

Hospice Happenings

September 2020

Medical Staff:

Executive Director
Tonya Jordan

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

Aides:
Hilda Carmady
Elizabeth Cuthrell
Jabria Hill
Rudell King
Nadine Smith

Bereavement/Social Worker:
Vera Denise Credle, Social Worker

Medical Director:
Dr. Robert Fisher

Asst. Medical Director:
Dr. W. Chris Taylor

Chaplain Services:
Scott Fitzgerald
Douglas Pearsall

Hospice of Pamlico County, Inc.

THANKFUL!

This time of year inevitably brings up the topic of gratitude and thankfulness. Come November, we begin to hear buzz words affirming life. Perhaps through actions or being by emotional support or encouragement to others. Most likely, you will also frequently see what folks are thankful for on their social media feeds. Whether you think in terms of blessings or privileges, I think we can all agree gratitude is healthy and should be the focus more often.

In hospice, we are reminded daily to count our blessings. We see disease break down a tired body, cancer take a mother or father entirely too soon from a child, or a weeping spouse of 50 years wanting just one more moment with their loved one. For those of us who work in hospice, our hearts and minds are reminded to live in the moment and be grateful for the presence of people. May it be your family, friends, neighbors, co-workers, or per-

haps a complete stranger in line at the grocery store. For some, this will be their last Thanksgiving together and others, their first *without* a loved one.

Some level of stress or tension is often a part of family get-togethers. Wherever you find yourself on Thanksgiving, try to put aside your differences and focus on the aspects of your family and friends for which you are grateful. Savor the joyful moments. Take in the smell of the oven-roasted Turkey; take the time to really taste that sweet pumpkin pie smothered in whip cream; listen to the giggles of tiny bodies around you; and if you are lucky enough to have multiple generations present – ask them about the “good ole days” or traditions they enjoyed growing up.

This Thanksgiving season, we are also grateful for the families we serve and the trust they place in us to care for them at

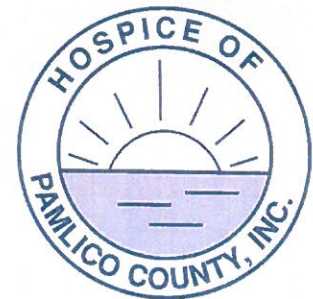
such a difficult time.

I hope everyone has a wonderful and fulfilling Thanksgiving and Holiday Season.

Tonya Jordan, Exec. Director

Like us on Facebook

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



Coping with Holiday Stress as a Caregiver

The holidays can cause large amounts of stress for people caring for elderly parents, family members with cognitive impairments or a life limiting illness. In addition to caregiving duties, this time of year also adds shopping, holiday parties and family gatherings to your growing to-do list.

For many caregivers the holiday season gives rise to stress, frustration and anger, instead of peace and good will.

Caregivers may feel resentful

towards other family members who they feel have not offered enough assistance. Managing care for someone may leave caregivers feeling that they will not be able to participate as fully as they would like in family gatherings. Already feeling overwhelmed with caregiving tasks, stressed-out caregivers may view traditional holiday preparations as more of a drain of precious energy than a joy.

Take a Break: Reducing stress is vital to your health. Family caregivers have higher illness rates than non-caregiving

peers. Respite care offers short-term care for dependent adults and provides you some relief—even more important during the holidays. Types of respite include adult day care, in-home help, and assistance from family and friends. Respite services are available for hospice patients as part of the patient's hospice benefits under Medicare. Hospice volunteers are also available to sit with a patient while the

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Talking with your loved one about Hospice

Talking about hospice care does not mean giving up hope. Many people find it comforting to know there is another source of help and support. Discussing hospice gives your loved one information about all the options available.

Ideally, the conversation happens when everyone is healthy and focuses on planning ahead with regard to future healthcare wishes and desired burial and funeral desires. In these instances, conversations may be short and occur over a period of time. Often they result in the whole family knowing that the most vital issues have been discussed and that everyone has the information needed to

make informed decisions.

When this discussion is not ongoing, hospice should be considered as soon as it appears that medical options may soon be exhausted and/or the loved one or family expresses a desire to stop seeking a cure.

The sooner the key family members and decision makers can hold a meeting—whether in person, on the phone or via the Internet—the more effective hospice can be. Optimally, the meeting will have some structure and everyone will have been educated about hospice—its purpose, benefits, etc.—beforehand.

Starting the Conversation

Choose a quiet, comfortable place. Turn off your cell phone, the television and other distractions.

Sit at eye level with your loved one. Lean forward to express concern, look him/ her in the eye.

Choose your first words carefully; they are remembered best. Speak clearly, slowly and with expression, ie: "I'd like to spend some time talking to you about your illness."

Family Support Through
Serious Illness

"DO NOT COUNT THE
DAYS; MAKE THE
DAYS COUNT."

MUHAMMAD ALI, BOXER

Starting the Conversation—cont.

Reflect on a recent circumstance. "That last stay in the hospital seemed hard on you, and I think there is a way to avoid it in the future."

Prompt with a question, such as, "How are you feeling about where you are with your illness?" If your loved one talks about his or her condition, about giving up, being tired of trips to the hospital, or just wanting to be comfortable, this is a

cue to explore hospice as an option.

Listen; silence is OK. It gives your loved one time to reflect, process and verbalize what concerns him/ her.

Use words of encouragement. "You have done so well dealing with your illness."

Be empathetic. "I'm sure it's hard to cope with your illness." or "I know this can't be easy for you."

Be reassuring. "There may be a

can't be easy for you".

Be reassuring. "There may be a time when we need to focus on your comfort instead of a cure. I will be there for you, and we can have this discussion with your doctor together."

When needed, we can help with support, information, and guidance about discussing hospice with a loved one (252-745-5171).

We Honor Veterans

What Is A Veteran?
A "Veteran" - whether active duty, discharged, retired, or reserve - is someone who, at one point in his life, wrote a blank check made payable to "The United States of America," for an amount of "up to, and including his life."

Hospice of Pamlico County believes that every Veteran - those in our service as well as those we meet in our everyday lives, deserves a heartfelt thank you - it is the least we can do for all they have done for us. For more information about *We Honor Veterans*, please visit our website at www.hospiceofpamlico.org or call 252-745-5171



Coping with Holiday Stress as a Caregiver—continued from Page 1

while the caregiver takes a few hours off.

Ask for Help: Many caregivers avoid asking for help and try to do everything themselves. But once you ask for help, you might find it is easier than you expected. Many times, family members and friends are willing to help, but don't know how.

Make a "to-Do List": Making daily lists helps you stay organized during this busy season.

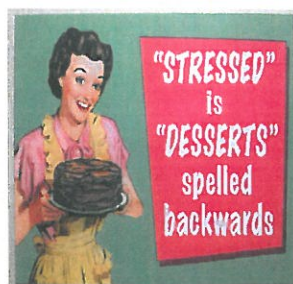
Simplify: Pare down the cookies, leave the bookcase full of Santa figures for another year—

but do keep the Christmas tree. Chose to decorate light. Let family and friends know that the holidays are being simplified this year.

Accept Imperfection: You might feel you're not doing enough or that someone else would do better, but no one is perfect. There is no such thing as a perfect caregiver. Do your best, stop feeling guilty and forgive yourself for imperfections.

These tips ensure you will have time to enjoy the holidays, while also taking care of yourself. This is vital for your health and well-being. And it **can help you**

to be a better caregiver who is more rested, healthier—both physically and mentally—and less apt to feel resentful. It might even make caregiving a little easier.



Our Dedicated and Compassionate Team

As the entire country celebrates the upcoming holidays, we want to take a moment to recognize the dedicated, compassionate, and hardworking members of the Hospice of Pamlico County, Inc. team.

Hospice of Pamlico County prides itself on being available **24 hours a day, 365 days a year**. To be able to offer this level of hospice care, we need a team of individuals who are all

willing to do more – and we're lucky to have the best of the best!

It's the **aide** who takes the extra time to make sure a patient is looking their best before the family comes to visit.

It's the **nurse** who stays with a dying patient to ensure they and their family have the support they need in their final moments together.

It's the **social worker** who works late into the night to unite a

fractured family around goals of care.

It's the **chaplain** spending hours on heart-to-heart spiritual care with a troubled war Veteran.

It's the **bereavement coordinator** talking a grieving family member through their pain long after the patient has left us. For **over 40 years**, Hospice of Pamlico County has provided hospice care for terminally ill patients in Pamlico County and portions of Beaufort and Craven Counties.

Our wonderful staff bring their commitment, conviction, and compassion every day and we thank them. To learn more about our services, please call 252-745-5171.

Photos not available for:

Elizabeth Cuthrell, CNA
Diana Midyette, RN



Tonya Jordan
Executive Director



Dr. Robert Fisher
Medical Director



Douglas Pearsall
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Linda Pence, RN



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Social Worker



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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

Donate—Your donations matter—to our patients and their families!

When you make a contribution to Hospice of Pamlico County, Inc., you are supporting your neighbors and friends in a special and unique way. Hospice of Pamlico County provides care to anyone who needs and desires our services. Your tax deductible donations make it possible for us to serve all patients, regardless of their ability to pay.

It is your support that also allows us to provide bereavement services to anyone in the community who is grieving the loss of a loved one.

You have been our partner in care for more than four decades and we are so grateful for support. **Thank You.**

THRIFT STORE HOURS

Monday thru Saturday

10:00 am—4:00 pm

**Accepting donations at our
WAREHOUSE located be-
hind our main building.**

HOURS

Mon., Tues., Wed., Fri.

9:00 am—1:00 pm*

**Subject to change*

2020

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