



# Hildegard House

*dignity has a home*

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## ISSUE 04

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## Getting Better

This is the story of a dear, sweet soul. Only 67, we don't know his entire story. We know he lived many years at the Campbell Street homeless camp. He came to Hildegard House from the University of Louisville hospital. He was there under an alias because he was afraid. The last set of "friends" that he lived with stole all his money and verbally abused him. While he was in the hospital, his wallet was stolen again. He was anxious, alone and afraid.

He was thin and frail, almost child-like, so simple and curious and naive. And he had pancreatic cancer. When he first came to Hildegard House, he stayed in his room. He laid in the dark, with the cover over his head. He spent the first few days just sleeping. As the days went by, he began to talk with the volunteers and would eat a little bit. He never complained about anything, not even pain.

He told us one day that he had received treatment at the Brown Cancer Center. "The doctor told me that I should drink Ensure because I was so thin. Ensure! Do you think he knows how much Ensure costs?"

We told him to wait a minute, went to the refrigerator, and brought out a bottle of chocolate Ensure. A case had just been donated to us. It was handed to him. He looked at it. He cuddled it like a baby. He said, "Is this for me? I can have it?" He looked at it as if it was a miracle potion. And he was able to have Ensure every day. A simple pleasure.

If you asked him, "How are you today, Michael?" He would say "I'm good!" And next he would ask, "How is everybody around here? Is everybody okay?" He began to care about all the volunteers. He began to know their names. Every morning he would come out into the living room, sit in the recliner, and talk a little. He began to eat his meals in the living room.

He lived at Hildegard House for 3 months. He never had one visitor or phone call. Yet, he had a positive attitude. He told all of us, "I'm getting better!" Maybe he was in denial, maybe he wanted to believe he could get better. But in some ways, he was getting better. He was not as anxious or afraid. He trusted the Compassionate Companions and enjoyed talking with us.

He frequently came out of his room, sat in the recliner, drinking his Ensure. When he got weaker and couldn't leave his bed, he would ask a Compassionate Companion to come in and talk with him. He said once that he was afraid to die, but that he knew someone would be with him.



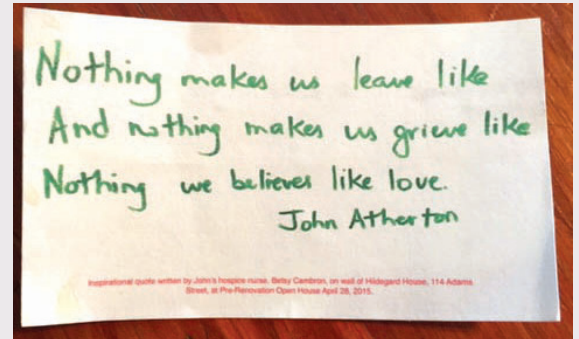
*Continued Inside...*

# A Word from the Executive Director



Special things are always happening to me.

At dinner with my friends Elsie and Allen Atherton, I learned a story about Allen's late brother, John, who was a poet – whose poems had been lost. When Hildegard House was beginning, we had a pre-renovation party and invited people to come to the party and write on the walls – quotations, poems, or meaningful sayings. Elsie came to this party and noticed a poem written on the wall with credit to Allen's brother. She immediately came to me and asked who had written this on the wall. We discovered that John had been really attached to his Hosparus nurse, Betsy Cambron, and gave her his book of poetry. Betsy had written this poem on the wall. Elsie took a picture of this poem home to Allen. He carries this on a small card in his wallet: (card, right)



Another day, as I opened an envelope, this sweet note dropped out. *"Enclosed is a donation in memory of our aunt who died in August at near 99. She lived her last five years in assisted living and the last year bedridden with sitters 24 hours a day. Fortunately, she had resources to pay for the care she needed, but at the end of her life, her depleting funds were a source of worry for her. I chose your charity because of the care you give those who don't have family or resources to care for them. Thank you for the love and care you give the residents of Hildegard House."*

*Inspirational quote written by John's hospice nurse, Betsy Cambron, on wall of Hildegard House at the Pre-Renovation Open House, April 26, 2015.*

Lastly, I received a beautiful bouquet of roses. This is what the card said: *"Dear Karen: Thank you for this home to help those in need. The care, love and support to all the residents and to each of us. Thank you for this opportunity you have given to each of us. With our love and thanks, All Hildegard House."*

Being a part of the Hildegard House community touches me in so many ways. I continue to be amazed and reminded that compassion has ripple effects that we can't even imagine. And I am so thankful to be part of this compassionate community.

With gratitude,

*Karen Cassidy*, Executive Director

## So Much To Be Thankful For!

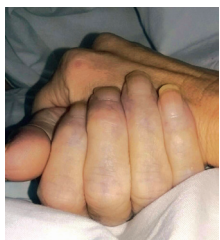
### Words from our residents

*"It's been a blessing to be here. The good Lord did his job. Everybody is so nice here. I am getting spoiled!"*

*"I didn't know there were people like this in the world. I used to cry at night wondering what would happen to me. I don't cry anymore. I am so blessed."*

*"What Hildegard House does is become part of your soul. God bless you and everyone that is part of this team, nothing short of Angels on Earth!"*

*"There should be more people who are kind like the people here. Wouldn't the world be a better place?"*



### From A Volunteer

*"Sometimes when a new resident arrives at Hildegard House – and literally vibrates with fear – smelling of urine, lying on a gurney in a dirty nightgown, with unwashed hair and dirty nails, I have to step out and shed a tear. Because my heart breaks in a million pieces – I don't understand why someone has to be so alone. And because I am so happy that they are safe and I am thankful that Hildegard House exists as a final home for the forgotten, the invisible, the alone. "*

**Special thanks** to Mark Clore and Jim and Charlie Leason for helping to organize the Second Annual Hit it for Hildegard House Golf Scramble on October 12th. We are grateful to all the sponsors and golfers. It was a beautiful day!

**A big thanks** to Atria for sponsoring An Evening with Hildegard! Chad Welch and Regan Atkinson shared their multitude of talents to put on a wonderful event! Thanks to John and Patti Moore for all their support!



# Getting Better

(From page one, continued)



Michael died September 14..... peacefully, with compassionate care at his side. An anxious, lonely, dying man had a home, friends, comfort and Ensure.

He was buried at Meadowview Cemetery, the indigent burial place. And

Compassionate Companions were there. Because we told him he wouldn't be alone.

This is what we do at Hildegard House. Provide a home and compassionate care for those at the end of life who have no home or loved ones so that they may die with dignity.

*You have the power to help residents in the future! You can help Hildegard House continue. Put your wishes into words. Join the Hildegard Legacy Circle. Give a gift in your will or from your retirement account.*

## “Why did I put Hildegard House in my will?”

Missy Stober, a Hildegard House Board Member, left a gift in her will. Missy says, “Having someone care for you and feeling safe is important at the end of life. I think about people that have to go through the end of life alone. Everyone should have the opportunity to die peacefully and with someone who cares about him or her if they choose.”

John Rogers, has also left a gift to Hildegard House. John drops by almost every Tuesday with bagels and a hug! He is supporting Hildegard House with a gift that will be something that will go on longer than he will.

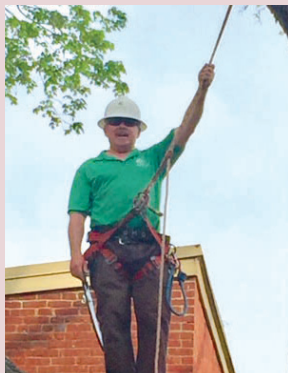
If you wish to leave a planned gift to Hildegard House, contact Karen Cassidy. Join the Hildegard Legacy Circle. Help Hildegard House continue serving residents for many years to come.

**If you wish to leave a planned gift to Hildegard House, contact Karen Cassidy, 502-797-7411 or [kcassidy@hildegardhouse.org](mailto:kcassidy@hildegardhouse.org)**

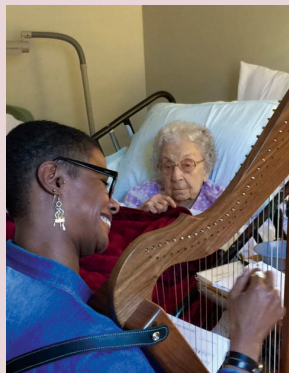
**Leave a legacy!  
Join the Hildegard Legacy Circle.  
Where dignity has a home.**



John Rogers and Jana McNally,  
Volunteer Coordinator



Thanks to Robert Rollins from Greenhaven for taking care of the tree in our Courtyard Garden!



Thanks to Sarita Williams for her beautiful harp music!



Thanks to Brent Little for keeping our house clean!

## Interested in Volunteering?

**Volunteers are the heart of Hildegard House. Are you interested in volunteering?**

Compassionate Companions provide the day-to-day care for our residents just as a family member would at home: Making lunch, doing laundry, giving medications, or watching TV. We ask for a commitment of at least one five-hour shift per week.

The next training is Friday, January 11, 6-8pm and Saturday, January 12, 9-3:30 pm. If you are interested, go to the website and complete the form, [www.hildegardhouse.org](http://www.hildegardhouse.org)

Or call Jana McNally,  
Volunteer Coordinator  
at 502-581-8267

Or email Jana at  
[Jana@hildegardhouse.org](mailto:Jana@hildegardhouse.org)

## Wish List

What do we wish for this Christmas?

Our biggest wish is for Santa to help us pay off our mortgage!

It is only \$214,741

This would be the best gift ever!

Gift cards always help –  
Kroger, Walgreens, Target.

Keurig K-cups, Swifter sheets,  
paper yard waste bags, unscented  
pump hand soap, batteries of all  
sizes, light bulbs, file folders.

## Our Board

Steve E. Sage, *Chair*

Missy Stober, *Vice Chair*

Joanne Weis, *Secretary*

Carl Herde, *Treasurer*

Betty J. Adkins

Wes Burgiss

Beverly Glascock

Jennifer Glassner

Sr. Janet Marie Peterworth

Laura Rice

Marty Robinson

Joe Rotella

Donna Trabue

Chuck Anderson, MD, *Medical Director*

Karen Cassidy, *Executive Director*



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## Our Mission

Providing a home and compassionate care for individuals at the end of life who have no home or loved ones to care for them so that they may die with dignity.



# Hildegard House

*dignity has a home*

[www.hildegardhouse.org](http://www.hildegardhouse.org)  
502-581-8267



Hildegard House was the winner of the prestigious Monroe E. Trout Premier Cares Award and a \$100,000 cash prize. Sponsored by Premier, an alliance of approximately 3900 hospitals, we were recognized for providing a creative solution to health status improvement, impact on a specific population and a program that can be replicated in other communities. This prize went directly into our sustainability fund. To see the video go to Utube - Hildegard House - Premier Cares.

