

# reflections

WINTER 2018

*Because of your  
support, families  
are able to start  
healing after loss.*

*p. 3*

*Masonic Village Hospice*





# FINDING *hope* AFTER LOSS

*Your support gives hope to this widow as she progresses on her grieving journey.*



Dave with two of his and Karoline's (pictured on cover) grandchildren.

When Karoline Dunn left Germany to come to America in 1955 at age 28, she only expected to stay two years. Instead, she fell in love. "I went dancing with my girlfriends, and there he was," she recalls.

Dave Dunn was one of the many things Karoline (pictured on cover) loved about America, and soon they were married. They built a home together, worked to raise two children and welcomed four grandchildren. "Dave was caring, gentle and loving," Karoline says. "He was a man that would do anything for his family."

The couple enjoyed a long retirement together, full of reading countless books and long walks. During the fall of 2014, both Karoline and Dave fell ill with the flu. Karoline recovered, so neither of them expected it would hit Dave so hard. After his illness, Dave suffered from pneumonia, and at age 97, his body had to work overtime to fight the infection that caused him to be hospitalized.

"His body just wasn't the same after that," Karoline recalls. "It took a toll on his heart and everything went downhill. It was odd because he used to run circles around me."

When Dave's doctor recommended they receive services from Masonic Village Hospice, they both went home shaken up. "Hospice signifies the end of life, and it was scary," Karoline said.

Hospice stepped in immediately to help Dave with his daily medications and self-care. They also relieved Karoline, which she wasn't expecting. "They came as often as we needed them, and they were all so fun and nice," Karoline recalls. "You don't always know what's going to happen at the end of life, but they helped me get through it."

When Dave's health was declining even further, the couple discussed his end of life wishes. "When he said he was ready to go, I was very upset at first, but then I realized it was what was best for him," Karoline said. "I prepared myself for it, and hospice helped me do that."

In many ways, hospice helps families realize and accommodate their loved ones' end of life wishes. They focus on the physical, emotional, social and spiritual needs of both the patient and the family and enable them to participate in making decisions about the care provided. Support from social workers and bereavement experts also helps families come to terms with each situation and educate them on what to expect in the final hours and days of life.

"After Dave died, I struggled to find purpose," Karoline said. "I've always

taken care of my family, and I didn't have that responsibility anymore. I'm still struggling with it."

After Dave's death in 2016, Heidi Young, a Masonic Village Hospice bereavement professional, began visiting Karoline on a weekly basis. "I wanted to make sure she knew we were still here for her," Heidi said. "She was living alone, and I knew she and I would have a lot to talk about."

Heidi's instinct was right, and over the last two years, Heidi and Karoline have formed a strong friendship. "One day, she called me up and asked if she could come for a visit," Karoline said, "and we've been good friends ever since. I just love her."

During their visits, the two reflect on Karoline's childhood years in Germany, her children and grandchildren and beloved stories from her 50-year marriage. They both also have a strong quest for knowledge. "We both love history and books," Heidi says. "Hospice care, including bereavement services, is all about looking for ways to bring joy to those at the end of life and to their families during the grieving process."

♥ **Overcoming grief is not about forgetting, but remembering. It is not about moving on, but finding a new way to live. Because of your donations, grief support is available to families in need, as long as they need it. Thank you!**



*"I get to learn how a patient has impacted their loved ones and how much they are loved and missed."*

## HELPING FAMILIES *heal*

*For many Masonic Village Hospice families, Heidi is the face of healing.*

After losing a loved one, time seems to stop, and life is forever changed. For Masonic Village Hospice families, Heidi Young is the face of healing. She serves as a bereavement professional, and most importantly, a friend.

"It's tough to say you need someone to talk to, and it's tough to make that first call," Heidi says. "I want families to know I'm only one phone call away."

Grieving isn't the same for everyone, so Heidi helps each person on their own unique journey through personal and family visits and phone calls. "People often look at me and say, 'Am I losing my mind?'" Heidi said. "I just say, 'No, you've just lost someone important to you.'"

According to Heidi, the "textbook" ways of overcoming grief can only get someone so far. "I present as a friend," she says. "I listen and validate feelings. It's an honor to work with these families."

Heidi holds several bereavement support groups across Lancaster County for those looking to educate themselves on grief and gain the support of others. In any given year, more than 700 hospice families and community members are served by the program. Masonic Village Hospice support groups are also about finding new purpose after loss. Although they are from all walks of life, many of the group members bond together to build friendships, enjoy a meal out and hold drives for charities.

"It's wonderful because they help each other heal," Heidi says. "There's nothing like finding someone who is going through exactly what you're going through."

Heidi's favorite part of providing services is hearing family stories. Through her support to families, she has learned about the lives of former World War II veterans, professional ballerinas, models, medical professionals and of those who dedicated their lives to raising a family.

"When we meet a patient at the end of his or her life, we only get a small glimpse into how they've lived," Heidi said. "I also get to learn how a patient has impacted their loved ones and how much they are loved and missed."

Heidi's favorite stories of love usually come from couples, when one spouse is receiving hospice services. "The love they have for each other is beautiful," she says. "No matter how much one person struggles, they're there to honor the other's last wishes. Listening to a spouse talk about their loved one after they pass is amazing and so heartwarming."

When Heidi meets with families, she is usually inspired by how they have found a new way of living while carrying on their loved one's love and legacy.

"This job has changed me as a person," she says. "In hospice, you realize what's important, and you stop and take a moment to be patient, or to smile at a stranger or to help someone else. I've learned to tell my friends and family I love them every day."



# Cherishing a LASTING LOVE

*Your support allowed this couple to spend their final days together without worry.*



David and Betsy Karl at their daughter's wedding.

For those who never met Betsy Karl, her personality shines through in the way her husband, David, speaks of her. Betsy, in so many words, was slow to anger and quick to forgive. She was caring and generously gave of herself to others. Her husband, David, lovingly refers to her as "my lady, my Betsy," and the two were best friends who raised a beautiful daughter together.

"She was a great wife, great mother and great companion," David said. "For me, this reflected in our home and our love. We were always so busy demonstrating our love every day, in every way, that our love took care of itself."

Their love was put to the ultimate test in early 2016 when Betsy was rushed to the emergency room after returning home from a tennis tournament. After undergoing generalized testing, a scan revealed two cancerous lesions in her brain.

"Looking back, my daughter and I realize she had been masking her symptoms," David recalls. "She was always full of energy and of life, and she energized others."

Betsy's fight began immediately as she was transported directly from the emergency room to a major hospital where a nurse, neurosurgeon and neurologist were waiting for her. She underwent an eight-hour surgery to remove the lesions. Doctors were able to remove 90 percent of the lesions, and 27 staples later, she was in recovery. Unfortunately, when Betsy was cleared to go home, a grim diagnosis went with her.

"The doctor gave her a year," David recalls. "The question was, 'What do we do next?'"

David and Betsy's daughter, Kristen, was set to get married in September, so the next question was if they should go on with the wedding.

"Betsy didn't second guess her decision," David recalls. "She wanted to go on with it and worked through treatment and physical therapy so she'd make it to the wedding and so she could dance."

Betsy's selfless character drove her to keep fighting, for she would never dream of missing her daughter's wedding. "All the

while, no one at the wedding knew," David recalls. "No one knew the strength and courage it took her to get to this point."

After her daughter's wedding, Betsy's health rapidly declined. She was facing treatment and debilitating seizures that eventually caused her to lose the ability to care for herself. Both David and Betsy knew it was time for hospice. "I never cared about anyone else as much as I cared for her," David said.

Masonic Village Hospice allowed Betsy to enjoy dignity and comfort. David was able to be a husband to his wife of 42 years without the worry of being her caretaker. "Betsy's fight was over, and she was able to relax. Hospice allowed me to just be with her," David said. "The hospice nurses were so special to us. They made sure she was taken care of and did everything they could to make her comfortable, and they would even sing to her."

Since losing Betsy in October 2016, David has found comfort in Masonic Village Hospice's bereavement program, which has been there for him through ongoing communication and support. He now receives individualized bereavement sessions.

"Hospice allows me to grieve with people who are supportive. When you lose a spouse, it is very difficult because you're missing your other half," David said. "Through the support programs, I've been able to reflect on the situation, process my emotions and learn how to care for myself."

David has started doing things on his own and staying busy with friends and family. He knows his grief will never go away, but will diminish with time.

He often thinks of the many lives his beloved wife changed in her lifetime as an educator and the joy she brought to everyone she knew. He thinks of her playing her baby grand piano, traveling the world, practicing tennis, knitting items for charity and quietly reading while sitting by his side. These memories give him peace during the difficult times when his grief takes hold.

*"My bucket list items don't even appeal to me anymore. I realized that she and I had already done so many things in life that I wanted to do. I just want to celebrate Betsy, and hospice has helped me do that."*

## LETTERS of LOVE

*"My dear hospice friends, allow me this opportunity to thank all of you for the wonderful care you gave my wife. It was a remarkable experience, after so many years as a hospice medical director, to stand on the other side and receive your care, concern and deep compassion. I was – and remain – moved by your love. While I miss my partner of 59 years, I am comforted that she is now in God's hands."*

- DR. GEORGE SIMMS

*"Thank you for taking such good care of my husband while he was in your care. Your kind, gentle and professional care provided an extraordinary service. The daily phone calls were greatly appreciated. You all were truly a blessing."*

- SALLY SMITH

*"I write on behalf of my family to thank you for the thoughtful and timely care and comfort you provided for our mother, as well as all of us. I am still struck by your timely assessment and management of mother's status and pain."*

*Your assurance that she would not be in pain helped me be able to really be with her as she passed. We are grateful for the support and services of hospice during these heart rendering moments, and we want to thank you for your professionalism, respectfulness and outstanding care for mother and us during our time with you."*

- ANNE FOX

*"We could not have made it through these last few months without all of your help! Your love for my father and me was amazing. You guys are simply the best at what you do. Thank you doesn't seem like enough, but it's all I have right now. My heart is at peace knowing my dad was in your care. I believe he is finally happy."*

- LAURIE WARD

♥ *There are dozens of family members like David in our program now, and hundreds more will need our help in the future. Your donations give grieving families somewhere to turn.*



## Upcoming EVENTS

### Bereavement Support

Bereavement Support Group meetings are offered at Masonic Village in Elizabethtown, Moravian Manor in Lititz and Signature Senior Living in Lancaster. The groups are open to both residents and community members. For more information, call 717-367-1121, ext. 33576.

# Giving Catalog



**Make a difference in the lives of patients and their families by donating through our Giving Catalog!**

#### ITEMS INCLUDED:

- A Special Moment - \$100
- Fill the Comfort Cart - \$50
- Pair of Birds - \$30
- Blanket for a Veteran - \$25
- Bouquet of Flowers - \$15

**Visit [MVGivingCatalog.org](http://MVGivingCatalog.org) today!**

Call 1-800-599-6454 or email [giving@masonicvillages.org](mailto:giving@masonicvillages.org) to order a printed catalog (or a few).

## THANKS *to* OUR GENEROUS DONORS

### Memorials

Aug. 1 through Oct. 31, 2017

#### MEMORIAL

**Aunt Fran**  
**Debra L. Bisset**  
**Kenneth C. Blankenhorn**

**Myrtle N. Breneman**

**Glenn (Swamper) Clements**  
**Patricia E. Dooley**  
**Mary L. Eichelberger**  
**Richard R. (Dick) Filling**

**Charles E. (Ed) Firth**

**Betty J. Fraunfelter**

**Ruth S. Heath**  
**Agatha Iser**  
**Francis and Thelma Kinter**  
**Rusty Larson**  
**Michael W. (Mike) Lenker**

#### DONOR

Eugene and Judy Funk  
James Bisset  
Kenneth J., Kathleen and Elizabeth Blankenhorn  
Ken and Kathy Burkholder  
Glen and Diane Ebert  
Nancy Barley  
Jim and Celestine Dormer  
William and Edith Harrington  
Mr. and Mrs. Michael Hykes  
David and Judith Kurtz  
Millersville Rod and Gun Club  
Donald and Faye Siglin  
Donald and Rose Marie Thompson  
Fred and Doris Warfel  
Ken and Nancy Witmer  
Darwin and Mildred Yunginger

Nicholas Ressetar  
Ralph and Elizabeth David  
Bob and Edie Kreider  
Anthony Allen  
Jeff, Mary and John Cox  
Eric and Karen Engle  
Rosemary Bozeman  
Mary Drager  
Jim and Betty Gibson  
Leslie Higgins  
Monica LaMonaca  
Wendy Lauser  
Karen Miles  
Susan Leps  
Jen Polachek  
Alicia Forrey  
Felicia E. Marino  
June Shepley  
The Shamrocks  
Harry Heath  
Cindy Phillips  
Bob and Kim Rose  
Cindy Phillips  
Woody and Judy Buchanan  
Central Dauphin High  
School Class of 1960  
Harold and Nancy Chubb  
Jack, Marilee, Sean and T.J.

**Michael W. (Mike) Lenker** James and Jacqueline Ford  
Warren and Helen Heidelbaugh  
Daniel Jenkins  
Sally Lenker  
**Robert E. McCombs** Brian Ball  
Brian McCombs  
Robert McCutcheon  
Mary Reeser  
**Howard W. Miller** Linda Tyler  
Mary Tyler  
Carol Olnick  
Cindy Phillips  
**Carl F. Olnick** David and Susan Giles  
**John Phillips** Robert and Susanne Price  
**Betty C Simms** Edward and Kathleen Rejrat  
**Robert K. Sloan** Emma Louise Gehrig  
**Beverly Jane Swarthout** Tractman Family  
**Charles H. Swisher, Sr.** Mr. and Mrs. Ralph (Scotty) David  
Raymond and Annette Tierney  
Barbara Zitrick  
Nelson Wehler  
David and Ellen Alpern  
Raymond and Madeline Dougherty  
Neal and Trish Hemphill  
Mary Klein  
Wade and Beth Reese  
Daniel and Beverly Rogers  
**Margaret W. Thorpe** Penny Kraus  
**Marjorie T. Tierney** Richard and Marilyn Kraynak  
**William C. Watson** Jennie Lizut McDowell  
**Patricia L. Wehler** Stephen and Beverly Pazuk  
**Stuart B. Wells, Jr.** Jessie Sinnie Petrec  
Bob and Lorraine Prescott

**William H. (Bill) White, Jr.**

### Honors

Aug. 1 through Oct. 31, 2017

#### HONOREE

**Masonic Village Employees**  
**U.S. Veterans**

#### DONOR

Cindy Phillips  
Cindy Phillips

## Masonic Village Hospice

One Masonic Drive • Elizabethtown, PA 17022-2219  
717-367-1121, ext. 18449 • [MasonicVillageHospice.org](http://MasonicVillageHospice.org)



## Who We Are

Since 2009, Masonic Village's trained, compassionate hospice staff have cared for thousands of patients and their families, focusing on the physical, emotional, social and spiritual needs of patients so they may complete their lives joyfully. Our hospice staff promote comfort and self-determination, enabling patients to participate in making decisions about their care.

Based in Elizabethtown, Masonic Village Hospice is pleased to offer services to patients in the comfort of their homes throughout Lancaster, Dauphin, Lebanon and Eastern York counties.



*Open for Everyone.*

Masonic Village Hospice does not discriminate against any person on the basis of race, color, religion, disability, ancestry, national origin, familial status, age, sex, limited English proficiency (LEP) or any other protected status in admission, treatment or participation in its programs, services and activities, or in employment.