

Graceful Endings:

Navigating Caregiving, Death, & Grief

Tuesday, May 7, 2024
9:00am – 2:00pm
In-Person and Virtual
Hannaford Hall, USM



Thresholds

2024

HOSPICE OF
SOUTHERN MAINE

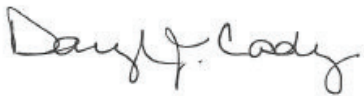


About

Thresholds is an annual educational conference presented by Hospice of Southern Maine that brings together members of the public, caregivers, healthcare professionals, business leaders, faith leaders, and individuals from all walks of life to engage in meaningful conversations about end of life.

Welcome & Our Mission

Welcome to the 2024 Thresholds Conference! If you're new to Hospice of Southern Maine, let me introduce our commitment: providing compassion, care, and comfort to individuals with life-limiting illnesses and their families. Since 2004, thousands of families across Maine have relied on us during their most challenging moments. Our dedicated team of doctors, nurse practitioners, nurses, social workers, chaplains, hospice aides, grief counselors, and volunteers deliver high-quality care in patients' homes, Gosnell Memorial Hospice House, and care facilities. Additionally, we offer bereavement services to the community at no charge. A core part of our mission involves educating clinicians, caregivers, and the wider community about hospice-related topics. Today's conference, "Graceful Endings: Navigating Caregiving, Death, and Grief," is made possible by the generosity of the late Anne L. Hunter's estate. Our speakers, experts in their fields, will lead discussions to deepen our understanding and connection to the hospice experience. Thank you for joining us.



Daryl J. Cady
Chief Executive Officer
Hospice of Southern Maine

We Remember Anne L. Hunter



With heartfelt gratitude and deep appreciation, we pay tribute to the Reverend Anne L. Hunter, MD (1943-2013). Dr. Hunter remains etched in our memories as a trailblazer in both medical and spiritual end-of-life care. She was a visionary and a driving force behind the establishment of Hospice of Southern Maine. Following her retirement from medical practice, Anne felt a profound calling to ministry, and in 2006, she answered that call by becoming an ordained deacon through the Deacon Formation Program of the Diocese of Maine.

During her final days, Anne was tenderly cared for by Hospice of Southern Maine, a fitting testament to her life's work. Through her foresight and generosity, she established an endowment to advance education and address the spiritual dimensions of healthcare at life's end. In recognition of her commitment, the Thresholds Educational Conference now bears her name as a lasting tribute to her legacy.

Schedule

8:00 am	Registration Opens	11:45 am	Lunch and Book Signing With Alua Arthur and Hadley Vlahos
9:00 am	Welcoming Remarks Daryl J. Cady Chief Executive Officer Hospice of Southern Maine	12:45 pm	Keynote Presentation and Q&A Hadley Vlahos
9:05 am	Keynote Presentation and Q&A Alua Arthur	1:55 pm	Closing Remarks Daryl J. Cady
10:15 am	Navigating Difficult Conversations Each Step of the Way Moderator - Rev. Larry Greer Pastoral Coordinator Hospice of Southern Maine <i>Conversations with Family About End-of-Life Wishes</i> Nicole Ruginski, Admission Nurse Kristen Stevens, Transitional Care Nurse <i>Conversations with Someone Who's Dying</i> Susan Mason, Triage Nurse Hannah Goss, On-Call/Triage Nurse <i>After a Death - Talking with Someone Who Experienced a Loss</i> Kelly Blanchette, Bereavement Services Manager Taylor Watts-Hall, Bereavement Support Counselor		



NEW ENGLAND Cancer Specialists

The best outcomes start with expert, compassionate care—plus integrated support.

Every NECS patient works with a dedicated care team comprised of an advanced practice provider, oncology nurse, medical assistant and patient care coordinator. Our team approach ensures you receive comprehensive, personalized care, and will always have someone to ask about your progress.

Learn more at: newenglandcancerspecialists.org



VARNNEY

BENEFITS ADVISORS

National Expertise Combined with Local Agency Service.

Our primary commitment is to work with you to find customized solutions for developing a sustainable employee benefit programs that will help attract and retain employees. As a client of VBA, you can rely on us not just for personalized client service, but also the technical expertise that's required to navigate an increasingly complex landscape and find creative solutions to your organization's challenges. Learn more at:

varneybenefits.com

Daryl J. Cady



Daryl J. Cady has proudly served as Hospice of Southern Maine's Chief Executive Officer since 2014. Prior to being at Hospice of Southern Maine, Ms. Cady served as the Chief Financial Officer and Interim CEO at Home Health & Hospice Care in New Hampshire and spent over a decade as a finance executive. She has strong clinical acumen and a very personal interest in end-of-life care.

Alua Arthur



Alua Arthur is a death doula, recovering attorney, and the founder of Going with Grace, a death doula training and end-of-life planning organization that exists to support people as they answer the question, "What must I do to be at peace with myself so that I may live presently and die gracefully?" Going with Grace works to improve and redefine the end-of-life experience for people rooted in every community using the individual lived experience as the foundation.

Hadley Vlahos



Hadley Vlahos started documenting her experiences as a hospice nurse and stories of her patients on TikTok and now reaches over 1.5 million followers (June 2023) as “Nurse Hadley.” In her memoir [The In-Between: Unforgettable Encounters During Life’s Final Moments](#), Hadley shares new stories of the most impactful experiences she has had with her patients—from the woman who never once questioned her faith until she was close to death, to the older man seeing visions of his late daughter, to the young patient who laments that she spent too much of her short life worrying about what others thought of her.

Panelists*

Rev. Larry Greer
Pastoral Coordinator

Nicole Ruginski, RN, BSN, CHPN
Admission Nurse

Kristen Stevens, RN
Transitional Care Nurse

Susan Mason, RN, BSN
Triage Nurse

Hannah Goss, RN, BSN, CHPN
On-Call/Triage Nurse

Kelly Blanchette, CT, CCLS
Bereavement Services Manager

Taylor Watts-Hall, LCSW
Bereavement Support Counselor

*All panelists are Hospice of Southern Maine employees and experts in their field.

Sponsors

Platinum



VARNNEY
BENEFITS ADVISORS

Gold



Silver

CoreMedical Group

Hurlbutt Designs

Kennebunk Savings

Maine Health Access Foundation

Chad E. Poitras Cremation & Funeral Services

Rapp Family Fund

Friend

Angela Adams

Brackett Funeral Home

Episcopal Diocese of Maine

Gorham Sand & Gravel

Kozak & Gayer, PA

MaineHealth

Quality Cleaning Services

Silberstein Charitable Fund

Upcoming Events

20TH ANNIVERSARY OPEN HOUSE
Thursday, September 12, 2024
390 US Route One, Scarborough

Celebrate two decades of compassionate care with Hospice of Southern Maine! Tour our newly built Hospice Center and enjoy some delicious refreshments as we commemorate this milestone together.



ASK THE EXPERTS

Join us throughout the year for Ask the Experts webinar sessions about hospice care. For more information, visit: askhospiceexperts.org



Notes

TWILIGHT IN THE PARK

Saturday, September 28, 2024
Deering Oaks Park, Portland

Twilight in the Park is a community event, open to all, to remember and celebrate loved ones who have died, and their families, friends, and caregivers. For more information and to order a luminaria, visit: hospiceofsouthernmaine.org/twilight



HIKE FOR HOSPICE

Saturday, October 12, 2024
390 US Route One, Scarborough

Hike for Hospice is an annual walk fundraiser to raise awareness and support for Hospice of Southern Maine. For more information and to register, visit: hikeforhospice.org



HURLBUTT DESIGNS

FINE HOME FURNISHINGS | UNIQUE GIFTS | INTERIOR DESIGN



**Chad E. Poitras
Cremation &
Funeral Service**

mainefuneral.com

The Best in
Healthcare Staffing



www.coremedicalgroup.com
800-995-2673



Casco Bay Ambulance Service, Inc. strives to become the premier provider of non-emergency ambulance transportation in the Greater Portland area. Offering BLS, ALS, and PIFT transports.

Learn more at: www.cbasmc.com

MEHAF

MAINE HEALTH ACCESS FOUNDATION

We envision a Maine where all people and communities are healthy and well.

mehaf.org

WHEN OUR
COMMUNITIES
THRIVE
WE ALL
THRIVE



BANKING • INSURANCE
833.685.1199
KennebunkSavings.com

Member FDIC
Equal Housing Lender



Bank On The Go

Banking, Anywhere, Anytime With Partners Bank

At Partners Bank, we know that our customers are on the go 24/7, that's why we offer online and mobile banking options to fit your lifestyle. Learn more today by visiting us online or stopping by your nearest Partners Bank branch location.



1.888.226.5747 • 1.207.324.2285

Visit Us Online
partners.bank





We value your feedback and assistance with planning the next Thresholds Conference. Please take a moment to complete our survey by scanning the QR code. This survey should take roughly two minutes to complete. Thank you!

We're social! Follow us on:



Home Hospice & Gosnell Memorial Hospice House

390 US Route One
Scarborough, ME 04074
(207) 289-3640
hospiceofsouthernmaine.org