

# Hearts for Hospice



*Summer 2018*

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**Women for Gulfside:  
Changing the World  
of Hospice Care**

**Taking Steps to  
Bring Comfort**

**A New Reality for  
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Make A Difference**





## Women For Gulfside: Changing The World of Hospice Care

In 1948, the first hospice was founded by a woman, Dame Cicely Saunders. In 1988, Carol Springer founded Gulfside Hospice to bring this compassionate care to our Pasco County community. Now 30 years later, women are still transforming hospice and the powerful healing, peace and comfort it provides patients and their families as part of the Women for Gulfside philanthropy group.

Launched at Gulfside's first Charity Fashion Show last fall, the Women for Gulfside is a group created by women who are passionate about helping hospice patients and having fun at the same time. Through annual gifts and assisting with fundraising events, the Women for Gulfside work together to help our patients, our families and our community.

Each member pledges a minimum \$100 donation each year to support Gulfside Hospice. With their generous support, Gulfside Hospice brings compassionate care to more than 400 hospice patients every day in our community.



As Women for Gulfside, members receive invitations to attend special invitation-only events and group meetings, allowing them to connect with other dynamic women who are passionate about hospice. Working together, the Women for Gulfside are shaping the group's role, how its donations are used and defining its membership activities.

### *Interested in joining the Women for Gulfside?*

For more information, contact Carla Armstrong, Director of Philanthropy, at 727-845-5707 or [carla.armstrong@ghppc.org](mailto:carla.armstrong@ghppc.org).





*Leanna  
Nervina's  
mother,  
Bonnie*

# Taking Steps To Bring Comfort

Leanna Nervina and her mother, Bonnie, loved participating in cancer walks to fund research and help find a cure for this deadly disease. Even before Bonnie was diagnosed with cancer, the two of them were pounding pavement to help others affected by this terrible illness.

*"I knew my mother was smiling at me from above," said Leanna.*

When Leanna's mother passed away from breast cancer, she knew that she wanted to do something to make a difference for hospice patients. Leanna was inspired to give back to hospice because of the exceptional care her mother received in her moment of need. Because she had participated in many cancer walks with her mom to raise funds for breast cancer research, she created Bonnie's Angels First Annual Hospice Cancer Walk. Instead of funding cancer research, this event seeks to help hospice patients, whether they have cancer or not, to find comfort and truly make every day count.

The road to starting her cancer walk has not been without its obstacles. For months, Leanna struggled to find a venue where she could hold her walk. One fateful day she reached out to the manager of Krusen Field. After hearing her story, he graciously agreed to allow her to use the field for her walk and shared the date that was available:

October 28. Leanna couldn't believe it - October 28 was her mother's birthday. She knew then that the event was meant to be. "I knew my mother was smiling at me from above," said Leanna.

The Bonnie's Angels First Annual Hospice Cancer Walk will take place on October 28 at Krusen Field in Zephyrhills, Florida from noon to 5:00 p.m. This year's Miss Pasco will attend to sing the national anthem and lead walkers around the field. The cost to participate is \$10 per walker. Form your team and come out to support hospice patients and their families while walking in memory of your loved ones.

This kid-friendly event will feature a bounce house, pumpkin painting and carving, a bake sale, and more than twenty local vendors offering unique items. Food trucks will be on site to keep you fueled up for the walk. There will also be several raffles held during the event with awesome prizes. All proceeds will benefit patients and their families at Gulfside Hospice.

Get your walking team together and get ready for a fun-filled event that brings peace of mind to many during one of their most difficult moments.

***Want to walk with Leanna in support of Gulfside?***

For more information, or to register for the event, contact Leanna Nervina at 813-701-7893 or register online at [www.ghppc.org](http://www.ghppc.org).

## Bonnie's Angels First Annual Hospice Cancer Walk

Sunday, October 28

Krusen Field in Zephyrhills

12 - 5 p.m.

\$10 per walker

Family Friendly Activities

Food Trucks, Raffles, & More

benefiting

**Gulfside**  
**Hospice**  
Lic. 1989





# A New Reality For Hospice Patients

Virtual Reality is a technology that is finally coming into its own. With a smartphone app and a set of high-tech goggles, users of virtual reality equipment transport themselves to faraway lands, visit historic monuments and even immerse themselves in the fantasy worlds of video games.

***Patients use virtual reality experiences to help distract them from pain and other symptoms, as well as experience “bucket list items” from the comfort of their own bed.***

Since the 1990s, research studies have shown that the use of virtual reality can significantly improve symptoms for hospice and palliative care patients, yet almost no hospice organization in the U.S. has implemented a program to utilize this technology to improve healthcare.

Until now...

Thanks to generous grants received from the Saunders Foundation and the Bess Spiva Timmons Foundation, Gulfside Hospice has begun a pilot program called Virtual Reality for Patient Care. Through it, patients use virtual reality experiences to help distract them from pain and other symptoms as well as experience “bucket list items” from the comfort of their own bed.

Medications provided during a patient’s treatment can help provide relief from many of their symptoms. However, in some cases, patients are unable to tolerate certain medications due to allergies or have reached the maximum safest dose allowed with effective pain management. Through the Virtual Reality for Patient Care program, these patients are able to find relief with this alternative therapy.

With the help of virtual reality gear and software, patients are able to use virtual reality experiences, designed for mindful breathing, relaxation and escape, to improve

***Research studies have shown that the use of virtual reality can significantly improve symptoms for hospice and palliative care patients.***



pain relief and other symptoms. Experiences include Dolphins Healing, Dream Beach, London, and many more. The response from patients so far has been positive - one patient said “that is beautiful” and “awesome” throughout his experience and another patient enjoyed reminiscing about her childhood home in London.

Gulfside Hospice is partnering with AppliedVR – a unique virtual reality software company that specializes in creating content for use by patients so that they can escape from painful experiences throughout the course of their illness and treatment. More than 20 different experiences are available to patients through the AppliedVR platform, ranging from pain distraction games and travel to nature and guided relaxation.

Thanks to the support of our donors, Gulfside Hospice is bringing this revolutionary pain management treatment to hospice patients.



*With the help of virtual reality gear and software, patients are able to use virtual reality experiences, designed for mindful breathing, relaxation and escape, to improve pain relief and other symptoms.*

### ***Want to support this new program?***

To find out how you can support Virtual Reality for Patient Care at Gulfside Hospice and make a difference in the lives of patients, contact Shay Lessman, Fundraising Communications Assistant, at 727-845-5707 or [shay.lessman@ghppc.org](mailto:shay.lessman@ghppc.org).

## **Save the Dates!**

### **Fall Brewfest for Hospice**

**Sat., Oct. 6, 6-9 p.m.**

**Land O' Lakes Heritage Park  
5401 Land O' Lakes Boulevard (US 41)  
Land O' Lakes, FL 34639**

**Local Craft Beer & Wine, Vendors, Live Music, Food Trucks & More**

**[www.BrewfestForHospice.org](http://www.BrewfestForHospice.org)**



### **Charity Fashion Show**

**Thurs., Dec. 6, 11:30 a.m. to 1:30 p.m.**

**Heritage Springs Golf & Country Club  
11345 Robert Trent Jones Parkway  
Trinity, FL 34655**

**Fashion Show, Lunch, Vendors,  
Prizes & More**

**[www.GHPPC.org](http://www.GHPPC.org)**







# Reduce Taxes and Make a Difference

If you have charities you would like to support, pretax money saved in an IRA can be an ideal charitable donation. Rather than passing these assets to a beneficiary – who will likely pay taxes when the inherited IRA is distributed – you can give them to charity by taking a qualified charitable distribution. A qualified charitable distribution will count toward satisfying your required minimum distribution, and neither you nor the charity will have to pay income taxes.

***Using the qualified charitable distribution strategy may be a great way to both benefit a charity and reduce the taxes you pay.***

You are subject to required minimum distribution (RMD) rules for your IRA beginning at age 70½. If you are 70½ or older, gifting some or all of your RMD income using the qualified charitable distribution strategy may be a great way to both benefit a charity and reduce the taxes you pay.

For some people, a qualified charitable distribution has distinct advantages over a regular charitable contribution:

- A qualified charitable distribution counts toward satisfying your required minimum distribution.
- You can take a qualified charitable distribution whether or not you itemize deductions on your tax return. If you

use the standard deduction, you would generally receive no tax benefit from a regular charitable contribution.

- A qualified charitable distribution is not included in your adjusted gross income (AGI). This could benefit you because AGI (or a modification of AGI) is used to calculate certain other taxes and benefits.
- The regular charitable contribution deduction is typically limited to no more than 50% of AGI. This AGI limit does not apply to a qualified charitable distribution.

Only distributions made to a qualified 501(c)(3) organization can qualify as a qualified charitable distribution. Distributions to a donor-advised fund, supporting organization, private foundation, charitable remainder trust, charitable gift annuity, and pooled income funds do not qualify.

Because there is no special process or reporting of a qualified charitable distribution on IRS Form 1099R, it is important that your tax advisor is made aware that the distribution is a qualified charitable distribution so it is properly reported on your tax return. The instructions for IRS Form 1040 include information on reporting qualified charitable distributions.

# In Loving Memory



Gulfside offers a variety of ways to remember loved ones on our Walls of Caring, in our Butterfly Gardens and with memorial gifts.

From April 1 through July 31, 2018, generous donations were given to Gulfside Hospice from families and friends in honor or memory of the following loved ones, who will remain in their hearts forever:

## ***Walls of Caring:***

	Paul Chu	Harry Galowitsch
Eugene R. Blommel	Wanda D. Crumpton	Robert H. Gilbertie
John M. Gregor	Richard Culotta	Barbara Golden
Thomas E. Howard	Melissa Cummings	Armando Gonzalez
<b><i>In Honor or Memory:</i></b>	Jo-Ellyn M. Current	James A. Gornick
Adelle T. Albinson	Joan A. Darling	Jack R. Grisley
Larry Anselmino	Anthony F. DeCosmo	Mary Hammond
Jeanne L. Arbour	Faith A. Dekle	Norma M. Hare
Betty Arkwright	Richard L. Delaney	Louis A. Harmon
William L. Baker	Vincent H. DeMatteo	Lynn E. Harrington
Joseph S. Bankowski	Vadah M. Dewulf	William E. Hart
Richard R. Barret	Danny M. Dillon	Alan C. Hatch
Eva C. Barrett	John A. DiMeo	Jean R. Hawley
Javin Bedgood	Lawrence J. Dolan	Clarence Haycook
Theresa L. Benton	Robert Delle Donne	Robert Hennigan
Suzanne B. Berg	Paul Doornbos	Henry C. Hensley
Frederick J. Bixby	Michael J. Dyer	Karen L. Hile
James A. Blair	Paul Earl	Mable E. Smith-Hill
Bette Blair	Joanne C. Egan	Nicholas J. Hobart
James T. Blevins	Paul G. Egan	Leslie Hussey
Carl A. Blundi	John H. Emrich	Graziella M. Ierardo
Rita L. Bonville	Ruby A. Englert	Betty Ingold
Gloria E. Boothby	Billy F. Enzor	Maryellen Isenock
Jack C. Bowerman	Frank W. Eschenauer	Clarence Jensen
Fred Bowie	Margaret M. Every	Shirley J. Jimerson
Carol A. Brennan	Kathleen B. Fitzgerald	Donald R. Johnson
Rita Burnstein	Elizabeth A. Foley	Margaret E. Johnson
Ann M. Caputo	Judith A. Fox	Juanita T. Kellas
Patrick Carchio	Ronald D. Fox	Sheryl A. King
William C. Carillon	Betty Franzel	Betty Kinsella
Paula Carrier	Yolanda L. Frazier	John A. Kline
Dominick Caselnova	John J. Fryza	Myrtle E. Knutson
Eileen M. Chagnon	Elizabeth J. Gallant	Ann T. Kolebar

Mary J. Krueger	Donna J. Paynter	Twyla S. Stegall
Marie Lafrancois	Henry F. Peger	Josephine Stoltzenberg
Robert A. Langer	Thomas Pelletier	Kareen Stromberg
Bert C. Lareva	Laurette E. Penton	Stephen Stupar
Viola Larsen	Gloria Perrone	Raymond Subers
Lois E. Lawton	Evelyn P. Pike	Francis Sullivan
Charles Lennox	Gerald L. Polley	Jack A. Thiele
Richard B. De Leon	Annette F. Poore	John E. Tomlin
Judith A. Leriger	James R. Powers	Vern E. Torkelson
Marjorie S. Lewis	Thomas J. Prapas	Mary Tron
Eunice MacAvoy	Kenneth B. Pratt	Susie A. Tsacrios
Gerald T. Martin	Gerald K. Radick	Lawrence E. Turner
Rose Ann B. Maxwell	Rodney Reder	Carolyn E. Turrentine
Geraldine N. McConchie	Lauro Ricalzone	Nelson F. Tuxbury
Thomas G. McKain	William I. Rice	Andrew Vaccaro
Base C. McKnight	Kathleen Ritz	Velma Van Dine
Kari McManus	Shirley Ross	Michael Vargo
Patricia A. McSween	Luigi Rossetti	Ryan Walker
Angeliki Metaxas	Denis A. Roy	Brandon Walker
Walter M. Miller	Mamie Pointer Rucker	Silke Wart
Jack E. Miller	Robert Ryan	Margaret Watterson
Lisa Marie Knepp Moore	Joseph A. Salemi	Paul N. Weegar
Francis E. Murray	Giuseppina Santaniello	Wolfgang Weiser
Gloria B. Nies	Carole L. Saus	Ronald M. Weiss
Barbara V. Nollman	Evelyn E. Schauer	Forest D. Wells
Marie Nuzzo	Norma B. Schiebold	Franz Werner
Barbara Otulakowski	Delores Schmalenberg	John D. Wiggins
Stanley R. Otulakowski	William Schmidt	William V. Wilcox
Edith M. Owen	Susanne S. Schomburg	Bernice E. Williams
Martha Pagliuca	Richard E. Scott	Robert P. Wimer
William R. Palmer	Jack A. Scull	William H. Winters
Rosalie M. Panebianco	Helen M. Shay	Adele Wolpin
George F. Parker	Angela Sheldon	David Wolpin
Clarence F. Passehl	Joy A. Sheridan	Hector Wood
Joseph C. Passero	Arlyn J. Shook	Mary S. Young
Suresh G. Patel	Patricia Sims	Charles Youngster
Susan Patterson	Richard J. Smith	



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