

Hospice Happenings

July 2020

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Tonya Jordan

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Diana Midyette, RN
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Lynn Thoresen, RN
Sandra Duca, LPN
Bridgette Maher, LPN
Tonya Jordan, LPN

Aides:

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Jabria Hill
Rudell King
Nadine Smith
Alissa Sarda

Bereavement/Social Worker:

Catherine Cooper, LCSW
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.

Tribute to our Volunteers

Dear Volunteers,

What a privilege it is to work with each of you. In the lime-light or behind the scenes what you do makes a huge difference. I can't tell you what an impact you have on our patients and this organization- whether you are helping with flowers, gardening, baking, reading, caring for bird feeders, visiting patients, driving, working in our Thrift Shop or warehouse, and so much more!! One of these areas is amazing, but you put them all together and you make us FABULOUS!! There is no way that we could repay you for all you give here, but it makes me very happy to be able to say thank you, Thank You, THANK YOU!!

I brag about you constantly

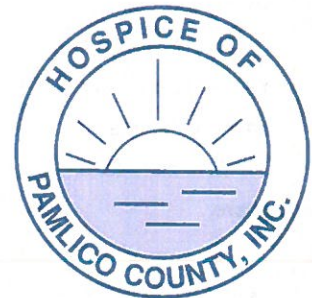
to patients, family and friends. There are not enough words to say to let you know the impact you make on a family in crisis. Many of you have been that family in crisis, and the impact was so great that you came back here to serve. Each of you is very special and I am so glad you have chosen to share your time and talents here at Hospice of Pamlico County. Because of you, we provide the best hospice care in the area. Honestly, no one can beat the service and compassion that you help provide at Hospice of Pamlico County. I am so very proud that I am on your team!!

Tonya Jordan
Executive Director

Summer 2020

Like us on Facebook

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



Thriftig—Pre-Loved: Previously Owned: Secondhand

In an age when cheap clothes and fast fashion have led to a throwaway mentality, when things go out of style before you even knew they were in, second-hand shopping is a shining beacon of light **thriftig** charging to the rescue. The thrifting phenomenon has taken the country by storm. Even though "charity shops" have been around for over 60 years, secondhand shopping has exploded in popularity over the last decade. Wearing secondhand clothes has been widely

looked down upon for centuries, but now thrifting is actually...cool.

Shop with purpose. Thrifting is gentler on the environment by reducing pollution and waste. The average American throws away 81 pounds of clothes PER YEAR. That adds up to around 26 BILLION pounds of clothing going right to landfills. Thrifting is recycling. Point blank. By choosing preloved items over newly produced pieces, you're shrinking your carbon footprint. You're limiting the

amount of natural resources it takes to create new fabric, make the clothing, and ship it hundreds or thousands of miles to the store. Giving a used item new life rescues it from those 26 billion pounds going to the landfill by keeping it in circulation. And when you're done with it, you can donate it again for someone else to find and love. It's a gift that keeps giving.

Continued on page 3

VOLUNTEERS

Dedicated Hearts

Dedicated hearts like
yours
Are not so easy to find.
It takes a special
person to be
So generous and kind.

To care so much for
your fellow man
Is a quality all too rare.
Yet you give of your
time and talents,
For all in need to
share.

So thank you for being
a volunteer,
We're privileged to
work with you.
We want you to know
how appreciated you
are,
Not just today, but the
whole year through.

WHAT IS HOSPICE CARE?

Hospice is a field of medicine that focuses on the comprehensive care of patients with terminal illnesses. Hospice need not be a place but rather a service that offers support, resources, and assistance to terminally ill patients and their families.

The main goal of hospice is to provide a peaceful, symptom-free, and dignified transition to death for patients whose diseases are advanced beyond cure. The hope for a cure shifts to hope for a life free of suffering. The focus becomes quality of life rather than its length.

Hospice care is patient-centered medical care. A host of valuable services are offered to address every aspect of the patient's care as a whole. This is achieved by considering each individual's goals, values, beliefs and rituals.

Dealing with Approaching Death

Receiving a diagnosis that includes a probable life expectancy of "less than six months" is one of the worst moments imaginable...for everyone in-

involved. No special "words of comfort" or philosophical discussion is going to make it "all better." However, we can make the most of the time that is left and make the "quality of life" the best possible under the circumstances. The will to live is one of the strongest instincts within us, but all of us will die one day.

Hospice offers a positive approach to coping with all the changes that accompany the dying process.

Dealing with Approaching Death-continued

There are many factors that affect how such a diagnosis is received: the age of the patient, the "world view" of the patient and family, beliefs in God and an after-life or a belief that there is no "after-life," the nature of the disease and its cause, and many others. Although some might imagine that everyone would agree with the statement:

"nobody wishes to die," it is really not possible to make such an assumption and generalize. Some who have lived a very long and full life may be ready to pass on. Those experiencing terrible pain may wish to escape it through death, not knowing that in most cases, quality hospice care can control the pain and help the patient to be more comfortable

Hospice staff are available to listen and "be there" for the patient and family. Providing medications to control symptoms is only part of the hospice mission. Nurses, social workers and chaplains all work together to help the patient and family arrive at a peaceful resolution of the many complex issues which arise.

For more information call 252-745-5171

Hospice Services

There is no easy answer to "why" death comes to the very young or old when it does. Each of us must find our own answers, and those answers involve beliefs about the meaning of life, purpose in living, our relationships with those around us, our work, family and friends, and our goals. Disbelief, shock and anger at hearing such a diagnosis is

common, and it may take a long time for the initial shock and anger to subside, if it ever does. Disbelief and denial are natural and understandable responses to such a life-changing diagnosis. Time, however, has a way of making the reality of the disease known. Health and energy levels may decline while symptoms worsen, all of which make continued denial impossible.

Grief and depression are common. While to some, acceptance and peace seem to be unattainable far-off goals, others arrive at a state of peace and acceptance that comforts all around and allows for the expression of loving feelings among family and friends. The imminence of death forces us to confront our own mortality, fears and beliefs. It also can help us

Thrifting—continued from page 1

Most thrift stores offer extremely low prices compared to their retail counterparts. It's common sense that the more money you can save, the better off you'll be. There's no feeling that's more rewarding than scoring an awesome secondhand jewel for a fraction of its original cost. Despite being less expensive, secondhand items are often actually better quality than new ones. It's a good sign if it's so durable that it lasted long enough to be donated. The longer it lasts, the longer it stays out of the landfill.

Many thrift shops serve some charitable cause, whether it be job training and placement, funding a mission of some kind, or simply providing impoverished communities an affordable shopping option. Not to mention giving your money to local shops puts it right back into your local community. It's much easier to track where your clothes and goods have traveled. Instead of having been shipped halfway across the world, thrifted items are locally sourced.

In addition to being nice to the planet, thrifting is nice to people. Buying secondhand reduces both new items be-

ing produced AND the need for someone to produce them. Mass production often comes at the cost of human rights. Women, children, and impoverished people are usually at the highest risk for worker rights violations—low wages, long hours, poor working conditions, etc. So while you can certainly seek ethically-sourced items, nothing is more ethical than recycled goods.

Un-lease your creativity. Create your own unique style. Stand out from the crowd. You have to get creative and think outside the box when you shop.

Thrifting—Cont.

It's an exciting challenge to style something old to look new. You'll find one-of-a-kind pieces for your closet or your home. They each tell a story and have a unique, mysterious history. And good news: vintage is IN. Trends cycle in and out of style, which means there thrift stores are chock full of treasures that are good for the environment and *great* for your aesthetic.

COVID -19 HOURS

Our Thrift Shop

Monday— Wed 10 AM—1 PM
Thurs.—Sat. 10 am—4 pm

Donations may be dropped off at our Warehouse (located behind our Thrift Shop) Monday, Wed. & Thurs. 10 am—1 pm

Phone: 252-745-5033



"To be inspired is great. To inspire is incredible"
- anonymous

At Hospice of Pamlico County, Inc., our volunteers inspire us to be the best people we can be. They inspire us to love more, give of ourselves and to make a difference every day.

Caregiver Tips

A focus on falls

After caring for hundreds of patients at the end of life, we have learned that people often misjudge their ability to do ordinary tasks when tired, weak or medicated. Hospice of Pamlico County provides these tips to reduce falls and help keep loved ones safe at home. You can help prevent

falls by:

- Placing night lights in bathrooms, bedrooms and halls
- Encouraging loved ones to ask for help when getting out of bed or using the bathroom
- Keeping floors dry and clutter free, reducing uneven surfaces and using non-skid throw rugs on uncarpeted floors
- Keeping eyeglasses, phone,

medications, tissues, pen, paper, TV remote and a grab-it tool within reach of loved ones, especially when in bed

- Being mindful of pets and where they are as they can get under foot and cause loved ones to trip



Hospice of Pamlico County, Inc.

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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

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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