



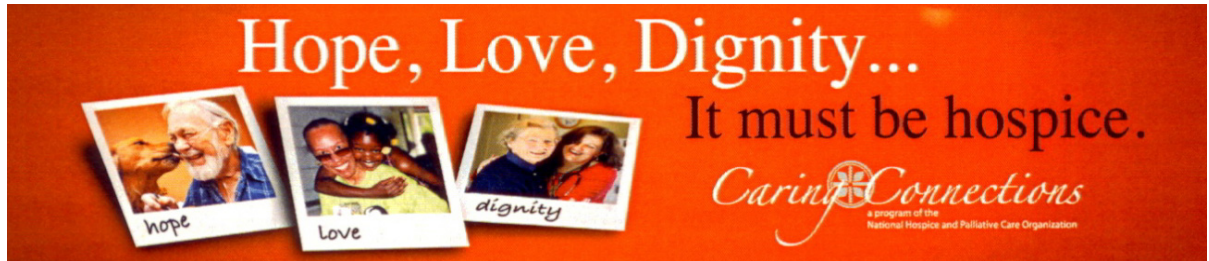
REFLECTIONS

October 2009

High Peaks Hospice & Palliative Care is about living...

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Preserving a legacy...treasuring memories

November is National Hospice and Palliative Care Month. This year's theme, preserving a legacy...treasuring memories, emphasizes that hospice and palliative care professionals and volunteers understand that every person they care for is a unique individual with a lifetime of experiences, relationships and gifts to share. Hospice and palliative care brings comfort, dignity and peace to help people live every moment of life to the fullest, leaving loved ones with memories they can treasure.

Many people think that hospice care is just about dying. Hospice care is more than that - hospice brings comfort and support to people facing a life-limiting illness. It also reaches out to provide support for the family and friends who love and care for them.

Hospice care honors life's journey, leaving a legacy of compassion and caring. As the holidays approach, many of us will gather with family and friends. More often than not, these gatherings will include reminiscences about loved ones. Remembrance plays an important role in difficult times, too, especially at the end-of-life.

Last year 1.4 million Americans were served by the nation's hospice providers. As we celebrate National Hospice and Palliative Care month this November let us remember those who are no longer with us. When we or someone we love is facing a life-limiting illness let us also remember the words written by Dame Cecily Saunders, the founder of the modern hospice movement:

"You matter because you are...You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but also to help you live until you die."



How Can You Help a Grieving Loved One Through the Holidays?

The holidays, especially the first ones after losing a loved one, are especially difficult for one who is grieving. Often, friends and family members of those affected by a loss are unsure how to act or what to say to support their grieving loved one during the holidays.

In general, the best way to help is to let them know you care.

They need to be remembered, and they need to know their loved ones are remembered, too. Hospice grief counselors emphasize that friends and family members should never be afraid of saying or doing the wrong thing, because making an effort and showing concern will be appreciated.

For "12 Practical Tips for Saying and Doing the Right Things" go to:

highpeakshospice.com/12_HOLTIPS.html



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This life matters...

2clicks for Hospice!

The Holiday shopping season will be upon us sooner than you think. Shopping locally is important. But...If you find yourself shopping online as well, as more and more of us are doing, please consider visiting:

www.2clickfundraising.com

then clicking on "High Peaks Hospice & Palliative Care, Inc," then your store of choice.

There are over 100 well-known stores to choose from including Amazon, eBay, Dick's, iTunes, Buy.com, the Gap and Sears. For each purchase you make, High Peaks Hospice & Palliative Care will receive a donation at no extra expense to you! These are the same deals at the same prices you would normally pay but the businesses are donating a portion of their proceeds directly to the charity of your choice.

This is a great way to shop on line and help your favorite charity at the same time!

The 2009 Events are behind us...Please take the time to look at the photos and read about our three September fundraisers. All of us at High Peaks Hospice & Palliative Care extend a huge thanks to all of you who participated in any of our 2009 events!



Executive Director Jan Demers (left photo) "pinning" Dr. North during 2009 cruise.
(Photo right) Dr. North's sons and friends enjoying the evening.

In Celebration of Life Cruise

The 2009 *In Celebration of Life* Sunset Cruise & Silent Auction is in the past but a great time was had by all! The dance floor was hopping and the Silent Auction bidding was, as always, brisk.

This year the pasta station was replaced by a scrumptious roast beef carving station. All of the hors 'd oeuvres were new and the addition of a variety of desserts and coffee was a huge hit.

The highlight of the evening was the recognition of Dr. James North for his thirteen years of service to High Peaks Hospice & Palliative Care.

Call for Seasonal Addresses

In an effort to save on postage expenses, we would appreciate it if you would let us know if you have a seasonal address that is other than the address that we normally send mailings to.

If you do, please e-mail the information to:

darsietownsend@highpeakshospice.com.

Be sure to include the months that you will be at your seasonal address. Thank you for your help.



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





Executive Director Jan Demers (left photo) addressing party-goers. (Photo right) HPH&PC Development Coordinator Sandy Bandru gives a warm hug of thanks to Ann Merkel.

150 Enjoy Harvest Celebration in Lake Placid

On a crisp autumn evening in September over 150 people enjoyed warm camaraderie, great food, quiet music and gorgeous views at the home of Adele and Tom Connors in Lake Placid.

Jan Demers, Executive Director of High Peaks Hospice & Palliative Care paid special tribute to Ann and David Merkel, thanking them for their great vision and determination to make High Peaks Hospice come to life 23 years ago.



Hoedown for Hospice: Cheryl Olson of HPH&PC holds Alfalfa as Ike Turner gives her a smooch. (Photo right) Square dancers enjoy the evening!

Hoedown for Hospice in Westport

The 2009 Hoedown for Hospice kept a small but enthusiastic crowd busy on the square dance floor to the calling of local favorite, Gary Finney.

Local hot dog vendors were a big hit as the square dancers rested between sets and campaigned/voted for the local politician they most wanted to see kiss a cow at the end of the evening.

Though Alfalfa the cow was a bit timid, he stepped up to the plate and offered the winning politician, Westport Town Councilman, Ike Turner, a happy wet smooch.

Perhaps the concept might catch on in national elections?

UPDATE ON ELECTRONIC RECORDS

As of November 2nd two out of the 3 High Peaks Hospice & Palliative Care clinical offices will officially be converted to electronic record. The third office will convert soon after that. What this means to our patients is that all staff will be able to access the most current patient information at any time. Because a patient's status can change quickly - for better or worse - it will assure that the care they receive will be the optimum for their current status. More updates to follow!