



Hildegard House

dignity has a home



Standing in the Present: Reviewing the Past and Looking to the Future

What a difference three years makes! We want to share the accomplishments that you have helped us achieve with your support and generosity.

In 2015, the remodeling of the convent at St. Joseph's in Butchertown began. Thanks to the dedication and vision of Mark Clore and Clore Construction and a load of his subcontractors and other suppliers, the work was completed in January 2016. We wouldn't be where we are without Mark, who continues to help us with repairs and needed maintenance at Hildegard House. Additionally, he chairs our annual Golf Scramble, along with Jim and Charlene Leason.



Mark Clore

INSIDE

A Word from the Executive Director

Standing In The Present

Sustainability and Future Planning



A butterfly visits the garden

Tom Trimble with Thelma



The amazing Jefferson County Master Gardeners turned a rock-covered elementary school playground into an oasis of flowers and birdbaths named after an early volunteer, Stan Mudd. They continue to keep our contemplation garden in beautiful condition. Volunteers and residents enjoy it, especially during our annual Volunteer & Staff Garden Party.

Continued Inside...



Garden Party 2019

ISSUE 06

SUMMER
2019

A Word from the Executive Director



Recent events have led me to ponder “purpose” and the wisdom of death. Attending an early morning fundraising workshop, the presenter asked some startling questions. He looked at the audience and then asked, “What is your purpose? What is the reason you exist? What do you give your life to?” I took a gulp of coffee. That was a real eye opener for the beginning of the day!

But in reflection, I realized that these questions are similar to ones that I am asked frequently. “Karen, how do you do what you do everyday? (The real question is, “How do you look death in the face every day?) For me, the answer is the same for the question, “What is my purpose?”

Have you ever witnessed a dying person being rolled down a hospital hall on a gurney on their way home to die alone? Many times I wept on my way home from work at Sts. Mary and Elizabeth Hospital as a palliative care nurse practitioner. Some of those images still haunt me. I have an envelope of obituaries

that I keep – my communion of saints. I ask them to help us provide a home and family for those that need us – something they were not able to receive.

These days our beds are full, and we receive calls from those that we are not able to serve.....and many days I continue to feel that sorrow returning.

We must keep on. This is our purpose.

Hildegard House is a place that calls compassionate people to be compassionate to others. It is a joy to be a part of this compassionate community! What a honor to walk in the door and greet others that are on the same path and caring for each other. This is a place I look forward to every day!

Rilke said, *“Love and death are the great gifts that are given to us: mostly they are passed on unopened.”* Love and death. They are opened at Hildegard House. We pass them often. What great gifts we receive each day as we assist our residents to transition peacefully.

As Frank Ostaseski tells us, *“Life and death are a package deal. You cannot pull them apart.death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight. She helps us discover what matters most. And the good news is we don’t have to wait until the end of our lives to realize the wisdom that death has to offer.”*

The reason Hildegard House exists, and our purpose for being here, is to provide a home and compassionate care to those at the end of life who have no home or loved ones to care for them. Love and death are the great gifts given to us every day. We learn from that secret teacher and discover what matters most.

Karen

Karen Cassidy, Executive Director

Hit it for Hildegard

Friday, October 4, 2019

Heritage Hill Golf Club
1050 Valley View Drive
Shepherdsville, KY 40165

Registration & Lunch 11:30 am
Shotgun start 1:00 pm
\$125/golfer \$500/foursome

To register: kcassidy@hildegardhouse.org
Or 502-797-7411

Thanks to our Title Sponsors



Interested in Volunteering?

Volunteers are the heart of Hildegard House.
Are you interested in volunteering?

Compassionate Companions provide the day-to-day care for our residents just as a family member would at home: Making lunch, doing laundry, giving medications, or watching TV.

We ask for a commitment of at least one five-hour shift per week.

Compassionate Companion Volunteer Training:
Friday, Sept. 13, 6-8pm
Saturday, Sept. 14, 9-4pm

Call Jana McNally, Volunteer Coordinator
at 502-581-8267

To register, email Jana at
jana@hildegardhouse.org
or 502-581-8267

The heart of Hildegard House is our volunteers, called Compassionate Companions. There are approximately 85 of them who commit to 5 hours a week serving as family to our residents. This special group of volunteers participates in specialized training to prepare them to accompany a resident on their journey. A handful of these Compassionate Companions have been here since the very beginning. When asked what motivates her to



Jana McNally, Volunteer Coordinator, talking with Don serve at Hildegard House, one said, "This is a community of people caring about other people. I get more out of being here than I ever give. This is a sacred and special place for me." Can you imagine having 85 compassionate people you can call your community?



Bulletin board pictures of Compassionate Companions

We have served almost 70 people in our first three years. Each person has been cared for tenderly and is remembered with a Service of Remembrance when they die. We

tell stories about them just as a family would – and we continue to talk about them today!



Miss Billie and granddaughter



Hawk & girlfriend



Compassionate Companions with Johnny



Billy



Compassionate Companion and Betty



Remembrance Wreath



Miss Lynn and Tuoev



Compassionate Companions with Geoffrey



Our passionate Board of Directors has provided dedicated governance and leadership for the past three years. A big thanks to the pioneer board and those that have continued to serve, as well as our new leaders.



Compassionate Companions with William

Sustainability and Future Planning

Weekly we receive calls asking if we can serve someone at the end of life that needs a home or family so that they can access hospice care. Most often, our beds are full. Last quarter, there were 25 people we were unable to serve. We know there is a need.

The Hildegard House Long Term Planning Committee is strategically looking at filling this need and at the same time ensuring our sustainability. Unlike some nonprofits, we are open 24/7 every day of the year. We want to be sure that Hildegard House continues on into the future in order to serve those that are in need of end-of-life care who have no home or loved ones to care for them. We rely totally on donations and grants. And your support is vital so that we can continue to serve the needs of our community.

Our Board

Stephen E. Sage, *Chair*
Missy Stober, *Vice Chair*
Joanne Weis, *Secretary*
Carl Herde, *Treasurer*
Betty J. Adkins
Julie Boatright
Wes Burgiss
Beverly Glascock
Jennifer Glassner
Donald Kavanaugh
Sr. Janet Marie Peterworth
Marty Robinson
Donna Trabue
Chuck Anderson, MD, *Medical Director*

Our Mission

Providing a home and compassionate care for individuals at the end of life who have no home or loved ones to care for them so that they may die with dignity.



Hildegard House
PO Box 5613
Louisville, KY 40255

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www.hildegardhouse.org
502-581-8267



Our Staff

Karen Cassidy, Executive Director
Jana McNally, Volunteer Coordinator
Tara Durnil, Administrative Assistant
Megan Brady, House Manager
Hope Walker, RN
Debbie Walker, RN
Dorothy Gaines, CNA
Shelia Hampton, CNA
Carmella Petty, CNA

Upcoming Events!

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Registration & Lunch 11:30 am

Shotgun start 1:00 pm

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