



# NEWS FROM OMEGA HOUSE

*A Community Leader & Resource in End of Life Care Issues*

Winter/Spring 2017

## Respite Care Is Coming To Omega House

Are you caring for a loved one at home and need a break? Last summer, the Omega House board of directors developed a health questionnaire with the Western UP Health Department, sent to physicians, physician assistants, nurse practitioners, medical social workers, nurse care managers and clergy.

One question we asked was, "do you perceive a need in our community care for respite care – a place where an ailing or physically dependent family member could be cared for on a short-term basis to give relief to family members/caregivers?" (A "short term stay" would be less than a month.) Seventy-five percent of respondents saw a "large

need for respite care."

Respite care has been a vision at Omega House for some time now, and we plan to offer it by early summer.

For information about the admission process, charges and availability, call Mike Lutz at 482-4438.

## Volunteering Opportunities

Volunteers are important to us at Omega House, and don't hesitate when called on. Volunteering your time is a wonderful way to give back, whether in your community, your workplace or somewhere far across the world. Working for a common cause, you meet new friends, join a community group dedicated to giving back. And, the act of volunteering is a smart way to donate when you cannot give money.

At Omega House we have many volunteer opportunities and we can match your skills with our needs. We also want to welcome two House volunteers, Lou Ann Vitton and Lynn Bochonok. If you are interested in volunteering at Omega House please call Mary Kay Grabig at (906) 482-4438.



Central Michigan University PhD Physical Therapy Student Organization at MTU volunteers here to rake leaves

In early November, when leaves needed raking, gusty winds couldn't slow down 13 students from the Central Michigan University Physical Therapy Student Organization. They didn't hesitate to volunteer their time when we called. On November 8, 58 volunteers showed up at Saints Peter and Paul Lutheran Church in Houghton to help Omega House staff mail 26,000 fall appeal mailings.



Lynn Bochonok



Lou Ann Vitton



Fall Appeal Mailing Group

**\$5**  
Per Person  
Donation

Sat. March 11th 7am-11am

**Pancake Breakfast  
and RAFFLE**

(Carry out available!! MUST BE PRESENT TO WIN RAFFLE)  
Fundraiser for the Omega House

Sponsored by Finlandia University Student Nurses Association (FUSNA)

**Gloria Dei Lutheran Church**  
1000 W. Quincy St.  
Hancock, MI

For tickets or more information, contact any  
Finlandia nursing student  
OR FUSNA President  
Elizabeth Olson (660)619-6521  
eaolson@finlandia.edu

PosterMyWiz.com

# A Message From The Executive Director



Michael Lutz  
Executive Director

## Looking Back and Moving Forward

Wow! My first year at Omega House has flown so fast. Although I intended to write about how wonderful this year has been, and, taking nothing from a rewarding year, I would rather share our future plans. Omega House continues to open new doors to care for our community.

This year we will begin a Respite Care program that provides caregivers a temporary rest

from caregiving, while the person needing around-the-clock care continues to receive that care in a safe environment at Omega House. We plan to improve our website and use social media to help showcase our daily life at the House. At the same time, we will save on costs that occur with multiple annual mailings. We will also feature a "Win a Dream Vacation" raffle for our new respite care room (see story on back page). On behalf of members of our staff and board of directors, thank you for your generous support to Omega House in 2016. We all look forward to a successful 2017.

## Welcome to the Digital World at Omega House

Our written communications:

- relate news about the world of hospice care and our day-to-day achievements, and update members of the community about new programs

- thank volunteers for their tireless work
- announce new events and fundraising opportunities
- ask for your support

just as we would never share your personal information. We will continue to mail our Fall Appeal letter, and our Annual Report (although they are available on our website).

Our goal at Omega House is to bring compassionate care to your loved ones, as professionally and efficiently as possible. At the same time, we continue to think about ways to save money. Spending less for communications gives us a chance to do that. Please send your email address to Mike Lutz at [michael.lutz@omega-house.org](mailto:michael.lutz@omega-house.org).

Look for our new website in early 2017!

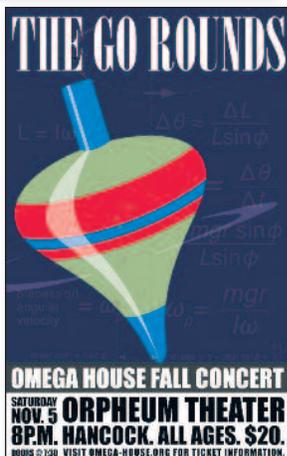
Our communications reach you on paper and at great expense. For example, the cost to print and mail 2,000 newsletters, once a year, is close to \$2,200. Two newsletters cost us \$4,400. This amount could easily pay for residents' meals for 6 months.

Simply stated, we ask you to share your email address with us. We'll never share information with anyone else,



## Fall Event

A great night of rock n roll played at the Orpheum Theatre on November 5, 2016 for the 14th Annual Omega House Fall Concert featuring THE GO ROUNDS. Back by popular demand The Go Rounds showcased their high energy musical talents. We want to thank everyone who made this evening of great music possible at the Orpheum — our many contributors for their support of Omega House, and Michael Shoup and his staff at the Orpheum Theatre in Hancock.



## Consumer Purchasing Benefits Omega House

**Amazon Smile Program.** If you shop at Amazon.com, use Amazon Smile, 1% of your purchase is directed to Omega House. Go to [smile.amazon.com](http://smile.amazon.com) and type in Omega House as your designated charity.



**Econo Foods Econo Cares.** Bring or mail your receipts to Omega House, and twice each year, Omega House will earn 1% of the total in receipts. Questions? Call Mike at Omega House at (906) 482-4438.



**Yes!** I wish to make a gift to support Omega House and help provide a comforting homelike environment for people who are terminally ill.

\$500    \$250    \$100    \$50    Other \$ \_\_\_\_\_

I would like to join the Sustainer Program. Please charge \$\_\_\_\_\_ to my credit card on the following schedule:

Monthly    Quarterly    Annually

*I understand Omega House will charge the above amount on the schedule I've chosen indefinitely. I may end my participation in the Sustainer Program at any time by contacting Omega House via phone or mail.*

Please make my donation

in Honor of: \_\_\_\_\_

in Memory of: \_\_\_\_\_

Please notify \_\_\_\_\_ of this gift at address

\_\_\_\_\_  
\_\_\_\_\_

### DONATION INFORMATION

Enclosed is my check made payable to Omega House  
 Please charge my  VISA  MasterCard

Cardholder's Name \_\_\_\_\_

Account # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Email: \_\_\_\_\_

**Thank you for your "Gift of Home"**

*Omega House, Inc. is a 501(c)(3) non-profit organization. Contributions are tax deductible under the limits of the law.*

2017WNTLTR

## Awards and Grants in November and December

We want to thank several community organizations and foundations for their belief in our mission and their willingness to showcase our efforts.

- **Michigan Tech Employees Federal Credit Union.** In November, Duane Aho, of MTEFCU, presented \$1500 to Mike Lutz, as part of a larger effort by the UP Chapter of Michigan Credit Unions. Mike said, "This support helps make it possible for us to care for people, regardless of their financial situation."
- **River Valley Bank** celebrated its grand reopening. By way of showing their commitment to Houghton, RVB awarded 5 prizes to area non-profit organizations, who submitted essays about their community service. For its "Caring Hands Massage Therapy" program, Omega House received a prize of \$300, presented by Brian Donnelly, Manager of RVB Houghton.
- **Keweenaw Community Foundation.** KCF awarded Omega House \$3900 for continued funding of our Caring Hands Massage Therapy Program (CHP), the first of its kind in the area. The goal of the CHP, initiated by Superior Health Foundation, is to provide professional massage therapy to residents and their family members.
- **KCF Youth Advisory Council** awarded Omega House \$552 to purchase several DVD's for school children who are dealing with grief from a recent loss. For information on how you can check out a DVD, call Mike Lutz at 482-4438.

## Calumet Students Build Storage Shed

When Mike Lutz told Mark Bonenfant that Omega house needed more storage space, Mark, who teaches Industrial Education at Calumet High

School, rallied his students, saying, "What a great way for our students to learn skills and contribute to the community at the same time."

Mark and his 15 students began to design and build a shed. He called on 41 Lumber in Laurium to be involved and they donated all of the lumber and supplies. Asked about their contribution, Chuck Junot at 41 Lumber said, very simple, "because it's a good thing to do. Many of us have a history with Omega House, and its is our way to say 'thank you.'"



Mark with the 15 CHS Students in front of the new shed



Superior Service provided delivery

A big thank you also goes out to Steve Therrian, owner of Superior Service in Atlantic Mine for transporting the shed to its site at Omega House.



**Omega House**  
2211 Maureen Lane  
Houghton, MI 49931  
906-482-4438

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**Board of Directors**

Deb Young, *President*  
Guy St. Germain, *Vice President*  
Sharon Fisher, *Secretary*  
Don Van Umm, *Treasurer*  
Brian Geshel, *Past President*  
Neil Ahola  
Magdalena Belej  
Clarissa Gaff  
Cindy Griffin  
Katriina Hopper, MD  
Sigurds Janners, MD  
Leah Kinnunen  
Don Morin  
Debra Stouffer  
Ray Weglarz

**Staff**

Michael Lutz, *Executive Director*  
Mary Kay Grabig, *House Manager*  
Carol Pfefferkorn, *Marketing & Events Coordinator*

## Win a Dream Vacation — Raffle for Respite

Where would you take a dream trip? Alaska? New Zealand? Rocky Mountain High? Omega House will give you your chance, and in exchange we will furnish our new respite care room, which has been part of our vision and a first step in our expansion at Omega House.

We will hold a sweepstakes for that Vacation of Your Dreams on April 28. Superior Travel in Houghton will work with the winner of Raffle for Respite, to build an individualized itinerary. The cost of each ticket is \$40 toward a \$3000 voucher. Limit of 300 tickets. Meanwhile, for information about how to purchase your raffle ticket(s), email Carol Pfefferkorn at [carolpf@omega-house.org](mailto:carolpf@omega-house.org) or call Mike Lutz or Carol at 482-4438.

### Omega House Raffle For Respite

#### 1st Prize: Vacation of Your Dreams

Designed by Superior Travel toward a \$3,000 Voucher

2nd Prize: \$500 — 3rd Prize: \$250

#### Drawing Will Be Held April 28, 2017 - 1:00 pm

at Omega House - 2211 Maureen Lane - Houghton, MI

#### Donation - \$40

Do not need to be present to win.

Org. ID #127835

### Omega House Raffle For Respite

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

#### Donation: \$40

Do not need to be present to win.

Org. ID #127835