A MAN OF HONOR:

Bill Dolin

DAME CICELY SAUNDERS SOCIETY FOUNDING MEMBER
For the third consecutive year, Cabell Huntington Hospital has been the only hospital in Huntington and the Tri-State Area to receive the Joint Replacement Excellence Award™ from HealthGrades®, the nation’s leading provider of independent hospital ratings. HealthGrades® recently released its Twelfth Annual HealthGrades Hospital Quality in America Study*, announcing the following outstanding quality achievements for Cabell Huntington Hospital:

- Recipient of the HealthGrades® Joint Replacement Excellence Award three years in a row.
- Ranked among the Top 10% in the Nation for Joint Replacement three years in a row.
- Five-Star Rated for Joint Replacement three years in a row.
- Five-Star Rated for Knee Replacement three years in a row.
- Best Rated in the Huntington/Tri-State Area for Joint Replacement and Overall Orthopedics three years in a row.

If you’re considering joint replacement surgery and quality outcomes are important to you, call (304) 526-2607 to schedule an appointment.

*This study, the largest of its kind, analyzed patient outcomes at virtually all of the nation’s 5,000 hospitals over the years 2006, 2007 and 2008.
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A Message from the President
Charlene Farrell • President & CEO

The Perfect Gift

During this Season of Giving, people are searching for the perfect gift. With the economic climate, people are also trying to find the best bargain out there. The truth is that the perfect gift is right under our nose and it doesn’t cost a thing. The gift comes in all sizes perfect for every age — Time. That’s right...Time.

For young families it slows down the frenetic pace of carting kids from one activity to another, perhaps enjoying a family night of popcorn and a movie, decorating a tree, baking cookies and listening to the wishes and hopes of our children. It is modeling love and kindness by visiting grandparents and helping them with chores; it is slipping that dollar into the red kettle when we are out shopping.

For those parents of teenagers, it’s pulling them into family activities even when they act like they’re not interested. It is spending extra time with our aging parents; helping the neighbor who doesn’t have family nearby; writing that check to help others in need; or volunteering to help feed those less fortunate in our area by collecting food.

For older folks at the winter of their lives, it is showing our children how to age gracefully. It is sharing stories of our youth; it is passing down those favorite recipes and baking with our kids and grandkids. It is sharing the lessons we have learned over a lifetime.

And, yes, it is giving your family the gift of telling them your wishes for care at the end of life. It doesn’t have to be a depressing conversation, or a long one. It might go something like this, “I want you to know that I am very proud of you. I have no regrets. I have lived a long and wonderful life. When it is my time to go, I just want to be comfortable and have you all by my side.”

For every person and circumstance, medical care is individualized. We are grateful for the technology and doctors that help us through life’s crises each day. The outcomes are often based on our age and how sick we are. The best way for our family to know what we want in certain circumstances is to tell them. Otherwise, they have to guess—and this burden is often a heavy one. So give the gift of time and let your loved ones know your wishes, and then enjoy your time together.

Charlene Farrell
CABELL COUNTY

(All meetings are held at the Hospice of Huntington office, 1101 6th Avenue, Huntington, WV, unless otherwise indicated.)

Introduction to Grief: For the Newly Bereaved
To learn about the effects of grief and reactions many experience, attend a meeting which includes a video presentation, overview of grief responses, and explanation of grief support services provided by Hospice of Huntington.

Tuesday, January 19 at 4:00 pm
Wednesday, February 24 at 12:00 pm
Tuesday, March 30 at 10:30 am
Monday, June 14 at 4:00 pm

The Grief Journey: A Six-Week Class
Explore various aspects of grief and ways of coping with changes in life after a loved one dies by attending this six week class.

Wednesdays at 1:00 pm – March 3, 10, 17, 31 and April 7, 14
Tuesdays at 5:30 pm – April 13, 20, 27 and May 11, 18, 25

Loss of a Child Grief Support Group
Monthly meetings for family members and loved ones dealing with grief following the death of a child.

Mondays at 5:30 pm – January 4, February 1, March 1, April 5, May 3, June 7

Loss of a Spouse Grief Support Group
Monthly meetings to discuss the challenges of coping with the death of a spouse or life partner

Tuesdays at 10:30 am – January 5, February 2, March 2, April 6, May 4, June 1

Life Skills Session: Cooking for One
Learn about planning and preparing meals for those dealing with grief.

Monday, April 26 at 6:00 pm

WAYNE COUNTY

(Meetings will be held at Wayne Public Library, 325 Keyser Street, Wayne, WV)

Among Friends
Bring your lunch and share in discussions about grief and loss regarding upcoming meeting topics.

Johnson Tiller Funeral Home Meeting Room, 802 Central Ave, Wayne, WV
Monday, April 19 at 5:30 pm

Life Skills Session – Preplanning and Advance Directives
After the death of a loved one, many begin to consider the importance of planning ahead and lessening stress for family members by informing them of their wishes. Learn how to make decisions about your health care and funeral planning.

Johnson Tiller Funeral Home Meeting Room, 802 Central Ave, Wayne, WV
Monday, April 19 at 5:30 pm

Ernest Tiller Funeral Home Meeting Room, 361 Main St, Hamlin, WV
Wednesday, April 21 at 5:30 pm

Lincoln County

Among Friends
Bring your lunch and share in discussions about grief and loss regarding upcoming meeting topics.

Hamlin-Lincoln County Public Library, 7999 Lynn Ave, Hamlin, WV
Thursday, March 11 at 1:00 pm - Coping with the Loss of Spouse or Lifetime Partner
Thursday, May 6 at 12:00 noon - Coping with Parental Loss

Life Skills Session – Preplanning and Advance Directives
After the death of a loved one, many begin to consider the importance of planning ahead and lessening stress for family members by communicating their wishes. Join this session to learn how you can make decisions about your health care and funeral planning.

Hospice of Huntington Office, Lincoln County  357 Walnut Street, Hamlin, WV
Monday, April 12 at 5:30 pm

Wayne County

Among Friends
Bring your lunch and share in discussions about grief and loss regarding upcoming meeting topics.

Monday, March 8 at 6:00 pm - Coping with the Loss of Spouse or Lifetime Partner
Monday, May 10 at 6:00 pm - Coping with Parental Loss

Life Skills Session – Preplanning and Advance Directives
After the death of a loved one, many begin to consider the importance of planning ahead and lessening stress for family members by informing them of their wishes. Learn how to make decisions about your health care and funeral planning.

Johnson Tiller Funeral Home Meeting Room, 802 Central Ave, Wayne, WV
Monday, April 19 at 5:30 pm

Cabell County Remembrance Service
Invitations will be mailed to families for this annual memorial service honoring the memory of loved ones cared for by Hospice of Huntington. The service includes a candle-lighting ceremony, music, and words of support provided by Hospice of Huntington staff, followed by a reception with light refreshments.

Monday, March 29 at 7:00 pm (Location to be announced.)
Lawrence County, Ohio
(Meetings will be held at Briggs Lawrence County Public Library, 11054 County Road 1, Chesapeake, Ohio)

Among Friends
Bring your lunch and share in discussions about grief and loss regarding upcoming meeting topics.

Tuesday, April 13 at 12:00 noon -
  Coping with the Loss of Spouse or Life Partner
Tuesday, May 18 at 12:00 noon - Coping with Parental Loss

Life Skills Session
Preplanning and Advance Directives  After the death of a loved one, many begin to consider the importance of planning ahead and lessening stress for family members by communicating their wishes. Join this session to learn how you can make decisions about your health care and funeral planning.

Tuesday, March 16 at 5:30 pm

Speaker’s Bureau

Trained professionals and staff from Hospice of Huntington are available to speak to your group, organization, or employees about the following topics, including:

- Hospice Mission and Service
- Dealing with Grief - The Loss of a Loved One
- Volunteer - The Time is Now
- Dealing with Grief and the Holidays
- Hospice - An Option of Care
- Pain and Symptom Management
- Hospice Services in Nursing Homes and Assisted Living Facilities
- Children and Grief
- Caregiving - Taking on a New Role
- Opening the Lines of Communication Between Your Family and Your Physician/Advanced Directives

Our Mission
Hospice of Huntington provides compassionate physical, emotional and spiritual care for those at the end of life and continuing support for their families.

To request a speaker, please contact us at: (304) 529.4217 or 1 (800) 788.5480
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A MAN OF HONOR:

Bill Dolin

DAME CICELY SAUNDERS SOCIETY FOUNDING MEMBER

By Shelly Betz, Editor
Former Huntington businessman Bill Dolin hopes to inspire others to give to Hospice of Huntington. He also wants people to know that it’s not always the person with the most money who can make the biggest impact. Born of humble beginnings and raised in Cabell County he learned the value of hard work from his own mother, who was widowed at a young age while raising five small children.

Recently, Bill Dolin and his wife Lois returned to Huntington to accept a special honor. Through his gift to hospice, he was inducted as the 2009 honoree and founding member of the agency’s newly formed Dame Cicely Saunders Society. Named for a British physician credited with the modern hospice movement in the late 1940’s, this special donor recognition program honors those who have given $25,000 or more over time to the agency in support of its mission to provide quality end-of-life care to those in need, regardless of their ability to pay. During the program, nearly 50 individuals and businesses were inducted into the giving circle to recognize their support.

“As I celebrate my first year with Hospice of Huntington, I am most excited about the forming of the Dame Cicely Saunders Society. It is important to us to thank our donors privately and publicly. Events planned for our society members allow us to publicly show our appreciation and to recognize them for their generosity to our organization. We can’t emphasize enough how they are an integral part of sustaining our mission to provide compassionate physical, emotional and spiritual care for those at the end of life and continuing support for their families,” said Karen Dickson, director of planned giving and major gifts.

Emogene Dolin Jones was known to care for those less fortunate, often feeding the hungry from her own kitchen or tiny restaurant, or taking them into her home to provide care when they were sick and had nowhere else to go for help. She believed that people want to help you if you help yourself. A strong woman of great faith, she raised her children to live by The Ten Commandments. Following her death, her son Bill spent years pondering the best way to honor his mother’s legacy and all that she represented.

Although he considered several worthy charitable options, he ultimately donated one million dollars to Hospice of Huntington—the single largest monetary gift to the non-profit agency. In doing so, the Hospice House of Huntington was renamed as the Emogene Dolin Jones Hospice House in the spring of 2007, less than a year after opening its doors to the first patient. “I doubt there are very many people who are as close to their mother as I was. This (gift) was a lasting way to help other people and I think it was a lasting thing to do to honor my mother,” he said.

Like so many others, Bill Dolin’s gift would be paid over a period of time, but he’s always been ahead of the game. The first business that he started in 1972, Dolin Supply Company, was a leap of faith when he branched out on his own. But, he knew that with hard work and determination, he would succeed. He would launch a
second business, Safety Supply, three years later. In fact, his company symbol, a turtle, perhaps best personifies his philosophy. “Turtles don’t go backwards and they only move ahead when they stick their necks out,” he said matter-of-factly.

While such gifts as the one Bill Dolin provided are exceptional, he is mindful that it takes more than one person’s generosity to sustain the type of care that Hospice of Huntington provides throughout its five-county service area. “A lot of people have helped—not just me. Thousands of people have helped over the past 28 years,” he said.

Charlene Farrell, president & CEO, has been at the agency’s helm since the early years. Questions about paying for hospice care remain common. “It’s true that Medicare, Medicaid and most insurances pay for hospice care. But what most people don’t realize is that it doesn’t cover all the expenses. We really need the community’s support so that we can provide patients and their families with the needed care that is required at the end of life,” she said.

With an annual budget of more than $11 million and a staff of nearly 150, Hospice of Huntington cares for 165 patients a day, whether in their own home, nursing home, assisted living facility, or at the Emogene Dolin Jones Hospice House. With healthcare reform imminent, hospice care will undoubtedly see major cuts over the next ten years, making fundraising efforts even more critical.

Not one to seek the spotlight, Bill Dolin recognizes that his support may very well influence others to give in a similar way. As he greeted friends, old and new, during the Dame Cicely Saunders Society reception, his impact was felt throughout the room. “I think if somebody steps up to the plate, sometimes it becomes contagious and you get the momentum going and it just makes things happen,” adds Bill Dolin.

Ultimately, it all comes back to the patients. According to Charlene Farrell, Hospice of Huntington will do everything it needs to do to make sure patients get what they need. “People say they don’t care about what you do, until they know how much you care. People need nurturing and caring at the end of life. They don’t want someone who is just competent in doing procedures. They want someone who is truly present for them, who listens to them and is there for them. I think our hospice team really shows how much they care. They’re very dedicated and they love what they’re doing,” she said.

Supporters of Hospice of Huntington know they make a difference in the lives of people in need during what may be the most difficult time in their life. For those who find themselves in the position of caring for a loved one who is seriously ill, knowing that Hospice of Huntington is here to walk that journey with them brings comfort and confidence beyond measure.

“It was very enlightening to come here and see what all hospice does. I was so impressed. Every person I’ve talked to, or received emails and messages from, has told me how this organization made a loved ones’ last few days endurable. It’s indescribable. I don’t think there’s any place that touches more lives...that offers more relief from the stress, strain, and emotions you go through at the end of life than hospice does,” said Bill Dolin.

“It’s indescribable. I don’t think there’s any place that touches more lives...that offers more relief from the stress, strain, and emotions you go through at the end of life than hospice does.”

- BILL DOLIN

Pictured left: Bill Dolin with wife Lois outside the Emogene Dolin Jones Hospice House.
Are You Traveling Without a Map?
A Layperson’s Guide to Advance Care Planning

By Katherine Brandt, MS, Vice President, Consumer and Caregiver Services, National Hospice and Palliative Care Organization

Advance care planning is like planning a road trip to an unfamiliar destination. If you’re like many people, once you have your destination in mind you begin mapping the route you will take to get there. Some people consult AAA or Google Maps to help them chart their course. Other people talk to friends and family members about their experiences regarding their previous trips.

While people approach mapping their route in differing ways, very few people would expect to arrive at their destination safely and comfortably without having a well-thought out map in hand before hitting the road. Yet only 30% of American’s have a living will, a map detailing where they want their health care to “go” in the future should they become unable to voice their wishes.

MAP YOUR JOURNEY
A living will charts the course for your health care, letting your family and health care providers know what procedures and treatments you would want provided to you — and under what conditions. If you’re one of the 70% of Americans without a living will, it’s best not to wait to chart the course for your future health care. Without a map, your health care journey is out of your hands and may not take you in a direction you’re comfortable with.

What if you have a sudden, serious illness or accident and you’re unable to breathe on your own, would you want a tube to be placed in your throat to push air into and out of your lungs? If you are diagnosed with an illness that your doctor thinks is incurable and likely to shorten your life significantly, do you want the focus of your care to be on keeping you comfortable and pain free? Or do you want a combination of life-extending care and comfort care? A living will, like a route marked on a map, indicates which direction you’d like to take at each fork in the road. It’s your journey — you decide which roads you want to take and when.

CHOOSE A BACK-UP DRIVER
A health care power of attorney or health care proxy designation form, the second type of advance directive, allows you to choose someone you trust to “drive” (take charge of your health care decisions) in case you are unable to

What is Advance Care Planning?
Advance care planning involves…
• Understanding your possible future health care choices.
• Thinking about your choices in light of what is important to you and your values.
• Talking about your decisions with loved ones and your doctors.
• Writing down your plans in advance directives so they will be ready if needed.

It’s important to remember that…
• Your plans and advance directives can be changed as your situation or wishes change.
• Advance care planning is done over time and not a single conversation.
• Decisions like these are best considered before there is a health crisis — and changes to your plans can be made at any time.
• Planning ahead for your health care — now, while you are able to — is a gift you can give to yourself and those you love.
Sharing those decisions yourself. You might want to pick a family member or friend who is comfortable talking to doctors.

If you don’t decide who can “drive” and you end up unconscious you might end up being taken on a health care journey that is contrary to your values, wishes, and choices. Choose someone you trust to be your back-up driver so that when unexpected road blocks appear along your health care journey, your back-up driver is able to choose a detour that is in keeping with your values, wishes, and choices. Your health care journey may involve traveling long distances, so prepare your back-up driver by reviewing your map with and allowing them to ask questions so they are prepared when it is their turn to drive.

**UPDATE YOUR MAP AND MAKE SURE YOUR DRIVER IS PREPARED**

Just as your travel preferences might change as you age, so might your living will. Your first living will might state that you want all care focused on sustaining your life and at some point later in your life you might change your mind. Later on you might decide your priority is to try life-extending treatment for a period of time and then transition to a focus on comfort care. And at some point, you may or may not choose strictly comfort care, like hospice, to allow for a natural death in the setting of your choice with friends and family around you. Therefore, as your preferences change, it’s essential that you update your living will, and that you make sure your backup driver knows what you want.

In the end, the route you take and the driver you pick are your choices to make. And the care you receive and who talks to doctors on your behalf is also your choice, but only if you make a plan now.

For more information on Advance Directives, please contact Hospice of Huntington at (304) 529-4217. We have documents for West Virginia and Ohio residents.
Ray Ridgeway breathes a little easier these days—figuratively and literally. Not only is he able to do more things on his own, but he is also thankful to be alive after months of declining health and repeat trips to the hospital emergency room. In fact, this past October things had taken a turn for the worse and his prognosis wasn't good. Like many hospice patients, he has a combination of health problems that make his overall condition serious, including heart disease, high blood pressure and diabetes. He has also been treated for cancer.

Days before being named “2009 Volunteer of the Year” by the WV Hospital Association, after nearly 16 years of service at Cabell Huntington Hospital, Ray was back in the emergency room. The family knew enough about hospice to make the call. At the time he was admitted to hospice care, Ray’s kidney function had declined to barely 12% and dialysis offered the best hope for survival.

“What concerned me most when I first met Mr. Ridgeway was his description of his sudden decline and the significant changes that had temporarily limited his independence. I certainly am happy that our paths crossed. He is quite a special someone,” said his hospice nurse, Jo Ghiz.

When Ray’s children paid an unexpected visit, he was glad to see them, but admits it also made him nervous. “To tell the truth, I thought I was going to die. It’s rare that all four kids are in town, and when I saw my youngest son from California come into the house, I knew things must be bad. I began to think the worst,” said Ray.

There were many trips to the doctor and also surgery to prepare him for dialysis. Although his physical condition was improving, Ray’s spirits were down because he could no longer do some things he was used to doing, and he also missed seeing his friends each morning at Tudor’s Biscuit World, as well as his fellow volunteers at the hospital. Now, he was the patient who needed care. With everything that was going on, he also needed help with his personal care, including bathing and shaving. For many people, this can be the most difficult thing to surrender to someone else. “You’d think it might feel a little funny to have another man take care of those things for you. But, as soon as I met the hospice aide (Raymond Aliff), I knew he was going to be alright with me. He helped me so much and I am just so grateful for everything he did. He made me feel
completely comfortable and seems more like family than anything else.”

With help from hospice Ray soon felt better and his symptoms were better controlled. His wife, Sylvia, says it meant the world knowing he was in such good hands. “Raymond was very sick. I tried to help him as much as I could, but I didn’t know what to do some days. I never felt comfortable leaving him at home alone, fearing something might happen even if I quickly went to the grocery store,” she said.

By mid November, Ray had improved significantly. “I first thought he might be in denial about his terminal condition or using reality-avoiding mechanisms to avoid confronting the most threatening and challenging loss of all—the loss of life itself. People like Mr. Ridgeway remind us that patients who have something to do, something to look forward to, and something they love often have an inner strength that allows them to keep the fight and look ahead beyond the illness,” said hospice social worker Margie Copley. These days, Ray Ridgeway is back to picking up his grand-daughters from school. He also drives himself to and from his doctor’s appointments. And on his really good days, he stops by Tudor’s to chat with his friends and sometimes visits his volunteer buddies at Cabell Huntington Hospital, too. In fact, he has a goal to return to volunteering there in the future.

Although he is no longer a hospice patient, Ray knows the day will come when he may need hospice again. “I know people think that hospice is only for when you’re about to die. I used to think the same thing. But, I’m living proof that they can change your life if you call them soon enough. They genuinely care about you. I don’t think I’d be here today if I didn’t have their help. I have never had such wonderful people taking care of me—all of them,” he said.

I did.

Donnie Jones | Marshall Basketball Head Coach

Choosing First Sentry Bank is always the right choice. Serving Huntington, Barboursville and beyond, we not only offer superior services for customers needs, but we sincerely care about our customers. We’ve been your hometown bank for over 13 years – Let us continue to serve you with the quality service you’ve come to expect.
The death of a loved one can be especially devastating during the holidays. This time of the year evokes painful memories of those who are no longer here to open presents and share family meals. This loss of joy can lead to spiritual injury, which if left untreated, can open the door to mental illness, substance abuse and marital strife. Spiritual injury requires Divine Intervention to bring about healing.

The phrase, “Divine Intervention” implies this is something of or from God or a Supreme Being. For many decades Alcoholics Anonymous has recognized that anger and guilt are associated with alcohol abuse. Those who succeed at the AA program learn that they are not in control, and recognize that they are powerless over their affliction. But, if willing to turn their lives over to a “higher power” and be honest with their peers, they can receive healing. This happens because they recognize their limitations and find strength in others who share their failures and successes.

A divine power and other human beings work in concert to bring about a positive change. This may explain why those with a faith community often process the death of a loved one better than those who don’t. We need God and we need each other. Human beings, since earliest times, have a strong sense of community and suffer when deprived of that. Healthy spirituality provides a sense of connectedness and hope in a power greater than ourselves to lift us up from our sadness.

Hospice of Huntington recognizes this. The potential for spiritual injury is serious enough to require attention when coping with a loss during the holidays. We have professional counselors and spiritual caregivers to guide you through the tangle of emotions that accompany the death of a loved one during what is ordinarily a festive time of year. Others who have had similar experiences can offer and receive comfort from you if you are willing to share your heart.

I have seen that God can wipe away the tears, working in conjunction with people who are willing to give of themselves to bring about healing from spiritual injury. I hope you will take advantage of these services or perhaps become a Hospice volunteer. This could be the best present you can give or receive this season.

Healing does not mean going back to the way things were before, but rather allowing what is now to move us closer to God.
The icy chill of winter may not bring to mind fresh produce, but there are a variety of fruits and vegetables that grow during this season that can give your immune system a boost and help fight off colds and other ailments. Winter offers fresh veggies such as squashes, pumpkins, leeks, carrots, broccoli, kale and other greens. It is also the season for citrus fruits, apples, cranberries and pomegranates. All of these will add color to your plate, along with some good nutritional value.

Many of us put on a few extra pounds during the winter months. With fewer hours of daylight, coupled with the winter blahs, our craving for comfort foods that are high in fat and carbohydrates increases. But, be careful when choosing the carbohydrate-loaded comfort foods. Stay away from processed carbs and go for the whole grains and high quality carbs. Instead of going for fatty foods, pick fresh fruit and vegetables to boost your mood. Cook up one of my favorite recipes and start feeling good about yourself.

TANGERINE KIWIFRUIT SALAD with Cranberry Dressing

Ingredients:
- Assorted lettuce leaves, chopped
- 2 tangerines peeled, thinly sliced
- 2 kiwifruits, peeled, thinly sliced
- Tangerine zest
- Dried cranberries
- Cran-Berry dressing, as needed

CRAN-BERRY DRESSING:
- ½ cup whole-berry cranberry sauce
- ½ cup lowfat strawberry or mixed berry-flavored yogurt

Arrange lettuce leaves on a salad plate and place the tangerine and kiwifruit slices over the lettuce. Sprinkle dried cranberries and spoon dressing over salads. Garnish with zest of tangerine peel.

Cran-Berry Dressing:
In blender container combine cranberry sauce and yogurt. Cover and blend until smooth.
**PORK AND KALE SOUP**

**Ingredients:**
- 1 Tbsp. olive oil
- 1 lb. pork tenderloin, trimmed and cut into ¾” cubes
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 15oz. can fire roasted diced tomatoes
- 32oz. chicken broth
- 1 bunch fresh Kale, ribs removed and chopped
- ¼ tsp. crushed red pepper
- 1 15oz. can Cannelloni beans (white kidney beans)
- 2 tsp. Paprika
- 1 cup white wine or more chicken broth
- Salt and pepper

Heat oil in a dutch oven, add pork, cook until no longer pink on the outside. Transfer to a plate leaving juices in the pan. Add the onions to the pan and cook until tender, then add the garlic, paprika and crushed red pepper, cook for about 1 minute. Add tomatoes, wine and chicken broth. Bring to a boil, add kale and stir until wilted, reduce heat and let simmer until kale is tender. Stir in beans and pork, cook until beans and pork are heated through. Salt and pepper to taste.

**HUNTER’S CHICKEN**

**Ingredients:**
- 1 sweet potato, peeled and diced
- ½ medium onion, diced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 3 skinless, boneless chicken breast halves
- 1 cup chicken broth
- 3 Tbsp. BBQ sauce
- 1 cup dried cranberries
- 1-2 apples

Preheat oven to 350 degrees. Lightly grease a baking dish. Mix onion, apple, celery, sweet potato, cranberries, and carrots in the bottom of prepared baking dish. Brush BBQ sauce on chicken breast and lat atop the fruit and vegetables. Pour chicken broth around chicken. Bake in preheated oven until chicken is tender and no longer pink inside, approximately 45 minutes.

**PARSNIP AND POTATO MASH**

**Ingredients:**
- 3 potatoes, peeled and cubed
- 3 parsnips, peeled and cubed
- 2 Tbsp. milk
- 1 Tbsp. chopped chives
- 1 Tbsp. butter
- Salt and pepper to taste

Cook potatoes and parsnips in salted water until tender, drain, return to same pan, mask with milk, butter and chives until smooth.

**PEAR GINGER CRISP**

**Ingredients:**
- 4 – 5 pears, peeled, cored and sliced
- 2 Tbsp. butter
- 2 Tbsp. brown sugar
- 20 ginger snap cookies
- ½ cup powdered sugar
- ½ cup flour
- 1 tsp. baking powder
- 1 Tbsp. maple syrup
- ½ cup butter, melted
- Optional, whipped cream or ice cream

Preheat oven to 350 degrees. Lightly grease 8” pan. In a skillet sauté pears in butter, then add brown sugar and cook until tender. Pour pears and juices into prepared pan. Crush gingersnaps in food processor; add powdered sugar, flour and baking powder. Continue to process. While processing pour maple syrup, and melted butter in with the gingersnaps. Crumble mixture over pears, bake for 25 to 30 minutes. Serve with whipped cream or ice cream.
CARAMELIZED BRUSSEL SPROUTS with Pecans

Ingredients:
- 2 lbs. brussel sprouts, trimmed and halved
- 1 small onion chopped
- 2/3 cup pecans, chopped
- 3 Tbsp. butter
- 1 Tbsp. brown sugar

Blanch brussel sprouts in boiling salted water for 3 minutes. In a heavy skillet sauté onion with butter until just tender, add brown sugar, drained brussel sprouts and pecans. Cook over medium heat stirring often until sprouts are tender, 10 – 15 minutes. Season with salt and pepper to your taste.

ACORN SQUASH STUFFED with Apple & Orange

Ingredients:
- 2 acorn squash
- 3 cups chopped apples
- 1 orange, peeled and diced
- 3 Tbsp. butter
- ½ cup dried cranberries
- ¼ cup brown sugar
- Salt

Cut acorn squash in half crosswise, remove seeds and pulp. Place cut side down in a shallow baking pan. Bake at 350 degrees for 30 minutes. Turn cut side up, sprinkle with salt. Combine remaining ingredients, fill squash with mixture and bake another 25 minutes or until squash is tender.
GRIEF AND LOSS DURING THE HOLIDAYS

By Mary L. Marks, MSSW, FT, Bereavement Coordinator

This time of the year may be bittersweet when coping with grief and loss and facing holidays without your loved one. Surrounded by holiday displays and music, trying to ignore the season may seem impossible. Even though special occasions – birthdays, anniversaries, Valentine’s Day, to name a few - particularly meaningful for you and your loved one occur throughout the year, this season from Thanksgiving through New Year’s Day is a time of celebrations for many people. Especially in the first year following loss, days that hold special meaning may be overwhelming.

Holidays and special days may acutely remind you of the person who died, experiences you shared, and what you have lost. Facing these special days – infused with traditions, customs, and rituals – alone may be difficult. If friends and family pressure you to be involved, you may lack energy or interest. You may feel reluctant to participate, wonder if you will celebrate, or try to ignore the occasions. On the other hand, you may find joy in fellowship and comfort in pleasant memories by continuing familiar traditions.

Developing a plan may prepare you for special days, but recognize that your choices this year may differ from the next. You may choose to continue familiar traditions or develop new ones, to spend time alone or be with friends and family. Solitude brings a sense of renewal to some while others may prefer the company of family and friends. Consider taking time to determine what is best for you by writing down the pros and cons of joining celebrations or not. Be open with family and friends, tell them how you are doing, and determine how you can support one other at this time. You may find that developing new traditions – how and where meals are shared or gifts are exchanged, for example – bring new meaning to special days.

Whether alone or with others, reserve time to feel your sadness. Expressing your love by shedding tears may bring a healing release. Relive and perhaps share pleasant memories of special times spent with your loved one. Telling and hearing stories about your loved one and his/her importance in the lives of others, enables you to maintain your continuing bond with your loved one. Whether alone or with others you may also find comfort in honoring his/her memory through rituals such as lighting a remembrance candle or playing a favorite piece of music.

Though the hard work of grief may seem intensified during this holiday season, by preparing a plan and finding support you may even find holidays are not as difficult as anticipated. Most importantly, remember that like any other day each holiday is only a 24-hour period of time.

Join Hospice of Huntington grief support sessions focusing on grief during the holidays. The Bereavement Department provides grief support services at no charge to anyone in Cabell, Lincoln, Mason, and Wayne Counties in West Virginia and Lawrence County, Ohio. For more information contact the Bereavement Department at (304) 529-4217 or 1(800) 788-5480 or by email at bereavement@hospiceofhuntington.org.
The “Friends of Hospice” recently held an evening reception for nearly 30 ladies interested in learning more about the auxiliary group and its efforts to support the mission of Hospice of Huntington through a variety of fundraising and outreach activities. The “Wine & Cheese” theme occasion was hosted by current members Jane Kopp and Harriet Cyrus at the residence of Jane and Stephen J. Kopp.

It was a great opportunity for the ladies to talk one-on-one with current members and also welcome new members to the group, now entering its sixth year. In addition to discussing various projects and ideas, several who attended shared a personal story about a loved one who had been cared for by our agency.

“When I received my invitation to attend, I was so excited. Hospice of Huntington has such a stellar reputation and they have helped so many people. I think it’s important for people to understand that we, as individuals, can make a difference in someone’s life,” said new member Sharon Denning.

Newly elected president, Sonya Hall, says one of the purposes of this group is to work together to ensure that people better understand the multitude of ways that Hospice can help. “People need to know that hospice is not just for the last days of life. I know that’s what many people think—so did I, until I got involved. It is important that our community continues to support this wonderful agency financially, because we may need their help one day,” she added.

“We feel very fortunate to have the support of the Friends. Our agency, as a whole, relies upon dedicated volunteers to help us achieve our goals and maintain our standard of excellence in caring for people nearing the end of life,” said Shelly Betz, Director of Development & Community Relations.

Melanie Gleason, who also serves as the group’s new vice president, expressed her thanks for the special support Hospice of Huntington extended to her family following the tragic death of her teenage son in 2007. “Hospice helped us deal with losing Bobby. I didn’t even know they provided counseling to the community before that. I knew then that I wanted to help in any way I could,” she said.

Left picture: 2009 - 2010 Friends of Hospice Officers: Melanie Gleason, Vice President; Sonya Hall, President; Lisa McComas, Secretary; Sherry Houck, Treasurer. Right picture: Friends of Hospice share various project ideas for the coming year.
Awesome & Amazing Amazon: Triple “A” Volunteers!

It is not uncommon for various individuals or businesses to contact us about how they can help. So when we received an email from the Huntington Amazon.com office looking for a one- or two-day project for their employees, it seemed like a routine message.

I responded to Wendy Kelley at Amazon.com that we needed help to replace the summer flowers in our concrete planters with pansies, clean and paint our three parking lots, and if any time was left, clean windows in our office. We set a date and a possible second day and I thought little more about it.

When I got to work on Wednesday, the first day to be set up, the Amazon workers were waiting for me. I introduced them to our Director of Volunteers, made sure they had plenty of coffee and that they could access the needed supplies. Within minutes, they had split into teams and were tackling three separate jobs. When I checked on them at one point, they were pulling vines off the building, using a very inventive method to reach as high as possible on our two-story structure.

We broke for lunch and it was interesting to hear the volunteers share their Amazon stories; many had worked for Amazon for a number of years and were obviously proud to say so. It was evident that they took pride in what they did and were happy to be volunteering in the community.

It was also obvious in the way they worked that they were used to being team players.

In my thank you to Wendy for sending such a super team to us, I relayed that I had always enjoyed going to the Amazon website to shop, but now that I could associate happy employee faces with Amazon, I would enjoy that time even more.

Several weeks later, a totally different team of Amazon volunteers arrived at the Emogene Dolin Jones Hospice House to assist in planting 3,000 tulip bulbs for the enjoyment of patients, families, employees, and neighbors. Again, I was able to visit with the team (this time while they took a break together), and was further impressed with the amount of energy each one had. They each had a positive attitude, and it became obvious that Amazon hired carefully, then cultivated the talents of its workforce. This time, my thank you relayed that the employees spoke about their jobs as if they LOVE them. They operate as though the entire reputation of the company rests on their shoulders, making them great ambassadors for Amazon.com.

Huntington is blessed to have Amazon here as an employer. In return, the employees are doing good deeds in our community. The next time you visit Amazon.com, I hope you’ll remember that they helped Hospice of Huntington.
Three years, five months, one hour, six minutes and thirty seconds. As I write, this represents the amount of time that I have been disconnected. Cut loose. Free falling. That’s how long I’ve been without unconditional love from my mother, Betty Louise Sigler-Hughes. On June 6, 2006 at 12:15 pm, she left me. She went on her journey. She traveled on. No matter how you put it. She was dead and I was alone — cold and scared.

This is my story about loss and pain; laughter and tears; and grief and triumph. This is about love. This is about me finding my place again in a world that suddenly seemed foreign, cruel and unforgiving.

On the day my mother died, it was a beautiful day. I only know this because people told me. I tried to believe them, but to me the day I walked away from the ICU it was as if the sun was turned off. All I saw was darkness. The giant hand of God pulled that chain and click—out went the light. I was walking, but it wasn’t me. Someone else had taken my place. My life was forever changed. I was disconnected. Unplugged.

Who was I now? What had I become? I was no longer a daughter. I was not a wife. I was no longer a caregiver. I was not a mother. Who am I? Do I matter? God, help me, what do I do now? Free falling.

Grief. What a funny word. Grief should be a synonym for pain. Heck, just call grief pain. It’s simpler. To me they are one and the same. Unless you live through it, you just cannot understand the ache that wells up inside, as if you swallowed a huge jawbreaker that begins to rise up in your esophagus inching its way through your body and tearing it apart time and time again. You find that your only release is through tears, moans and occasional screams. Oh, how I cried. I miss her.

I knew my Mother was dying even before I received the call. I knew it the day before. The day before my world was shattered, I got to tell her goodbye. She was on a ventilator, but her eyes were wide — her pupils dilated and glistening. The huge tube helping her breathe was taped onto her face and prevented her from speaking, yet she tried. She tried so hard to talk to me. I tried so hard to understand her. I concentrated on the movement of her lower lip, and the small gap between the tubing. All I understood her to say was, “I love you,” and that was enough. She was seeing something not in this world and wanted to tell me about it, but simply could not.

Then, I had to ask the tough question to make sure I fulfilled her wishes. I asked her to shake her head “yes” if she did not want to be resuscitated. She moved her head up and down. Yes. I then asked the question a different way to be sure she understood. I asked her to shake her head “no” if she did not want to be resuscitated. She moved her head side-to-side. No. She was tired. She was ready. She was done.

I told her she was the best mother in the world, and that I would miss her. I told her I would be okay and promised her I would find my way to her in heaven. I told her to go. I told her to come and haunt me. She smiled and shook her head yes. The corners of her cracked lips turned up in a grin. Even in the clutches of death, she still had her humor. She needed to hear me tell her I would be okay. She had to hear it from me and know that I meant it. And I did. I would be okay and then I said goodbye for the last time.

The next day, on my way to the hospital she left me just 15 minutes before I got there. She did not wait. She never did like to wait. It was okay that I was not present. I know that my Mother would not have wanted me to see her go. I know this as truth. She would not. I know this just as surely as I know she is with God in heaven and walking in her beautiful garden of vibrant colors. She sees me now as I write our story. Our love story of mother and daughter.
There is a song running through my head now — Helen Ready’s “You and Me Against the World.” It was our song. Now it is just mine. And it’s okay…it’s finally okay.

On Saturday, June 11, 2006 the light in my world went out. As I walked out of the ICU, my eyes still stinging from the sight of my Mother’s body (at least that horrid tube has been removed), I saw Margie Copley, a Hospice of Huntington social worker and friend. I turned around and then saw Rev. Ed Hood, our senior clergy, who was very much like a father to me. They came to the hospital on a “whim” to see if I was there and to lend support. They came to love me. That’s the way it is here at hospice; we support each other. They hugged me and turned me back over to the loving arms of my boyfriend and family.

As difficult as it is to put this experience in writing, it would have been so much more painful – tragic even – had it not been for the knowledge that I gained through working at hospice. I learned the importance of having an Advance Directive, living will, will, appointing a medical power of attorney and a power of attorney. My mother and I had these documents in place many years before June 6, 2006. She was healthy then and we had a wonderful day – you and me against the world.

What a gift it was for her to tell me her wishes, should she find herself at the end of life. She did not want to be kept alive artificially if there was no hope of her having a quality life. Through the years, she told me which songs she wanted sung at her funeral. We even had a funeral file where I wrote things down. I remember clearly her telling me to make sure the song, “I Can Only Imagine,” by Mercy Me was played. I remember her telling me to make sure she looked good and had her “eyebrows drawn on.” I remember her telling me not to grieve, because she would always be with me – even after death. She wanted a celebration not a funeral. To her, death was a rebirth.

Because I knew what my Mom wanted, I was able to make these decisions and tell the doctors not to resuscitate her when there was no hope. I let her go. I made them let her go. It was what she wanted. The pain of her loss is still inside me. I still sleep sometimes with the “little pillow” she always used. It was no bigger than a baby pillow. Oh, how we made fun of her pillow. I still mourn. I still ache and I am still a motherless daughter. Even so, I know one thing for sure. I was the best daughter I knew how to be and I fulfilled my Mother’s wishes.

Hospice taught me to have open discussions and get things in place with loved ones before tragedy strikes. My Mother loved having ownership of her life, and she trusted me to make decisions for her when she was no longer able. I did. If there is one gift that I have gained through my grief it is this: I was never sure if I knew what love was, if I was capable of giving it or receiving it.

When my Mother died, the whole core of my being ached like nothing I have ever experienced. The pain cannot be described. That is when I knew that not only had I loved, but I also had been loved. If not, I would not hurt. Most importantly, I can go on and love again. It will never be the same. Unconditional love will never be mine again. This is my story. Me...against the world. I miss you Mom – come haunt me soon. Finally, if it is my time to go I only hope and pray that someone loves me enough to make sure that my eyebrows are drawn on, too.
U.S. Congressman Visits Emogene Dolin Jones Hospice House

Congressman Nick J. Rahall, II took time out of his busy schedule to pay a visit to the Emogene Dolin Jones Hospice House. Hospice of Huntington President & CEO, Charlene Farrell, led Mr. Rahall on a guided tour of the property and also introduced him to various staff and members of the Board of Trustees that day.

Congressman Rahall was very impressed by the facility, especially the view overlooking the Ohio River. “This is incredible. It’s just absolutely beautiful. Huntington should be very proud to have a facility like this,” he said.

It was a great opportunity to share thoughts and concerns about impending cuts to Medicare, which will have an adverse effect upon hospice care programs and services across the country.

“It’s always nice to have a face-to-face opportunity to meet with our elected officials and remind them of the impact we have upon people’s lives. Congressman Rahall is very supportive of hospice and it was nice to have him visit the Hospice House,” Charlene said.

Congressman Rahall represents more than 600,000 residents from the 3rd District of West Virginia, including Boone, Cabell, Fayette, Greenbrier, Lincoln, Logan, McDowell, Mercer, Mingo, Monroe, Nicholas, Pocahontas, Raleigh, Summers, Wayne, Webster, and Wyoming Counties in beautiful southern West Virginia.

Front row, left to right: Beverley Pofahl, Congressman Rahall and Charlene Farrell. Back row, left to right: Dr. Vera Rose, Karen Dickson, Dr. Ann Conjura and Shelly Betz.
**Local Attorneys Shed Light on Estate Planning Options**

Recently, several Huntington attorneys participated in a forum to provide valuable insight on the subject of estate planning. The occasion, “Evaluating Your Estate Plan in Ever-Changing Times: The Experts Weight In” welcomed a select audience, many of whom were interested in learning how to maximize their planned giving opportunities in these uncertain economic times.

Karen Dickson, director of planned giving and major gifts for Hospice of Huntington, organized the event and has extensive experience on the subject. She attended Marshall University and spent more than 28 years working in the financial services industry, where she was a Wealth Management Advisor and Personal Trust Specialist. She was also recently named president of the Greater Huntington Estate Planning Council. “The great thing about working with these legal experts is knowing that their advice is relevant and timely. I know them well and appreciate their willingness to share their wealth of knowledge among our supporters,” she said.

Each presenter focused on a specific area of expertise, including wills, charitable giving and tax issues. We want to extend a heartfelt “Thank You” to the following legal experts, who took time from their busy schedules to participate in this special event.

**Howard R. “Buck” Crews, Jr., Esq.**
Campbell Woods, PLLC
Powers of Attorney/Living Wills

**David H. Lunsford, Esq.**
Steptoe & Johnson, PLLC
Is Now the Time to Simplify Your Will?

**Leon Oxley, Esq.**
Frazier & Oxley, PLLC
Tax Consideration for Estate & Income Tax

**Bruce L. Stout, Esq.**
Huddleston Bolen, LLP
Simplified Charitable Giving

For more information on ways you can support Hospice of Huntington through planned giving and bequests, please contact Karen Dickson at (304) 633-2169 or by email at kdickson@hospiceofhuntington.org.

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**INDIVIDUAL RETIREMENT ACCOUNTS (IRAS) AND CHARITABLE DONATIONS**

December 31, 2009 and year-end tax planning is upon us; please consider the advantages of distributions from your Individual Retirement Account (IRA) as a vehicle to achieve your charitable goals.

The Pension Protection Act of 2006 (PPA) permitted individuals to roll up to $100,000 from an IRA directly to a qualifying charity without recognizing the assets transferred as qualifying income. The Emergency Economic Stabilization Act of 2008 extended this provision through December 31, 2009.

**DEFINING THE CHARITABLE DISTRIBUTION**
Distribution that individuals who are 70 ½ or older direct from a traditional IRA to an eligible charitable organization. There is a cap of $100,000 each year. The amount distributed directly to an eligible charity may be excluded from gross income.

**HOW CHARITABLE DISTRIBUTIONS IMPACT THE REQUIRED MINIMUM DISTRIBUTIONS (RMD) FROM A TAXPAYER’S IRA**
After individuals shortly reach 70 ½, they are generally required to receive distributions from their traditional IRA. For the purposes of RMDs, the Internal Revenue Service treats distributions from an IRA the same, whether individuals use the distribution for personal purposes or directs the distribution to a charity. When directing the distribution to the charity you will not have to report it as income and it counts as your required minimum distribution.

**MAKING A QUALIFIED CHARITABLE DISTRIBUTION**
Individuals must instruct their IRA trustee to make the contribution directly to an eligible charitable organization. The trustee will send the contribution directly to the charity. The charity furnishes you with a written acknowledgement of your gift for your records.

If you would like more information or I may assist you with questions regarding IRAs or making a charitable donation please contact me at (304) 633-2169.
A Dream Come True

On a cool, crisp fall evening, nearly 400 hospice supporters boarded the Belle of Cincinnati to enjoy good food, fun entertainment and a view of the Ohio River while the paddleboat cruised for nearly three hours. This was the third consecutive year for the “Lights of Autumn” fundraiser event, which has raised nearly $75,000 for Hospice of Huntington since 2007.

Once again, the event welcomed three live bands. Event attendees loosened up on the dance floor as live music flowed from each of the three decks, creating an atmosphere of leisure, excitement and fun. Music by The Catalinas, Live Bait and the Bob Thompson Unit provided tunes that range from classic beach and Motown era to New Orleans-style jazz.

The food was delicious and included beef brisket, salmon, fresh vegetables and an array of desserts. For some guests aboard the Belle of Cincinnati, the cruise was more than a night of fine dining and enjoyable music, but rather a chance to grant a wish.

Martha Fry, a Wayne County advisory board member for Hospice of Huntington brought her uncle Floyd “Giggs” Rider, who is also hospice patient. He has a passion for the river and had dreams of pursuing a career in boating, but never had the chance.

“Once he saw it in the (Sharing) magazine, he really wanted to go but we didn’t know if he would be able,” Fry said. However, after realizing her uncle’s desire to attend the event, Fry decided to make that wish come true and, despite his illness, Rider attended with his niece by his side.

“He was very excited and said he would never forget his experience of being on the boat,” Fry said. “He was just really excited to be there.”

Pictured above: Martha Fry, a Wayne County advisory board member for Hospice of Huntington came with uncle, Floyd “Giggs” Rider, who is also a hospice patient.
As joy and enthusiasm circulated throughout the boat, an unplanned situation arose for one attendee, who scaled the side of the Belle into a Coast Guard rescue boat in order to reach shore and attend to her very ill daughter.

“Each year for this event, we’ve been escorted on the Ohio River by the Coast Guard, just in case an emergency should arise. Of course, none of us ever thought we would actually need their help. Afterwards, I could not help but consider the similarities to seeking hospice care, because you’re just so grateful for the help in your time of need,” said Shelly Betz, director of development and community relations.

We want to extend our sincere appreciation to everyone who attended the event in support of Hospice of Huntington. We are truly thankful for the community’s continued support of our mission to provide quality end-of-life care. We also want to thank the following sponsors, who helped us offer such a fun and worthwhile event for this year’s “Lights of Autumn.”
Inaugural Induction Held for Dame Cicely Saunders Society

Since 1982, Hospice of Huntington has grown from an organization with a handful of employees and volunteers to nearly 150. Throughout this period of time, thousands of donors have offered support to ensure that everyone who is in need of quality end-of-life care receives it.

Over time, as the agency expanded its reach across five counties that include Cabell, Lincoln, Mason and Wayne in West Virginia and Lawrence County, Ohio, the growing list of supporters has witnessed such milestones at the opening of the Emogene Dolin Jones Hospice House in 2006.

Recently, a special donor program known as the Dame Cicely Saunders Society was formed to acknowledge supporters whose contributions to Hospice of Huntington total $25,000 or more. During an inaugural induction of members into the Society, held at Guyan Golf & Country Club, a group of donors was recognized during a special pinning ceremony. Among them was Bill Dolin, whose million-dollar gift was made in memory of his mother. “I think if somebody steps up to the plate, sometimes it becomes contagious and you get in the momentum of the thing and it just makes things happen.”

Karen Dickson, director of planned giving and major gifts, says the new donor program is not only a way to recognize past and current donors, but also helps to inspire others to support a worthwhile cause in the future. “Hospice is something that touches so many people’s lives. For those who have lost a loved one and want to honor the memory of that person in a lasting way, the Dame Cicely Saunders Society is one way to accomplish that,” she said. Karen is also working on other levels of donor recognition, including a donor tree for the Hospice House.

While the larger financial gifts help to further the good work being done at Hospice of Huntington, it is also clear that the smaller gifts made by individuals over the years has helped the organization become what it is today. “We really need the community to support Hospice of Huntington and our mission so that we can provide patients and their families with the needed care that is required at the end of life,” says Charlene Farrell, president & CEO.

$25,000-$49,999
**BRONZE MEMBERS**
- BB&T WV Foundation
- Janet E. Bromley
- Central Sales/David and Jean Ann Adkins
- Combined Federal Campaign of the River Cities
- Dillard Family
- Joan Edwards Equity Trust
- Michael J. Farrell
- Paul and Charlene Farrell
- 1st & 10 Foundation
- David and Laura Fox III
- Hamer Foundation
- The Mary H. and J. Churchill Hodges Fund of the Foundation for the Tri-State Community, Inc.
- Huntington Federal Savings & Loan
- Mary Moser Estate
- Sally B. Osley
- Jane Rardin and Jake Rardin IV
- Rubberlite
- R. W. Simmons
- Thomas and Beth Wilmink
- Thomas J. Wolf

$50,000-$99,999
**SILVER MEMBERS**
- Margaret K. Adkins
- The Earleen Heiner Agee and Robert W. Agee Fund of the Foundation for the Tri-State Community, Inc.

$250,000-$499,999
**PLATINUM MEMBERS**
- Anonymous Donor
- Garland C. Frasher Estate

1 MIL +
**FOUNDING MEMBER**
- Bill and Lois Dolin
This is Huntington’s best kept secret!” This statement has been heard more than once inside the Hospice Gift Shop, located at our main office building at 1101 Sixth Avenue.

Nearly six years ago, Hospice of Huntington began selling a small number of gift items by mail order through our Sharing magazine, including the popular hospice angel, silver prayer boxes, home decor pieces, jewelry, travel bags and other items. Customers sometimes came by the office to see our selection.

Originally, gift items were kept in a small room on the second floor that doubled as the office for our volunteer gift shop manager, Chelee Farrell. As visitors became more frequent, the need for a designated space for a shop became more apparent. In 2005, a room on the first level of the building (once used as a library) was converted into the gift shop. Gift items occupied nearly two-thirds of the entire shop and, once again, we experienced growing pains.

By 2006, sales in the gift shop had grown to the point where even more space was needed. Realizing the room on the front of the building used by the bereavement department for group meetings had a large, double window that could be used as a display window, Chelee convinced the staff that it was the perfect home for the gift shop.

We’re always searching for unique items to bring to the shop, such as jewelry made from recycled dominoes and recycled bottle caps that she recently discovered and purchased to sell. She also visits the Columbus Gift Market and selects items from local artisans such as lampwork beadmaker Liz Ryder. Some of the brands we carry are Grandmother’s Buttons, Greenleaf, Jim Shore, Mud Pie, Bunnies by the Bay, Robeez, Taggies, Twilight Turtle, Rothschild Farms, and Wind & Willow.

Upon entering the gift shop, customers are greeted by a friendly volunteer, a delightful room of gifts, food, baby items, jewelry, lamps, decorations for the home, purses, scarves, apparel, books, MU items, candles, bags and many other items that will soon have you remarking, “Oh, how cute!” “I’ve never seen any like this!”

The gift shop is staffed entirely by volunteers, which helps to keep the prices quite reasonable. Shoppers often let us know when they see similar items in other stores that are priced higher.

If you would like to be added to the mailing list to receive information about special promotions and activities (email or street address), please contact Mitzi Cyrus at (304) 529-4217 or by email at mcyrus@hospiceofhuntington. We invite you to stop in, see our terrific gift shop, and above all, SHARE THE SECRET.

Proceeds benefit Hospice of Huntington to help provide care to patients regardless of their ability to pay for services. The Hospice Gift Shop is open weekdays (10 am - 4:30 pm) and Saturdays (10 am - 2 pm).
National Hospice Month got off to a very tasty start at Max & Erma’s Restaurant at Pullman Square. It was the second consecutive year that the popular restaurant hosted a pancakes and sausage breakfast to benefit Camp Good Grief, an annual bereavement camp for children who have experienced the loss of a loved one.

Hospice of Huntington employees and volunteers served as honorary waiters and waitresses that day, serving up plenty of pancakes for our dining guests. In addition to raising nearly $900 to support the cost of hosting the summer camp, we also provided information about Camp Good Grief and other grief support programs. Attendees also had the opportunity to view video highlights from the summer camp.

While the winter months are upon us, it’s not too soon to begin thinking about Camp Good Grief and ways that you can contribute towards a successful camp experience for children ages 8-16 who have experienced a loss. If you are interested in volunteering your time for the multi-day camp, or would like more information, please contact our bereavement department at (304) 529-4217.

Order of the Eastern Star Grand Chapter of WV Awards Special Gift

We had some special visitors at the Emogene Dolin Jones Hospice House, who hand-delivered a heartfelt donation to our organization. The Grand Chapter of West Virginia Order of the Eastern Star donated more than $4,500 to be used towards caring for cancer patients. Dawn Fox, Past Grand Matron 2008-2009 and her husband, Tom, Grand Representative of the District of Columbia, drove from Millstone, WV that day, en route to a meeting in neighboring Guyandotte.

Charlene Farrell led them on a guided tour. “This facility is so lovely and you can feel the sense of caring by the staff. We are so appreciative of the great work being done by hospice. In 2009, we decided to designate our charitable cancer funds towards hospice and we are impressed that the money will be put to good use. Several of our members and their families have benefited from your care at the Emogene Dolin Jones Hospice House. Guyanotte Chapter # 89 donates money yearly in memory of Francis Holley,” said Mrs. Fox.

The WV Order of the Eastern Star donated a total of over $16,000.00 to Huntington Hospice, Hubbard House in Charleston, and the Northeastern Hospice Corporation this year. The Order of the Eastern Star is the largest fraternal organization of men and women in the world and promotes charities to our community and our fellow man.
Country Cookin’ & Crafts Dinner Delights Wayne County Crowd

It was a beautiful fall day on November 7th, when our Wayne County Advisory Board hosted a bean dinner and crafts show at Wayne High School. Nearly 300 people came out that day to enjoy a delicious meal of brown beans, cornbread, kraut salad, fried potatoes, and a variety of desserts. The menu sure was a crowd pleaser – comfort food just like mom’s cooking. Since opening the Wayne office in 2007, with the help of the advisory board members, word is getting out in a big way that Hospice of Huntington is a terrific community partner.

We also had a group of crafters who joined in the fall occasion to showcase their homemade items for sale. From jewelry to purses, candles, wood-painted collectibles and scents for the home and body, there was something for just about everyone to love. Many people ate and then shopped for Christmas presents.

Several Wayne County residents shared stories about the care provided to a loved one and made donations to our agency well above the $5 ticket price in support of our mission.

We want to extend a special thanks to the Wayne County Advisory Board members for taking on this project. And to our Volunteer Ambassador, Shirley Danysh, who is so giving of her time and talents, Thanks for doing such a great job with the crafters. Having them made the occasion even more special.

Also, we want to extend a special “Thank You” to Wayne High principal Sarah Stapleton and the cooking staff for their support and willingness to prepare the dinner on their day off. Everyone was so kind and helpful. We could not have done it without you all. PEPSI Bottling Group was kind enough to donate the beverages for the event, which was a big help. We hope you’ll all join us again next fall for what promises to be an even more successful occasion.
Introducing the 2009 Hospice Angel
Order yours today!

This exclusive hand-blown angel design was crafted by John DesMeules of Glass Dimensions in Eleanor, WV and features a multi-layered teal silhouette with a splash of gold that is so lovely and sure to add a special touch to its surroundings. These beautiful angels may be sent as gifts in memory or honor of someone special to you, or may simply become an addition to your collection.

Angels may be purchased by mail or at the Hospice Gift Shop, located at 1101 Sixth Avenue in Huntington. Quantities are limited. Proceeds benefit terminally ill patients in Cabell, Lincoln, Mason, and Wayne counties in West Virginia and Lawrence County and surrounding areas in Ohio.

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Yes! I want to purchase the 2009 Hospice Angel(s)!

<table>
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<th>Amount</th>
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<tr>
<td>S _____</td>
<td>51.00 each x ____ Angels&lt;br&gt;If shipped to address OUTSIDE WV</td>
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<td>S _____</td>
<td>54.06 each x ____ Angels&lt;br&gt;If shipped to address WITHIN WV</td>
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<td>TOTAL AMOUNT DUE</td>
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PAYMENT INFORMATION

PAYMENT TYPE

- [ ] CHECK (check #_______) make check payable to Hospice of Huntington
- [ ] CREDIT CARD

CREDIT CARD INFORMATION

- [ ] VISA
- [ ] MASTERCARD
- [ ] DISCOVER
- [ ] AMERICAN EXPRESS

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SHIPPING INFORMATION

- [ ] check here if same as address at top

IF SHIPPING TO A THIRD PARTY, PLEASE MAIL ANGEL TO:

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If ordering/shipping to more than one person/address, please include information on a separate piece of paper.

---

Return form & payment in person, or mail to the address at the right.

Hospice of Huntington, Inc.
c/o: Hospice Angel
PO Box 464 • Huntington, WV 25709
or fax to: (304) 523-6051
for more info call: (304) 529-4217 or 1 (800) 788-5480

Visit us on the web, www.hospiceofhuntington.org
Memorial Bricks Installed at Emogene Dolin Jones Hospice House

More than 100 bricks were added to the Memorial Path at the Emogene Dolin Jones Hospice House in memory or honor of loved ones. The bricks can be found along the backside of the property, which faces the Ohio River.

If you purchased a brick and would like to see it, please feel free to visit the House at your convenience and take a walk along the pathway. To make it easier to find your brick, you may contact Mitzi Cyrus at (304) 529-4217 to get information about its general location.

Thanks to everyone who supported the 2009 Memorial Brick Campaign. Your support is greatly appreciated.
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The U.S. Census is coming and it’s important. It determines the distribution of more than $300 billion annually of government funding for critical community services.
The Last Word

Thanks for Hospice Angels

If I remember correctly, it was the middle of June when my family became acquainted with the Emogene Dolin Jones Hospice House. I knew I was scared to death. I thought this would be the last time I saw my Mom alive. I was in for a great surprise and a gracious pleasure. Instead of a hospital atmosphere, there were caring angels awaiting Mom and our family. Never did or could I realize the warmth and caring my Mom and family would receive.

Mom was in and out of the Hospice House several times between July and August. We, the family, could not have asked for better care for her. The nurses were there to give her pain medication exactly on time; we didn’t even have to ask. The hospice aides were always there to ask if we needed anything. The cook needs to be commended for the wonderful food provided for the families and for our Mother. There was always soup from the family kitchen and the snacks from the churches were a welcome thought. Also, many of the other families staying there offered leftovers and sandwiches.

On September 7, 2009 our Mother went home to be with God. Although I was on my way there, I didn’t get to say goodbye. However, I did get to tell her the night before that I loved her and would be back in the morning. My father and sister took the night shift and my brother and I took the day shift. When it was warm enough, we would take her out side onto the terrace so that she could feel the warm breeze on her face. This was her favorite. Even when it rained, she wanted to be by the window with the drapes opened. Also, to Johnson Memorial Church, thanks and appreciation for the prayer shawl. I was privileged enough to receive it, and it gives me comfort and inspiration.

Our mother labors no more down here. She has gone on to her reward. What our family could do to comfort her, we cherish. We feel the loss very deeply, however we also feel the love of the hospice angels. They were absolutely gracious, from the ones at the Hospice House to the one who came to the house to care for our Mom.

From the bottom of our hearts, Thank You!

Donna Weston-Smith
For the family of Virginia Smith
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*Monday through Friday*
10:00 am – 4:30 pm

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Get your newest hospice angel today!

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