

Living your best life, with our help

Your Health Your Preference Your Hospice



Always Here

High Peaks Hospice understands the needs of those who live and work in our community. Individuals often find it difficult to get to the physician's office especially when you need it the most. High Peaks Hospice is here to help. If you or someone you know needs additional care due to a life limiting illness, we offer a free consultation service over the phone.

One of our qualified staff

will talk with you about health issues and determine if an in-person evaluation is needed. We will then set up a convenient time to visit you at your home. During the visit we will discuss High Peaks Hospice, the

services we provide and determine your eligibility for our program. You will then have an opportunity along with our qualified staff to determine the support

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Staying Positive During the COVID-19 Pandemic

Lately, we have found our worlds turned upside down. There has been more doom and gloom in the news, social media and in our conversations. Being positive in this type of situation is difficult even for the most positive people. Taking this virus seriously is critical as this pandemic reaches all edges of the globe. Safety must come first, but there is a cost.

Safety measures are being put into place by our Governor, staying at home, social isolation, only essential services to remain open. This can be hard on many as it means different things for all of us. The one thing we all have in common is trying to stay positive in times of trouble. It is stated that it takes 14

days to create a habit, so I challenge you in the next few weeks to create a new habit, of your choice to stay positive. Take time every day for the next 14 days to stay positive or bring positivity to someone else.

Limit

Limit the amount of news and television time you get, stick to one station or channel. Remind yourself that as a country and nation, we are resilient and we will bounce back.

Be creative

Host or create a themed movie night with your friends and family and reconvene via video or phone the next day to discuss.

Stay in touch

Keeping in touch is vital in times of social isolation. If you, a friend, family member or a loved one are alone, make phone calls, video calls and reconnect

with that long-lost friend.

Support

Support a local business if you can. Support your friends, neighbors and loved ones. Be there for each other and listen.

Time

Take advantage of this new-found time. Read a book, learn a new language, plant a garden, start a new exercise program, journal. Time to make yourself a better person for you and your family.

Smile more

Smiling can only help. When you smile and laugh it not only boosts your well-

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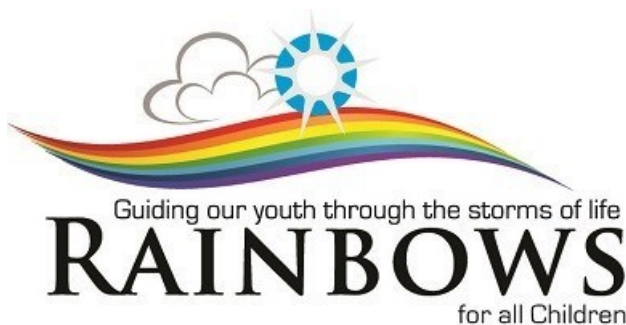
We are here to help

High Peaks Hospice Bereavement staff and volunteers offer a variety of grief services to those we serve and to the community at large. One of these is Grief Support groups which can help those experiencing grief navigate through choppy waters. Since we all grieve in different ways a variety of topics are offered.

Contact: Dean Brown at dbrown@highpeakshospice.org



HIGH PEAKS HOSPICE
BEREAVEMENT



Rainbows, a program designed for Children ages 6-11 provides a safe and nurturing way in which children can deal with their emotional trauma. High Peaks Hospice is dedicated to being the premier source of support for all youth as they navigate grief and heal from loss, whether from death, divorce, deployment, or other trauma. For more information or to enroll your child, please visit our website or call 518-891-0606.



Volunteers continue to be an integral part of our hospice team! These dedicated individuals support the mission and vision of the agency through a variety of roles: direct patient visits, bereavement, office administration, outreach, development and Rainbows.

In addition, there are those whose volunteer service takes on a very tangible form like the making of quilts, afghans and fleece blankets to give to patients as they come on service as new members of our Hospice family. Others bring holiday cheer each December to our

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Message from the Executive Director

For over three decades, High Peaks Hospice has cared for and supported patients and their loved ones through what most people would call a significant life changing event. Our specialty is helping you get the most life out of the last period of your life. To some, this sounds difficult and very sad but to us at HPH, it is a blessed journey that we are honored to be able to walk with you and your loved ones.

The pandemic this year – a worldwide life changing event – has amplified our work. All of us have been forced to adjust our daily lives. Many are grieving the loss of loved ones. Many are grieving the loss of a way of life. Many are isolated, feeling lonely and scared to go about activities that used to be a regular part of their routine.

The dedicated staff at HPH are here for you now and no matter what happens, proudly serving the communities

where we all live. Our number one priority remains caring for our patients and their loved ones by helping as many as possible traverse uncharted waters in a way that honors their choice, preserves their dignity, and cares with compassion.

Thank you to everyone outside of HPH who helps us continue our mission. Your donations mean so much during this health crisis – we are able to purchase supplies, pay for overhead, and support our staff. The time and talent you have given making face masks and other personal protective equipment help us to continue to serve our patients when so many supplies have been hard to find.

Most of all I'd like to thank the families who have trusted us to care for their loved ones during one of life's most precious times.

Nick...



Mission Statement

High Peaks Hospice provides end of life care that listens with respect, cares with compassion, supports with choice and comforts with understanding – wherever you call home.

Dignity,
comfort and peace
at the end of life.

The Dedicated Staff of High Peaks Hospice



Northern Care Team with Administration



Marie Marvullo
Director of Hospice
Services



Southern Care Team with Administration

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being it puts you in a better mood. Smiling activates the release of feel-good-messengers that work toward fighting stress. Smiling is infectious!

Kindness

Acts of kindness go a long way. Write a review for your favorite restaurant or a local store. Send a note to your delivery person thanking them. Being grateful has a genuine ripple effect that will keep you and all those they touch happier.

Making positive changes can only make us better in mind, body, and spirit. Let us know what you are doing to stay positive. Share your story with us on Facebook or email us at:

info@highpeakshospice.org.

We are in this together.

Source: Sanford Health, Simon Floss
"Keeping a positive mindset amid COVID-19 pandemic" March 25, 2020.



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that you may need.

We are here for you and your loved ones in the time you most need it. Your care is our passion!

To receive more information, please contact us at 518-891-0606.

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patients and their families by baking cookies that are delivered by Care Team "elves" as they make their visits. Still others creatively utilize articles of clothing belonging to our patients to make Memory Bears and pillows for their loved ones to cherish once they have passed.

If you or someone you know would like to help those within your community please contact our Volunteer Coordinator at 518-891-0606.



HONOR YOUR CAREGIVER

39.8 million

caregivers provide care to another
adult over the age of 18 in the
United States.



Millions of people provide support and care to ill or impaired loved ones including parents, spouses, children, and non-relatives. Special care is necessary for those who live with limited physical, mental, or cognitive abilities.

We would like to take a moment and say THANK YOU, to all of those in our communities who assist others on a day to day basis. Honoring them is easy.

Visit our website submit their name and a story and we will proudly display
their name on our HONOR Wall!



Your Name: _____ Phone: _____

Address: _____ Email: _____

City, State, Zip: _____

I would like to share my story (may be used on our website): _____

Honoring (Name): _____ Phone: _____

Address: _____ Email: _____

City, State, Zip: _____

I would like to donate in honor of my caregiver with a donation of \$ _____

Donation amount \$ _____ ☐ Cash ☐ Check ☐ Credit Card _____

Name on Card: _____ Exp Date: _____ CVV _____

<https://highpeakshospice.org/honor-your-caregiver/>



High Peaks Hospice
454 Glen Street
Glens Falls, NY 12801

Name
Address
City, State Zip

HIGH PEAKS HOSPICE! YOUR HEALTH YOUR PREFERENCE YOUR HOSPICE

Financial Overview

Operating Revenue: \$3,815,925

Operating Expenses

Patient Related Expenses: \$921,134

Salaries Wages and Benefits: \$2,287,801

Administrative and Facility Expenses:
\$597,740

Total Operating Expenses: \$3,806,675

Development Income

Memorials and Bequests: \$28,530

Fundraising and Contributions:
\$265,835

Grants and Other Income: 25,459

Total Non-Operating Income: \$319,824

Net Income: \$329,074

Annual Report

Service Statistics 2019

Total Patients Served: 512

Total Patient Care Days: 23,557

Average Length of Stay: 57 days

Average Daily Census: 65

The full Annual Report can be
viewed by visiting

www.highpeakshospice.org