

## Roger's Wish

Roger loves sportscars, so his nurse, Tim, arranged a special trip to ProTeam Classic Corvette Sales in Napoleon, OH which houses a world famous collection of classic Corvettes from 1953-2010.

Using a grant from the ECHF to pay for specialized transportation on December 22, 2021 Roger got an early Christmas present. ProTeam went out of their way to make this a special day for Roger too.



**Roger & Elara Caring staff: Terri (Social Worker), Matt (Chaplain), & Time, RN**

After the trip, his hospice team framed some photos from the day and found a toy model of one of the cars that Roger loves. Thanks to everyone who made this day possible for Roger, including our wonderful donors who allowed this patient to experience an afternoon of pure joy!

## You Helped Make a Memorial Garden!



**Elara Caring staff & hospice families plant the first tree in the Elara Caring Memorial Garden in Monroe, Louisiana**

Last year, Elara Caring staff in LA wanted to provide a lasting memorial for patients who had recently passed and to help the community recover from a series of hurricanes. Working with the Monroe Parks Department, they developed a plan for an Elara Caring Memorial Garden. Hospice families were invited to help plant 12 trees in a local park. The ECHF was able to purchase the trees at a discounted rate generously provided by a local landscaping company.

During the ceremony, Jayme H., Elara Caring Chaplain dedicated the trees and prayed with the families. Then, each family stepped up to the microphone and shared their loved one's name. This was a powerful moment in the service. Some even brought photos with them. The Mayor and Parks and Rec Director were both moved by the service and so thankful to be a part of it. Indeed, all that participated were uplifted and left with grateful hearts. This truly was a remarkable event made possible by community collaboration.

# Restorative Yoga



"Our Restorative Yoga class for bereavement is a gentle, seated class just about anyone can do. We combine simple joint movement and stretching with seated meditation, healthy breathing, visualization, and mindful awareness. All you need is your body, a sturdy chair, and your attention." - Noell Hyman, Restorative Yoga Instructor

***Restorative Yoga classes are held the third Friday of every month at 7pm ET. To receive a link to the class, contact Bereavement Coordinator Kathy Lorz at [klorz@elara.com](mailto:klorz@elara.com) or 330.807.9842.***

## Warm Again



**Helen & Wendy express their thanks**

For three weeks, Helen and her daughter lived without heat, a working stove, or warm water because their gas line had deteriorated but they could not afford to have it repaired.

A grant from the ECHF allowed gas to be restored to their home.

Helen cried with joy when she heard the news. She said, "I had lost all hope for a while there and when the foundation was nice enough to pay the full amount of my gas, it gave me a new lease. And I appreciate so much what they did for me."

Thanks to you for coming to their aid! You made a huge difference in their lives.

# Heartbeat Recordings

Through a grant from the ECHF, Kaitlin M., is now able to offer heartbeat recordings to her patients and their families. Kaitlin explains, "Heartbeats are the essence of life and of who we are. Much like fingerprints, our heartbeats are unique to us. By recording a patient's heartbeat, it allows the family to preserve a piece of their life and in a small way gives them a little bit of their person back."

The recordings can be paired with the patient's favorite music or can be left as a stand-alone recording. Last month, Kaitlin completed her first heartbeat recording with a patient in Lansing, Michigan and paired it with a list of songs that the patient gave her. She distributed the heartbeat recording as an MP3 file and also made a couple of cd's for family members.



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