

UNITED WAY CUTS MHA

- Alfred A. Fusco

It was a shocking and difficult message to hear. After six years of providing program funding for Anorexia Bulimia Support, Children 1st, and STRIVE, the United Way of Central New York notified us that the Board had accepted their volunteer reviewers recommendations not to provide any funding to the three programs, thereby cutting \$47,000 from MHA's budget. At the same time volunteers recommended, and the Board approved, increasing the allocation for our Mental Health Connection program from \$12,000 to \$20,000.

Coming as they do on the heels of Governor Pataki's 2004 cuts to our government contracts for mental health services, these additional cuts pose an extremely serious threat to the viability of the MHA. Fortunately we have some reserves to cushion this blow, and we have received outstanding cooperation and assistance from the County Department of Mental Health in addressing the government funding. But, without an infusion of new money, the probability of having to eliminate programs – perhaps as early as July of this year – hangs over us. The Board has held one emergency meeting to review its options. Obviously, while there are some savings

that can be realized on the expenditure side, the real need is to bring in added revenues. As a first step we have launched a drive aimed at increasing our membership contributions. Letters to past members and to persons who have used our services have gone out.

If you're reading this and have not received such a mailing, but would like to join the MHA or contribute to one of the programs, please call us at 315-445-5606.

We will be evaluating our existing special events fundraisers as to their ability to generate increased funding for the agency. At the same time we are considering a couple of ideas for new fundraisers. We have also identified some grant opportunities that we intend to pursue.

If members or friends receiving this newsletter have suggestions or leads on where other sources of funding might be found, please let us know. If anyone would like to be a part of our Fund Development Committee, we'd welcome your participation.



NEWS FROM THE BOARD OF DIRECTORS

At our April meeting the Board of Directors elected two additional Board members to fill vacancies in the Board. Both individuals chosen are members of the "Forty Below" group, a local grass-roots organization working to involve young professionals in their community. We're pleased to welcome *Joseph Rossi* and *Wendell Elias*, and look forward to making full use of their individual talents as well as the network of personal and professional contacts each brings to MHA.

As part of the work that's been going on around mission and strategic planning, Board President Gregg Phillips presented a plan for restructuring Board committees. The plan includes descriptions of committee responsibilities along with chairpersons for each committee. **MHA members** who are looking for ways to become more involved in the work of the Association are encouraged to contact the office to find out more about the committees and the opportunities they provide for member participation.

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MEN WHO COOK XVII

The Mental Health Association announces the award winning chefs and their dishes from Men Who Cook XVII, which took place on Friday, April 1, at LeMoyné Manor. Syracuse's most unique and longest

running amateur culinary fundraiser saw over 80 chefs competing for best appetizer, entrée, dessert, and best table decorations.

"This was our most successful event in recent history" according to Gregg Phillips, MHA Board President.

"There were about 500 people present. We raised almost \$16,000 for the Mental Health Association's programs and services, and we served up the best food imaginable. Feedback from the chefs and from patrons has been consistently very positive and we've already begun to plan for next year." Phillips continued, "As always we're extremely grateful to our chefs, our volunteer assistants, and to our sponsors - Bristol Meyers Squibb, Price Chopper, and WNTQ (93Q).

BEST APPETIZER:

- #1 Dave and Ted Pasinski (Hospice and St. Joseph's HHC) for their Cream of Crab Soup
- #2 Robert Gardino (Syracuse Republican Party) for his Crostini

BEST ENTRÉE:

- #1 John and Matt Scheuler (Phoenix Flower Farm) for their African Chicken
- #2 Jim Johnston and Paul Collier (Jim's Stained Glass and NAVAC) for their New Orleans Muffaletta Sandwich

BEST DESSERT:

- #1 Jim and David Sonneborn (Sonneborn, Spring & O'Sullivan) for their Chocolate Pie
- #2 Mark Inman and Mitch Lyons (Classic Carpet Care) for their Strawberries With Balsamic Vinegar.

BEST TABLE DECORATION:

- #1 Peter Piraino and John Mento (Syracuse Firefighters E.F.C.U.)
- #2 Jim Sartori, Bruce Gowing, Steve Raymond, and Rich Mitchell (Kilian Manufacturing)

KIDS PLATE:

Ryan and Kieran Miller with their father, Doug (C&S Engineers) for Marianne Moran's Original Irish Soda Bread

Anyone interested in cooking at Men Who Cook XVIII in 2006 may request an application form from the Mental Health Association by calling 445-5606.

FOR YOUR SPECIAL EVENT

Birthdays, anniversaries, new job, retirement, new house, and on and on – you can get a card for just about anything nowadays. Save yourself the hassle of going to the card shop and let us do it for you! Donate to the Mental Health Association in recognition of a special event, and have your gift give twice – once to the MHA and once to your loved one!

Our special certificates are suitable for framing and will get there in time. Besides, wouldn't you rather give your money to a worthwhile local cause instead of a multinational conglomerate card industry? What have they done for *you* lately?

Check out the unique tearout for this on Page 7. Give the tax-deductible gift that keeps on giving – a donation to the Mental Health Association!

SHADES OF BLUE

Hurry, get your scarves before they go away! We will be retiring them soon, but keep an eye out for their return in the fall - perfect timing for holiday gift giving! These silk scarves are hand dyed and only \$10 each. Our super successful Shades of Blue sale has netted \$2000 to date. Many thanks to our artist **Kathryn Martini**, along with **Kathy Hunter** and **Carol Rothschild** for time and care in ironing.

Shades of Blue: scarves as unique as you are!



It's that time of year again –
the annual **COMMUNITY COMPANIONS** Picnic!

Tuesday, July 12, 2005 from 4 PM to 7 PM
At Onondaga Lake Park - Willow Bay Pavilion
(same site as last year)

Enjoy fun, friendship, food, tram rides, & door prizes - all the ingredients for a good time!
This event is open to anyone and everyone - bring your friends and family, and also a dish to pass if you can. Thanks to the generous folks at Wegmans, we'll bring burgers, hot dogs, veggie burgers, salads, rolls, tableware & drinks.

Let us know if you need a ride or can provide one
Please RSVP & help us plan!
Call Jen at 445-5606

HOPE TO SEE YOU THERE!

A BEREAVED PARENT'S WISH LIST

- Kathy Freeman

Editor's note: this year, our focus will be on the topic of suicide. This is a painful issue, as our lead article so powerfully explains. We welcome your feedback and reactions to this theme.

1. I wish my child hadn't died.
2. I wish I had him back.
3. If I cry and get emotional when you talk about my child, I wish you would know it isn't because you have hurt me. My child's death is the cause of my tears. You have talked about my child and you have allowed me to share my grief.
4. I wish you wouldn't "kill" my child again by removing his pictures, artwork or other remembrances from your home.



5. Being a bereaved parent is not contagious, so I wish you wouldn't shy away from me. I need you now more than ever.

6. I need diversions, so I do want to hear about you, but I also want you to hear about me. I might be sad and I might cry, but I wish you would let me talk about my child, my favorite topic of the day.

7. I know that you think of and pray for me often. I also know that my child's death pains you too. I wish you would let me know those things through a phone call, a card, a note or a real big hug.
8. I wish you wouldn't expect my grief to be over in six months. These first months are traumatic for me, but I wish you could understand that my grief will never be over. I will suffer the death of my child until the day I die.
9. I am working very hard on my recovery but I wish you could understand that I will never fully recover. I will always miss my child, and I will always grieve that he is dead.

10. I wish you wouldn't expect me "not to think about it" or to "be happy" Neither will happen for a very long time.

11. I don't want to have a "pity party" but I do wish you would let me grieve. I must hurt before I heal.

12. I wish you understood how my life has been shattered. I know it is miserable for you to be around me when I'm feeling miserable. Please be patient with me as I am with you.

13. When I say, "I am doing okay" I wish you could understand that I don't "feel" okay and I struggle daily.

14. I wish you knew that all of the grief reactions that I'm having are normal. Depression, anger, hopelessness, and overwhelming sadness are all to be expected. So please excuse me when I'm quiet and withdrawn or irritable and cranky.

15. Your advice to "take one day at a time" is excellent advice. However, a day is too much and fast for me right now. I wish you could understand that I am doing good to handle one hour at a time.

16. Please excuse me if I seem rude, that's certainly not my intent. Sometimes the world around me goes too fast and I need to get off. When I walk away I wish you would let me find a quiet place to be alone.

17. I wish you understood that grief changes people. When my child died, a big part of me died with him. I am not the same person I was before my child died, and I will never be that person again.

18. I wish very much that you could understand my loss and grief, my silence and my tears, my void and my pain. BUT, I pray daily you will never understand!

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EDITOR'S NOTE

Corrections to Spring 2005 newsletter

CONTACT Community Services helpline should have been referred to as hotline and the number (877) 400-8740 is meant for Cayuga County residents only.

Also, the Teen line at CONTACT is no longer in operation.

We apologize for any inconvenience this may have caused our readers.



WHEN WILL MY HEART STOP HURTING?

Children and their grief are often ignored. While adult family members deal with their own grief, it is easy to overlook a child who appears to be doing well. Hope for Bereaved Grief Center (HOPE) recognizes the importance of children of all ages to work through their grief in order to lead productive, happy lives.



Each year, 50-100 children between the ages of 6 and 18 years old participate in Hope for Youth support groups at Hope for Bereaved Grief Center in Syracuse. HOPE recently

changed its youth support group meeting to the fourth Wednesday of every month from 6:30-8 PM. The support groups are provided free-of-charge to the community. Participants do not need to pre-register to attend.

“The Hope for Youth Support Group emphasizes to the children that they are not alone in their grief,” says Margie Nye, youth support group facilitator. “We emphasize to the children that they are safe to say anything here,” she says.

Many times grieving children are reluctant to share their feelings because they don't want to upset the people around them. The group facilitators help children focus their emotions in art therapy. Children draw pictures, make memory candles, write in journals and participate in open group discussions. Each session is run by two group facilitators who divide the children into two groups according to age ranges. (6-12 year olds and 13-18 year olds) “The children help each other by sharing their stories with the group,” Nye says.

Therese Schoeneck founded Hope for Bereaved, Inc. (HOPE) in 1978 after the death of her daughter, Mary, in a car accident. At the time, Central New York did not have a support group available for parents dealing with the loss of a child. Determined that something positive would come from Mary's death, she formed a bereaved parents' support group called “Coping with the

Holidays.” Eventually, her efforts blossomed into the creation of Hope for Bereaved, Inc.-a not-for-profit community organization that is dedicated to providing one-to-one counseling and support groups for grieving children and adults free-of-charge. HOPE also offers grief workshops for daycare providers & on-site bereavement support for employers dealing with grief in the workplace. Last year, HOPE touched the lives of 15,000 children, teenagers & adults in our community.

For further information about HOPE's programs and services, please call Hope for Bereaved at 315-475-HOPE.

JUST ANOTHER BLUSTERY DAY

- Erin Pierce

In the coolness of the autumn air,
I can feel you close.
The wind wisps through my hair
Like your hands long ago.
That sweet smell explodes through my brain,
Flashes of your smile flood my mind.
That same softness fills my body with the
warmth of summer.
A leaf whirls through the air
Fighting the current of wind
And the ghastly blows from swirling clouds
of red, yellow, and brown.
Tired from the struggle,
It rests upon the palm of my hand.
I beg myself to close my fingers,
Clenching it only in fear,
But the bitterness would give way to
a crumbled mess.
I hold my eyes clasped shut instead,
Hoping for the same effect without destruction.
A gust from behind forces my eyes open.
The leaf sails through the September air.

CONGRATULATIONS!

Congratulations to Dr. Eric Davis, husband of Hannah Davis (a fabulous volunteer for A-B who won Volunteer of the Year for New York State!) for becoming a board certified veterinary dentist. He joins an elite group of people, since there are fewer than 90 in the WORLD! We're proud of you, Eric!



BOARD NEWS from Page 1

Board members expressed concern about the lack of inpatient beds for children. Because there is more than one dimension to this issue, the Board approved a suggestion that we seek a meeting between representatives of the MHA and Upstate Medical Center. At the same time we encourage MHA members to use the tear out form in this newsletter to communicate with NYSOMH Commissioner, Dr. Carpinello, to express dissatisfaction over the lack of beds in Onondaga County and

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CHILDREN 1ST 10 YEAR ANNIVERSARY

MHA received official word from the New York State Parent Education and Awareness Program as to our application for certification. The communication we received indicated that at this time there were only two possible rankings "Conditional" and "Under Review". The "Conditional" ranking means that a program is in substantial compliance. We are pleased to report that Children 1st received the "Conditional" ranking. The notification also contained specific feedback on areas of compliance that we needed to address. Those areas will

be discussed at the next Steering Committee meeting.

In the meantime, Ron Heilmann and Raquel Levi from the Steering Committee attended a "train the trainers" program in Albany on May 11th as preparation for a training that is scheduled to take place here in Syracuse on June 11th. **The training will coincide with a celebration of the 10th anniversary of the Children 1st Program.** All those who have been involved in the formation of Children 1st and in teaching in the program are cordially invited to attend.

ANGER MANAGEMENT

As a student intern working the MHA offices I always make an effort to take advantage of the programs the MHA sponsors. Last month I sat in on our six week Anger Management Series. My intentions were to observe the group and learn what I could from its facilitators – Kathy Tryon & Joe Gerace; however my expectations for the program were moderate. I was expecting the usual clichés and lots of story telling by the participants. However what I got was a well structured, insightful, and inspirational program that provided participants with knowledge and insight into their emotional selves. The program was not designed to help participants manage anger, instead it is designed to help them acknowledge, accept & alleviate their anger. In other words participants were encouraged to first identify the emotion honestly then to move to a place where they had control over their emotions and finally identify the real needs and desires behind their anger.



After attending the first of the six classes I was hooked. The facilitators worked together to identify the cycle anger feeds on. They gave information and explained how our experiences in the past lead us to develop core beliefs that then lead to irrational thought patterns and thus negative feelings such as anger. They explained how behaviors are often times the result of negative feelings. The cycle repeats itself. In other words the core beliefs that power this cycle are operating all of the time and will lead to negative thoughts, feelings of anger and troublesome behavior unless you break the cycle somewhere and shift gears. Also, they explained

how we go around collecting evidence to support our core beliefs. Therefore 90% of our responses to a given situation are based on old information and past experiences while only 10% of our reaction is really about the issues at hand. I found this first class to be so important because all the other classes built on these basic principals. Each class worked to integrate the new topic into the framework we had already developed. In the weeks to come we discussed how we experience anger in our bodies, anger styles, and anger triggers but always with an awareness of the anger process.

In my opinion this class stood out because of its focus on the individual's awareness and power over their own emotions and therefore their own lives. It taught participants to be in the moment, to use their awareness of the anger process to change their thoughts and control their reactions, to live consciously, to be aware of the consequences of long-term stress, to listen to other people, open up to more information, to ask questions, & to look for alternatives to the way you always do things. In addition the group dynamics were exceptional. Having two facilitators made the group seem more equal. Sitting in the group I always felt comfortable. Participants opened up and began sharing in the first meeting. I believe as a group we felt so comfortable because our two facilitators worked comfortably and efficiently together. Kathy brought an insightful, kind and empathetic approach to the meetings while Joe brought in quotes & helped participants relate the information to their everyday lives.

- Sidney Coulter

BOARD NEWS from Page 4



with the official NYSOMH response that as long as there is a bed somewhere in New York State there is no bed shortage. Additionally, we want to applaud Dr. Carpinello's goal of keeping children out of

inpatient facilities, while reminding her that real prevention requires real money.

We ask our members and friends to be as generous as possible to this year's membership campaign. We NEED your financial support this year more than ever.

ANOREXIA BULIMIA SUPPORT

- Carol H. Rothschild

The following article was written by Pam Coffey, LCSW. Pam is a member of our ABS committee, a former board member, and soon to be Assistant Director of Centre Syracuse.

The Central New York Region will soon have a new option for the treatment of adolescent and adult eating disorders. The Centre Syracuse Eating Disorders Partial Hospital Program, set to open this summer at 3300 James Street in Eastwood, will provide a full range of specialized treatments for adolescents and adults with anorexia nervosa, bulimia nervosa, binge eating disorder and other related eating disorders.

The Centre Syracuse program follows an empirical approach that offers help with the emotional issues that may have led to the development and continuation of the eating disorder, and provides nutritional rehabilitation designed to restore normal, healthy eating patterns. Therapy is guided by a cognitive behavioral model that integrates family and interpersonal therapy applied in an individualized manner to provide a safe and supportive therapeutic environment structured to address the medical, psychological and nutritional needs of those with eating disorders.

Centre Syracuse takes an optimistic approach to the recovery process. The prospect for recovery from eating disorders is very good when treatment is delivered in the proper environment by knowledgeable, well-trained specialists. The Centre Syracuse Eating Disorders Partial Hospital Program is based on a proven model de-signed to provide exactly the type of individualized, multi-level care that sufferers of eating disorders need to succeed in their recovery. Centre Syracuse has applied for and is awaiting certification by the NYS Office of Mental Health.

The new program is staffed with skilled eating disorder professionals, including licensed psychologists, social workers, physicians, mental health workers and nutritionists with the knowledge, expertise and experience required to create and provide quality treatment for those suffering from eating disorders. Centre Syracuse's administrative staff will help with the often con-fusing process of determining insurance benefit cover-age, co-pay options and pre-authorization needs. For more information about Centre Syracuse's Partial Hospital Program call 315-422-0300.

STRIVE

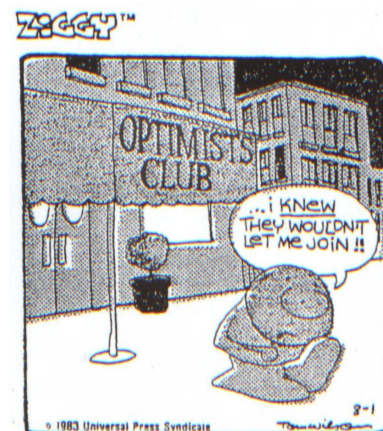
- Carol H. Rothschild

Our Monday night support group for parents under stress has been a big success for a number of years. With the help of staff at Jowonio, we've developed an additional program. This article was written by Emily Rustin, CSW, co-facilitator of that project.

About one year ago, I made a new friend. Carol Rothschild, who has been with the MHA for a few years, we won't say how long, gave me a call about collaborating. The Mental Health Association used to be at 3049 E. Genesee Street, until Jowonio purchased the building and it became filled with preschoolers. We're an inclusive preschool setting and Carol felt that connecting with the Jowonio School would be a great opportunity to promote her STRIVE program.

Hence, the development of our friendship. I am Emily Ruston, social worker from the Jowonio School. Carol and I run "The Lunch Bunch Group" at Jowonio. This group is uniquely different from STRIVE and different from the usual parent support group of children with special needs. Every Thursday, lunch is served and parents connect. There are a lot of laughs, occasional tears, and an incredible amount of information that is shared. The Lunch Bunch is a friendly environment that deals with a wide range of topics including raising a child with special needs, cultural differences of children and families, family relationships, and typical developmentally appropriate concerns. The group consists of parents that have children with special needs and parents that have children of typical developmental patterns.

The right connection of parents has made this group a great learning experience for everyone involved. It is an inspiring group. The parents are astonishing advocates and an amazing support network for each other. Carol, my newfound friend, is a wonderful group leader with a hilarious personality and a wealth of wisdom. I am so grateful to be a part of this group.



MEMBERSHIP

Thank you to those who have joined as MHA members in the First Quarter of 2005:

Benefactor

Barbara Cokus
Sarah E. Dam
Pamela K. Heintz
Sylvia C. Pratt

Business

Laboratory Alliance of CNY, LLC

Family

Leila Austin
F. Richard Beyer
Dennis & Jeanette Claus
Margaret B.Cram
Darcy Sachs & Michael Stoogenke
Gregg Phillips
Mary Anne & Dick Pratt

Friend

James F. Lewis
Vittorio Perrotta
Louise S. Schueler

Leader

Rosemary A. Collins

Partner

Patty Kohr
Thomas Lazzaro, Ph.D.

Supporter

Linda Cady
Andrew S. Morgan
Constance Palumb
Judith Riordan
Robert P. Sprafkin, Ph.D.

BECOME A MEMBER OF THE MENTAL HEALTH ASSOCIATION! Now more than ever, we are counting on our members to assist us in providing the services we've prided ourselves on offering for over 60 years. You can support these valuable programs, and help them thrive. Donations are tax deductible, and many different levels are available.

This is YOUR MHA, won't you help?

MHA Membership/Renewal Form

I would like to join the Mental Health Association

Please renew my membership

Name: _____

Address: _____

Individual Membership Levels

Advocate (\$250+)

Benefactor (\$100+)

Family (\$50+)

Supporter (\$30+)

Friend (give what you can)

Professional Levels

Business (\$500+)

Agency (\$300+)

Leader (\$100+)

Partner (\$50+)

Please mail this form with your check/money order to:
MHA, 6493 Ridings Rd, Ste 112, Syracuse, NY 13206

Thank you!

MHA Special Event Donation Form

I would like to make a donation to the
Mental Health Association in recognition of

My Name: _____

Recipient's Name: _____

Address: _____

Please mail this form with your check/money order to:
MHA, 6493 Ridings Rd, Ste 112, Syracuse, NY 13206

Thank you!

ADVOCACY

To show your support for increasing psychiatric services for children in Onondaga County, cut out or send a note like the one below urging Commissioner Carpinello to address the lack of children's inpatient beds in our county. Please be sure to include your name and address.



For the price of a stamp, you can make a real difference in the delivery of inpatient care for our children in Onondaga County.

Mail to: Commissioner Sharon Carpinello, RN, PhD
New York State Office of Mental Health
44 Holland Avenue
Albany, NY 12229

Dear Dr. Carpinello:

Recent articles and editorials in the Syracuse Post Standard have pointed out the glaring lack of children's psychiatric beds in Onondaga County. I believe that it is unacceptable that almost half of the children in need of inpatient services are shipped out of Onondaga County. It is very important to the recovery and the healing of these children that their parents are a part of their inpatient treatment plan. Services provided out of county, potentially hundreds of miles away, make it difficult for parents to play an active part in their child's recovery. Two independent assessments fix the need at 20-30 additional beds.

Sincerely,

MHA Insights is a quarterly publication of the
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Rosalie Schotanus



COPING WITH LOSS

- Erin Pierce

When faced with the loss of a loved one, sometimes the best support comes from others who have been there before you. We'd like to share a partial list of resources which may help you find others dealing with grief and loss. Many resources are out there; take the time to find a good fit. Please contact us if you'd like to share too – you don't have to go it alone.



NAMI-PROMISE, INC.

Facilitates support & sharing meetings on the third Tuesday of each month at 7PM. For more information, contact NAMI-Promise at 315-487-2085 or visit their website at <http://www.nami-promise.org>

Cathy Comer will speak about losing a loved one to suicide June 7, 2005 at 7 PM. "*What I Know Now Versus What I Knew Then*" is open to the public and will be held at the Temple Society Concord, 910 Madison Street in Syracuse.

HOPE FOR BEREAVED, INC.

Holds 13 support groups for those dealing with the loss of a loved one, including Hope For Survivors specifically for those whom suicide leaves behind. HOPE also maintains a telephone helpline for listening, counseling, or referrals. For more information, call 315-475-9675 or visit their website at <http://www.hopeforbereaved.com>

HOSPICE & PALLIATIVE CARE ASSOCIATES

Runs both support groups and lecture series about loss and bereavement, held at the Hospice Center, located at 990 Seventh North Street in Liverpool

Coping with Grief: 3 separate sessions held June 6 & 20, July 11 & 25, or August 8 & 22 from 6-7 PM. No registration required. Also, *walking groups* meet Tuesdays, Thursdays, & Fridays at Carousel Center. For specifics call Sunny Meyer at 315-479-7130.

"*How Long Does Grief Last?*" - Paul Metzler, Director for the Center for Living with Loss will present on Sunday, July 17 at 2 PM. No registration required.

Hospice is committed to end-of-life care of the highest quality for people coping with terminal illness and their families. For more information, call 315-634-1100, or visit their website at <http://www.hospice-pca.org>