



A report of our work in Cortland and Tompkins counties

**TOGETHER, WE TRANSFORM FEAR INTO LOVE**

Dear Friend,

As I look back over the past twelve months and what we've accomplished, one thing is resoundingly clear: We couldn't have done it without the support of our volunteers and donors.

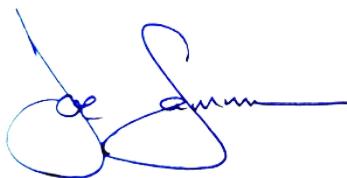
Whether it's providing end-of-life care, supporting our community with our grief services, or easing discomfort and pain through our palliative care program, it wouldn't have been possible without you. You help us transform fear into love.

On behalf of our nurses, social workers, medical director, home health aides, patients, and their families, thank you.

Even as we navigate another COVID surge, our focus is, as it always has been, providing compassionate expert care to our patients and families.

I hope you will consider making a year-end gift to help ensure this important work continues, especially now. We are grateful for your support.

Wishing you a bright New Year!



**Joe Sammons**  
**Executive Director**



# Hospicare & Palliative Care Services of Cortland & Tompkins Counties

## Mission

The mission of Hospicare and Palliative Care Services is to bring medical expertise and compassionate, respectful care to people and their loved ones at any stage of a life-limiting illness, and to provide information and education about advanced illness, dying, and bereavement to the entire community.



## History

In the late 1970s, community leaders and advocates identified the need for hospice services in the region and worked together to develop a plan to make it happen. First recognized as a non-profit organization in 1983, Hospicare quickly became a pillar of the community, providing end-of-life care to residents of Tompkins County and supporting their loved ones through grief.

Though work initially began only in patient homes, it quickly expanded to residents of nursing facilities -- and in 1995, Hospicare successfully completed a capital campaign to open the first free-standing hospice in New York State. In 2002, Hospicare began providing palliative care services to support individuals facing serious illness. In 2014, Hospicare expanded its services to serve residents of neighboring Cortland County.

Today, Hospicare is the sole hospice provider in both Cortland and Tompkins counties, representing a total of 994 square miles in New York's Finger Lakes region. Our philosophy of care means patients are supported by a full interdisciplinary team of healthcare professionals, including a medical director, nurses, home health aides, chaplain, social workers, bereavement counselors, and volunteers.

Because the costs of providing service often exceed insurance reimbursements, Hospicare relies on the generosity of our community to provide critical funding to serve every patient, regardless of financial

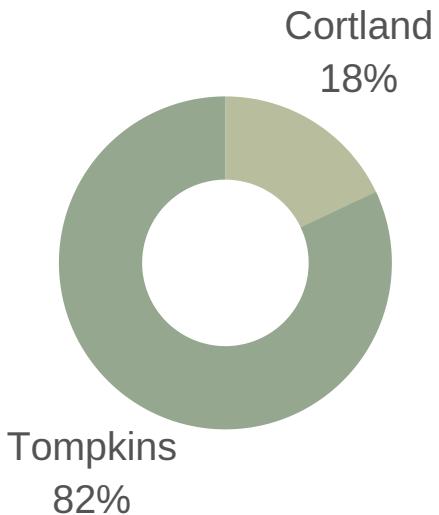


or insurance status. Donations are essential to Hospicare's well-being, providing nearly 20% of the agency's annual budget. Thanks to a loyal and dedicated foundation of supporters and volunteers, an active and committed staff and Board of Directors, and proceeds from the Women Swimmin' for Hospicare fundraising event, Hospicare is able to serve hundreds of patients and families every year.

# Palliative Care

In 2020 our palliative care program served 105 patients.

- 28% Cancer
- 18% End Stage Cardiac Disease
- 19% End Stage Respiratory/COPD
- 10% Alzheimer's/Dementia
- 25% Other



## What is Palliative Care?

- Specialized medical care
- Relief from the symptoms and stress of illness
- Aims to Improve quality of life
- Team of doctors, nurses, and other specialists
- Can be administered along with curative care
- Available at any age, any stage of a serious illness

## Where is Palliative Care Provided?

- At home
- In the hospital
- At assisted living facilities

## Who is Palliative Care for?

For people who have these types of diseases:

- Heart, lung, or kidney disease
- Cancer
- Neurological disease
- Geriatric syndromes



# Hospice Care



Patients Served  
414

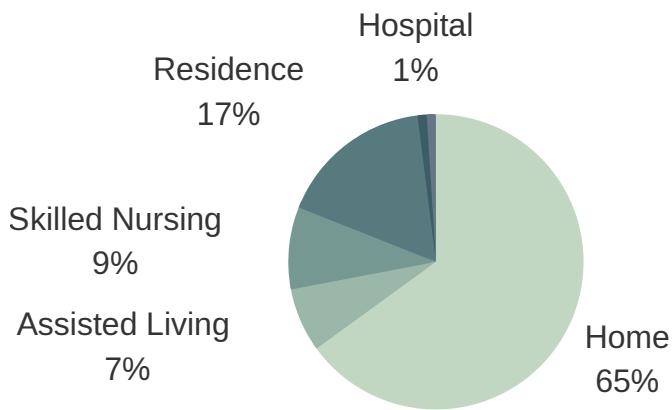


Total Patient  
Care Days  
18,279



Average Days of  
Service  
49

## Where did our patients receive care?



**Our job is to give you back your life for as much time as you have.**

This can be as straightforward as providing companionship and practical assistance or as complicated as controlling your pain, helping you talk to your family members, or working with you to resolve spiritual conflicts.

Hospice treats the whole person. Hospice strives to meet all of your needs; physical, emotional, social and spiritual, as well as the needs of your family and friends.

# Grief Support



"Without Hospicare's services, I would be lost...still...eight years after my mom's death, in a sea of grief and pain. But the bereavement counseling, workshops, and support groups have illuminated the way in a remarkable sense. I have learned that no matter the circumstance of death, there is beauty and bravery in grieving openly. Thank you for humanizing this process, and with my deepest gratitude." — Susan



Participants in  
support groups &  
classes  
200



Support calls  
1,313



1:1 Grief support  
sessions  
329

"Grief, I've learned, is really just love. It's all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest."

Grief is just love with no place to go." —Jamie Anderson

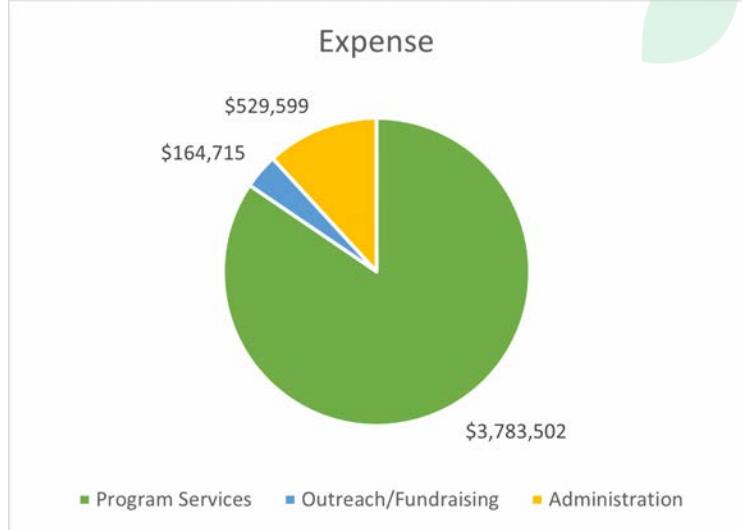
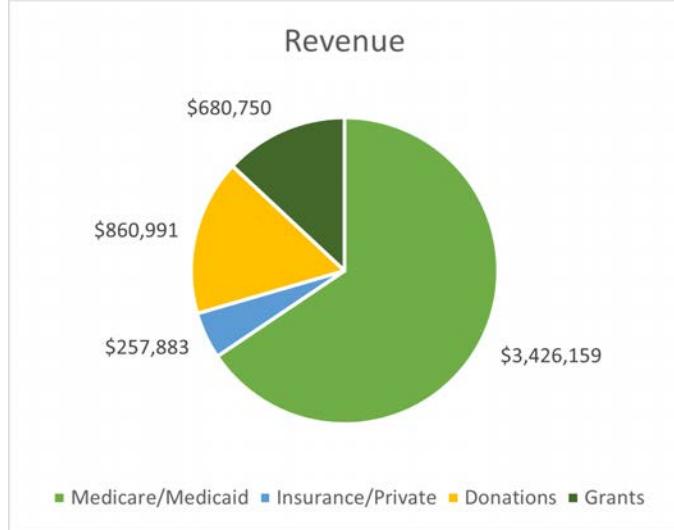
Grieving the death of a loved one can be a painful and lonely experience. Grief is a normal and natural response to loss that can include a whole array of feelings that deserve attention and care.

Hospicare is here to help you walk this path.

Complimentary services for the community include:

- Individual grief counseling
- Support groups
- Expressive arts & educational grief workshops
- Events for children & teens
- Community memorials

# 2020 Financial Profile



"I want to thank everyone for providing a wonderful environment for my dad. A special thanks is extended to the wonderful ladies who provided the delicious honey bread; helped me feed the birds on the deck; and cared for Dad in his final hours when I couldn't bring myself to be there. Please accept the enclosed gift to help other "loved ones" continue to receive care and comfort just as my Dad did." — Anonymous Donor



## How can you help?

Hospicare relies on the generosity of our community and we are grateful that so many of you have asked, "How can I help?"

When you support Hospicare, you give families peace of mind. You provide those with life-limiting illnesses a chance to live peacefully, meaningfully, and without pain.

You can make a donation via our website and on our Amazon Wish-list. You may want to talk with us about how your financial legacy could include Hospicare.



# Hospicare

*& Palliative Care Services*

Hospicare uses an interdisciplinary team approach to providing care to patients, families and caregivers in Tompkins and Cortland counties. We provide emotional, medical and spiritual support, and patients have access to care from physicians, nurses, social workers, grief counselors, home health aides and volunteers.

**It's never too early to ask questions.**

Contact us for a more detailed financial report.

**Hospicare.org**  
**info@hospicare.org**  
**607-272-0212**