In This Issue:

Calling All Heroes

How Hospice Helped Us Live

Home Health: A Story of Care & Recovery

Why I Give: George Gallant
“We’ve gotta keep this care going for the next person who’s gonna need it.” These are the words of George, a Vietnam veteran, Zephyrhills resident and a husband of 50+ years whose wife, Elizabeth, needed hospice care.

George just wanted her to have some relief and be at peace.

Prior to his wife’s illness, George thought of hospice as “the last step before the grave.” Like many others who have never had a loved one on hospice, he didn’t know about the compassionate nurses, the supportive staff and social workers, or the counselors that would be there for him to help deal with the emotions that came with losing a life partner. He didn’t understand how important hospice was to so many.

When his wife became exhausted from going to doctor’s appointments and looking for the next best treatment, they thought about hospice care. George just wanted her to have some relief and finally be at peace. The next day they came into the Rucki Hospice Care Center at Gulfside Hospice where they were greeted with warm smiles and a sense of compassion and tranquility; it was a much different experience from the hospitals and doctor’s offices they had frequented before.

Gulfside Hospice offered so much more than he was expecting.

Throughout Elizabeth’s time on hospice, George became aware of how important this care was as he watched her nurses care for her and make sure she was comfortable. He saw how Chef Ruth greeted him with warm hugs, assuring him that hospice would take care of BOTH of them, and understood why this special type of care was needed. As a bereavement counselor guided him through his journey of grief, he knew deep down that hospice needed to keep going and be here for everyone when they needed it too.

Gulfside Hospice offered so much more than what he was expecting. It was a full spectrum of care that catered to his wife’s physical, emotional and spiritual well-being. From that moment on, George knew that Gulfside Hospice was not just another charity; it was a group of people that took care of each patient like it was their own family.

To see George share his story, use your smart device to scan this QR code or go to www.gulfside.org/stories.

To share why you give to Gulfside, contact Elicia Hinson, Annual Gifts Assistant, at elicia.hinson@gulfside.org or call 727-845-5707.
Two weeks ago, I lost my husband, John Rose, of 48 years. John and I truly believed our wedding vows when we promised “in sickness and in health.” That’s an easy thing to say when you are 18 and 21 years old. But suddenly there are cancer diagnosis and hundreds of doctor appointments. John served 21 years in the Air Force and always followed orders. If a doctor told him he needed to do something, he did it.

For twenty years, we lived with the shadow of cancer, but we decided early on we WOULD LIVE.

John was diagnosed with prostate cancer at 50 years of age and last month, when he passed away, he was 70. For twenty years, we lived with the shadow of cancer, but we decided early on we WOULD LIVE. We moved to Florida, took trips, made friends, and laughed a lot.

Last year when the oncologist told John he had two options, chemo or hospice, he decided it was time to stop putting poison in his body. From the moment he (we) decided on hospice, we never regretted it. It was like a huge weight was taken off our shoulders. We didn’t spend every week sitting in a doctor’s office waiting room feeling like a “number.”

From the moment he (we) decided on hospice, we never regretted it.

We visited parks with the dog, took walks, and listened to the birds. When John was no longer able to walk, he’d sit on a bench and wait for me to take the dog for his walk and John could enjoy nature. We took day trips. No plans, just got in the car and drove in a new direction. Yes, we had to load oxygen tanks, and the walker and the scooter, but it was worth it. Family came and we rearranged the house so John could be in the center of activity and see out the front windows to keep an eye on neighborhood activities.

Hospice gave me, the caregiver, a support line when John would need help in the middle of the night. I didn’t have to make decisions about medication. I could call and talk with someone who understood doses. But mostly, it was the individuals who came to the house that made all the difference.

Eleven months is a long time, but throughout that time we were visited by social workers and nurses and aides. Every individual who entered the house was kind and understanding. But our aide Theresa became like family. John looked forward to her visits. She was gentle and kind, yet very professional. She took such good care of John and when she left each day, he looked handsome! Just like my husband always looked. She laughed with us, cried with us, and understood us.

Our two main nurses Gina and Sarah were our angels. They listened when I asked to change medications. They gave me great advice on food/feeding issues as they came up. They visited and made us feel cared for and loved, not that they were just doing a job.

There are no words that can explain how grateful John and I were through the entire process. Thank you for a wonderful organization for what you provide to people.

Donna (and John) Rose, Hudson, Florida
On any given day, while you’re driving along the road passing your local hospital, police station or fire department, a sign may pop into your view “heroes work here.” These everyday people that serve our community found a new meaning and a new name. The COVID-19 pandemic showed us how truly essential our first responders are to keeping our communities going. It’s as if they took off their glasses, and suddenly, Clark Kent transformed into Superman.

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Gulfside Healthcare Services is proud to be a place where heroes work too. Hospice aides, nurses, chaplains, social workers and doctors, come together to form a team of defenders to take care of the most vulnerable and carry family and loved ones through a battle no one is ever really prepared for.

Gulfside Healthcare Services is proud to be a place where heroes work too.

If you’ve experienced hospice care, you may think back to that one person who came in and saved the day. Maybe it was an aide who gave excellent baths, or a social worker who took you step-by-step through the necessary paperwork, or a chaplain who prayed with you to offer spiritual relief. Whoever it was, they were YOUR HERO in that time.

We’re here to help, and will be long after the pandemic.

Gulfside Hospice has done this every day, long before the pandemic. When a spouse or family calls in distress in the middle of the night, we’re here to help and will be long after the pandemic. Our mission is to serve this community in their time of need and help them live life to the very end.

But the real heroes are YOU - our donors!

But the real heroes are YOU - our donors! Gulfside thanks the heroes that help to make all of this possible. Heroes take all shapes and form and there are many different superpowers one may possess. Whether it’s giving
time, talent or treasure, your support helps ensure that patients are taken care of and families are supported and comforted when they need it most. Without your help, grieving families would be burdened with financial stress on top of the weight of losing a loved one.

You, and heroes like you, make it possible to answer the call of more than 600 patients every day.

The people who give in memory of the ones they love are heroes. The people who give whatever they can every month are heroes. Even now, the people reading this article and saying to themselves “I can help” are heroes. You, and heroes like you, make it possible to answer the call of more than 600 patients every day. We may not be able to scale tall buildings with a single bound, but your gift empowers us to heal hearts and dry tears.

Thank you, donors, for being our heroes!

NAME YOUR HERO!

If you’ve experienced hospice care, you may remember that special person who came in and saved the day.

Thank a special Gulfside Hospice caregiver or team by naming them as a Hospice Hero. With your donation of any size, you can recognize caregivers who made a difference in you or your loved one’s care.

All Hospice Heroes are recognized with a special dove pin and commemorative certificate. Your personal notes of gratitude are shared with your Hospice Heroes as well.

Send your Hospice Hero donation, along with a note of whom you’d like to nominate to:

Gulfside Hospice
2061 Collier Parkway
Land O’ Lakes, FL 34639
Attn: Elicia Hinson
Tell us a little bit about yourself.
I’ve been in education my whole life. I got into child psychology because I was interested in making life better for children and families. I tour around the country talking to parents and teachers educating them on child development. I’m also an author and just finished my third book.

What caused your need for home health care?
In March, I went to the hospital for an infection on my hip. It was draining and causing me intense pain. I was admitted into the hospital for 2 weeks. This was the exact time they were trying to make room for COVID-19 patients and emergency-only patients. I was nearing the end of my treatment and I asked my doctor if I could get treatment at home. That’s when I was introduced to Gulfside Home Health.

I had a nurse come three times a week to treat and manage the wound on my hip and a wound on my neck that came as a result of the previous infection. When the nurse was there treating the wound on my hip, they were able to identify a small lesion of cancer and I began receiving treatment for that as well. The wound is now healed and I can’t say enough great things about the care I received.

What was your experience with home health like?
When I observe care for people, I look for three things: respect for people, developing trust and creating a sense of belonging; Gulfside did all of this. When they walked in my home, they greeted me, the nurses did not make you feel like you knew less about your treatment and always offered information and suggestions in a kind way. They did those things that helped develop trust and went above and beyond by providing special bandages for my wound and staying as long as I needed them. I never felt rushed when they came to provide my care. This made me feel like they were more than just medical professionals; the whole team gave me a sense of FAMILY. I actually enjoyed the visits and felt so comfortable during the whole process. Medical knowledge is something you can teach but the three qualities I mentioned earlier are natural gifts, and I believe Gulfside looks for that in their staff.

What were some advantages of being able to stay at home for your treatment?
There’s nothing wrong with the care the hospital provides, but it has to be sterile. Not having to be in the hospital during this time of COVID-19 was a big advantage. I also just appreciated being in my home in the space I created and was comfortable with. Being in the place where you’re comfortable allows for a better mindset and better recovery. I was able to go to bed and wake up when I wanted and not have staff come in in the middle of the night. Just little things like that make a difference.

Dan’s account on how Gulfside Home Health helped him get back to what he loves:
I went to the wound center and they were very impressed with how fast my wound healed. I credit the speed of my recovery to Gulfside’s home health nurses. When they came to treat me, they paid close attention to my wound and made thoughtful suggestions for me based on what they saw.
I was probably an unusual patient because I have a very busy schedule. The nurses made it a point to adjust their schedule to meet mine and not the other way around. It was just another way they worked to develop that trust and respect that I value so much.

I had a book signing, and that had to be face to face. I was initially concerned that my wound bandages would be distracting to the people I would have to interact with. The nurses understood the importance of this and researched the best bandages that would be the least noticeable. They ordered the special dressing and I felt that was really a sign of the exceptional care they provide.

Would you recommend Gulfside home health to others and if so, what would you say?

It would be easy to recommend Gulfside to others and I already have. It’s important for people to know that Gulfside is very sensitive in their observations, and they treat people as individual instead of a group. Because of their sensitive observations, it’s easy for me to recommend them to people and I don’t say that about everyone!

Dan’s story is reflective of Gulfside’s mission to provide the highest quality of care and professionalism, while giving the comfort and compassion of family. That’s the Gulfside way.

For patients, having skilled therapies at home means they can get back to doing the things they love faster and learning new ways to keep their independence. For caregivers, it means getting the help they need and finding solutions that fit both of their lifestyles.

As a nonprofit organization, Gulfside aspires to make this possible to anyone in our community, even if they are not in the financial position to cover all costs, but we cannot do this without you. Please consider making a gift to make this possible. All gifts help patients recover safely at home, maintain their independence and get back to living life.

Go to www.GulfsideHomeHealth.org to learn more about the care provided and make a gift specifically to this program.
In uncertain times, it’s important to update important documents that protect you, your family and the charitable organizations that you care about. According to a recent survey, only 42 percent of U.S. adults currently have a will or estate plan but that is changing quickly as the gravity of the current pandemic brings with it reflection.

Do you have a will or living trust?
The stress and anxiety families go through when their loved one passes without a plan is avoidable with the help of a financial and/or estate planning advisor. These professionals will help you create a financial and estate plan that helps you protect your family and ensure your remaining assets go where you intend. Setting up a simple will or living trust is truly one of the greatest gifts you can give your family and it will bring you peace of mind as well.

Is it time to update your estate plan?
It’s a good idea to review your plan every 3-5 years or after any major life changes, such as:

• Loss of a loved one
• Divorce/Remarriage
• Birth of children or grandchildren
• Children who are no longer minors

Have an IRA? Avoid taxes by turning your RMD into a QCD.
If you are age 72 or older, you can make a gift directly from your traditional IRA to a qualified charity. This qualified charitable donation (QCD) can meet all or part of your IRA’s required minimum distribution (RMD) for the year when certain rules are met. Also, QCDs don’t require you to itemize which, due to recent tax law changes, means you may be able to take the higher standard deduction and still use a QCD for charitable giving.

Arranged a planned gift to benefit Gulfside Hospice? Let us know so we may thank you.
Your gift is worth celebrating! We promise to respect your privacy/communication wishes upon notification.

For information or assistance with planned giving, contact Carla Armstrong, Director of Philanthropy, at carla.armstrong@gulfside.org or call 727-845-5707.
Support Gulfside Hospice at our upcoming events!

Gulfside Hospice’s fundraising events are inspiring and uplifting ways to help our hospice patients while cherishing the memory of your own loved ones. From the Charity Fashion Show to the motorcycle poker run and Paulie Palooza music festival, we have an event for everyone that makes it fun and easy to support patients who need your help.

To learn more about our upcoming events, please contact:

Leesa Fryer
Fundraising and Event Planning Specialist
727-845-5707
leesa.fryer@gulfside.org
www.Gulfside.org/FundraisingEvents
Giving Back to Gulfside

Remember your loved one and pay it forward.

Gulfside has two ways to leave a lasting legacy for your loved one. Every tribute gift makes hospice care possible for a patient in need.

**Wall of Caring Tribute Plaques**
Wall of Caring celebrates the life of your loved one for all to remember. A dedicated plaque with your chosen inscription commemorates their journey and shows the legacy they left behind. Gulfside offers multiple Wall of Caring locations, including at the Rucki Center for Hospice Care in Zephyrhills, and The Hadley Center and Gulfside Center for Hospice Care at Heather Hill Healthcare Center in New Port Richey.

**Butterfly Garden Brick Pavers**
The Butterfly Garden features a beautifully designed path of engraved bricks, donated by friends and family members and filled with inspirational messages. Gulfside’s two beautiful butterfly gardens are located at the Rucki Center for Hospice Care in Zephyrhills and the Bereavement & Community Outreach Center in New Port Richey.

To make a Wall of Caring or Butterfly Garden tribute gift, visit www.gulfside.org or contact Elicia Hinson at elicia.hinson@gulfside.org or 727-845-5707.
Memorial & Honor Gifts:
Joseph E. Beaulieu
John W. Ashmore
Joseph E. Beaulieu
Butterfly Garden
Elizabeth Benassi
Janice Anderson
Walls of Caring:
Richard A. Banks
Janice M. Brown
Kathy Babareka
Murlan W. Cooper Jr
Marion Crutcher
Joyce Cutler
Paul Dall
Richard D. Davis
William Dean
Vincent H. DeMatteo
Velma Van Dine
Kenneth Dufour
James Dunn
Winton F. Ellis
Elisabeth H. Erickson
Margaret Esclulano
Theresa Evans
Rosemarie Flynn
Rose A. Forsythe
John J. Fryza
Robert Gagne
Lois Gainer
Elizabeth J. Gallant
Arthur Gell
Patricia B. Geofffrion
Judith Geyer
Georges M. Ghessi
Robert H. Gilberte
Dwight Gillman
Ignatius Giorgio
Candace B. Glewen
James C. Graham
John Grissom
Norma M. Hare
Michael R. Harvan
Kingdon Heile
Arnold B. Hlaga
Karen L. Hle
Joe H. Hill
Roberota Hill
Robert D. Hollfield
Deborah Holmes
George Jennings
Sylvia Kallgren
Anita Kaplan
Lawrence Kasoff
Joyce Kistenbroker
Mary Kral
Ron Kral
Judith A. Leriger
Lydia Lombardo
Eunice Macavoy
Betty L. Magee
Joseph Maida
Mark Mathews
Asa J. McClellian
John McCoy
Douglas Mclean
Richard Metzkes
Marvelene E. Muzik
Aaron Orkin
Gerard O'Shea
Dorothy Overstreet
Orchid Owlett
Ruth Page
Russell Pageler
Susan Patterson
Isabella Payntar
Greta Pearson
Lois L. Pease
Marjorie Peterson
Arnold Phillips
Joseph Plesur
Salvetore A. Plumatillo
Konstantia Podogiros
Ann Poleo
Ruth Raven
Neil E. Rucks
Richard Rudnicki
Joseph Russi
Estel M. Sams
John R. Santoro
Isabella Scaffidi
Thelma Seabury
Ramona Shively
Patricia Sims
Shirley Sims
Louise Slingerland
Helen Squire
Charles Stevens
Nelson R. Streeter
George J. Suarez
Dorothy Tatar
Otto Tatar
Mary Triplett
Josef Velmer
James P. Walker
Joan P. Walker
Marvin A. Weathers
Clarris White
Helen A. White
Kathleen Widger
Werner J. Wiencek
Paul Williams
Maryann Williams
Beulah Wolf
Peter Woolrich
Joanne L. Young

Gulfside offers a variety of ways to remember loved ones on our Walls of Caring, in our Butterfly Gardens and with memorial gifts.

From August through October 2020, generous donations were given to Gulfside Hospice from families and friends in honor or memory of the following loved ones, who will remain in their hearts forever: