



Catherine A. Hastings

November 15, 2020

Catherine A. Hastings, 68, passed away on Sunday, November 15, 2020 at Hospice & Community Care after being diagnosed with ALS in May 2019. Born in Frankfort, Germany, she was the daughter of the late Edgar A. and Myra Swinford Hastings and the wife of Robert E. Useller of East Petersburg, PA.

Cathy graduated from Florida State University, College of Social Sciences, where she received her BA degree summa cum laude, and from Purdue University, where she earned both her Master of Science (MS) and PhD in Marriage and Family Therapy. She was an Assistant Professor for the Marriage and Family Therapy Program at Kansas State University, Manhattan, KS. While there, she served as Treasurer for the Kansas Association for Marriage and Family Therapy and for 2 years as a consultant with an organization designing creative problem-solving approaches for Fortune 500 companies. Cathy was coordinator of the Family Therapy, Child & Adolescent Unit at York Hospital, York, PA from 1986-1991. She worked at F&M College as Associate Director and Counselor for the Student Counseling Services from 1991-1996. She served as a Clinical Therapist of couples and marriage therapy for the Samaritan Counseling Center. Most recently, she maintained an independent couples, individual and family therapy practice in Lancaster from 2007 to 2019 when she retired.

Throughout her career, Cathy was a champion for her chosen profession. She served on the national board of the American Association for Marriage and Family Therapy (AAMFT), where she was a clinical supervisor and instructor. She also served on the state board of the Pennsylvania Association for Marriage and Family Therapy (PAMFT) and helped to secure legislation for licensure of marriage and family therapists in the commonwealth.

A published author in her field, Cathy extended her reach beyond those colleagues who already knew of her insight, intelligence and compassion. A true advocate for professional growth and self-care, she was always willing to offer encouragement, provide support, and share resources with her peers.

For over 30 years, Cathy demonstrated a genuine interest in helping individuals, couples and families grow and heal in her therapy practices. Regardless of their presenting problem, scores of grateful clients benefitted from her safe and trusting style, her empathic and positive approach, her gentle and thoughtful questions, and her caring and hopeful direction. The counseling community, one and all, both admired Cathy for her wisdom and loved her for her kindness.

Outside of work, Cathy was equally committed to helping others, simply because she believed it was the right thing to do. With apparent ease, she uplifted those she met, spreading love and joy along her path. She began each day with Bob on a morning run and carried that energy throughout her days. When diagnosed with ALS, she confronted it with the same determination and perseverance that allowed her to complete several marathons, including the Marine Corps Marathon in Washington DC, twice.

Though ultimately Cathy lost her battle to the disease, she took her last breath with Bob by her side and peace in her heart.

Her family and friends, and indeed everyone whose lives she touched, will always remember her grace and beautiful spirit.

In addition to her husband, she is survived by her brother, Gregory Hastings (Beth), Franklin, TN and many cousins and nieces and nephews.

A private Celebration of Life Service will be held at The Groffs Family Funeral Home. The family wishes to make available a live webcast of the service starting on Tuesday, December 8, 2020 at 2:00 p.m. that can be found at <https://client.tribucast.com/tcid/92285405>.

Memorial contributions in Catherine's name may be made to ALS Research at Penn State Hershey Medical Center. Checks should be made payable to Penn State University – ALS Center, Penn State Hershey Medical Center, (RESEARCH), Department of Neurology, EC 037, 30 Hope Drive, Hershey, PA 17033 or Samaritan Counseling Center, 1803 Oregon Pike Lancaster, PA 17601 or Hospice & Community Care, 685 Good Drive, Lancaster, PA 17604-4125.

Comments



“ A tribute video has been added.



The Groff's Family Funeral & Cremation Services Inc. - December 09, 2020 at 02:30 PM



“ As was my wont, and needing an exceptional therapist for a client of mine, I naturally looked up “Hastings.” Cathy and I were on a last name basis with each other, when back in 1986, she and I, and she far more than I, double-handedly opened the provision of family systems interventions for at risk youth at the Child and Adolescent Psychiatric Unit. That was in its first days of its operation.

I remember so well that at the time she was still in Kansas, and I worked that period of time when she was absent from the unit to be in Kansas; I was in NW PA when she worked to cover those times that I was gone. When on the rare occasion we got enough time to overlap in passing on these transitions, we announced to one another “Hastings/Semone”, it’s so good to see you.” And it WAS.

Cathy had an extraordinarily powerful presence belied by a soft, gentle demeanor and those attributes of hers immediately disarmed the oft-times hostile, frightened families who were admitted. While one might not think of her as a Marine, trust me, I saw her with some tough families, and she was absolutely up to the challenge of working with them, effectively.

Those memories of Cathy bring tears to my eyes as I recall them. I loved Cathy as a colleague, challenger, and fellow athlete, while recalling the many family systems intervention debates she and I would have in the video room reviewing, as required, those sessions with families to improve outcomes.

I am so sorry she’s no longer with us. And I am also so very sorry for you all’s loss as well. I look forward to the day when “I will see you again, ‘Hastings.’”

Tony
H. Anthony Semone, PhD

H. Anthony Semone - January 16 at 03:28 PM



“ 8 files added to the album LifeTributes



The Groffs Family Funeral & Cremation Services Inc. - December 09, 2020 at 02:33 PM



“ Cathy was such an Angel on earth! I met her at the gym and we became close quickly! Cathy helped me and my children through a very difficult time. She was always supportive and loving to me and my family. Even after I moved from the area we stayed in touch and made it a priority to see each other. I will miss our visits and her smile. Rest In Peace my dear friend. You are so very missed.

Mary Calabrese - December 01, 2020 at 03:35 PM



“ 7 files added to the album Memories Album



John Swinford - November 27, 2020 at 04:02 PM



“Cathy and I are cousins whose lives intersected only occasionally, but I will be forever grateful that we became close during the past year as she found herself increasingly homebound and missed running in the outdoors. She said she got vicarious pleasure through pix of my pre-dawn runs. She loved nature and enjoyed seeing SoCal's full-moons, desert scenery, gray owls, and wily coyotes encountered along the running trails. Her mother Myra was my dad's "baby sister," so Myra's only daughter Cathy was always very special to Dad (Uncle John). As Cathy and I reconnected, I was amazed at the grace, strength and faith with which she greeted each day of her ALS journey. I will always remember Cathy as an extraordinarily intelligent woman who accepted life's triumphs and disappointments with dignity and grace. Her life is an example to Marilyn and me, and we mourn the loss of our cousin and friend. Our prayers go out to Bob, Greg and Beth, and the countless others whose lives are forever enriched by Cathy Hastings.

John Swinford - November 25, 2020 at 05:32 PM



“I loved you very dearly. You will always be a part of my heart.”
Doris Killion
Williamsburg, VA

Doris Killion - November 24, 2020 at 10:14 AM



“My memories of Cathy span the last fifty-six years, from the time we were twelve-year-old neighbors until her recent passing. Cathy was a woman of great character. Even in her youth, she was caring, fun and studious. Throughout her life she was both lively and quick-witted, thoughtful and forgiving. She will live on in my heart as the closest of friends. Les and I send all our love to Bob, Greg and Beth as you grieve Cathy's loss. We will be thinking of you especially on December 8 as you and friends remember her life.
Love,
Renee Bray Goode
Williamsburg, VA

Renee Goode - November 24, 2020 at 08:49 AM



“ I know that I rarely post. But I just can't let my sadness for the loss of Cathy Hastings pass by. I lived next door to the Hasting's family in Elizabeth Lakes for many years. Besides being school mates, we were neighbors. Mrs. Hastings pierced my ears! There are many good memories of hanging outside with the entire family. Cathy was always so sweet, not to mention absolutely adorable. I know that Greg will miss her terribly. The Hastings were a close and loving family. This loss is close. This loss truly hurts my heart. I am so sorry Greg.

Carole-Sue Stern Fiest - November 24, 2020 at 07:49 AM



“ I attended Kecoughtan High School with Cathy, and although we were not close friends, we often spoke in homeroom and in the corridors. Cathy was so nice to everyone, and always had a smile on her face, and a kind word to share. Her life light is not dimmed in death; it shines even brighter now. Kathy Harris Palmer, Class of 1969.

Kathy Harris Palmer - November 23, 2020 at 06:32 PM



“ Count me among the many who are saddened by this loss. While work initially put me in touch with Cathy, I moved on and our paths no longer crossed automatically. I was grateful to reconnect with her in the past couple of years, and I found her incredibly supportive of my new path. Cathy has long been a model for those in her orbit--a model of fitness, competence, and most of all kindness. As her physical health became more challenging, she reminded me of specific "strong women" (her words) gatherings in which we both participated--some serious and some downright silly. I am comforted by those memories, and awed by the strength and grace she showed even as her health waned. Sue and I extend our deepest sympathies to Bob and Cathy's entire family.

Karen Gautney - November 23, 2020 at 02:46 PM



“ Cathy and I meet working out at Universal Gym 2 decades ago. She always greeted everyone with the biggest smile, twinkle in her eye and a positive outlook. I enjoyed our times together very much at they gym or out socially. She was beautiful inside and out. We had lost touch but occassionally saw each other at events. I am deeply saddened to hear of Cathy's fight with ALS which is such a difficult diagnosis especially for someone as vibrant and active as Cathy. My deepest sympathies to Bob and all of Cathy's family and friends. My prayers and thoughts are with you. In loving memory of Cathy----Henrietta Heisler

Henrietta Heisler - November 23, 2020 at 08:06 AM