

Cortland **Breakfast** Rotary



Kimmy Jones

Hospice and Palliative Care

Kimmy Jones has been in hospice care for five years, and is presently in an outreach position..

Kimmy explained to us that Palliative Care is to provide comfort and treat distressing symptoms, and Hospice Care is a faction of Palliative Care that takes place at the end of life. Hospice Care is a holistic philosophy of care which is regulated by the Federal Government, and comprises:

- 1). Person has to have a terminal illness, 6 months or less to live, agreed by two doctors;
- 2). Person is not seeking life extending treatment;
- 3). Person consents to hospice voluntarily.

Kimmy relayed that hospice likes to start working with people 6 months before they pass, but they normally start working 29 days. Anyone can make a referral, as it is never too early to call. A holistic team supports the patient, including Primary Care Agents, Home Health Aides, and 24 hour on call nurses. The patient's doctor remains a part of the team, and hospice care can be delivered in an assisted living home or a hospital. There is even a six room residence in Ithaca for hospice. Medicare covers hospice 100%, as do most private insurances. As a non-profit Hospice receives grants, and sponsors "Women Swimmin" across Cayuga Lake. Kimmy also stressed the bereavement support that they provide for 13 months after the patient passes.

Thank you Kimmy for sharing with us your difficult and important work.



Kimmy Jones is the Clinical Outreach Nurse at Hospicare and Palliative Care Services. She has been with the agency for 5 years where she started as a primary nurse case manager, and then became the clinical team lead before transitioning into her current role in outreach. Kimmy speaks to groups and medical providers throughout the community about the role, rules, and services of hospice. Her goal is to provide hospice information as well as offer an opportunity for community members to ask questions and gain knowledge in a non-pressure setting. In her leisure time, she prefers to get her hands dirty in the garden on her homestead with her spouse of 15 years, her 2 children, and several small animals!



Dame Cicely Saunders

Dame Cicely Saunders' life and work

Born 22 June 1918 in Barnet, Hertfordshire, Dame Cicely trained as a nurse, a medical social worker and finally as a physician.

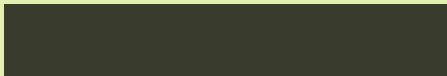
Involved with the care of patients with terminal illness since 1948, she lectured widely on this subject, wrote many articles and contributed to numerous books.

Dame Cicely founded St Christopher's Hospice in 1967 as the first hospice linking expert pain and symptom control, compassionate care, teaching and clinical research.

St Christopher's has been a pioneer in the field of palliative medicine, which is now established worldwide.

President for the day,
Front Desk,
Invocation,
Guests,
Raffle,
Attendance.

Conrad Janke
Terry Cahill, Jim Dempsey
Kurt Behrenfeld
Kimmy Jones, Sophie Clough
Dick Kroot
19 + 5 Zoom



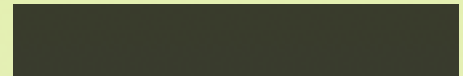
There will be a Board meeting next Tuesday, February 6, 7am, Zoom. All are welcome to attend.

This is the first published announcement of the membership of **Budd Rigg** and **Sophie Clough**. There will be another announcement next week; if there are no objections we will hold an orientation for them after next week's meeting,

We are displaying each week a few of the banners we have accumulated since 1990. This week we had banners from Argentina, Colorado, and Indiana.

The **Kiwanis Club** is having a PBJ250 drive for school kids. Next week bring in an unopened jar of peanut butter or jelly and Kiwanis President **Jackie Burke** will pick them up. (p 4).

Kathie O'Mara sent around a sign-up sheet for Front Desk and Thought of the Day duties.



Bob Martin, per the recommendation of **Jackie Burke**, enjoyed chicken wings at the Hiawatha Inn; **Dick Kroot** hails from Brown County, Indiana, next door to one of our banners today; **Dianne Higgins** is grateful for our Speaker and guest, as was **Conrad Janke**; **Valerie Kaiser** informed us that it is Girl Scout Cookie time, and to remember Troop 60063 (p.5); **Jackie Burke** is not only happy about our Speaker but also for her vacation in Las Vegas, San Diego, and Arizona where she celebrated her birthday; **Mike Shafer**, reporting from Puerto Rico, appreciates that **Jim Dempsey** is filling in for him at the front desk, and has a minor gripe that the coffee maker in his condo can only make 5 cups!

Kiwanis Club is now holding 6th annual PBJ 250 food drive

Food needed as kids prepare for winter break

By LILY BYRNE
Staff Reporter

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February is an odd time of year for food donations — not a holiday or special occasion, but kids still have a winter break for school coming up.

That's why the Kiwanis Club of Cortland hopes to get 250 jars of peanut butter or jelly into food banks. If they could get 1,100, again, they'd be happy, too.

The sixth annual Kiwanis PBJ 250 continues until Feb. 8. During this time, unopened jars of peanut butter or jelly can be dropped off at these locations:

- OptiVision, 3662 The Park, Tompkins Street, Cortland.

- Cortland County Community Action Program, Inc. 32 N. Main St., Cortland.

- Society for the Prevention of Cruelty to Animals, 879 McLean Road, Cortlandville.

- All Coffeemia locations.

- If your children are students at Barry, Smith, Randall, Marathon Junior High or Cortland Junior High, donations can be sent with them to school.

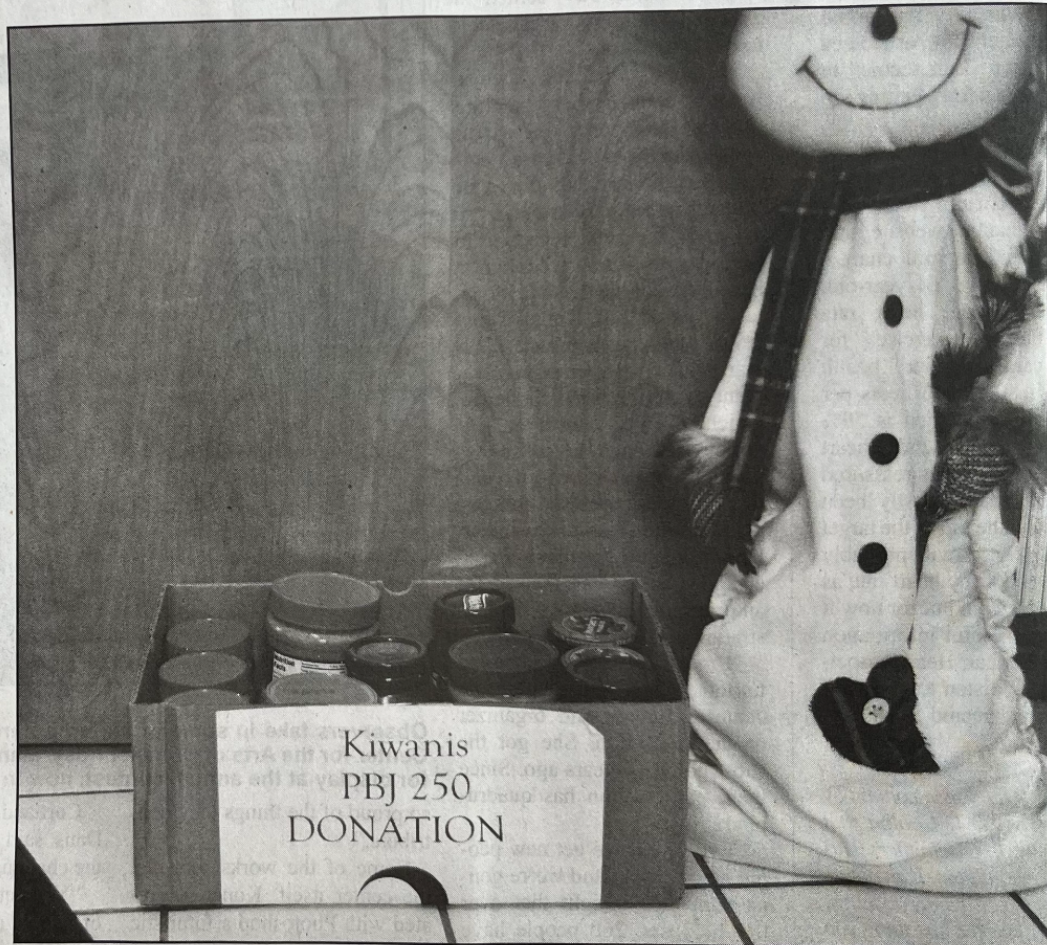
The jars collected will be donated to the backpack programs of the Cortland County Community Action Program and Onondaga-Cortland-Madison Board of Cooperative Educational Services, and 11 food pantries.

Cortland County has more than 46,300 residents — nearly 13% are food insecure, reports the University of Wisconsin Population Health Institute, or 6,000 people. That's 30% higher than the rest of the state, Hunger Solution New York reports. And of that, nearly 1 child in 7 is food insecure.

"This is an odd time," said board member Sharon McNeil. "The kids go on school break in February, so we as Kiwanians started this six years ago to fill that break. People think about the holidays to send food to food pantries and special occasions, but this is that in-between time that people don't think about it."

"A lot of the children depend on peanut butter and jelly during their school break," said Courtney Stark, another board member. "They don't have their school lunches, so they depend on these things from the food pantries."

"Parents are working, and the kids can make peanut butter and jelly," McNeil said.



Lily Byrne/ Staff Reporter

The donation box of peanut butter and jelly for the Kiwanis Club's annual food drive seen at OptiVision in Cortland. Members of the Kiwanis Club of Cortland are hoping for 250 jars by Feb. 8.

When it comes to dividing up the jars to each pantry, she matches the products to what she thinks the receiving group will enjoy the most, she said. Items such as Nutella will likely go to the high schools, while much of the orange marmalade and apple butter will go to senior citizens.

The first year Kiwanis did the drive, it got between 800 and 900 jars, she said. And once got

nearly 1,100.

"Our goal is still 250, but anything beyond that is an extra blessing," Stark said.

"Our mission is to change the world one community and one child at a time," she said. "If we can provide food for one child, and actually get them through to become a grown-up, then they can help change our world to make it a better place."

If you can, bring an unopened jar of peanut butter or jelly to our next meeting on February 6, and help our friends, the Kiwanis Club, help kids who need it!



Every purchase of Girl Scout Cookies helps Girl Scouts explore new adventures.

Support local Girl Scout troops—and enjoy tasty treats packed with discovery and fun.

Cookie season is here and Troop #60063 (co-led by Valerie Kaiser) is a multi-level troop with girls K-4. Presales are ongoing until February 4 (delivery the week of 2/26). We'll be beginning booth sales in March (Lowe's - pending approval March 16 - 6 10-noon and March 23 1-3pm; Walmart -approved March 24 4-6pm). Cookies are \$6 this year and help fund our badge activities, uniforms and service projects. To find a booth sale near you go to: <https://www.gsnypenn.org/en/programs/cookies.html> and enter your zip code!



SYRACUSE AREA MUSIC AWARDS

Each year, hundreds of local musicians and valuable members of the Syracuse music community attend the show to cheer on their friends. Since the first Sammys was held at the Landmark Theater in 1993, the Sammys Award Show has become the number one local music event in Central New York!

The Center for the Arts of Homer has made it to Round Two in the People's Choice for Local Venue! But we need your votes!

You can vote for us [HERE](#) once per day!
Scroll to "Local Venue" and choose
"HOMER CENTER FOR THE ARTS"

Vote for the Center for the Arts!

syracuseareamusic.com.

People's Choice

ZOOMERS

We are glad, through the miracle of technology, that you can join our meetings.

But.....

The price of technology has gone up! Hopefully our Cortland Breakfast Rotary meetings are worth \$5, please Venmo to @Richard-Rotary after each meeting. Don't have Venmo? We can work it out!



February is here