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*Mark Your Calendar!*

Light up a Life  
Memory Tree Display  
December 1-24  
Champlain Centre  
Plattsburgh, NY

OUR MISSION, in honoring life, is to help people of the North Country die in spiritual, mental, and physical comfort. We support and encourage people and their families to determine their end-of-life care.



# Light up a Life

2023

The Light up a Life campaign allows family and friends to contribute to Hospice while honoring the memory of loved ones, whether by making a contribution through this publication or making a donation for a memory star/heart during the Light up a Life event at the Champlain Centre in Plattsburgh. We thank those who have contributed in the past and invite you to take a moment during the holiday season to view the beautiful Memory Trees at the mall. The stars/hearts symbolize honor and love while providing vital support to help us fulfill our mission.

Step into the warmth of our Light up a Life appeal newsletter, where the voices of two families echo the enduring spirit of their cherished ones, who found solace and care in our hospice. Within these pages, you'll discover poignant narratives that beautifully illustrate the transformative power of compassionate end-of-life support. Join us as we illuminate the profound impact of our hospice in honoring life's final chapter with grace and compassion.

*in loving memory*

Kathleen Marceau  
Sandra Whitney

*in  
loving  
memory*



Return Services Requested

358 Tom Miller Road  
Plattsburgh, NY 12901



Hospice of the North Country is a partner agency, Inc. with the United Way of the Adirondack Region.



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# Kathleen Marceau

I would like to make you aware of how Hospice of the North Country helped my wife Kathleen, who had ALS and our family. Hospice provided nursing care appropriate for a constantly progressing disease and a corresponding, changing family dynamic. Assistance was provided regularly on a scheduled basis, as well as on as needed, day or night basis. Hospice coordinated with our PCP and pharmacy to provide medication management for Kathleen and this writer. As the disease, ALS, progressed, your staff watched for and managed occurring conditions which came into being. Training family how to care for Kathleen's safety and for best possible results was on-going.

Hospice provided emotional support for Kathleen and family members during our illness and continues to this day. Our experience with Hospice allowed our family to function well while caring for Kathleen. Kathleen was able to maintain her dignity and, importantly stay close to family and home. She was able to meet and hold her first granddaughter (she now has a second granddaughter) in our home and remain a vital part of our family. Friends and relatives could come and go comfortably. Kathleen has a strong Christian faith. Hospice enhanced that most important aspect for her up to and during her last few hours of life.

Steve, Laura, Mark, Alexander, Maggie, Marcy and Libby



Mark and Laura Plourdd, Maggie Marceau, Alexander Marceau, Steve Marceau, Kathleen Marceau

# Sandra Whitney

I remember all the hospital and doctor visits that she struggled mentally and physically to go to. As a caregiver of someone with Alzheimer's you are constantly trying to think for another person and their wellbeing. So, I kept trying to think of a way to make the quality of my grandmother's life a priority. Even though we knew she may not qualify yet, we checked in with hospice for reassessment every time a drastic change took place.

The first time we met with them she was understandably denied. So on to Palliative care we went, for a year or so until things changed. I remember how relieved it felt that day she qualified. Not only did hospice help adjust her needs medically to focus on quality more than anything, they also helped guide us on how to better care for my grandma through the different stages of her decline and most important of all they saw her as an individual. No more feeling like she was being car washed through healthcare like a warm body with a chart, disease, and age to her name (not that we had this problem with primary or palliative care- they were amazing!) we had seen it through the 7+ years of caring for my grandmother. Hospice wanted to know about Sandi's life, about what memory made her light up inside and smile and why. That she loved her coffee, every holiday especially Christmas, singing the carols and oldies and dancing.... her family and she loved her husband Richard more than anything.

I can't think of another group of people with bigger hearts than our local hospice. I used to wonder how someone could see so much raw reality and not become hardened by it. But they weren't, not one of them. They are the ones who will celebrate with you and your loved ones up to the last moments of joy and dance with them even when they cannot stand. The compassion they have for helping others at the end of their lives is immeasurable. Their hearts break with yours when your loved one's time comes to an end. Though your time has not ended with hospice.... It's now moved on to the next chapter assisting you and your family with grief.

Even after her passing they are still family to us. Checking in on us and guiding us through our grieving process. Even still we enjoy bringing comfort food as a reminder that they are not forgotten. Because we know they will always be there for us.

We don't have one complaint about our experience right down to the company they used for her hospital bed. Other than of course wishing we like so many others we had more time....

Always thinking of and missing our ninja grandma, Sandra Whitney

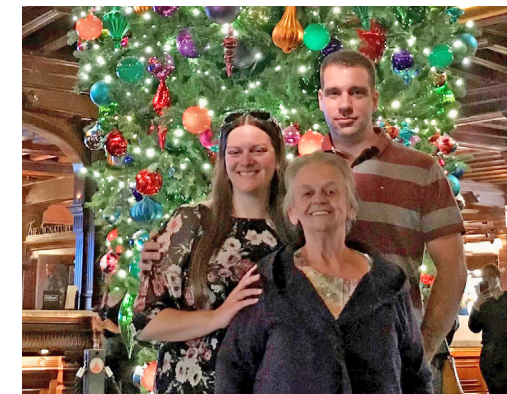
Jessica & Nathan Perrea



"Hey! Hey! Hey!" ~Sandra Whitney



Sandra & Richard Whitney



Jessica Perrea, Sandra Whitney, Nathan Perrea



Sandra Whitney and Jason Kaplan