



Solace House
OF THE OZARKS

Word from our Chairman

Leisa Matthews

Greetings friends and supporters of *Solace House of the Ozarks* to the first summer edition of our newsletter! We so appreciate your prayers, participation, donations and words of encouragement as we continue to work on our mission....to establish a social model end-of-life care home in Southwest Missouri region.

Board of Trustee news: *Lynne Duffield*, one of our board members has recently taken a job in Kansas City. She will stay on our board as an advisor. We so value her input and expertise. She will also remain a regular contributor to our newsletter. See her article on page 8.

Also, *Susan Lincoln*, our founder and first Chairman, has temporarily moved to Dallas to help her daughter and her husband with their new triplets, born December 8, 2018. *(Continued on page 2)*

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An Evening at the Emerson

Lana Nelson

You are cordially invited to An *Evening at the Emerson* on Saturday, September 21, 2019. Doors open at 5:30 pm to preview auction items and the event begins at 6:00. Master Chef Mikel Clark will treat us with an amazing menu including Chicken Bruschetta and a carving station to “meat your expectations!” Located at 2707 E. 32nd Street, The Emerson is a beautiful event center and includes Finn’s, the attached **cash** bar. Gorgeous décor, fabulous food, auction items you will want to bid on (including diamond jewelry!) and wonderful company of

Solace House supporters make for a great evening. RSVP through our Facebook site using the donate button and then send us an email to let us know you’re buying a ticket. OR send your ticket request to Solace House of the Ozarks, P.O. Box 4467, Joplin, MO 64803 and include a check for \$50 for each person attending.

Using Facebook eliminates the fees that Paypal charges us.

We look forward to seeing you at *An Evening at the Emerson!*

Legislative Committee - Megan Spiering, BSN, RN, CHPN

We are very grateful for Elisa Pellham, RN Vice-President of Governmental Affairs with Integrity Home Health and Hospice for her guidance through this last legislative session. We helped draft a bill and found a bill sponsor, Rep. Lane Roberts to file it. Multiple Solace House of the Ozarks board members traveled to Jefferson City and testified in front of the Special Committee on Aging. We were well received. Over the next week, we worked with committee members as the

bill language went through adjustments, and the bill passed unanimously (with bipartisan support). The bill also passed through the Administrative Oversight and moved to the House Floor.

As our bill was filed late into the session, it did not have time to be voted through the House and into the Senate. Even so, we have learned so much about the

(continued on page 7)

The proposal for Solace House of the Ozarks “type” of home passed through the Proposed Bills Committee and will be discussed in the Committee meeting on Tuesday afternoon, October 22 and then hopefully again in both the Silver Hair House & Senate on the 23rd.

“Word from our Chairman” *cont. from page 1*

She is remaining quite involved with the work here as advisor and as editor of this newsletter. She will be traveling back to attend board meetings as soon as the babies are on their feet...literally!

We welcome any sugges-

tions and/or observations that you might have RE this newsletter or any other aspect of our work. There are several ways that you can contact us as individual board members or advisors (you’ll see those contact points in

these pages). Feel free to comment on our Facebook page, too. Again, thank you for all your generous donations of all types and especially for your prayers!

We hope to see you on September 21!

In case you missed it...

Joplin Globe printed an article about ***Solace House of the Ozarks*** on February 15, 2019.

Thank you!

THE JOPLIN
GLOBE MONEY

FRIDAY, FEBRUARY 15, 2019

Group works to create end-of-life care home

Funds being raised

BY RAYNA KARST
rkarst@joplinglobe.com

A group of local health care professionals, businesses and passionate indi-

Collaboration

PLANNING FOR SOLACE HOUSE OF THE OZARKS is a communitywide collaboration among area hospices, Freeman Health System, Mercy Hospital Joplin, businesses and individuals. It is part of the Omega

personally experiencing the stress of caring for her husband, Roger Hughes, at the end of his battle with cancer.

Hughes said that she lives in a rural area about an hour away from Joplin with no neighbors nearby.

‘I know veterans who would benefit from Solace House, and people who are alone who have no place to go. We’ve just got to do this. We’ve just got to.’

Sandy Hughes
Solace House of the Ozarks
board trustee

Grief Support– Heidi Foster MS, GC-C, Educator
Guest Contributor, Heidi Foster, works for Regional Hospice

Feelings of guilt are one of the most pervasive emotions that a person experiences, especially when dealing with death or the pending death of a loved one. Though guilt is a normal grief reaction, it can become a serious hindrance to healing. I want to talk about one type of guilt which I refer to as the “If only” guilt.

Remember childhood games where if you messed up you could just ask for a ‘do over’, a second chance to get it right? When looking back at our lives, and relationships, there is not a person who would not like a couple of “do overs”. However, when dealing with a terminal illness in the last stages, or following a death, there is no longer the opportunity to change things. This is when the “If only” guilt can begin. “IF” is the operative

word. “IF I had been a better wife/husband I would never have left their side.” “IF I had made them stop smoking, we would not be in this situation.” “IF I had recognized the symptoms earlier the treatments would have worked.”

The problem with “IF only” thinking is that the



outcome will ALWAYS be better than the reality of your current situation.

Give yourself grace.

As you look back it is easy to say “I should have done this or that” but I want to encourage you to remember the important things. First and foremost, do you love that special person? That doesn’t mean there were never any disagreements or areas that you would

change if given a second chance; it means that when all was said and done there was love. You were walking alongside your special person during a very difficult journey. That is the very definition of love!

So, when you begin to punish yourself with all the “IF only” moments, remember 1 Peter 4:8

“Above all, love each other deeply, because love covers over a multitude of sins.”

Solace House of the Ozarks is open to all hospice companies in the region, all hospitals, all churches and Chaplains. We do not choose any one over the other. Those choices are made by the guests and their families. We appreciate everyone’s participation as we strive to come together to do the Lord’s work in our community.

Founder's Corner— Susan Lincoln

Greetings from Dallas, TX! As you may have heard, my daughter and her husband had triplets last December. I have moved temporarily to their home to help them during these first few critical months. I could fill this newsletter with pictures as any grandmother could, but instead I'd like to take a moment to talk to you about something else that is very close to my heart.....Solace House of the Ozarks (SHOTO).

SHOTO is a very unique concept. Currently, there are none of this type of home in Missouri and only around 50 or so in the whole United States. It's called a social model end-of-life care home (sometimes called in other states a social model hospice home/house). For SHOTO, this simply means that the home is owned by the community, that it is funded by donations, and that no guest who stays there (or their family) receive a bill. We do not accept any government monies (Medicare/Medicaid) or insurance payments. It is free for the dying guest to stay at Solace House of the Ozarks.

Guests staying in SHOTO will receive the personalized care pre-established by the hospice team of their choice. There are currently seven Hospice Providers in our

Joplin region. Trained volunteers will assist the families in the care of their loved one as needed. We will provide around the clock awake trained volunteer staff. Medicare guidelines do not allow hospice providers to provide 24-hour care. So families have basically three alternatives at present; to spend their last days in a #1 hospital or #2 nursing facility at great cost to them, or to #3 die at home. Many folks would like to die in their own home, but are unable to have 'round the clock' care which they need there. Some do not want to die in their home. Most cannot afford to spend these last days in a hospital or assisted living facility.

SHOTO will not only care for the guests, but will also provide support for the family members utilizing a holistic approach to meet their physical and psychosocial needs.

Solace House of the Ozarks has a strong, dedicated Board of Trustees with demonstrated expertise in a diverse skill set. We would love to come to your organization and give a short educational program.

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In case you missed it....

Solace House of the Ozarks
was featured in the ***Show Me the Ozarks*** magazine,
April 2019 on page 105! *Thank you!*



Friend and Fund Raising Committee - *Members are Kelly Wheeler, Amanda Bearden, Cortnee Eaton, Leisa Matthews and Lana Nelson*

“Fundraising” is a broad term in the life of a non-profit entity like Solace House of the Ozarks (SHOTO). We love events that bring us together to enjoy supporting SHOTO with wonderful food and company. That is the first thought that comes to mind as we think about fundraising. But please consider the various ways you may be able to help SHOTO beyond the obvious. The most amazing possibility would be if someone would donate a home for SHOTO to begin our journey as a pilot home to house two guests. A 3 or 4 bedroom home would be the ultimate blessing at this point and we have been promised assistance by Habitat for Humanity to make the home fit our

needs, whether it’s by widening doorways to accommodate wheelchairs, make a bathroom handicap accessible or add an entrance ramp. It can all be managed for the use of SHOTO. Some folks in the Joplin area still own vacant lots after the tornado event in 2011 and those are potential gifts for SHOTO, whether they would be large enough to build our actual home or re-sold by SHOTO to build our treasury for a new construction. Donated farmland, acreage, an unused car or vehicle, etc. Donation to SHOTO can be made in a variety of ways! See our contact information on page 10.

Summarization of Our First Three Fundraisers

Since its inception, Solace House of the Ozarks has hosted 3 fundraisers in which many generous people have joined us in giving our mission a great start in building a treasury to make our “home” a reality. Our first one was held at the Twin Hills Country Club and was attended by nearly 100 people. Fabulous items were auctioned including artwork, jewelry, health and beauty items, home décor and handmade quilts.

Our second one was a Chinese New Year’s dinner and auction held at Peace Lutheran Church. Wonderful Chinese food and a lively auction of items including a 1950’s furnished metal dollhouse, weekend sports trips and tickets, appliances and a 10’ artificial Christmas tree! Many thanks to Philip Mitchell, who served as our auctioneer for

both events!

Our third event was a Denim and Diamonds evening held at The Red Door Barn with fabulous BBQ by Boomer’s in Carthage. Line dancing and an auction of amazing donated items were the highlights. Items such as quilts, toy boxes full of Lego sets, weekend getaways, portrait packages, appliances, artwork, home décor and jewelry items.

Approximately \$20,000 was raised in these 3 fundraisers!

We are so grateful for the support of all who attended these events and look forward to seeing YOU at the next one on 9-21-19 as we celebrate ***“An Evening at the Emerson”***.

Founder's Corner *(continued from page 4)*

We realize that there are many philanthropic avenues through which you could express your generosity. So when we come to speak, we come to educate, because we've discovered that every person has a relative or close friend

that has gone through this difficult end-of-life time at some point. This mission will touch the heart of someone, perhaps encouraging them to volunteer, pray, serve on the board or on a committee....help in some way.

Mission and Vision

Our objective is to provide a safe dwelling for persons nearing end of life who cannot or do not wish to stay in their own homes until death; to convey a sense of home by showing love, comfort and support during the final days of living.

Solace House of the Ozarks will be a home filled with loving-kindness for those at life's end, and a haven of support for caregivers.

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*Margie K Myers—
Treasurer*

Local Bank Account
\$4,931.15

\$14,245.69 invested
with Community
Foundation of the
Ozarks

\$5,000 of the above
funds has been received
as memorial donations.
Thank you!

Close to \$20,000 was
raised during the three
previous fundraisers.

We are so grateful for the plot of land that was donated to us at 2506 S. Jackson Ave in Joplin! It is priced at \$64,900. Drive by and take a look. Maybe you know of someone who might be interested in purchasing it.

<https://www.kw.com/homes-for-sale/64804/MO/Joplin/2506-S-Jackson/3yd-OGARMO-191437.html>



Legislative Committee *(continued from page 2)*

legislative process and had a very positive experience. Our plan is to continue to adjust the bill language and pre-file the bill in December.

This bill will specifically give Missouri the option

to create and operate end-of-life care homes like Solace House of the Ozarks for three or more people. As of right now, we are limited to two guests at a time. This matches perfectly with

our plans to first open a pilot home that will care for two guests. We are confident when our home is ready to grow, Missouri law will be established to support us.

Volunteer Opportunities



Did you know you can still volunteer with Solace House of the Ozarks even though our home is not opened yet? It is a big task to lay the groundwork prior to opening a home. We are seeking volunteers to join various committees and taskforce groups. This process is vital to the success of our home.

Education Committee

Be an ambassador for Solace House of the Ozarks by reaching out to community groups to present information about our mission. The goal is to meet new contacts who can support Solace House through volunteer hours, finances, and expertise

Business Plan/Budgeting Taskforce for Home Operation

Investigating pricing for budgeted items

Grant Writing

Discovering and securing appropriate grants and funding.

Media Relations

Work with local media to promote Solace House events and education related to the need for end-of-life care homes.

“Hospice is My Passion”- *Lynne Duffield, BSN, RN, CHPN*

It's no secret that hospice is my passion. I actually came into hospice kicking and screaming several years ago during the death of a loved one and then it became my life's work. I've been fortunate to work with phenomenal people during the last seven years, from whom I've learned so much about life and death. I'll always carry those families close in my heart who've allowed me to participate and witness precious last breaths of their loved ones.

On July 8, I started a new hospice chapter in Kansas City, joining Kansas City Hospice and Palliative Care as a member of its Kansas-based home hospice team. It's a remarkable, local, non-profit organization with far-reaching community involvement, including children's programs, counseling services and grief support. They also provide professional and community education; palliative care home health and hospice care.

It seems a little surreal to move, in the middle of my life, “to the big city,” away from my friends and my two sons – everything and everyone I've known for the last 22 years to start a new career. Needless to say, the decision wasn't made without much prayer. The resounding answer, was repeatedly, “Yes. Go.” I hope to be able to remain active remotely with the wonderful work going on at Solace House of the Ozarks, and am so very proud to have been part of its inception. In fact, the “big city folks” here in Kansas City are amazed that Joplin has begun this type of project and recognize the need for such a place as ours, Solace House of the Ozarks. I pray that you who began a good work will carry it on to completion.

Board of Trustees

Chairman—Leisa Matthews

Dr. Amanda Harrell

Vice Chairman—Amanda Bearden

Danny Mullins, BBL, BCE

Secretary—Sandy Hughes

Lana Nelson, GRI

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Megan Spiering, BSN, RN, CHPN

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Dr. Chris Black, MD

Advisors Alphabetically

Cortnee Eaton, SHCC

Chuck Brown, Attorney

Dr. Adam Fahrenholtz

Lane Clevenger, CFP

Roger Flint

Brandon C. Davis, CPA

Lynne Duffield, BSN, RN, CPN

Susan Lincoln, BME

Did You Know?- *Sandy Hughes—Secretary*

You probably already know that according to the Population Reference Bureau, that the current growth of the population 65 or older is one of the most significant demographic trends in the history of the United States.

A recent report notes that the number of Americans ages 65 and older is on course to more than double from 46 million today to over 98 million by 2060. From a public health perspective, this growth in the older populations is fundamentally a success story (longer life expectancies)! However, because the obesity rates have also increased, the rates of chronic disease and disa-

bility have also risen. At the same time divorce rates have resulted in less caregiving support for aging spouses and parents.

Many individuals die in institutions not because their physical needs are more intense than those of patients cared for at home, but simply because of a lack of someone to provide the care.

Almost all (97%) of hospice care is provided at the routine home care level, yet there is no reimbursement for the needed 24/7 around the clock care. And even though 87% of patients prefer to die at home, the lack of an able or willing caregiver and/or the lack of financial ability prohibit the

patient from staying in their own home during their last days.

With caregivers in short supply, what will be your alternative? Have a serious talk with your aging loved ones today. We often fail to plan for the most important part of life, the aging process.

Providing a home-away-from-home with 24/7 hospice care can be an alternative for you and your loved ones.

Consider it a priority to help provide this alternative in your community. *Solace House of the Ozarks* can be “answered prayer” for the most vulnerable.

As was mentioned earlier in this newsletter, there is no one entity that “sponsors” SHOTO. We are owned by the community. This end-of-life-care home is a gift that the Joplin area citizens will be giving themselves, their own region. We currently have on our Board of Trustees, folks who work with various hospice companies, doctors, nurses, a real estate agent, educators, Chaplains and the Director of “Friends” of Newton and McDonald Co. Soc. Services. We welcome people from all walks of life to join with us and participate in building this great resource for those at the end of life and their families.

Interested? Send us an email.

Solace House of the Ozarks is:

- A home filled with loving-kindness for those at life's end, and a haven of support for caregivers.
- A home that provides a safe and peaceful environment for those at the end of life.
- A home where life is celebrated and the dying process is regarded as a precious time for the resident and their family.
- A home where each resident and their family will know unconditional love and will be treated with respect and dignity.
- A home where volunteers come together with servants' hearts, intending to treat each resident as we would want our own family member treated.

Educational Programs - Susan Lincoln

I will be in Joplin the week of September 16-20, 2019. I am making myself available to your organization to come and present a short educational program explaining all about the social model end-of-life care home we are working with our community to provide for the Joplin region.

Any of our board members are also willing to come and speak to your organization about our mission. We would be happy to come and speak

to you personally about it, too. We are very passionate about our vision and goals!

Please think about requesting a program. See our Facebook page and send us a message!

Feel free to contact me!

Susan Lincoln

417-827-3555

srlincoln3@gmail.com

Contact info and ways to donate:

*solacehouseoftheozarks@gmail.com

You can donate with Pay Pal on this site

*417-208-9666 (Google Voice—leave a message)

*P.O. Box 4467, Joplin, MO 64803

*<https://www.facebook.com/solacehouseoftheozarks/> You can donate and contact us here as well. Don't forget to "like" us!

****This is really great!*** When ordering stuff from Amazon, go to Amazon Smile and order through there if possible, specifying SHOTO as your charity. They will make a donation to Solace House of the Ozarks every time you buy something!

