



High Peaks Hospice & Palliative Care is about

Board of Directors

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This life matters...

Is More Necessarily Better?

During the great ongoing health care reform debate of the past year, one of the most contentious topics has been in regards to “rationing” care. While this accusation appears to have been a result of purposeful misinformation it does bring up the question - how can the medical system better prepare the terminally ill and their families for the journey ahead and how, if physicians are willing to initiate the conversation, can that lead to a better experience for all?

In the May 2009 edition of the *Journal of the American Medicine Association* Indianapolis hematologist Dr. Larry Cripe writes of his journey of understanding end-of-life care. Once he would have asked, as others have asked him when he stopped treatment of a particular patient, “Why are we giving up?” Over the years, he says, the question has become, “Why do I not feel like I am giving up when I advocate end-of-life care rather than further chemotherapy?”

Cripe believes “it is too easy to recall the few people who lived despite the odds” after receiving aggressive treatment, and to forget the harm done to the others. In time, he says, “I have become more mindful of the need to prepare myself to invest the energy and to accept the vulnerability of discerning what would be important to accomplish if we accept that death is almost certainly inevitable and perhaps imminent. In the end, I have come to understand that those are the times when I need to be less of a physician in order to be more of one.”

To that end, more physicians need to be willing to have the delicate and often difficult conversation with patients and their loved ones regarding living wills, advanced directives and hospice care.

Columnist Ellen Goodman says that what our healthcare system “may need is not more intervention but more conversation. Especially on the delicate subject of dying.” Both the financial and the emotional incentives of the system favor intervention, with “doctors trained to write ‘hope’ on the prescription pad.” Goodman writes that, in spite of the flurry of interest in end-of-life documents surrounding the Schiavo case, “denial is still the default position. And maybe the destructive position.” Goodman concludes, “Recent research shows these [end-of-life] conversations result in less aggressive treatment, lower stress, a better quality of life for dying patients and comfort for those who will mourn them. If this is rationing, I call it rational.”

Tell Us Why You Support High Peaks Hospice & Palliative Care

We would appreciate it if you would take the time to e-mail us to let us know why you support our organization. Have you had family or friends who have used our services? Do you enjoy participating in our fundraising events? Or, do you traditionally support the same agencies each year just “because”? We would love to hear why you support us and, if you feel comfortable doing so, tell us your story about your experience with hospice.

If you would like to participate, please e-mail darsietownsend@highpeakshospice.com.

Thank you!

DIGNITY, COMFORT AND PEACE AT THE END OF LIFE
High Peaks Hospice & Palliative Care, Inc. provides end of life care that
Listens with respect, Cares with compassion,
Supports with choice, and Comforts with understanding
Wherever you call home.



309 County Route 47
P.O. Box 840
Saranac Lake NY 12983
518-691-0606

667 Bay Road, Suite 1
Queensbury NY 12804
518-743-1672

4322 Main Street
PO Box 192
Port Henry NY 12974
518-546-9850

From the Desk of the Executive Director

Thank You for Your Support in 2009

Dear Friends,

I would like to thank you all for the blessings you gave us in 2009. Despite the gloomy economic news your financial support was more generous than ever. The communities we serve supported us in so many different ways:

- ⇒ \$111,000 in gifts were made in memory of those we have served throughout the years;
- ⇒ Our direct mail appeals and contributions brought in \$127,000+ ;
- ⇒ Other events and fundraising activity raised over \$136,000;
- ⇒ Individuals in our communities, through their efforts, raised over \$22,500 by organizing and holding events on our behalf;
- ⇒ Our appeal for funds to initiate a Pediatric Program raised \$8,700 which enabled us to purchase equipment specialized to the needs of children to ease their distress and make them more comfortable;
- ⇒ The NYS Department of Health, through the efforts of Assemblywoman Janet Dupree, provided the funds needed to complete the implementation of electronic patient records;
- ⇒ Finally, private foundations donated \$46,700 which provided much needed funds for the expenses not covered by insurance reimbursement such as mileage reimbursement, and our Volunteer and Bereavement Programs which are vital to our mission.

My sincere and heartfelt thanks to you all, once again, for your generous support. With this thanks for all your financial support, I also want to express my grateful appreciation for your gift of time and the gift of your word. We serve your family, friend and neighbor and are listening closely as you make this journey with us.

With fond regards,

Jan F. Demers
Executive Director

***"We make a living by what we get,
We make a life by what we give."***

Winston Churchill

Ski & Support Hospice

Saturday, February 20th

9am – 4pm

***Join us for an affordable fun filled day at
Big Tupper Ski Area. 50% of all lift tickets and
lessons to benefit***

High Peaks Hospice & Palliative Care



For more information contact Sandy Bandru 518-891-0606 or visit
www.highpeakshospice.com or www.skibigtupper.org

An alternate date of February 27th is set should mother nature not cooperate!



Bring the kids!

PLEASE JOIN US...

SATURDAY, FEBRUARY 13TH

HIGH PEAKS HOSPICE & PALLIATIVE CARE

SNOWSHOE BENEFIT 9AM-12PM

AT UP YONDA FARM IN BOLTON LANDING

COME ENJOY THE BEAUTIFUL VIEWS OF
LAKE GEORGE WHILE SUPPORTING A GREAT CAUSE
PLEASE CALL SUNDAY CONINE AT

743-1672 EXT. 117 TO PRE-REGISTER

\$15/PP, \$25/COUPLE, \$30/FAMILY (UP TO 5)

INCLUDES RENTAL!

PARKING IS \$4/CAR



Enthusiastic 2009 participants

CHRYSALIS SINGERS CELEBRATE ONE YEAR ANNIVERSARY

The Chrysalis Singers for the Essex County office have just completed their first full year of bringing music to our patients and their families. After beginning in February 2009 with 16 singers, their number has swelled to 30 dedicated voices, hailing from AuSable Forks to Olmstedville. The group has sung to about a dozen patients, as well as at our HPH&PC annual meeting and two memorial services.

In the past year, the Chrysalis Singers have shown their commitment to our patients by contributing over 850 hours to rehearsals, visits to patients and other HPH&PC activities. They have also cumulatively logged almost 9,100 driving miles!

The success of this group has been instrumental in the formation of another Chrysalis Singers group in our Tri-Lakes office, which has already begun singing to patients.

We extend heartfelt thanks to all the individuals who have given their time and voices to the Chrysalis Singers!



2010 Hospice Foundation Teleconference

CANCER AND END-OF-LIFE CARE

Wednesday, March 24, 2010

1:30-4:30pm

The Hospice Foundation of America's 2010 teleconference will address care options related to cancer diagnoses as well as loss and grief reactions for patients, families and professional caregivers.

It will also examine psychosocial aspects of cancer, pain management, and ethical issues related to the disease

Public Welcome

Each of High Peaks Hospice & Palliative Care's offices will host the teleconference. If you would like to come please identify which of the sites listed below is most convenient for you and give the appropriate High Peaks Hospice & Palliative Care office a call to reserve a space or to ask questions.

GLENS FALLS HOSPITAL, Community Room

Contact Erika Walker 743-1672

ADIRONDACK MEDICAL CENTER Redfield Room

Contact Kathy Sauers 891-9631 ext 117

ELIZABETHTOWN COMMUNITY HOSPITAL

Contact: Steve Smith 546-9850

CEUs are being offered for nurses, social workers, counselors, case managers, funeral directors, clergy, and physicians. Please verify CEU availability at your local site and your professional and state board approval. There is a \$25 online processing fee per certificate, per participant. Online CEU instructions will be provided to you on March 24.