

CORTLAND BREAKFAST ROTARY NEWS

Together We Serve, Together We Make a Difference

✳️ CORTLANDBREAKFASTROTARY.ORG

✳️ EDITED BY SOPHIE WELBURN



President Mark Roberts

Front Desk:

Chuck Feiszli

Sophie Welburn

Thought for the Day:

Jim Dempsey

Raffle Winner: Joanne Sautter

Attendance: 28

Zoom: 0

Guests:

Joe Sammons

Margo Holley

Scott Goodrich

Pino Alarco Hernandez

UPCOMING EVENTS

Ride for Rotary

✳️ May 31, 2026

McGruff Tournament

✳️ June 18, 2026

Paul Harris/Pass the Gavel Dinner

✳️ June 24, 2026

Meals of Hope

✳️ August 1, 2026

“We’re here to resolve pain points”

Joe Sammons and Hospicare & Palliative Care



The Cortland Breakfast Rotary Club welcomed Joe Sammons, executive director at Hospicare as guest speaker this week!

Hospicare provides hospice and palliative care services in Tompkins and Cortland counties, the two having joined forces in 2014 when it became clear that it was becoming increasingly difficult to operate small, county-run hospices. With about eighty staff and one hundred volunteers, Hospicare serves 70-75 patients at any given time. The majority of these are served in the home, but Hospicare also goes to hospitals, nursing homes, and has a six-bed residence in Ithaca.

Patients that receive hospice care must meet two criteria: they have a prognosis of less than six months, and are no longer pursuing treatment. Sammons explained that what patients need most at this point is care and information. Hospicare goes beyond the medical chart to observing pain points for both the patient and for their families- “Our role is to take people from a place filled with fear, pain, confusion, and isolation, to a place of understanding, companionship, and love.” (continued on page 2).

Hospicare continued...

In most cases, this care is provided completely free to the patient, regardless of insurance or money. Insurance ultimately does not really cover the entirety of Hospicare's costs, so the organization raises funds through events like "Light of My Life", the annual tree-lighting event held by the Hospice Care Foundation of Cortland County on the Homer Green. The Women Swimmin' event in Tompkins County costs almost nothing to run and raises around half a million dollars for Hospicare.

Sammons expressed that it is an honor to do the work of running Hospicare- "death comes to us all, and we all simply ask that when it comes to us it is peaceful...you work hard all your life, it shouldn't be hard to get that."

Sammons provided three ways to help:

1. Share what you heard today
2. Consider sponsoring events
3. As awkward as it may be, just be present.

On that last point, Sammons described a recent experience where he sat with a patient who wanted nothing more than to watch Mother Nature at work producing a dramatic thunderstorm. "Doing this work will never make the record books, but it means something."

[LEARN MORE ABOUT HOSPICARE HERE](#)



None

Anniversaries

Mike Shafer (6/1/1996)

June 18th



**36th Annual
Charity Golf
Tournament**

for McGruff
and
Other Local Charities

Happy Dollars

Mike Shafer: Found his Rotary pin in the car; for his thirty years in the club; celebrating 45th anniversary on Friday; good to get us shuffled up in new seats.

Jeremy Boylan: His family and Pino went to New York City for shopping and sightseeing, had a great time.

Rosie Taravella: For having her husband, Scott, as guest today.

Conrad Janke: For Joe Sammons & Margo Holley; for his ex-neighbor Scott Goodrich.

Kim Cameron: Had a staycation after learning hotels in Ithaca book for graduation weekend.

Laurie Comfort: Rejuvenated after 4-day weekend.

CBR Members in the News!

