



994 Long Pond Road  
Rochester, NY 14626

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Rochester, NY  
Permit No. 1242

## *Journey Home Celebrating the Coming of our 20th Anniversary*

### *Our Mission Statement*



Journey Home is a Comfort Care Home. Our goal is to provide guidance and support to individuals and their families as they journey through the dying process.

A dedicated team of volunteer caregivers and nurses embrace our residents by offering them physical, emotional and spiritual care. A hard-working support team of caregivers takes care of the running of the home. At Journey Home there is no charge because the majority of the care is provided by our volunteers. We survive solely on donations from the community, memorials and fundraisers, such as this \$9.94 or More Campaign.

May you know peace,

*The Journey Home Family*



## *\$9.94 or More Campaign*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Amount Donated:

\_\_\_\_\_  
Thank You

*Please mail check to: Journey Home, 994 Long Pond Road, Rochester, NY 14626*

*Donations are gladly accepted on our website: [JourneyHomeGreece.org](http://JourneyHomeGreece.org)*



# From the Heart of the Director...

## And Then There Was One...

While at a screening for a potential resident, it warms my heart when the person says to me, “I am ready for this journey;” “I’m comfortable with my life and my end of life to be.” “I have done all I need to do and am ready!” Yet in their personal acceptance and embracing of their dying, the family is often suffering—sometimes quietly, sometimes out loud.

“How can I let them go?” “Are you sure we have tried everything?” “How can I let go after loving and caring for them all of these years?” “Are you guys for real!?” I’ve heard it all! Our health care community often confuses people with many choices and the carrot is dangled in front for “one more treatment, one more try.” Our loved ones are the ones who know what more they can do or not do. They are the only ones who know how they truly feel—tired physically, mentally and tired of fighting.

We are a society of extremes. We eat, drink, smoke, play hard and work hard. Often our terminally ill people are exhausted from doing all of the above, even when they are suffering. Our loved one’s energy is being robbed from them. Their systems are filled with chemicals and disease and yet they work so hard at trying to please everyone.

Our jobs as caring human beings is to stand back and listen with an open heart. Not to be afraid to defend our loved one’s choices—whether to be aggressive or to simply embrace the journey with love and compassion.

At Journey Home we often hear, “how can I make my kids or my spouse understand?” “How can I help them accept my decisions, my demise?” We work hard at offering careful explanation, both medical and personal. To teach about the journey, one we all must make, by sharing our experiences both personally and professionally. Through meeting our residents’ basic needs, their spirituality, their love of music or TV, things that make our residents’ life natural and normal. The secret is to allow both the families and the resident time to breathe, time to vent and yet still be joyful in the midst of such deep sorrow. Whether through rituals, hand holding or lots of hugs, we are there for them. We offer a presence whether through tears, screams of frustration or laughter allowing our residents to freely be themselves.

Together, we journey not just with the resident in our care, but with the family as well. We are honored, we are blessed and we are humbled at all these wonderful 490 people who have gifted us with their lives. It is a joy to be in this little home on the corner of Long Pond Road and Vintage Lane.

***Thank you for your continued support!***

Peace,

*Tracey Jagla*

Tracey Jagla, RN, BSN — Director of Journey Home, Inc.

