you truly want to do, enhance your sense of well-being, and contribute to happier holidays.

	Do I have to?	Do I want to?	Who can help?
Decorating			
Baking			
Caroling			
Hosting a holiday dinner			
Shop, shop, shop			
Going to parties			
Sending cards			
Making homemade gifts			
Cleaning house			
Visiting			
Attending services			
Wrapping gifts			
Listening to holiday music			

Please remember that if you are struggling with grief, Harbor Hospice offers a free counseling service. You need not have had a loved one in our care to have a conversation with one of our licensed counselors. For more information, please call 800.497.9559, email info@HarborHospiceMI.org or visit our website at www.HarborHospiceMI.org.

Calendar of Events

Coping with Loss—A once-a-month drop in support series designed for adults who are grieving the loss of a loved one. Each month will focus on a different aspect of the grieving process. The **Muskegon Area** meetings are on the first Tuesday of each month (January–June) at 2:00 pm at the Hackley Public Library Torrent House. Call 231.782.3442 or email info@HarborHospiceMI.org for details. Also on the first Tuesday of each month (January–June) at 5:45 pm at Tanglewood, 560 Seminole Road. The **Oceana Area** meetings are held on the second Tuesday of each month (January–June) at 2:00 pm at the Hart Public Library at 415 S. State Street in Hart. Call 231.873.0359 or email info@HarborHospiceMI.org for details.

Let's Talk—This drop-in socialization group focuses on sharing a meal with others who have lost a loved one. The **Breakfast Group** meets on the first Wednesday of each month from 9:30–10:30 am at That Place, Polk Road in Hart. The **Lunch Group** meets on the third Wednesday of each month from 11:30 am–12:30 pm at the Country Dairy in New Era. For more information on these groups call 231.873.0359.

Future Grief Support Programs—The Unexpected Loss—A four-week series for adults who have experienced sudden, traumatic loss. **Muskegon Area**, beginning Tuesday, April 5 (location to be determined). **The Young Widowed Parent**—An educational forum for parents grieving the loss of their spouse/

significant other while raising young children; **Muskegon Area** on Tuesday, May 17 at 6:30 pm; **Mason Area** on Monday, May 23 at 6:30 pm (locations to be determined). **Camp Courage**—An overnight, weekend camp for children ages 6–12 who are grieving the loss of a loved one. Friday, June 24–Sunday, June 26.

Volunteer Training—Muskegon Area—A one-day orientation and training session for those who are interested in volunteering for Harbor Hospice will be held on Friday, January 21 from 9:00 am–4:00 pm at the Harbor Hospice Hartshorn Centre Conference Room. Registration is required for this event. Some advance study is required. For more information on the Volunteer Program, please call Paula Poel at 231.728.3442 or email ppoel@HarborHospiceMI.org.

Advance Care Planning (ACP) Clinics—Harbor Hospice, a member of the Muskegon End of Life Coalition (MEOLC), will be holding ACP Clinics in convenient locations throughout Muskegon in the near future. Harbor Hospice recommends that adults over age 18 have an Advance Directive for healthcare in place. This document allows an individual to designate someone to make medical decisions on their behalf in the event they are no longer able to make their wishes known. Trained representatives will be on hand to consult on how to prepare an Advance Care Plan. Clinic dates and locations will be posted on the Harbor Hospice website www.HarborHospiceMI.org as soon as they become available. For more information, call Linda Aerts at 231.728.6839 or email laerts@HarborHospiceMI.org.