



TWO PERSPECTIVES FROM CAMP ENCOURAGE

Attend Camp Encourage just once and it could change your life forever. This is how Abigail Jutte of Ft. Recovery feels. Abigail has been volunteering at Camp Encourage as a camp buddy and group leader for the past few years, but she has been involved with camp since she was just a child. She first attended camp at the age of five. Her mother had heard about State of the Heart's then Camp Bearable within their community and decided to sign up Abigail. After her first year, Abigail continued to attend camp throughout her whole childhood. As a child, she recalls how hard it was living in a small town and not having many people to connect with that could relate to losing a loved one. Camp Bearable allowed her to realize she wasn't the only one who had lost a parent, and opened up the door for her to make many new friends that she could share similar feelings and memories with. To this day Abigail is still friends with several of those same campers.

When looking back on some of her favorite memories of attending camp as a child, Abigail specifically remembers the balloon launch held during Camp Bearable and receiving small keepsake items that she still has to this day. Abigail shared that those activities and topics demonstrated during camp helped her learn coping mechanisms she could use in her grieving process. "When you are five you don't realize what death is but camp helped with feelings of loneliness." Camp also taught her it was normal to feel angry, sad, or upset and provided tools on how to manage those feelings like using breathing techniques. Abigail said it is important for youth that have experienced or been affected by a loss to attend camp to learn these habits and to see "they aren't the only kid in the world to have close losses in the family."

Abigail, now a teacher's aide at St. Marys, knew she wanted to remain involved with camp since attending as a camper had left such a huge impact on her life. This year marks

her 5th year as being a camp volunteer. When asked why she wanted to come back as a volunteer Abigail stated she wanted to "truly give back to camp for what they gave me. Helping kids is my passion and this had one of the biggest impacts on my life." She also enjoys volunteering because of the opportunity it gives her to pay it forward and help as many kids as she can through this process, and maybe seeing some of the campers come back one day as volunteers themselves. To Abigail, Camp Encourage is humbling and she wants to stay involved with it as long as she can. She said it best when she explained what Camp Encourage means to her, "Family. Although only one weekend, it is a family for a lifetime. It's a safe place to let feelings out and a place to feel loved and accepted."

This year's camp will be held July 12-14 at The Spiritual Center Montezuma Retreat House in Montezuma, Ohio. Camp Encourage continues to strive to bring the children it serves the resources they need to fully express themselves and know that they are not alone in their grief. Our camp began in 2000 with 15 children and over the past eighteen years, we have served more than 730 youth in our communities. If you have any questions or would like more information regarding attending or volunteering for Camp Encourage please give us a call at 800-417-7535. Ashlee Slavin, Camp Director or Sarah DePoy, Assistant Camp Director would be happy to speak with you.



WALKING WITH A PURPOSE

Do you find yourself saying 5Ks aren't for you? That you could never run or even walk that far? Instead of throwing in the towel before even giving it a try, you may want to find some inspiration from a man named Harry Fetter. We first became aware of Harry a few years ago when he attended the Heart and Sole 5K with Al Groth-a volunteer, current board member, and past board President for State of the Heart Care. Al assisted Harry in walking the entire course, and this has since become an annual tradition for the two of them. What makes this truly special is that Harry is completely blind, and has been most of his life. Yet he doesn't let this stop him from enjoying some of his favorite hobbies, which include walking five miles near his home in Winchester every morning.

Al said he has known the Fetter family for years since he and Harry are neighbors and Al farms some land Harry owns. Harry enjoys spending time on his farm. His visual impairment does not stop him from tackling any task that may come his way. When he was still farming his own land Harry would drive the tractor with some assistance from his mother. Harry has painted his own house and even continues to shovel his own drive when it snows. Although currently his favorite thing to work on at home may just be his garden, which Al says, "is the best garden you will see in the county and has the straightest rows." Harry uses strings in his garden with knots in them to help him know where to set up and plant the rows.

When asked what he's gained from their tradition of walking in the Heart and Sole 5K Al stated he and Harry have become closer friends. And according to Al,



Harry really enjoys the opportunity of getting out of the house and spending the morning and afternoon of the race socializing. Harry has been an inspiration to Al, and Al plans to continue helping Harry stay involved with our 5K. We would love to see you come out and run or walk alongside Harry and Al this year on April 6th, 2019 at State of the Heart's 6th annual Heart and Sole 5K. You can find a link to register at www.stateoftheheartcare.org or at <https://runsignup.com/Race/OH/NewWeston/HeartandSole5KOH>. The Heart and Sole 5k is the first race in the Darke County Wellness Challenge. You can find more information about the Challenge at www.darkecountywellnesschallenge.com. For any business or individual interested in sponsoring the race, or for any race day questions, please contact Erica Wood, Race Director, at ewood@stateoftheheartcare.org or 937.548.2999.

VOLUNTEER SPOTLIGHT



We would like to introduce our new Volunteer Coordinator Alexis Burdette, who started with us this December! This is not her first role working with volunteers. Previously she was a Volunteer Coordinator at Good Samaritan Hospital. When asked what led her into this line of work she stated, "I've just always enjoyed the volunteers' company and when I started couldn't believe there were so many people out there that dedicated so much of their time volunteering." She is truly excited to meet and get to know all of State of the Heart's current volunteers and hopes to create some new volunteer opportunities within our agency. Alexis is from Eaton, Ohio and in her spare time she enjoys crafting, spending time with her son, and watching movies.

Alexis is also excited for National Volunteer Week, which will be celebrated throughout the country April 7th-13th. This year's theme is "Celebrate Service." We will be recognizing our volunteers during this week as this is a great time for us to thank them for their dedication and willingness to help our patients and families when and where needed.

EMPLOYEE SPOTLIGHT

Please welcome State of the Heart's newest employees as of 07/01/18:

Kelly Parker - LPN Weekend Warrior
Whitney Reed - RN Weekend Warrior
Jenna Crull - Social Worker
Paul Myers - Director of Finance
April Wright - Hospice Aide
Chelsea Welch - Hospice Aide
Rosanna Flores - Medical Secretary
Charity Linder - RN Float
Alexis Burdette - Volunteer Coordinator
Jennifer Long - RN Weekend Warrior
Alexia Sykes - Medical Billing and Supply Specialist
Mercedes Shaffer - Hospice Aide
Therese Lochtefeld - Accounts Payable
Monica Shreeve - Primary RN
Tanya Marker - After Hours RN

Let's also celebrate our internal transfers as of 07/01/18:

Kendra Aller - Purchasing & Supply Specialist to PRN Hospice Aide
Jodie Anderson - Hospice Aide to Admissions Assistant
Megan Stastny - Hospice Aide to Receptionist
Shanna Sutter - After Hours RN to Care Center RN
Jennifer Wolf - Weekend Warrior to Primary RN
Erica Wood - Accounts Payable to Business Development Specialist

6th Annual Heart AND Sole 5K

April 6, 2019

This is our 6th annual run/walk, which will be held at Eldora Speedway. This event boasts over 300 participants from the public and we also invite families of former patients to remember their loved ones. This year, we will feature a kids' fun run (weather permitting), as well as a pancake breakfast post-race. This will be the first race of the Darke County Wellness Challenge. The proceeds from this event support our Hospice Care Center, located at Wayne HealthCare. The Care Center is our inpatient hospice unit designed to provide short term care for patients who can no longer receive care at home due to symptoms related to their illness.



*It's been an honor to be a part of
your loved ones journey....*

"What a blessing you have been to us. You will always have a place in our hearts for the care and concern you showed our father, as he was very precious to us. You reached out your hands to us at a time we were overwhelmed with his care. He is now at peace."

"I would not have been able to care for my mother without the help of Hospice. They were there any time I needed them. They were kind, gentle, and warm. They were always concerned about my mother's well-being as well as mine. I'll be forever grateful."

"My husband's family and I were extremely impressed by the care and the Hospice care facility at Wayne Hospital. I pray that if I am ever in an end-of-life illness, that Hospice will be there for me."

"Our family would like to thank each and every staff member of State of the Heart for all of their hard work and devotion. It takes a very special group of people to care for those who are unable to care for themselves. You have been chosen by God to be his "Earth Angels" and spread his love and care to those in need."

"Thank you for making his last day here be as comfortable as it could be. You were all so kind to him and his family. I don't have the words to say but thank you from the bottom of my heart!"

"We appreciate having all of you with us at that difficult time in our lives, thank you for all of the support and comfort you provided for us and the extra care of our brother."

"We wanted to thank everyone who took care of our mother while she was in your care. All of you were so wonderful to her and to all of us. You all go above and beyond with your care of your patients."

"Thank you all for being so kind to us. But most of all for taking care of our loved one. You showed so much love for her in her last days. It touched our hearts."

Upcoming Events

- Greenville Grief Groups-First Tuesday of every month
- Eaton Grief Groups-Third Thursday of every month
- Winchester Grief Groups-Third Thursday of every month
- Spaghetti Dinner Fundraiser-March 9th
- Soup Competition-March 27th
- Brunch with Bob-April 1st
- 6th Annual Heart and Sole 5K-April 6th
- National Healthcare Decisions Day Presentation-April 16th
- 24th Annual Ohio Memorial Golf Outing-June 7th
- Camp Encourage-July 12th-14th

For more details on these events please visit our website at stateoftheheartcare.org

"Amazing care for my mom and myself! They made this very difficult time easier by caring and listening. Most importantly they care and respected my mom. I could not have asked for anything more. What a blessing when I needed them most."

"Everyone involved in my mom's care were angels with wings. I could never thank them enough. I will always think of them as "best" friends at the saddest time of my life."



24TH ANNUAL OHIO MEMORIAL GOLF OUTING

June 7, 2019

Presented by



This outing is a longstanding tradition for State of the Heart, going on its 24th year. The event will be held at the scenic Stillwater Golf Club in Versailles, Ohio. The outing will feature an afternoon flight of golfers from across our service area. Money raised supports our general patient care fund. Our patient care fund ensures that we never have to turn anyone away due to their inability to pay or mounting debt from healthcare costs.

