

Making the Most of Each Day

Hospice of Westchester provides exceptional skill, extraordinary care, and holistic support for navigating a life-limiting diagnosis.

When a loved one is faced with a terminal condition, patients and their families often question end-of-life care options. Should they consider hospice care?

“Often people hear the word ‘hospice’ and feel afraid, so they don’t explore their options,” says Mary Spengler, MS, LNHA, CEO at Hospice of Westchester. “However, the feedback we receive most often from families is, ‘We wish we had called you sooner.’”

Hospice of Westchester has been offering compassionate end-of-life care for residents of Westchester County since 1992. A New York state-licensed and Medicare certified 501(c)(3) not-for-profit organization, Hospice of Westchester is committed to providing the highest level of medical expertise, emotional support, and spiritual care for patients and families. Services are offered to individuals diagnosed with any life-limiting illness, regardless of ability to pay, and are rendered where the patient resides, allowing them to stay in their own home.

“When curative treatment is no longer effective, it’s time to call hospice,” says Carol Townsend-Ross, RN, BSN, MPA, director of clinical services. “We keep the patient comfortable, enabling the family to make the most of each day.”

A Coordinated, Integrated Continuum of Care

Hospice of Westchester cares for patients with an interdisciplinary team of professionals that includes registered nurses, certified home health aides, licensed social workers, spiritual and bereavement counselors, and volunteers. Under the direction of medical director Mark Fialk, M.D., and in collaboration with the patient’s family and primary care doctor, all disciplines work together



Mary Spengler, MS, LNHA, CEO



Carol Townsend-Ross, RN, BSN, MPA, Director of Clinical Services

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With Hospice of Westchester, our focus shifted from trying to extend Mom’s life to trying to ensure that her life was as comfortable and dignified as possible for as long as possible. She died peacefully at home, surrounded by those she loved.

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to relieve physical, psychosocial, and spiritual distress.

“Our first job is to listen to the needs of the patient and family so we can tailor a care plan to control pain and ease end-of-life struggles,” Townsend-Ross explains.

Hospice of Westchester provides 24/7 skilled nursing care, 13 months of comprehensive bereavement services, a specialized pediatric team, and complementary care services—all at no cost. Patients and families can reach the on-call registered nurse at any time via phone; if an onsite evaluation or skilled care is needed, a nurse is dispatched, often arriving within 30 minutes. Licensed bereavement staff members are available to patients, families, and the community through individual therapy, guided groups, and an annual butterfly release memorial ceremony.

One of the few of its kind in the state, Hospice of Westchester’s pediatric palliative hospice program, Comfort Crew, enables children to remain at home where they are most comfortable. Optional therapies, which may include massage, music, and art, are offered to patients and their families at no cost and are funded through The Anna & Louis H. Shereff Complementary Care Program.

“Mrs. Shereff lives on by gifting moments of joy,” says Spengler. “Complementary Care reduces patients’ anxiety, blood pressure, and increases quality of life, enabling us to treat death as part of life.”

Hospice
of Westchester

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