

2018 PUTNAM COUNTY SENIOR EXPO



Friday, August 3, 2018
8:30 a.m. to 12:00 p.m.
Ottawa Elementary
123 Putnam Parkway,
Ottawa

Free Community Event
Complimentary Lunch
Medication Disposal
Health Screenings
Over 65 Exhibitors
Parking Lot Shuttle Service
Door Prizes

Schedule

- 8:30 a.m. to 12:00 p.m. Visit Vendors and Medication Disposal
- 9:00 a.m. to 9:45 a.m. Presentation on Fall Prevention by Angie Brinkman with PT Services
- 10:00 a.m. to 10:45 a.m. Presentation on Financial Exploitation by Kathy Koch with First Federal Bank of the Midwest, Financial Crimes Management
- 11:00 a.m. to 12:00 p.m. Lunch & Entertainment by Country Gentlemen

Senior Expo Hosted By:



SAVE THE DATE

**2018 Putnam County Fair
Parade
Saturday, June 23rd
7:00 p.m.**

**2018 Putnam County Fair
Senior Citizen's Day
Monday, June 25th
9:00 a.m.—1:00 p.m.**

**Free Blood Pressure Checks
Free Cookies & Lemonade**

**Visit us in the
Entertainment Tent**



**Wednesday, June 27th
Wednesday, July 25th
Wednesday, August 29th
1:00 p.m.
The Leipsic
Community Center**

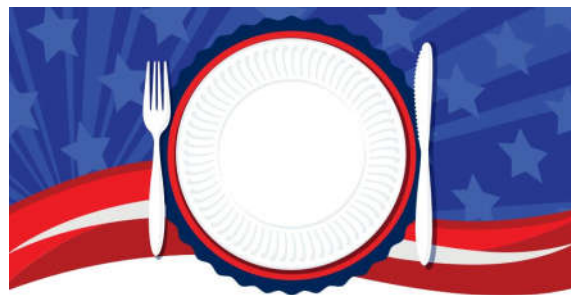


April 15-21 was National Volunteer Week.

Linda Pollitz with the Alzheimer's Association provided training to our volunteers on communicating with dementia patients. We Thank Our Hospice Volunteers for all their time and dedication to our patients and agency!



If you would like information about joining our Hospice Volunteer team, please call Kathy Rellinger at 419-523-4449.



Veterans Breakfast

**Friday, June 22nd—The Meadows of Kalida
Friday, July 20th—The Meadows of Leipsic
Friday, August 24th—The Meadows of Ottawa
9:00 a.m.—10:00 a.m.**

Complimentary breakfast to veterans and their spouses. Call the Putnam County Veterans Service Commission for more information. 419-523-4478.

Good Grief Fun Camp

Putnam County Hospice will be holding its annual **Good Grief Fun Camp** at Trinity United Methodist Church on **July 17, 18 & 19 from 9am to 3pm**. This year features a **Game Theme, including life sized games, such as Jenga, Candy Land, and Kerplunk!** In addition to the games, **Levi McClain with Bluffton Boy Scouts is donating a Grief Tool Box for each family that attends. The tool box will contain books, stress balls, and other tools to help families cope with grief.** Good Grief Fun Camp is open to any child (ages 5-18) who is grieving the death of a loved family member or friend.

Trained counselors provide a fun and comforting atmosphere that enables children to feel safe in expressing their emotions. Through many creative activities, they will have opportunities to share their sorrow and memories of their loved ones while creating new friendships.

Children experience grief just as much as adults do. To help them cope with the loss of loved ones, it is important to provide a safe, secure environment where they feel comfortable in expressing emotions that can range from sadness to anger and fear.

Many children find it helpful to talk with someone whom they can trust. Children will often talk about their experience of loss for a short time and then return to another activity. It is crucial to let them talk when they need to and not force them to communicate or express themselves in a way that is not comfortable for them. It is essential to let them know you are listening to them while they are sharing their feelings, fears, and concerns.

Camp is important because it specifically addresses the children's needs. The camp is dedicated to creating a comfort zone that helps them raise their concerns, questions, and feelings at their own pace. Oftentimes, children find the freedom to express their emotions more easily while interacting with their peers who have also experienced loss.

Some past activities include: Making Stepping Stones, Designing Tie Dye Shirts, Playing Trust Games, Taking Nature Hikes, Riding Horses, Swimming at the YMCA, and Butterfly Release. We would like to thank the Car E It Party Shop, the Bombshelter, and Trinity United Methodist Church for providing pizza for the pizza party and snacks in recent years!

Please register by July 9th by calling Julie Mason, MSW, LSW at (419) 523-4449 or jmason@pchh.net. There is a small fee to cover some of the activities. The registration fee is \$20.00 for one camper, \$25.00 for two campers, and \$30.00 for three or more per immediate family. It is not necessary to have been associated with Putnam County Hospice to participate in camp.

Good Grief Fun Camp is sponsored by: Putnam County HomeCare & Hospice, Trinity United Methodist Church, Putnam County Educational Service Center, Pathways Counseling Center, Putnam County YMCA, The Mindy Lauf Golf Outing, The Mark "Woody" Klear Family, First Federal Bank, Ottawa-Glandorf Run Club, Henry and Ava Black, Putnam County Optimists Club, Pam Eickholt with Modern Woodman of America, Knueven Family Christmas, and the Kiwanis Club of Ottawa.





575 Ottawa-Glandorf Road, Suite 3
P.O. Box 312
Ottawa, Oh 45875

Or Current Resident



If you would like to be added or removed from our newsletter mailing list please contact Kendra Kuhlman at 419-523-4449 or kkuhlman@pchh.net

Yes! I want to know more about becoming a volunteer at Putnam County Homecare & Hospice.

Please Contact Me:

Name _____

Address _____

City _____

State _____ Zip _____

Phone Number _____

Email Address _____

Please clip this form and mail to:

Putnam County HomeCare & Hospice
P.O. Box 312
Ottawa, OH 45875

OR

Call Kathy Reilinger at 419-523-4449.

Yes! I want to donate to Putnam County Homecare & Hospice.

Enclosed is my contribution of: \$ _____

In Memory of: _____

In Celebration of: _____

Please send acknowledgement to: _____

Name: _____

Address: _____

What Your Gift Can Buy

- \$35 - 1 small bottle of morphine
- \$50 - 1 case of depends
- \$150 - Rental of a specialized bed
- \$155 - 1 day of respite in a nursing facility

Please clip this form and mail to:

Putnam County Homecare & Hospice
P.O. Box 312
Ottawa, OH 45875



Brooke Cassidy, CNP

Putnam County HomeCare & Hospice would like to welcome Brooke Cassidy, CNP to our team! She will be managing our Palliative Care program.

Brooke is a graduate of Ottawa-Glandorf High School and received her bachelor's degree in exercise science education from The Ohio State University. There, she also earned a graduate entry registered nurse certification. Brooke was a nurse at The OSU Ross Heart Hospital in Columbus. She then received her Master of Science in Nursing degree, specializing in Adult Gerontology from The Ohio State University in 2014. Brooke has 4 years of experience as a Nurse Practitioner in long-term care, hospice, and palliative care.

Brooke enjoys working with patients and families at any stage of their disease. She believes Palliative Care can improve their quality of life and offer them support through their illness.

Brooke is married to Neil and they have 2 beautiful children, Aidan (3) and Lydia (8 months). In her spare time, she enjoys running and playing outside with her children. She enjoys doing activities with her church.

Please join us in welcoming Brooke to our team!

Please help us Welcome our New Employees!

Staci Hovest, Physical Therapist
Alicia Maag, Physical Therapy Assistant
Rachel Hall, RN
Brian Laubenthal, Certified Occupational Therapy Assistant
Deanna Brunet, RN
Angela Brinkman, Physical Therapy Assistant
Lauren Schroeder, Occupational Therapist
Hannah Niese, Speech Therapist
Molly Lauth, Occupational Therapist
Katelyn Niese, Certified Occupational Therapy Assistant

Marge Hanneman Retiring After 29 years with PCHH

After 29 years with Putnam County Homecare & Hospice, Marge Hanneman will be retiring in June of 2018. Over the years, Marge has many memories of the patients and families she has helped. She hopes that she's made a difference in their lives and truly believes that God works through caregivers, like herself, to help patients.

Marge lives in Glandorf with her husband of 44 years, Ken. She has 3 daughters, 1 son, and 6 grandchildren. Marge plans to spend time with her family in her retirement. She hopes to golf, garden, and travel as well. Marge also plans to serve on the agency's professional advisory committee and ethics committee. **Congratulations, Marge!**



Journeys Grief Support Group

*Held on the 3rd Tuesday of each month at 6:30 pm
At Putnam County HomeCare & Hospice.*

*Held on the 1st Thursday of each month at 6:30 pm
At Primrose Retirement Community of Lima.*

Grief is a natural and normal reaction to loss. The grief journey is a very emotional and private walk that each of us needs to take as we learn to live with the death of our loved ones. Grief is necessary to heal and experience emotional growth.

Putnam County HomeCare & Hospice offers Journeys to remind others that they are not alone on this path.

Journeys is a gathering of men and women who have experienced the death of a loved one. Journeys will help family and friends learn to live with their isolation and loneliness by providing an opportunity to meet together and develop supportive relationships that will encourage sharing of feelings in a safe environment.

Through sharing similar circumstances with a group facilitator, the group will find emotional support and encouragement along with a better understanding of the grieving process.

Journeys is offered free of charge to anyone in the community who has experienced the loss of a loved one.

**For more information on Journeys Grief Support Group,
please call Julie at 419-523-4449 or email jmason@pchh.net.**

2017 Good Grief Fun Camp

