



Prairie News

Spring 2003

Dedicated to Enhancing the Quality of Life

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HOSPICE CARE OFFERS COMFORT NEAR THE END OF LIFE

When people are facing a serious illness, they often reach a stage when their body no longer responds to curative medical treatments. At that point, their focus may shift from fighting the disease to making the most of the time that remains.

Hospice of the Prairie, Inc. offers the following facts about hospice - a model of care that provides comfort and support to patients and their families:

- *Hospice neither prolongs life nor hastens death.* Rather, it addresses patients' symptoms with a special emphasis on controlling pain and discomfort.
- *Patients can receive care in a number of settings,* including hospitals, nursing homes or a residence. Services are often covered by Medicare, Medicaid or private insurance, but it's important to ask in advance.
- *An interdisciplinary team supports patients and their families.* This team consists of physicians, nurses, aides, social workers, chaplains, counselors, therapists and volunteers.
- *The team works closely with patients and their families to develop a personalized care plan.* Family members may be trained to help with feeding, bathing, turning, administering medications and monitoring changes in condition.

- *Members of the team are specially trained to foster communication and deal with fear and loneliness.* Families continue to receive support and counseling after their loved one has passed away.
- Although the majority of patients are older, *hospice can serve any age group.* Many hospices offer clinical staff with expertise in caring for children.

For information on hospice care, call Hospice of the Prairie at 620-227-7209.

VOLUNTEER NEWS

by Nancy Renner, Volunteer Coordinator

Hospice of the Prairie hosted the Annual Volunteer Appreciation Luncheon April 3rd at the Knights of Columbus Hall in Dodge City. The gathering was well-attended by hospice volunteers, staff and board members. The speaker this year was **Dr. Steven Jeffers** from the Institute of Spirituality and Health at Shawnee Mission Medical Center, who offered encouragement and inspiration. He emphasized the significance of being emotionally present to those experiencing the final months of their lives.

Several hospice volunteers, staff and board members received special recognition during the luncheon. They were:

Newly trained volunteers:
Sonja Barnes, Sandy Bisch, Bill Burton, Heather Carroll, John Colburn, Vickie Dunham, Carolyn Eichman, Dale Eichman, Dorothy Faulkner, Mae Frederick, Gayle

Hall, Jeanette Koehn, Louise Lampe, Paula Mueting, Janice Simmons, Twila Smith, Tally Villanueva, Connie Watkins and Dorothy Webb.

3 years of service - Volunteers: **Mary Rinehart, Margaret Lampe, Judy Hilker and Kevin Redger;** Staff member: **Carla Musslin.**

5 years of service - Volunteers: **Jan Brock, Barbara Gould, Julie Miller, Julie Wessel, Trisha Geis, Pat Rebein, Vernon Schraeder, Ed Vest and Roberta Young;** Board Members: **Dr. Greg Nelson, Greg Vierthaler, Phil Ziegler and Melaney Vogel.**

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For more information, contact:



Hospice of the Prairie, Inc.
2010 1st Ave.
Dodge City, KS 67801
(620) 227-7209

INSERVICE

Hospice of the Prairie offers monthly inservices to our volunteers and staff to broaden their awareness and knowledge of hospice related issues. The wide range of topics covered during the meetings can benefit those attending, both personally and professionally. We welcome anyone in the community who would like to attend.

Our next inservice is May 15, and is offered at 10:00 am and 7:00 pm. The topic will be "Volunteer and the Family of the Terminally Ill," presented by **Teresa Stuart, LCSW**, Hospice of the Prairie Social Worker. Our June inservice, "Spiritual and Emotional Healing Through Music Therapy," will be presented by **Trisha Geis** on a date to be announced.

Please contact Nancy at 227-7209 if you would like to attend one of our inservices.

www.hospiceoftheprairie.com

Volunteer News

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A special award for 10 years of service to Hospice of the Prairie was given to volunteer and board member **Sandi Coast**.

The 2002 Hospice of the Prairie Volunteers of the Year were **Anna Jean and J.W. Minor** of Ashland.

*Thank you to
Burkhart-Ziegler
Funeral Chapels and
Swaim Funeral Home,
Inc. for providing our
event speaker, Dr.
Steven Jeffers.*

SPEAKERS BUREAU

Need a speaker for your church, civic group or club? Hospice of the Prairie offers a variety of topics through the Hospice of the Prairie Speaker's Bureau. Topics include advance directives, helping children cope with loss, and hospice care. The Speaker's Bureau can work with you to meet the needs of your group. If interested, please call 620-227-7209.

UPCOMING EVENTS

- | | |
|---------|---------------------------|
| May 8 | Adult Grief Support Group |
| May 13 | Caregiver Group |
| May 15 | Volunteer Inservice |
| May 21 | Bereavement Lunch |
| May 22 | Adult Grief Support Group |
| May 27 | Caregiver Group |
| June 10 | Caregiver Group |
| June 10 | Remembrance Service |
| June 12 | Adult Grief Support Group |
| June 18 | Bereavement Lunch |
| June 24 | Caregiver Group |
| June 26 | Adult Grief Support Group |
| July 8 | Caregiver Group |
| July 8 | Volunteer Inservice |
| July 10 | Adult Grief Support Group |
| July 16 | Bereavement Lunch |
| July 22 | Caregiver Group |
| July 24 | Adult Grief Support Group |

Please remember that attendance at any our groups is open to all persons and is free of charge.

HAVE A PLAN FOR MANAGING PAIN

Untreated pain can greatly reduce individuals' quality of life and even cause them to give up on living. Yet — in most cases — even severe discomfort can be managed if doctors, patients, and caregivers communicate with one another.

Hospice of the Prairie, Inc. offers the following tips for good pain management:

- **Start early.** When diagnosed with a serious illness, patients should ask their doctors how any pain will be managed. Examples of medical interventions include medication, surgery and nerve blocks. There are also non-medical techniques such as relaxation therapy and massage.
- **Speak out.** It's important for patients to let caregivers know how they are feeling. Many people find it helpful to rate their pain on a scale of 0 to 10.
- **Be specific.** Describe how the pain affects everyday activities. Think about what times of the day it becomes better or worse.
- **Find the right balance.** Some people would rather endure higher levels of pain if it means they will be more alert. Everyone has a different threshold.
- **Follow the plan.** The goal of a good pain management plan is to prevent a person from experiencing pain. Once they are in pain, it usually requires higher levels of medication to restore comfort.

For information on pain management, call Hospice of the Prairie at 620-227-7209.

www.hospiceoftheprairie.com

PLANNING FOR END-OF-LIFE CARE PROTECTS INDIVIDUALS AND THEIR FAMILIES

Many Americans find it difficult to think about the end of life. Yet, planning ahead gives individuals control over future medical treatments and can lessen the burden on their loved ones.

Hospice of the Prairie, Inc. offers the following tips for communicating wishes about end-of-life care:

- **Prepare a "living will."** This document guides family members and doctors in deciding how aggressively to use medical treatments intended to delay death. It usually spells out which interventions a person would want or refuse, such as cardio-pulmonary resuscitation or mechanical ventilation. A living will may also be called a "directive to physicians," "health care declaration" or "medical directive."
- **Choose a health care agent.** A "medical power of attorney" allows individuals to designate someone who can make decisions on their behalf should they become unable to communicate. Other names for this document include "health care proxy," "appointment of a health care agent" or "durable power of attorney for health care."
- **Review these documents with family members and doctors.** This is also a good opportunity to discuss emotional and spiritual care. People often find it comforting to be surrounded by loved ones and clergy near the end of life. They may want to hear Bible verses or listen to soft music. Each person has different needs.

For information on completing a living will or medical power of attorney, call Hospice of the Prairie at 620-227-7209. The documents

can be downloaded from the Partnership for Caring website (www.partnershipforcaring.org) or ordered for \$10.00 by calling 1-800-989-9455. These documents can be prepared at home.

REMEMBRANCE SERVICE

Hospice of the Prairie invites you to a Remembrance Service on June 10, 2003 at 7:00 p.m. This service is a non-denominational, spiritually based celebration of the lives of those special to us who have died.

The names of patients who have died over the last several months will be read, as well as any names submitted by hospice volunteers, staff, board and members of the community. There will be inspirational readings and music, and the evening will end with a release of balloons in memory of loved ones.

The services will be at the First United Methodist Church, 210 Soule, Dodge City and we will meet in the Parlor Room. Please call 227-7209 by June 6 to RSVP and/or submit the names you would like read.

CAREGIVER SUPPORT GROUP

Hospice of the Prairie offers a support group for those who provide care for a loved one with a terminal or chronic illness. The structure of this group includes an educational topic/lesson, followed by discussion and general sharing of experience, strength, and hope among the members. The Caregiver Support Group meets on the second and fourth Tuesday of each month at the Hospice of the Prairie office and is open to anyone in the community who provides in-home care for a loved one.

Please contact Teresa Stuart at 227-7209 if you are interested in joining the Caregiver Support Group.

MEMORIALS...

Hospice of the Prairie, Inc. wishes to thank the following for their contributions in honor of their loved ones. Their generosity will help enable Hospice to continue to address the physical needs of our patients, as well as to assist with the spiritual and psychosocial needs that arise during this time for both the patient and family. We believe that this support enables life to be lived as fully as possible, even though dying is imminent.

Mildred Adams

Syble Hunter
J.E. & Kathleen Sarracino

Grace Bjorklun

Ansel & Jacque Barngrover
Mike & Helen Staugh

Martha "Marty" Brady

Casterline Investments Inc.
First National Bank - Cimarron
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"I just don't hardly have the words to describe how very much appreciated you are...as an organization and as kind, caring individuals. I have such a deep respect for your obvious reliance on God to help you in "giving" to others."

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Ruth Davis
Mike & Inez Demuth
Doris P. Downey
Iris Gibbons

"You are a very caring and compassionate group of people. We consider you God's Angels on earth. The area is truly blessed to have your services."

“Our sincere gratitude to your wonderful organization... The care [we] received, your assistance in dealing with all the issues that came about, and your emotional and spiritual support, literally guided us through the process.”

Virginia Gillett Gleason
 Gene & Lois Gleason
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 John & Martha Templeton
 Pete & Jane Thomas
 Fred & Terry Van Nahmen
 Alan & Marsha Van Nahmen
 Louise Van Nahmen

END-OF-LIFE SEMINAR

Hospice of the Prairie sponsored an End-of-Life Seminar for area pastors April 3 at the Knights of Columbus Hall in Dodge City. **Dr. Steven Jeffers** from the Institute of Spirituality and Health at Shawnee Mission Medical Center presented “Bridging Faith and Medicine: Caring for the Whole Person”.

Those who attended were: **Pastor Mitch Reece** and **Carolyn Jarmon** from the United Methodist Church in Jetmore; **Pastor Al Smith** and **Cathie Brian** from the Seventh Day Adventist Church in Dodge City; **Pastor Gib Botten** from Christ the King Lutheran Church in Dodge City; **Pastor Barry and Bobbie Levine** from Our Redeemer Lutheran Church in Ness City; **Fr. Dennis Zimmerman** from St. Cornelius Episcopal Church in Dodge City; **Fr. Ted Skalsky** from Cathedral of Our Lady of Guadalupe in Dodge City; **Dick Robbins**, Hospice of the Prairie Chaplain and **Jim Hossler**, Hospice of the Prairie Bereavement Counselor.

DONATIONS...

Hospice of the Prairie wishes to thank the following for their generosity. These contributions help Hospice further its mission.

Fern Dickey
 Cliff & Susie Mastin
 Southern Kansas Council
 Volunteer Assistance Ministry

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