A greeting card I’ve cherished explained that legends say hummingbirds float free of time, carrying our hopes for love, joy and celebration. The hummingbird’s delicate grace reminds us that life is rich, beauty is everywhere, every personal connection has meaning and that laughter is life’s sweetest creation.

We incorporated this brilliant bird into our new look and logo to symbolize our organization’s life-affirming mission.

Under the Treasure Coast Hospice name, we have grown our services beyond our cornerstone hospice program to include palliative care, grief support counseling and specialized pediatric care. To better reflect our expanded scope of community services, we have renamed the overall organization Treasure Health. We will continue to use Treasure Coast Hospice to refer to our hospice program.

As the need for our services increases, we are rising to the challenge, thanks to generous donors, dedicated volunteers and compassionate staff. I am grateful to be part of this special team caring for our community.

Warmly,

President, CEO
A philanthropic family enjoys time together. Daughters Jamie Griffis and Kim Poppe with their father Don Hudson.

“If you don’t give back, you miss out on the pure pleasure of sharing.”

- Don Hudson

Living Life on His Terms

Think of an American icon – Cinderella Man, Marlboro Man, James Dean. Don Hudson has lived each of those legendary lives. Orphaned at 13, the first generation child of immigrants grew up in Brooklyn, fighting “five bucks a round” boxing matches to survive. As a teenager, he worked his way around America. “I’ve held 55 jobs during my lifetime. I’ve dug ditches, done construction, worked as a ranch hand. My hands were so tough, I could put a cigarette out on them.” Once, while driving through Nebraska in a 1928 Ford “tied together with bailing wire,” Hudson was arrested for fighting. Though he was defending himself against an attacker, he spent one night in jail.

While there, he had an epiphany. This epiphany was always “like an angel on my shoulder, keeping me out of trouble.”

Those inauspicious circumstances were the beginnings of a remarkable life. Starting with one “ladies gym,” Hudson built a gym dynasty with facilities across the nation, working with people like Jack LaLanne and Arnold Schwarzenegger. He eventually sold his business to Bally’s. “I planned to work all my life, but cancer made me retire.” Even so, at 88, he’s living life on his terms, pursuing cancer treatment in Mexico.

Despite his tough exterior, Hudson has a caring heart. The Don Hudson Foundation supports many local charities and has also donated a portion of his antique car collection to The Elliott Museum. The Foundation has also donated to Shriners Hospital for Children and to many causes in St. Johns, Greenspond and Blackhead Bay, Newfoundland in honor of his parents. Hudson’s daughter Kim Poppe suggested he support our organization.

“As a nurse practitioner, I know it’s important to take care of caregivers. Treasure Coast Hospice touches patients and families at the most important time of their lives,” Poppe says.

With caregivers in mind, Hudson gave $50,000 to purchase comfortable new sleeper sofas for the Hay-Madeira and Harper Hospice Houses in Stuart. The furniture is a welcome addition and further enhances our warm, family-friendly atmosphere.

Though her determined father has yet to need our services, Kim Poppe is a proponent of palliative care. “Many patients don’t realize they can have palliative care while pursuing aggressive treatment. A study shows palliative care patients live longer and have better quality of life. It’s not easy to discuss these issues, but it’s important so your loved one has proper care.”

Of all his accomplishments and adventures, giving ranks high on Don Hudson’s list. “If you don’t give back, you miss out on the pure pleasure of sharing,” he says.

A philanthropic family enjoys time together. Daughters Jamie Griffis and Kim Poppe with their father Don Hudson.

To support our mission, call 772-403-4500.
Helping Patients on Their Journey

“‘To palliate’ means to relieve the symptoms of a disease or disorder. Bernice Burkarth, M.D. knows it means much more. As our Senior Medical Director, she witnesses the peace of mind palliative care can bring. Her consultations help patients understand their medical condition and the resources available to them. Symptoms are better managed, families are better cared for and patients experience a better quality of life.

“Through our hospital-to-home program, we meet with hospitalized patients and palliative care follows them to their home, nursing home or hospice,” says Dr. Burkarth. If a patient is readmitted, palliative care helps shorten the hospital stay by properly managing symptoms. Unlike hospice, palliative care doesn’t require a terminal diagnosis, but a physician referral is necessary. Patients can continue seeking a cure while receiving palliative care.

The palliative care team also helps navigate the healthcare system. “Palliative care gives people permission to make decisions that match what they want. You see a weight lifted when they regain control,” Dr. Burkarth says. When a cancer patient developed complications from chemotherapy, her medical team said she needed to enter hospice. “Our palliative care team had met with her previously to help her set goals for her transition into hospice. We reviewed her options with her and restated her goals to the medical team. She felt relieved at being able to say, ‘I want to continue chemotherapy. My complications don’t yet meet the levels I set for entering hospice.’”

Dr. Burkarth doesn’t feel it’s her job to tell patients when they have reached the limits of treatment. Instead, she allows them to identify that moment for themselves. One patient’s husband looked “visibly relieved” when the couple decided to end the wife’s chemotherapy. “He said, ‘She’s at peace now. She’s not burdened with trying to get better for me when she wasn’t going to improve.’”

If you have questions about palliative care, call 772-807-6425.

“Palliative care gives families permission to make decisions that match what they want.”
– Dr. Bernice Burkarth

Our Vision
We build communities that allow people to drive their own destinies for the highest quality of life in every health circumstance.

Our vision is a world where everyone has choices about their care and how to live at all stages of life. By creating an environment of open communication, we help you plan for and navigate chronic or serious illnesses and support your decisions to live well, and as you choose, throughout your journey.

Our Mission
We enable well-being through compassionate patient and family-driven care, professional support services, and life-enhancing education.

Now may be the perfect time for a Charitable Gift Annuity.

With a Treasure Health Charitable Gift Annuity you will support compassionate care in our own community and receive:

- Fixed payments for life
- A current year tax deduction
- Favorable tax benefits on payments

Annuity Rates

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* Rates subject to change. Available for one or two people.

For more information, contact:
Valerie Guthrie
Office: (772) 403-4547 • VGuthrie@treasurehealth.org

Contact us for a complimentary proposal.
When most people hear “grief counseling” they think of talk therapy. Because death affects people of all ages, Treasure Health Grief Support counselors use many techniques besides talk therapy. Enter our counseling centers and you might see families creating art in memory of a loved one, kids enjoying music therapy or an elderly man smiling while a therapy dog licks his hand. “Some people are in such pain, they’re reluctant to seek counseling. Once they meet us and experience our warm, homelike facility, they’re much more receptive,” says Director of Counseling and Pediatric Services, Jacki Nardone, LCSW.

The counselors also travel to local schools and workplaces to help people cope with tragedy. Through workshops and events, they educate the community about healthy grieving and other topics. At Camp Good Grief, they play, sing and talk with kids who have experienced loss. “We work with everyone – from toddlers to seniors, families to singles,” says Nardone, adding, “After attending Camp Good Grief, a teenager whose dad died returned the following year to volunteer. When I saw that, I knew we were making a difference.”

Counseling is available to anyone, regardless of finances. “Medicare requires hospice to provide bereavement counseling, but our level of services is made possible by donations and grants from the community,” Nardone explains.

Our counselors do whatever is necessary to reach people – whether it’s moving a counseling session outside the office for a game of basketball or helping people overcome cultural barriers to asking for help. “Our goal is to support them through one of the most difficult events in life,” Nardone says.

To learn more about our counseling services, call 772-403-4530.

Sometimes the people who need you the most don’t come knocking on your door. You have to seek them out. That is the philosophy behind Treasure Health Grief Support’s community outreach programs. Throughout the year, Jacki Nardone and her team of counselors are out and about in the community, offering support and hope to anyone who has experienced loss. Grief counseling is available to everyone, even if their friend or family member did not use hospice services.

Understanding that the holidays can be especially difficult, the counseling teams staged annual Tree of Life ceremonies in Stuart, Fort Pierce and Port St. Lucie last December. Nearly 350 people enjoyed live holiday music and placed ornaments on trees in honor of loved ones. Always well attended, these events instill a sense of comfort and community at a time when it’s most needed.

To raise awareness of the special needs of grieving children, staff and members of the community participated in an awareness campaign to promote Children’s Grief Awareness Day in November. Using social media exclusively, the campaign helped educate the public about how children and families benefit from grief support counseling.

One of our counseling team’s most memorable events of 2016 was a family grief retreat. Made possible by the Albert and Birdie Einstein Fund, the retreat took place at River Palm Cottages in Jensen Beach by the banks of the Indian River. Eight families enjoyed the peaceful, productive weekend. “We offered activities, techniques and tools for coping,” says Jacki Nardone. According to participant Kathleen Cervini, “I hadn’t taken time to properly grieve due to an overloaded schedule. The retreat gave me and my girls time to bond and think of their daddy. The sunrise yoga was so special, the kayaking so fun and the massage so relaxing. Bringing home the tool box really helped our grieving process. None of this could have happened without the caring, enthusiastic staff.”

To support compassionate programs like these, please call 772-403-4500 or visit www.treasurehealth.org.
According to the old song, the holidays are “the most wonderful time of the year.” For children coping with a life-limiting illness, the holidays are challenging. Acting with characteristic empathy, the Little Treasures team made the season merry and bright with their third annual holiday party.

“A trip to the mall to see Santa is a joyful occasion for most kids, but kids with an infection can’t participate in this holiday tradition,” says Director of Counseling and Pediatric Services Jacki Nardone, LCSW. Naturally, our team of compassionate caregivers brought Santa to the children. Stepping easily into the role of Santa’s helpers, they worked with local businesses to get food and toy donations. Aycock Funeral Home presented the Little Treasures team with a $300 check to buy additional toys for patients who otherwise wouldn’t have any. When the day of the party arrived, the staff dressed as elves and ushered in Mr. and Mrs. Claus to a delighted group of youngsters. The Little Treasures team and kind Treasure Health supporters made the moment even more magical with the addition of snowfall and miniature horses, owned by Jimmie Anne Haisley. “We created a safe, supportive environment where people understand what these kids are going through, but we also made it fun,” Nardone says.

Working like busy elves behind the scenes, the Little Treasures team gave families the greatest gift of all – a special memory to treasure forever.

If you know a family who would benefit from Little Treasures, call 772-403-4404.

To support the work of Little Treasures, call 772-403-4500 and ask for the Foundation office.

The Little Treasures care team surrounds the whole family with support, allowing them to live as normal a life as possible.

Some circumstances are so difficult to navigate, they should not be shouldered alone. When we bring a child into the world, we never expect to outlive that child whose life held so much promise and joy. Treasure Health Pediatric Care understands that children with serious illnesses require special care, as do their families. Our specialized pediatric program, Little Treasures, enhances quality of life for children and families. The team provides specialized medical care for the child, as well as guidance, education and psychosocial support for the entire family.

“The families we serve get a dedicated pediatric team who understands what they’re going through and tries to meet every possible need. For example, 99 percent of the time, our nurse can provide services such as a blood draw or wound care at home, sparing the child another hospitalization,” says Pediatric Program Manager, Michael Gray, LCSW.

When a child is on hospice care, the Little Treasures team remains by the family’s side. “We continually communicate with families and help them navigate the process,” Gray says.

Children and teens have unique needs, especially when it comes to dealing with loss and their own illness. Thanks to a generous community, Treasure Health offers multiple programs geared to children, including music and art therapy, special events and holiday parties.

You can brighten a child’s day with a financial gift or the gift of your time. To find out how, call 772-403-4500 and ask for the Foundation office or Volunteer Services.

Little Treasures Celebrates the Season

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“Even though their health is declining, some children are not anywhere near dying. Their families can still seek the level of care that hospice provides.”

– Jacki Nardone
November is a time to reflect with gratitude on our blessings. In November 2016, we paused to recognize some of our most outstanding donors at the annual Thanks for Giving event. More than 150 people gathered at Santa Lucia River Club in Port St. Lucie to honor three award recipients. Awards were presented to Alan Bernstein, the Founding Friends (see story on page 14) and the William and Helen Thomas Charitable Trust.

Mr. Bernstein became a loyal donor after his beloved wife passed away. His contributions allow our organization to reach others needing our support in large and small ways. Giving back is an integral part of Mr. Bernstein's character. In addition to his ongoing, generous financial gifts, he has repeatedly stocked our Lending Library with books that comfort families. He has donated a coffee service for our staff and clients, brightened our days with flowers, food and gifts and helped support Camp Good Grief. For several years, he made sure every need in our Treasuring Families Holiday Program was met. He is vital to the strength of our program.

Contributions from the Thomas Charitable Trust helped build the Thomas Counseling Center and have supported our counseling programs for many years. Through their exceptional generosity, the Trust has made it possible for us to help hundreds of people.

“When a person makes their wishes known ahead of time through planned giving, their assets can be distributed in ways that match their desires and lessen their family’s burden. This brings peace of mind and alleviates the stress of making major decisions at a difficult time.”

– Major Gift Officer Valerie Guthrie

Treasure Coast Hospice Foundation Vice President of Philanthropy Murray Fournie concurs. “Medicare, Medicaid and insurance reimbursements cover hospice and a portion of palliative care. The growing demand for counseling, homelike hospice houses and children’s programs must be funded through charitable gifts.”

Donors of all levels make a difference at Treasure Health. Just ask those who attended the October 2016 dedication ceremony of the St. Lucie Hospice House Garden in Fort Pierce. In addition to beautiful trees, plants and flowers, the outdoor space features water accents, seating and shaded areas.

“The garden is a healing environment for patients, families and the community,” says Tracey Kinsley, St. Lucie County community representative. “So many individuals and businesses worked together to create a space that will provide healing and peace for generations to come.” Richard Fugitt is just one example. He donated a fountain in memory of his wife Evie.

To tour the Garden or to learn about naming opportunities, contact Ashley Haughton at 772-403-4500.
They may look like simple stuffed animals, but those colorful teddy bears seen around the Stuart and Ft. Pierce offices represent much more. Volunteers create the “memory bears” from fabric donated by families who have lost a loved one. There might be a patch from a husband’s favorite shirt or a sister’s beloved blanket. “It’s such a meaningful experience because families get to keep the bear forever,” says Manager of Volunteer Services Wendy Mahood. In the last eight years, more than 400 people have received a bear.

Memory bears are just one aspect of our dynamic volunteer program. “Our volunteers represent all ages and fill diverse roles, from serving as receptionists or family respite caregivers to taking care of patient’s pets,” Mahood says, adding, “Without volunteers, we couldn’t offer our robust programs.”

To learn more about volunteering, call Wendy Mahood at 772-403-4500.

To receive Medicare reimbursements, five percent of Treasure Coast Hospice patient care hours must be provided by volunteers.

Making Memories and Making a Difference

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A Community Treasure

Who would have thought that second-hand clothing, furniture and housewares have the power to heal? Christopher Hoechst knows this is true. As manager of the Stuart Thrift Boutique, Hoechst knows the boutique does more than raise funds for patient care. A camaraderie develops among his 102 volunteers as they sort donations, stock shelves and ring up sales. “Most volunteers have a hospice experience, having lost a spouse. Volunteering connects them to a community of people who have experienced a similar loss. If they miss a day of volunteering, they tell me their week wasn’t the same,” Hoechst says. Treasure Health Controller Carl Martello agrees, “It’s more than a store, it’s a social setting.” Treasure Health treats regular volunteers to in-house volunteer events and an annual luncheon at Sailor’s Return restaurant.

The St. Lucie West Thrift Boutique serves the same purpose, generating funds for Treasure Health and bargains for shoppers, while providing people with meaningful service work. Both boutiques serve another purpose as well. “Hospice helps families through every stage of the process, even after a loved one has passed. Many families served by hospice donate to our boutiques. That’s emotional, so we treat them and their loved one’s belongings with respect. By offering them some closure, we’re part of the hospice cycle,” Martello says.

Savvy shoppers appreciate the clean, well-managed boutiques and pleasant shopping experience. “There are many other thrift stores, but we have loyal customers,” Martello says. The fact that profits help support compassionate care for patients and families make shoppers feel good about their purchase. Although overall annual profit for both boutiques is $250,000 and rising, “The boutiques aren’t about making money as much as they are a community outreach tool,” Martello says.

The Ft. Pierce Thrift Store, now a holiday thrift store, is open Wednesdays, 9 am - 4 pm. It is located at 2501 S US Hwy. 1.
A little kindness goes a long way toward lifting someone’s spirit. At the recent Friends with Flowers event, more than 50 compassionate volunteers created 195 floral arrangements for community members. The lucky recipients were caregivers, people who recently lost a loved one or were sick and shut-in members of local churches. The annual November event is organized by Guide My Hands, Treasure Health’s outreach program for the African-American community. Members, clergy and youth from 12 churches worked at various stations, filling vases with water, arranging flowers and delivering the beautiful arrangements. The event really stood out for one volunteer, Joseph Bagnerise, from St. Mark Missionary Baptist Church. He came with his wife Jasmin and baby son Joseph.

“He helped out in every capacity,” says Diversity Consultant Sonya’ Finney who leads Guide My Hands with Clergy Liaison Rev. James Sullivan. For his part, Bagnerise commented, “They really need volunteers, especially males. It was fun working with other volunteers. I’ll be there next year!”

There’s no reason you can’t have fun while working for a worthy cause. Just ask Glenda Byrne. She has served as vice president, president and is now treasurer of the Founding Friends of Treasure Coast Hospice. The Friends support our organization through fundraising and volunteerism. “Our group is the joyful face of hospice. I tell volunteers, we are ‘fun raising’! We benefit as much as those we help,” Byrne says.

Beyond the fun and friendship, Byrne had personal reasons for joining. “My mother was cared for and passed away in a hospice house. The care and respect she received was amazing.”

Founding Friends fundraisers are the highlight of our winter season. This past January, their Sail Away Luncheon exceeded expectations, raising more than $130,000. And last year, their efforts garnered a Thanks for Giving award (see story on page 11). Every Christmas, the Friends also decorate an angel tree at the Mayes Center and give presents to families of patients.

In 2017, the Friends will host an evening event to recruit new, young members. Here’s hoping they have as much enthusiasm as their predecessors!

For more Founding Friends information, call Craig Perry at 772-403-4500.

Spreading the Treasure Health Message

Beyond Friends with Flowers, Sonya’ Finney and Rev. Sullivan work tirelessly to educate the African-American community about hospice and end-of-life issues. They also recruit volunteers from local churches and the community to help promote Treasure Health programs. By involving local pastors and their congregations, Finney and Sullivan are creating hospice ambassadors. “When I started working for Treasure Health, the community knew very little about the benefits and services beyond hospice care. We had to dispel many myths,” Finney says, adding, “Now the community calls us to inquire about different services, including grief counseling. There have been many tragic killings in Fort Pierce and in 2017 we hope to educate more youth and their families on grief support counseling.”

Legacy Circle
Recognizes donors who have included Treasure Coast Hospice in their estate plans.

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Dr. and Mrs. Louis P. Benson
Mrs. Henrietta M. Blair
Mr. and Mrs. Barry F. Brown
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Mrs. Beverly M. Chilson
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Pathfinder Society
Recognizes individuals who have an open pledge of $10,000 or more, to be satisfied in one to five years.

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Treasurer Coast Newspapers and TCPalm
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President’s Circle
A business giving club of generous organizations represented by influential business leaders from Martin and St. Lucie Counties.

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Treasurer Coast Newspapers and TCPalm
Ken Feiertag, Executive Vice President for Investments, Feiertag Financial Group
Carl Fischer, President and Owner, Carl’s Buick GMC
Dennis Hudson, Chairman and Chief Executive Officer, SeaCoast Bank

If you would like to learn more about supporting our mission at a higher level or if you are interested in becoming a member of the Pathfinder Society or the President’s Circle, please contact the Foundation office at 772-403-4500.

$100,000+
Founding Friends of Treasure Coast Hospice

$75,000-99,999
Children’s Services Council of St. Lucie County

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Estate of L.J. & Kathryn Aubrecht

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Mr. Robert Bauman,
Mr. Luck Gullick and Mrs. Elizabeth Bauman

Mr. and Mrs. Richard J. Boyle

Treasure Coast Hospice Foundation wishes to thank the donors listed above. We also extend our appreciation to all other cash and in-kind donors. We have made every effort to ensure completeness and accuracy, if there are errors or omission, they are deeply regretted. Please call the Foundation office at 772-403-4500 so that we can correct our records.

Thank you for your generous support.
The following list represents cumulative giving of $1,000 or more for the time period 10/1/15 – 9/30/2016.
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Mr. and Mrs. Kipp Foster
Golden Ponds Hospice Committee
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Mr. and Mrs. Gregory A. Harper
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LoPrete Family Foundation - Mr. and Mrs. James H. LoPrete
MAH Foundation, Inc.
Martin Funeral Home and Crematory, Inc.
Mr. and Mrs. Paul M. Malata
The Mayes Foundation - Mr. and Mrs. Roy E. Mayes, Jr.
Mr. Robert K. Miller
Ocean Village Worship
Mrs. Thelma A. Powell
Rare Earth Gallery
Estate of Margaret Rocce
The Savastano Family Foundation - Mr. and Mrs. Frank Savastano
Estate of Matel E. Sterling
Mr. and Mrs. Patrick Stracuzzi
Swanson Charitable Account - Mrs. Elizabeth Swanson
Mr. Joseph G. Temple, Jr.
Mr. Charles J. Thayer
United Way of Palm Beach County
Mr. and Mrs. George R. Warn, Jr.

$1,000-2,499

Air Mechanical & Service Corp.
Mr. Geoffrey T. Anders
Mr. and Mrs. Peter Grimm
The McCausland Foundation
Mr. and Mrs. James E. Matula
Wynne Charitable Foundation
Mr. Frederick C. Witsell, Jr.
To reflect the true scope of our services, we're embracing a new direction. While hospice will always be the heart of our mission, the name Treasure Health more fully encompasses our palliative care, counseling, and pediatric services. The new hummingbird logo conveys our life-affirming message of resiliency and hope.

Palliative care is appropriate from the time of diagnosis of a serious illness and is not limited to the last six months of life.

Most hospice patients receive care at home.

Our counselors conduct more than 1,400 grief support sessions in our community each year.