



Hospice News

Volume XXXI, Issue 3

Fall 2011

Craven County Home Health-Hospice Agency

Quality Service in Craven County for Over 30 Years

Don't Wait to Talk about the Care You Would Want

November is National Hospice Month. Coping with a serious or life-limiting illness is not easy. In fact, it might be the hardest work you'll ever do. Working with doctors and hospitals, navigating the maze of care needs, figuring out insurance coverage, all in addition to taking care of your family can be overwhelming. Craven County Health Department Hospice wants to make sure people know that we are just a phone call away with valuable resources and options during this most difficult time. The staff at CCHD Hospice take the time to talk with you and help you understand your illness and what care options might be available. We make your wishes a priority and make sure you get the care you want and deserve. "We're working hard all year round to make sure people know that support, comfort and respect are available at a time when hope seems out of reach," Hospice nurse Courtney Gatlin said. "Yet during November, we ramp up our efforts to raise awareness of the high-quality care that's available during one of life's most challenging times." End of life care is a difficult topic, but it is an important one and it should to be discussed early on, before it is needed.



Unfortunately, the following situation is one that's far too common and happens every day all across the country. A family is gathered by the bedside of a loved one who has been seriously ill, and now is likely near the end of life. Each member of the family has a different idea of what should be done and what their loved one would have wanted. Throughout the course of the illness, the family never discussed what the care priorities should be in the final months and weeks of life. Even in the final days of life, these important decisions go unaddressed. This can leave a dark shadow over the death of a loved one that can linger long in the memory of family and dear friends. No one wants to think they might have done more after a person is already gone.

One recommendation offered by the professionals who care for the dying would be to learn more about hospice care long before you or your loved one might need it. "Don't wait until you are in the midst of a healthcare crisis," said J. Donald Schumacher, president and CEO of the National Hospice and Palliative Care Organization, "One of the most frequent comments heard from families is "why didn't we get hospice sooner."

When a family is coping with a serious illness and a cure is no longer possible, hospice provides the type of care most people say they want at the end of life: comfort and dignity. Considered to be the model for high-quality, compassionate care for people with a life-limiting illness, hospice care includes expert medical care, pain management, and emotional and spiritual support. Care is provided by an interdisciplinary team of professionals and trained volunteers. The wishes of the patient and family are always at the center of care. Craven County Health Department Hospice can provide all of these services in your home while ensuring your wishes are respected and family members receive the support they need. One of the best ways to make sure you and your loved ones benefit fully from hospice and palliative care is to talk about it before it becomes an issue. If you would like more information and how it might benefit your family please call us at 252-636-4930.

We Listen, We Care ***Celebrating by Informing, National Hospice Month*** November 2011

Baked Bacon Jalapeno Wraps

Ingredients:

- 6 fresh jalapeno peppers, halved lengthwise and seeded (be sure to wear gloves when handling peppers)
- 1 (3 oz) pkg. cream cheese
- 6 slices bacon

Directions:

Preheat oven to 400'.
Cut Cream cheese block into 6 pieces.
Fill each pepper with cream cheese, and wrap in bacon slice. Freeze for 15 minutes. Bake on a rack on a foil lined cookie sheet for 30 minutes or until bacon is crisp.



Craven County Hospice has been asked to start up a section in our newsletter listing different types of recipes. We plan to eventually have a Hospice Recipe Cookbook that everyone could enjoy. If interested in sending in your recipe, please mail to: Craven County Home Health-Hospice PO Drawer 12610 New Bern, NC 28561 or e-mail your recipe along with a picture to: jwhitley@cravencountync.gov

The Medicare Hospice Benefit

More than 90% of hospices in the United States are certified by Medicare. Medicare defines a set of hospice core services, which many hospices surpass through voluntary, community-based efforts. The Medicare Hospice Benefit, initiated in 1983, is covered under Medicare Part A (hospital insurance). Medicare beneficiaries who choose hospice care receive a full scope of non-curative medical and support services for their terminal illness. Hospice care also supports the family and loved ones of the patient through a variety of services, enhancing the value of the Medicare Hospice Benefit.

The Medicare Hospice Benefit Provides for:

Physician services, nursing care, medical appliances and supplies, drugs for symptom management and pain relief, Home Health Aide services, counseling, social work service, spiritual care, volunteer participation, bereavement services, physical therapy, occupational therapy and speech pathology services.

Who is Eligible?

Medicare has three key eligibility criteria:

- The patient's doctor and the hospice medical director use their best clinical judgment to certify that the patient is terminally ill with a life expectancy of six months or less, if the disease runs its normal course;
- The patient chooses to receive hospice care rather than curative treatments for their illness; and
- The patient enrolls in a Medicare-approved hospice program.

Events to Look Forward to...



“Getting Through the Holidays” -Justine Cabrera , BSW will be holding a workshop on coping with the holiday season. There is no cost and all are welcome to come. Call 636-4930 to sign up.
23rd Annual Pig Pickin –In honor of National Hospice Month, Craven County Health Department will be holding the 23rd annual Pig Pickin’ for all Volunteers, Staff and the families of this years patients. This event will be sponsored once again by the New Bern Elks and take place on November 16, 2011 at 11:30 at the Elks Lodge.

“A Time of Remembrance”-The Hospice Memorial Service will be held In December at West New Bern Presbyterian Church on Lucerne Ave. at 3:00 pm. There will be a reception following in the Fellowship Hall. Ornaments commemorating the deceased will be presented to their families to place on the Christmas tree which will be displayed at The Four C’s on Middle Street until Christmas.



Most Americans have heard about hospice care. They know that hospices care for people at the end of life. Most people know a family or friend who was helped by hospice when faced with the serious illness and death of a loved one. But there's so much more to know. For example, did you know that hospice provides what the majority of Americans say they want at the end of life? Excellent pain management, comfort, and support for the patient and family caregivers.

Ten more things you should know about Hospice:

1. Hospice is not a place but a special kind of care.
2. A Hospice care team is made up of doctors, nurses, social worker, spiritual care provider, trained volunteers and other skilled professional who provide high-quality, compassionate care.
3. Hospice care is available to people of all ages with any kind of life-limiting illness, including cancer, advanced Alzheimer's disease, heart disease, lung disease, HIV/AIDS, Lou Gehrig's disease and other life-limiting illnesses.
4. Hospice care is covered by Medicare, Medicaid, and most private insurance plans.
5. Hospice provides all medications and medical equipment needed to keep a person safe and comfortable.
6. There's no limit to the amount of hospice care a person can receive; it's available as long as a doctor believes a patient is eligible.
7. Most care is provided at home, but hospice is also available in nursing homes and assisted living facilities.
8. Hospice care can include complementary therapies, such as music and pet therapy, to bring additional comfort to patients and families.
9. Hospice programs offer grief support to the families they care for as well as to others in the community who are grieving.
10. More than 1.5 million people receive Hospice care every year.

One of the most common sentiments shared by families who have been helped by hospice care is, "We wish we had known about hospice sooner."

Volunteer Training



Craven County Hospice welcomes five new volunteers— Bill Baker, Susan Broderick, Nina Bryan, Teresa Dahl, and Mary Womack. The training was held over a period of three mornings in which the prospective volunteers learned about the Hospice philosophy and the many aspects and benefits of hospice. The extensive training helps the volunteer to become more confident and knowledgeable in the ways of Hospice in order to be able to better help the patients and their families. Our new volunteers come from many varied walks of life and bring much to the table. We are excited to welcome them to our Hospice team.

Many thanks go to Dr. Sidney Barnwell, Hospice Medical Director, Kelly Gomez, RN, Courtney Gatlin, RN, Justine Cabrera, BSW, Angel Lorton, Hospice Chaplain, and Jan Cahoon, Clerk of Courts for making the training enjoyable as well as informative.

Proper patient care is demonstrated by Community Health Technicians Tammy McKenna, Patricia Davis, Nora Misa and Denise Jones.

**Craven County
Health Department
Home Health Hospice Agency**
PO Drawer 12610
2818 Neuse Blvd
New Bern, NC 28561



Hospice is a coordinated palliative and supportive care (physical, psychological, social and spiritual) for dying persons and their families. Services are provided in the home by an interdisciplinary team of professionals and volunteers. Bereavement care is available to the family.

Donations to Craven County Health Dept. Home Health-Hospice

When you make a memorial gift or donation to CCHD Hospice you are ultimately helping patients and families receive compassionate care when they need it most. These donations go towards supplies, medications and medical equipment that are not otherwise covered. You are also helping to ensure that many of our un-funded programs, such as grief and bereavement seminars are available to anyone in the community. Thank you for choosing Craven County Health Department Home Health-Hospice.

*Please make the check payable to **CCHD- Foundation.***
And mail to:
Craven County Health Department Home Health-Hospice
PO Drawer 12610
New Bern, NC 28561



Getting Thru the Holidays

Hospice Social Worker, Justine Cabrera, BSW will be presenting a seminar to provide the grieving with some tools on how to cope through the holiday season without their loved one. This program is open to the community and there is no cost. If you are interested, please call the office at 636-4930.

Hospice Memorials

Frank Jaques
*Ron and Jean Jaques
James and Carol Patterson*

Anne Kantorski
*Mr. and Mrs. L.H. Morrison, Jr.
Louisa Carswell
Gertrude Roest
Elizabeth Figueroa*

Rena Espinosa
George and Katherine Manthe

"Words cannot begin to thank you for the compassionate care you so gently offered my sister...Her final days were met with dignity and comfort."
-a Hospice patient's Family

Emogene Humphrey
*Diane and Scott Brown
Stephen Park and Janet Van Tassel*

"Hospice has been a godsend for us. Everyone is so friendly and caring. God bless all of you..."
-a Hospice patient's Family

Donation to Hospice
*James and Jennifer Jones
Beaufort County United Way
Alton Lamm, Jr
Grace A. Gumbrecht
James Shank*

Kathleen Harris
Robert and Lois Gregory

Anna Beaudry
*James and Martha Gorman
Betty L. Lee*

Carol Armentrout
*Diane Mason and
Alva Ray Schmidt, Jr.
Robert and Nancy Pendergast*



"I wanted to thank you for all that you did for my husband when he was ill. You are truly remarkable people.I don't know how you do what you do, but am so glad you were there."
-a Hospice patient's Family

James Alton Easton
Dr. and Mrs. H.J. MacDonald, Jr