

Hospice Happenings

Jan 2020

Medical Staff:

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Tonya Jordan

Nurses:
Linda Pence, RN
Elizabeth Robinson, RN
Diana Midyette, RN
Debra O'Neil, RN
Lynn Thoresen, RN
Sandra Duca, LPN
Bridgette Maher, LPN
Tonya Jordan, LPN

Aides:
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Jabria Hill
Rudell King
Nadine Smith

Bereavement/Social Worker:
Catherine Cooper, LCSW
Vera Denise Credle, Social Worker

Medical Director:
Dr. Robert Fisher

Asst. Medical Director:
Dr. W. Chris Taylor

Nurse Practitioner:
Judy Rafson, FNP

Chaplain Services:
Scott Fitzgerald
Douglas Pearsall

Hospice of Pamlico County, Inc.

Looking towards the next decade

Happy New Year to everyone who makes up our wonderful Hospice of Pamlico County community, whether patients and their loved ones, our fabulous army of volunteers, our staff, our amazing supporters, or the professionals who work with us.

The start of a new year often signifies a time of reflection—a fresh start, or a feeling of hope at what the next twelve months may bring. At Hospice of Pamlico County we're no different, and I'm certainly excited to welcome in 2020 at hospice.

Our services continue to grow since we started in 1984 but our mission and purpose remain the same—to provide excellent levels of care to our patients and their families, and to endeavour to improve the quality of their lives at all stages of their illness.

We're really proud that the mission of Hospice of Pamlico County has endured and, as with all organizations, we need to be forward thinking and quick to respond to opportunities and challenges that come our way.

One of our key priorities for 2020 is to build awareness of hospice and how it can support families for months—not just weeks or day—before a death. We want to help patients feel empowered to talk to their doctors about hospice, and to reach out directly to us at any time with questions.

This community is a special place to call home, and it's the people who make it so.

I thank you for always thinking of us and helping us to achieve the very best for our patients.

Tonya Jordan, Director

Spring 2020

Like us on Facebook

We use our Facebook page to share information about Hospice of Pamlico County.



Orphaned Elders

Will you still need me, will you still feed me When I'm 64—
sang the Beatles over fifty years ago.

Those questions are becoming all too real for many seniors today who find themselves alone, without close family or community support, and a declining ability to meet their basic daily needs.

Nationwide, it is estimated that roughly 50% of citizens over age 65 live alone, with women

outnumbering men over two to one. The stresses of living alone will likely worsen for the Baby Boom generation due to having fewer children, more childless marriages, and more divorces compared to previous generations.

Additionally, traditional family supports have been eroded by physical distance, work and family obligations, and other demand on our children's lives that preclude them from also being directly involved in their

patients' lives on a frequent basis. This is predicted to become the "norm" in the coming years, producing a growing population of what has come to be known as "orphaned elders".

What to do? First, remember we're all in this together. Perhaps you noticed that your neighbor, Mary, hasn't been to church since losing her husband. Offer her a ride!

Continued on page 3

You can provide an entire season's wardrobe for the cost of one outfit at a major retail clothing store!

We're Searching for Volunteers

HPC has many volunteers who serve our patients, and offer support to families and caregivers.

Hospice volunteers provide companionship to people living with a life limiting illness and help their family caregivers in a variety of ways.

Volunteers provide important services to hospice organizations and the people they serve. Whether it's providing companionship to a person in the final months and weeks of life, offering support to family members and caregivers, or helping with administrative tasks, the contributions of volunteers are essential to the important work provided by our

hospice programs.

By being a hospice volunteer, you can gain great personal satisfaction from knowing that you have made an impact in another person's life.



SHARE YOUR HEART!

The last good thing that may happen in a person's life is a hospice volunteer.

Shop...Shop...Shop

Started in one room in 1992 with left-over yard sale items, our Thrift Shop has grown to over 7,000 square feet of unbelievable, affordable items like shoes, clothing, housewares, linens, toys, books, jewelry, collectibles and items you just cannot do without.

Items donated to our shop are thoroughly inspected with only the finest making it to the show

room floor.

Sales abound so please make it a point to stop by.

Proceeds from our Thrift Shop are used to support uninsured patients.

Hours:
Monday—Saturday 10 am—4 pm

252-745-5033

Donations can be dropped off at our Warehouse located behind the Thrift Shop.

Hours:
Monday—Friday 9 am –2pm

252-745-5033

Hospice Services

We receive hospice referrals from patients, families, friends, home health workers or physicians. All referrals, however, require a doctor's order. The patient's Plan of Care is personally prepared by our staff, the patient and their family according to the patient's needs and services are ordered by the patient's physician. All personal health information is confidential and managed ac-

cording to federal HIPAA regulations.

Our agency is licensed by the ND Department of Health & Human Resources. We are a member of the Carolina Center for Hospice, the National Hospice & Palliative Care, and are a community-based non-profit agency. We have been Medicare certified since 2007.

Orphaned Elders—continued from page 1

If Jack is looking scruffy and hardly leaves his house, invite him over for dinner or take him a plate of homemade goodies. Or just say "Hi" and really listen to his response when you ask "How's your day going?" Even the briefest interaction can make a person feel connected.

Do whatever you reasonably can to help your neighbor but also remember that, as in all stages of life, some people are happy paddling their own canoe—no matter what shape you think it's in. So, again, really listen to what they say would help most.

Here are some basic needs that may require a fresh look:

Housing—is the 3 bedroom house more than you can keep up with? Maybe time to consider downsizing to a conveniently located single level living situation.

Legal & Medical Issues—It is important to see that all of your end of life wishes are carried out. Who will make these decisions for you if you are unable to speak for yourself? Talk to your doctor about formalizing your advance health care directive. If you have an attorney, it's never too soon to develop a

will and advance planning on financial and legal matters.

Transportation—having a plan for getting out of the house for business and pleasure is key to overcoming an orphaned elder's sense of isolation.

Nutrition—When living alone, it's all too easy to settle for whatever food is around and requires little effort to make. Preparing an extra plate for your lonely neighbor is a simple gesture that can nourish both body and soul. Offering to take care of their grocery shopping can also be a huge assist.



Orphaned Elders –don't leave them behind!

Orphaned Elders—Cont.

Socialization—Probably the most powerful way to overcome feelings of becoming an orphaned elder is to remain connected to community.

Pamlico County offers a variety of organizations that can help with housing, nutrition, transportation, socialization, and legal and medical issues.

Don't hesitate to reach out to these fantastic organizations to

see how they might help you!

RESOURCES

Neuse Neighbor Network
252-665-8807

Pamlico County Senior Services
252-745-7196

Hope Clinic
252-745-5760

Pamlico County Human Service
252-745-4086

Heartworks
252-745-9703

PrimeTime
252-675-0909

Habitat for Humanity
252-745-0609

Hospice of Pamlico County
252-745-5171

Promise Place
252-745-9439

Pamlico County is rich in Organizations helping it's citizens.

Should I contact hospice?

Many families wait to call hospice until the final days and weeks of their loved one's life, not knowing they could have started receiving additional specialized nursing care and medications, medical equipment and supplies related to their loved one's terminal illness at no cost much earlier. Hospice care improves the patient's quality of life by managing

ing pain and other symptoms of their illness and improves the family/caregiver's lives by having someone that they can lean on, seek guidance from and receive much needed support during this difficult time.

You should call hospice if your loved one is experiencing any of the symptoms below:

*frequent visits to the ER or

hospital admissions

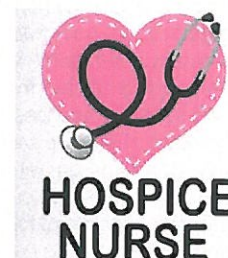
*a decline in their ability to perform daily tasks including eating, getting dressed, walking, or using the bathroom

*an increase in falls

*changes to their mental abilities

*progressive weight loss

*skin tears, infections, and other signs of deteriorating health



Part-time RN needed.

Please call
Tonya Jordan at
252-745-5171

Hospice of Pamlico County, Inc.

602 Main Street
PO Box 6
Bayboro, NC 28515
252-745-5171

tonya@hospiceofpamlico.com

A 501 (C) 3 Non-Profit Corporation

Our goal is to provide the highest quality end-of-life care and support of our clients and their families, and to enhance the purpose, dignity, grace and fullness of every day of life.

We provide:

Hospice Care
Bereavement Counseling
Community Education

Hospice of Pamlico County serves the needs of terminally ill patients and their families in Pamlico, Beaufort, and Craven Counties. Our team is comprised of local residents, who are available 24 hours a day, 7 days a week. Hospice services are covered by Medicare, Medicaid and most private insurances. Clients, insured or uninsured, are never charged for services.

If we can assist you or a loved one, please contact us.

Phone: 252-745-5171

WWW.HOSPICEOFPAMLICO.ORG

Your gift is appreciated

Since its beginning in 1984, Hospice of Pamlico County has benefited from the generosity and foresight of individuals who wished to shape the future of our community. As our community hospice, Hospice of Pamlico County, Inc. is a 501(c)(3) non-profit organization, not affiliated with any one health care system, providing care for all who seek our services, regardless of anyone's ability to pay. One hundred percent of your gift will benefit our organization or a project you specify.

Giving to Hospice of Pamlico County

Serious illness changes everything. The changes come in waves – some hit right away, and some roll over us more

slowly. When the waves come, we look for the right mix of care, nurturing, and dignity. When the waves come, our compassion connects us. Compassion takes many forms. It is the caring physician, the nurse at the bedside, or the volunteer who sits quietly in companionship. These professionals are devoted to your loved one's comfort and offer support and guidance to family members. Serious illness knows neither age nor time. Programs we offer serve children and adults. The compassion that comes with hospice care happens when it's needed, be that in the middle of the night or in the early hours of the morning. We know it

when we experience it. Your gift to Hospice of Pamlico County, Inc. support the inspiring care that we are proud to offer. At Hospice of Pamlico County families have the options and services they need while bringing hope and comfort to families facing life-limiting illness. Let your compassion connect you by donating to support those who will need end-of-life care in our community. Let your compassion shine through so the people who devote themselves to caring for those at end of life have the resources they need to do the work they must. Thank you for your generosity. Gifts to Hospice of Pamlico County, Inc are tax deductible in accordance with tax laws. [Donate Now](#)

2020

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