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Volume 31 Issue 1

Spring 2025

#### **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. 994 Long Pond Road Rochester, NY 14626 (585-225-1240) www.journeyhomegreece.org

### From the Heart of the Director.....

#### **Board of Directors:**

Anita Roach, Co-President Sandra Stone, Co-President Jennifer Sanz, Vice President Robert K. Malone, Treasurer Joan Gardner, Secretary Thomas Cusker, Esq. Todd Schirmer

Lawrence Johnston, CMA ~Financial Manager Tracey Jagla, RN, BSN ~Director

#### Caregiver Support:

Sue Altpeter, RN Renee Capizzi, RN Judy Johnson, RN Lori Kennedy, RN Nancy Krewer, RN Ruth McNamara, RN Debbie Merklein, RN Nancy Stephany, RN

#### Support Staff:

Barb Elam ~Volunteer Coordinator Sue Stiles ~Administrative Assistant Just inside the front foyer of Journey Home are three treasures. There is a beautiful quilt, hand made by Sue Dettman, where we write down the residents names we hosted from 2009 on. You can't miss it. It's bright colors and patterns adorn and welcome both those coming in and those leaving. Sue's dad died at JH in May of 2000. Today she runs and participates in our cleaning crew. Sue is another special person who not only experienced journey home and supports us still. As we reach our 26th year of caring, we hold close the memory of the 600 persons we have walked beside and loved on their journey home.

Secondly, our greatest gift: two pictures of our current volunteers. Although the numbers have dwindled, we are proud of our teams of resident caregivers, support caregivers, staff, home health aides, nurses and our board of directors. Our past volunteers helped to build this unique foundation and our newer volunteers are carrying out the mission. We are forever mindful and grateful for the love in and around our home. *Thank you!* 

Lastly, my personal treasure lies in the photo of my mom, Jeanie Premo. Mom was the true inspiration behind journey home. She even named it before she passed away in 1993 of ovarian cancer at the tender age of 58. She insisted I open a comfort care home/hospice home on the west side of the county. Mom raised me with a deep faith, a love of people and of caring for them and a pride in my own community. Six years later we opened our doors with the love and support of the Holy Name of Jesus Community, the Perotto family, the Rochester Labor Unions and the Greece community. My husband John and my family joined me and supported the efforts along the way. What a beautiful gift our home is to this community of Greece and the surrounding towns. Join us with joy and success going forward as we try to keep a light lit on the corner of Vintage Lane and Long Pond.

Peace,

Tracey Jagla, RN,BSN Director









# Volunteer Corner

### "Volunteers don't get paid, not because they are worthless, but because they're priceless."

Sherry Anderson

I believe that this quote is true. I also believe it is inaccurate...volunteers DO get "paid".

At Journey Home there are many committees that function with the help of generous volunteers. We have kind, thoughtful people who make phone calls, clean the house, tend the gardens, create fundraisers, write thank you notes, perform maintenance, bake "sweet treats," fill seats on the Board and care directly for residents.

Each of us gives of our time and talents to make Journey Home the caring place that it is. True—we do NOT get any financial payment for our time. Our "pay" is in intangible gifts.

We make the house a home. Every volunteer adds to the "family" of Journey Home. In return we get a sense of accomplishment, a feeling of pride, knowing that we made a difference.

I'd like to take a minute to mention the committee that I volunteer with—caring directly for our residents. This care is very much like what you would provide for a loved one at home, help with bathing, meals etc. One of our aims is to develop trust and relationship. One memory that will stay with me is a relationship that started over coffee. The resident liked "4 sugars and 3 creamers." I like my coffee black so that is a lot of sugar and cream to me. One morning after their coffee, this resident told me I was lovely. I almost cried… "lovely" because they appreciated a simple cup of coffee. For this same resident, I walked into the room some weeks later to see a volunteer sitting right next to the bed in silence, holding the resident's hand, as the resident lived their final hours…always respected with care and compassion. What we receive from the residents goes well beyond any possible monetary value. We all work together to make a difference during an important part of someone's life.

I'd be remiss not to mention that Tracey (our director) and our per diem nurses lead us in resident care with dedicated professionalism. Another "payment" volunteers receive is the whole nursing team's teaching and example.

I hope that you can see how much I value the intangibles I receive as a volunteer. I also hope that if you are already a volunteer, you know that you are both "priceless" and appreciated!

Lastly, if you are moved to become a volunteer on any of our committees, please reach out to us. Our office can be reached at 225-1240 or <u>office@journeyhomegreece.org</u>. I will contact you when we schedule our next New Volunteer Orientation.

The "pay" is great. You will be priceless.

Barb Elam Volunteer Coordinator



Journey Home, a comfort care home offering care to the dying, is actively searching for a couple of per-diem nurses to help oversee our home, supervise the caregivers and offer loving support and care to our two residents and their families.

It is a humbly paid position of hands and heart for we are not-for-profit home. Nurses must have an active license with some clinical experience and some hospice experience either personally or professionally. The job requires a weekend shift once a month and occasional holidays, on call, evenings and at times day shifts. As a per-diem nurse, you choose what works best for you. For more information, contact the Director,Tracey Jagla, RN, BSN at director@ journeyhomegreece.org or 585-225-1240. Website: journeyhomegreece.org

For all who donated to our \$9.94 or more campaign this year, we humbly *Thank You*. Your continued generosity helps us to continue the gentle care we offer here at Journey Home.

# Looking Through The Window ...

Today, I am looking through the office window. What a joy to witness young people talking with the volunteers and our nurses. There is a special light that radiates as they want to learn from us.

It's a quiet Sunday. I can hear a strumming coming out of the fireside room. Tiptoeing in, I see Chris, our Harley student, playing the guitar for Newton. Newton is originally from Jamaica. Chris's dad is from Jamaica, so Chris has an understanding of the music and the culture.

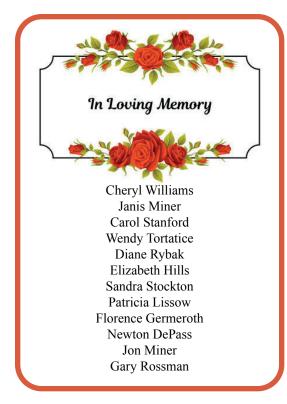
Chris and Jordan are students from the Harley school. This school in Brighton has an actual hospice program elective. They are taught about the philosophy of hospice care and how to do the handson care. Thus, when they come to JH, they are trained enough to dig in and volunteer alongside the volunteers. It is such a gift to receive at least 2 students a year who live in our area.



Oh no, the tree out front with the ornaments on it blew over again. I have tried to stand it up but alas, I am not strong enough. Mike E. came by and saw it too. He went down to help at his church on Long Pond and while there asked for help. A group of people came down right away, dug a hole and stabilized the tree. What a gift. This winter was such a rollercoaster with the winds, snow and cold rain.

I do travel outside of the home at times. This time I went to Hilton for Patti's funeral at St. Leo's. I was speechless at the love of her community there to honor her. The number of persons in uniform who later lined the path to the hearse touched my heart. She is part of the fire community in Hilton, as is her whole family. There was such a tremendous respect for her years of service with the auxiliary and for her ongoing support of her husband and sons and daughter. Well deserved as she was a very special resident to us.

I continue to be blessed and honored by the love I see every day, through the windows of Journey Home.







## Kudos to 26 Years!

Twenty-six years ago, Journey Home opened its doors to residents. After some digging, I was able to find the names of the people we welcomed through our doors. The first year started on May 19, 1999, thru March 8, 2000. (Our fiscal year runs from April 1st until March 31st.)

Beth Johnson (46) was our very first resident. She came through the front door, suitcase in hand. She stopped in the foyer, set down her suitcase and said, "I feel such peace here." My heart leapt as our first goal was met—"peace in our home".

#2 was Ellsworth Liese.

#3 Mary Burns. Mary's daughter, Joanne Burns, volunteered for several years helping us with office work and later maintaining our beautiful gardens out back. She put much love and care into our home. We are forever grateful.

#4 Mary Barrile.

#5 Rae Hauck.

#6 John Ruth.

#7 Bill Moriarty.

#8 Marcelle Brucato—Mom to Vivian Van De Velde, a Rochester area author.

#9 Francis DeGloma.

#10 Norman Dunn.

#11 Rose Gasser—who we sent home after she outlived her stay. Fond memories of a celebratory New Years Eve come to mind.

#12 Jane Parker.

#13 Marion Manicone.

#14 Dorothy (Dottie) Bremner.

Each resident and their families shared their stories, as they allowed us to walk beside them on their journey. We are left with a golden thread on our tapestry of life at journey home.



A pleasant evening at the Greece Library. On March 27th, an author reading was attended by quite a few readers. The library honored Journey Home and our work with requested donations to us. I was thrilled to meet the author, made extra special with a hug and a generous donation from herself! Kudos and well done Greece Library and Mikki!





## Lessons learned from an Old Hospice Nurse

After 44 years of nursing with about 40 years dedicated to hospice, I am still learning. Each time a new resident comes to journey home, I am starting anew. All the years of experience do not help when we are presented with a newbie with unique and special needs. There are so many illnesses out there and constant changes with meds and care. Our job as house nurses is to set up a care plan, medications and information about our new residents in such a way that the volunteers can give competent and efficient loving care. It is never seamless and with each new admission, I find there is one more thing to learn. We do work with the hospice team on the admission, but they like me, know little about our person. Thus, we muddle through together.

Often the new resident comes in at the end of their illness and already experiencing end of life needs. We must work quickly to maintain their pain control, their anxiety, and their family's needs as well. The number one challenge is to build their trust in us so that we can offer our knowledge and care quickly. We also need to maintain the volunteers' trust that we know somewhat what we are doing. I have an amazing team who are very patient with me and eager to continue learning along the way, as we need to change things so often. My nurses are a true gift to myself and my volunteers.

The result of seeing a family relax and laugh, sharing stories with and of the person we are caring for is the cherry on top. Then and only then do we know we have done a good job of reaching our mission—peace on the journey. There are many nights me and the nurses go home frustrated and feeling helpless only to rest and come back the next day to a gentle smile, a rested soul and a peace in the home.

End of life care will always be a challenge. And contrary to what you hear about, why do we allow a person to suffer? Can't we do more? The answer for us at journey home is dying is a natural part of life. Part of the journey is suffering as one finds peace through saying their goodbyes, using meds which offer comfort, seeing that last wish come through...all of which could not happen if we "rush the journey" along. Pain can be controlled with careful love and care. Peace can be achieved through the anger and working out of the issues that need to be taken care of before one can pass on to the next place. In a nutshell, this is our mission to offer comfort and loving care to persons and their families on their journey home—no matter how hard the path is.



Forever learning,

*Tracey* Honored Director of our beautiful home!

A very special shout out to our winter helpers. This winter was a true rollercoaster. We are grateful for our new heated mats on the front deck. But even more grateful for the volunteers who helped get us through the snowy times. Mike Ewanow, a resident caregiver and member of the fundraising committee, took over the much needed job of supplier of salt. Brad Webb, Alan Stone, resident caregivers, and many others helped to clear our pathways. I am grateful as I know it is a hard job to keep ahead of. Patrick and his son Jon did an awesome job plowing and they even climbed down from their warm trucks to shovel our decks in the middle of the night. I could not be more grateful. Thanks to <u>ALL</u> who gave that extra care to our icy home.

# Journey Home's 30th Annual Golf Classic

JOURNEY HOME'S 30th ANNUAL
<b>GOLF CLASSIC</b>
Monday, August 4, 2025
<b>Ridgemont Country Club</b>
3717 W. Ridge Road
Rochester, NY 14626
<b>Registration Form</b>
Platinum Sponsor @ \$1 200 (4 Golfers)

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□ Silver Sponsor @ \$300 (1 Golfer)

- □ Bronze Hole Sponsor @ \$125
- □ Program Sponsor @ \$50

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Company Name:
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Address: \_\_\_\_\_

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Phone:

E-mail:

- (Please check the appropriate boxes)
- □ Golf, lunch & hors d'oeuvres @ \$165/person
- I'm unable to participate. Enclosed please find my donation to Journey Home, Inc.

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

#### Please reserve my player position(s)

	Positions	@	\$165	each	(or	as	per	above)	)
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Name (team captain):

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Other members of my foursome are:

Name: \_

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

Name: \_

Please make check payable to Journey Home, Inc.

In a separate envelope, please mail this completed registration form along with your check to the address below by, **Friday**, **July 18, 2025**.

Journey Home, Inc. Attention: <u>Golf Classic</u> 994 Long Pond Road Rochester, NY 14626

### A Day of Golf & Fun

**11:00 AM - 12:00 PM** - Registration & Box Lunch (course side)

12:00 PM - Four Person Scramble Shotgun Start

4:30 - 5:30 PM - Cocktails & Hors d'oeuvres (cash bar)

Any questions? Please contact:

Warren Hasman at warrenhasman@gmail.com



Come enjoy a memorable day of golf, good times and camaraderie, while raising money for a great cause! Get some of your friends together & join us! We really appreciate your support!

PayPal<sup>®</sup>

Visit our website at www.journeyhomegreece.org to make a PayPal donation with your credit card.

### United Way #2212



Visit **<u>uwrochester.org</u>** and choose **Donor Option #2212** to designate Journey Home as your donor choice agency.

Over the years, we have had the distinct honor of hosting nursing students from St. John Fisher University. They come to us via a Palliative Care class requirement which also embodies Hospice care. We offer these students an opportunity to volunteer with our nurses and volunteers to receive a true hands-on experience. As a nurse of 44 years, I feel it is a valuable part of their training to witness other forms and ways of nursing. My hope is that they will carry with them what we at Journey Home call our mission to those at end of life. Below are only a few of the comments we received post this experience.

Thank you again for hosting our SJF students this semester. Fall is always a busy time for our palliative care class with 120 new nursing students and the opportunities that they have at Journey Home have been so meaningful. There is nothing like taking the content that they are learning in class and experiencing it firsthand. You and your staff are so supportive of their learning.  $\sim$ *Joy* 

Thank you for allowing us to come in and help out around the house and for the wonderful learning experience that you offered to us. The kindness that you and all of the volunteers expressed toward us allowed for us all to feel comfortable in asking questions when we had them, as well as get us comfortable around end-of-life care. Being able to volunteer in your home and learning about your home as well, truly was a great experience!

Thank you so much for allowing us to come and help with the residents. This is a chance not many people say they can do, so we value this experience greatly. Getting this type of exposure is truly unique and special to us. This has been a great idea for nursing students to get exposure.

Thank you so much for the time that you have provided us to come learn in your home and experience a type of care that is not provided in the hospitals. I really enjoyed working with the nurses and volunteers who taught me so much about caring for the dying and gave me advice for nursing that I will be taking with me into my career. Care for the dying and their families is such a privilege and I will cherish the knowledge and memories I gained from my time with you all. Thank you again for everything!

Thank you for giving us this learning opportunity to work in your home. You've made your house feel so special and truly like a home for the families, patients and volunteers. I will value this experience for the rest of my life and apply it throughout my nursing career. Thank you again for making hospice such a good experience! Thank you so much for the great learning opportunity and experience you gifted to my peers and I. Not many become educated on this kind of care, and it is a privilege to do so. The way you built your home out of pure compassion for those in need is truly inspiring. Your home shows care and compassion in so many ways out of pure kindness. Thank you again, and I wish you great luck in the future!

Thank you for allowing the students to come observe and volunteer at your home! It was an amazing experience to be a part of your team and I wish you all the best with your volunteers. We value your time, knowledge, and dedication to supporting your community. Best wishes!

Thank you for giving me the opportunity to come help volunteer at Journey Home. I had an amazing experience seeing hospice care in an environment far away from the hospitals. This unique experience helped me understand more on the importance of hospice homes and the care that every volunteer gives to the residents. Thank you again for making this an amazing experience!

Thank you for the opportunity to participate in the loving care in which you guys give so easily. I will never forget the lessons that you guys have provided me with that I will carry with me throughout my nursing career. You are all wonderful people and you should be proud of yourselves for the kindness you have shown. Best of luck to all of you!

CALL OUR FUNDRAISING HOTLINE FOR REGISTRATION INFORMATION ON OUR UPCOMING EVENTS~585-500-1981

## SAVE THE DATE:

Jammin' For Journey Home will be held on Sunday, October 5, 2025 at the

Hilton Exempt Club 135 South Avenue Hilton, NY 14468

Stay tuned for upcoming details



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The Board of Directors & Staff of Journey Home send warm wishes for a healthy, fun Spring & Summer!



### Journey Home's Wish List

- Gift cards from BJ's, Wegmans, Tops, Home Depot, Lowes, Staples or Walmart
- Stamps—regular and post card
- Bath & Body Works Hand Soaps, Body Wash and Lotions
- Paper goods—towels, napkins, toilet paper & tissues
- Tall & small kitchen garbage bags
- HE laundry detergent (unscented or mildly scented)

- Unscented dryer sheets
- Extra Long Twin Mattress Pads
- Extra Long Twin Sheets (no jersey or slippery sheets)
- Antibacterial Liquid Soaps
- Hypo-allergenic Baby Wipes
- Swiffer wet jet pads, Liquid Cleaner & Dusters
- White & Colored Copier Paper
- K-cups of coffee and tea (caffeinated & decaf)