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Serenity Point Hospice, LLC



Issue
Two

Monthly Insight Into All Things Hospice

Celebrating The JOURNEY

current topics >>>

Love One another

My command is this: Love each other as I have loved you. John 15:12 (NIV)

Based on John 15:9-17 (NIV)



G Q R J N I L D R Z G F U R G
C O M M A N D D I M Y T E Z I
G F S Y J F W J O K H N Y O J
Q W F L F R U I T W S C P M I
C H M E R B W Q J F N R U P O
T L D R I K O B U S I N E S S
Q X S X E J U O E R N L A Y R
O A P R N E N B A I F L I S R
M J L B D I O E D K R V T E T
L A F O S A B Y M Z N N T V F
M D S A V V Y K N R A A U E E
Z H T T T E P W L V E L S F F
Y M N P E H H A R R P O I V Q
F F G P B R E E G Z H L H R I
R E M A I N S R V C E C D S A

Friends	Down	Greater
Lay	Love	Servants
Bear	Life	Command
Obey	Fruit	Business
Father	Master	Remain
Chose		

Why HIM, Why our family?

"I can't believe this is happening to my Dad" are the words that I screamed inside my head every day for months. He had been diagnosed with dementia and, after a brief sense of relief that we now knew exactly what we were dealing with, I was devastated. It felt like my life had been turned upside down and when I thought about my Dad all I could see were losses: losing his personality, losing his independence and ultimately losing his life. I wasn't ready to say goodbye to the Dad I knew. I shed many tears and felt anxious, helpless and low as I struggled to come to terms with the new reality that had been forced upon my family.

How to cope with anticipatory grief

Anticipatory grief or grief before death can be experienced by caregivers and family members of those suffering from dementia, cancer, and other illnesses which are life-limiting and no longer treatable. Not everyone in this situation experiences it; some people won't allow themselves to grieve as it could be viewed as losing hope, whilst for others the grief before the death can be even more intense than

Anticipatory grief involves many losses. It includes watching your loved one change and grieving the loss of the person you once knew, long before they actually die. There is also the loss of companionship, changing roles and loss of future plans and dreams. Fears can also overwhelm us: fears over whether we will be able to provide the support they need, how we will cope, what will happen and will they suffer, will they change, what it will be like at the end. when will the end be.

- It's important to express your pain and allow yourself the time and space to grieve. It may help to talk to a friend or another loved one that you can share your feelings openly with.
- Try writing down your thoughts and feelings in a journal.
- Find out about what to expect by learning about the condition, treatments and side effects, prognosis. This information may help you feel more in control.
- Try video taping memories shared with visitors or family.
- Take time out to do things you enjoy and that help you to relax.
- Be kind to yourself – Be realistic Ask friends and family for help.
- Try to focus on the day at hand rather than worrying about the future.

set the stage >>>

Why Family & Caregivers Are Reluctant to Begin Hospice?

What makes a family caregiver hesitate to seek out information about hospice or delay asking for a referral for services?



later stages of Alzheimer's disease or other types of dementia, Parkinson's disease, chronic obstructive pulmonary disease (COPD) and heart failure just to name a few.

Hospice has a potent stigma attached to it. Viewed as a last resort or something to try when all other medical options have been exhausted, hospice is often associated with giving up and giving in to the inevitability of death. This type of care is also commonly associated with terminal cancer diagnosis. Proper end-of-life care ensures dignity, comfort and control of patients in the

Gail Gazelle, MD, assistant professor of medicine at Harvard Medical School and associate scientist at the Brigham at the Women's Hospital, says that many families engage in wishful thinking when death is near. Deep down they believe that if they refuse to talk about the fact that a loved one is dying, then perhaps it won't actually happen.



End-of-Life

Another common concern is that broaching the topic of end-of-life care with an ill loved one may cause them to become depressed. While these feelings are both valid and understandable, they can also cause a caregiver to delay starting hospice and create unnecessary suffering for both the patient and their family.



On-Call Service

For after-hours needs, Serenity Point Hospice provides 24-hour telephone access to hospice clinicians who can answer questions, support caregivers over the phone or dispatch a team member to the bedside, if needed.

For more information go to www.serenitypointhospice.care



hospice advice >>>

Managing Pain

End-of-life care can be a challenge requiring the full range of a family physician's skills. Significant pain is common but is often undertreated despite available medications and technology. Starting with an appropriate assessment and following recommended guidelines on the use of analgesics, family physicians can achieve successful pain relief in nearly 90 percent of dying patients.

Physicians must overcome their own fears about using narcotics and allay similar fears in patients, families and communities. Drugs such as corticosteroids, antidepressants and anticonvulsants can also help to alleviate pain. Anticonvulsants can be especially useful in relieving neuropathic pain. Side effects of pain medications should be anticipated and treated promptly, but good pain control should be maintained. The physical, psychologic, social and spiritual needs of dying patients are best managed with a team approach. Home visits can provide comfort and facilitate the doctor-patient relationship at the end of life.

Providing Physical Comfort

There are ways to make a person who is dying more comfortable. Discomfort can come from a variety of problems. For each, there are things you or a healthcare provider can do, depending on the cause. For example, a dying person can be uncomfortable because of:

- Pain
- Breathing problems
- Skin irritation
- Digestive problems
- Temperature sensitivity
- Fatigue

Not everyone who is dying experiences pain, but there are things you can do to help someone who does. We believe that care for someone who is dying should focus on relieving pain without worrying about possible long-term problems of drug dependence or abuse.

What are Hospice Volunteers



It Takes a Special Breed. For a long time, volunteers have been an integral part of hospice organizations. These volunteers add a lot of value to these organizations, and they cannot do without them. They are even recognized by the federal government to be very important in delivering hospice care. Usually, they are members of the local community, and this helps to provide the terminally ill and their friends and family with a feeling of normalcy.



Some of the most commonly offered services include:

- Support services – Some of the most common support services include active listening, friendly visiting, bedside sitting, companionship, and writing letters among others.
- Helping out with errands- individuals that volunteer in hospice organizations can help the patients and families carry out errands such as banking, picking up some prescription doses, and even grocery shopping
- Sharing special interests, skills, and hobbies- sharing interests and hobbies is one of the best ways that volunteers offer comfort to the patients. Some of the interests that show care to patients include listening to music, reading, sports, art and crafts, and gardening just to mention but a few.
- Helping out with chores – volunteers play a major role in helping out with housekeeping tasks, washing the dishes, preparing meals, and if the patient has children, volunteers can take care of them.
- Transportation: including transporting the patients and their families to go shopping, outings, and to and from appointments.

Become a Volunteer

Volunteers are an integral part of the hospice team, filling roles that range from direct contact with patients to providing clerical and fundraising support for the organization.

Hospices that participate with Medicare are required to utilize volunteers alongside their paid clinical and administrative staff. Hospice volunteers describe their work as gratifying, intellectually stimulating, and emotionally meaningful. Hospices require a lot from their volunteers and value them greatly.

Q: What traits should a volunteer possess?

A: He/she should have an avid understanding of personal limits. Should be compassionate and understanding to the individuals nearing death. Should have respect for all ways of life regardless of the patient's religion or culture and customs. Should be a good listener



The True Cost of Hospice...

Hospice services, including medical equipment and medications for your terminal diagnosis and related conditions, are covered under the Medicare and Medicaid Hospice Benefits. Some private insurance plans also offer a hospice benefit.

Signing on the dotted line...

Hospice care can be stopped, changed or paused at any time. Patients and families have the freedom to change their minds and not feel locked into their decision. In fact, it is common for people whose condition improves to stop or pause hospice care, knowing they can elect to use these services again in the future if/when needed.

What to expect...

Each person's journey to death is unique. Some people have a very gradual decline; others will fade quickly.

As death approaches, your role, with the support of the Hospice Team is to be present, provide comfort, and reassure your loved one with soothing words and actions that help maintain their comfort and dignity.

final thoughts....

Don't Wait – Hospice Provides Months of Care and Support

We hear it far too often: **"I wish we had called hospice sooner."** Once people have experienced the level of care their loved one gets, as well as the education and support provided to family members, they understand how much having a hospice care team improves the whole family's quality of life. With help with patient hygiene needs; assistance from volunteers to provide companionship, respite, and help with other tasks; education on disease progression; and clinical support you can call anytime of the day or night; families can concentrate on what's most important to them and their loved one. So why wait?

You don't have to wait, you can refer yourself, a family member, neighbor or a friend.

Because families are often waiting for someone to tell them "it's time," they miss out on months of care and improved quality of life. The Medicare Hospice Benefit provides for several months of care and covers all care, medications, supplies and medical care related to the patient's disease. It is available once the patient's doctor determines that given the current rate of decline the patient has a life expectancy that is no longer curable.

Other benefits families experience include emotional and spiritual care; help in connecting with needed resources; education on the patient's disease, how it progresses, and what they can do to make them comfortable; assistance from volunteers in planning a special celebration, fulfilling a bucket list wish, or just being a companion that takes time to talk or read them a book; and grief support before and after death.

Time after time, we've seen patients and their families wait to sign on to hospice until their very last days. Why? Sometimes it's because they don't know about hospice; yet, more often it's because they fear the "H" word and all that it signifies. Death is just not a place people want to go — be they providers or patients.

Death can be beautiful and peaceful at Serenity Point Hospice we strive to provide excellent care for individuals of all ages. Our goal is to show you the beautiful side of hospice. It is to help you maintain the highest quality of life in the comfort of your own home. Our team works together to help patients and their families cope with all the physical, spiritual and emotional aspects of dying. We understand the importance of family and we do our best to treat your family like our own. We are here to support, listen, and respond to your care with compassion and understanding.



coming soon >>>

In The Next Issue

- *What if I Change My Mind*
- *Making Memories*
- *Pet Therapy*

Grief Support Group
"FINDING SERENITY"
Where everyone
is welcome



When: Every Wednesday at 3:00 PM
Where: Covenant Community Church
2075 N Main St Canton, IL 61520
Cost: Free and open to the public



When life feels out of control and your heart is aching, "Finding Serenity Grief Support Group" helps you find spiritual peace, strength, and encouragement while celebrating life's journey.

Please call our office 309-435-7050 or the church 309-647-7771 for more information.

It is a FREE service provided by Serenity Point Hospice and is open to the public.



Contact us at 309-453-7050 / www.serenitypointhospice.care