

THE CONNECTICUT HOSPICE

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If you have a story to tell, Hospice Happenings wants to know. Please submit story ideas and contributions to: jStanley@hospice.com

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Family Heirlooms

A recipe four generations old and growing

There are many things unique to each family, one thing we all have in common are memories of family meals and mom's or grandma's special recipe. These family treasures are passed on to each generation like valuable heirlooms. Closely guarded secrets revealed only to the precious few deemed able to carry on the tradition. With permission of one of our beloved patients a precious secret is to be passed on in our very own Happenings.

The Smithsonian Institution Traveling Exhibition Service (SITES) is making an effort to catalogue and share some of those family secrets and the memories associated with them. Betsy Foraker has submitted the recipe for her Chili Sauce to the site and has had it selected to be part of the American Cookbook Project. Her story and her recipe follow:

Betsy's Chili Sauce

Her story: Many fond memories come back when I think of making my chili sauce. I am the third generation this recipe has been passed down to and now it will go to my daughters, making this recipe four generations old. I can picture my mother and grandmother using this same recipe and ensuring this tasty treat for their families throughout the winter. After the chopping was done, as the sauce cooked, the smell would drift through the neighborhood. Before long I would look up to see neighbors lining up to get a taste and maybe a jar. As the jars were made, I would find my husband sneaking jars out to bring to his friends. This is a wonderful way to use up tomatoes, makes a tasty treat for your family and a wonderful present for some lucky person.

- **Betsy Foraker**

Betsy Foraker's recipe for Chili Sauce

Ingredients:

- 1 peck tomatoes (finely chopped)
- 12 Onions (size of an egg, finely chopped)
- 6 green peppers (small, finely chopped)
- 4 small hot peppers (finely chopped)
- 1 pint brown sugar
- 1 pint vinegar
- 3 tablespoons salt
- ½ tablespoon allspice
- 1 tablespoon cinnamon
- ½ tablespoon cloves
- ½ teaspoon paprika

Preparations:

Mix the first six ingredients together and cook until nearly done, before adding the spices. When cooked, ladle into jars and seal.

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Warm Welcome to James Prota, Director of Pharmacy

The Connecticut Hospice welcomed James "Jim" A. Prota, R.Ph. as Director of Pharmacy on December 13th. Jim brings to our interdisciplinary team twenty years of pharmacy experience in both clinical and management positions, in a variety of settings including community pharmacy, home infusion, and a hospital outsourced pharmacy. Through our statewide homecare program and palliative hospital Jim will be providing hands-on clinical leadership with his department of clinical pharmacists and technicians. He will serve in homecare and the palliative hospital as a fullfledged member of the interdisciplinary team. It is expected that he will be appointed to the faculty of the UCONN School of Pharmacy so that he may continue to support our ten year relationship with their program. Their Dr.Ph Pharmacy Students are required to rotate here in the sixth year of their program.

Gordon McGuire, R.Ph., resident clinical pharmacist, has held the reigns awaiting Jim's commencement, which has been beautifully established through Lynne Cote, R.Ph., As we recall, Lynne Cote was the first clinical pharmacist of the Connecticut Hospice and wrote all of the original policies and procedures. She went on to become its first Chief Operations Officer and some years later wrote and published a book, "The Long Road," whose proceeds were donated to a soup kitchen and The Connecticut Hospice.



Annual Children's Holiday Party a big hit



The sounds of children's laughter and a melody of carols filled the halls of Hospice this past weekend as more than 70 children gathered with their families to celebrate the holidays at our Annual Children's Holiday Party held here on Saturday, December 9th.

"This whole day was just great," Lisa Avitable, Hospice volunteer, said.

Lisa was responsible for coordinating the event this year.

The highlight of many child's day was a visit from Santa Clause himself and several of his elves. He gave out more than 100 presents to the children who came to see him. There were also a host of activities made available by the Arts Department staff and volunteers to entertain the children.

On any given table a child could be found painting a snow scene, decorating a sugar cookie or decorating a stocking. A small gaggle of children gathered by the windows facing our breathtaking view of the ocean to draw on them with window markers.

The cafeteria was suddenly transformed by the presence of these children who have left a lasting impression here, which shall remain throughout the holiday season.

"I love the artwork on the windows," Katherine Blossom, Arts Director, said. "It really gives the place a lived in feeling."

A special treat, which added to the overall festive feeling of the day, was the presence of several students from Branford High School's Interact Service Club. Gina Lucibello,



Branford High School teacher and Interact faculty advisor, and six students from the club came to sing carols during the party. It was not long before the children and families joined them in celebrating the holiday season in song.

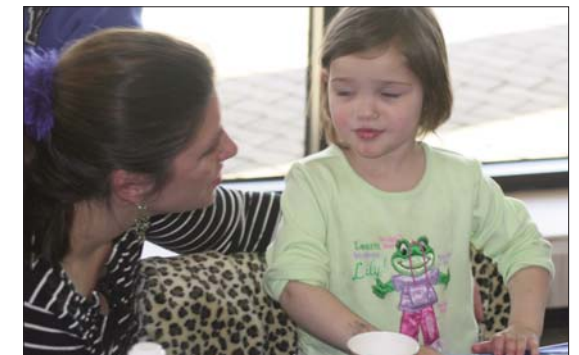
Overall the day was a success. Everyone came together to celebrate the holiday season and ensure the children enjoyed a day of sugar cookies, stockings, Santa and song.



Painting sugar cookies and seeing Santa Clause were just a few of the highlights of the day for the children.



Many of the children gathered with the volunteers from Branford High School's interact Service Club to sing carols at the holiday party. Santa passed out more than 100 presents to the children at the party.



Local Children Win Gingerbread Competition



Sixteen local children ages eight to eleven participated in a Gingerbread competition co-sponsored by IKEA. Their gingerbread train won the competition and at their request we are displaying their winning entry in our lobby through the holiday season. Congratulations on winning the competition and thank you for sharing the efforts of your hard work with us here at The Connecticut Hospice.



Our Chief Elves were on hand to help Santa. Elf Ana and Elf Alexandra (left) made sure every child was welcomed and had plenty of candy. Elf RJ (above) helped Santa pass out presents to the children who came to see him.