



THE FAMILY TREE

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Providing care to the sickest of the sick

Matt Brauss, RN, CHPN - Executive Director

When someone becomes ill, they typically try to doctor themselves with over the counter medicine and use tried and true home remedies. When those things fail, people call their doctors office to make an appointment or go to the urgent care center closest to their home or to the emergency room for treatment. Usually after a few days, the person feels better and life begins to return to normal. What happens when a person has been treated for a life limiting illness that has no cure and continues to progress?

Sometimes, treatment options are no longer effective and in some cases, the person is not strong enough to pursue additional treatment or they become tired of going back and forth to the hospital without their health improving or their disease cured. Someone may mention HOSPICE and red flags go up along with anxiety levels because, and I quote, “ hospice is for when someone is dying and they stop all of their medicine and just put them on

morphine”. When someone waits until the last few days of a person’s life, this may be what appears to happen. Hospice was not instituted for last minute referrals, yet one third of referrals and admissions are generated and the patient dies within 7 days according to the National Hospice and Palliative care organization.

Hospice is designed to provide care to people suffering from a terminal illness who are expected to live 6 months or less if the disease runs its normal course. Hospice as a health care system, anticipates the problems patients and families may face and puts plans in place to prevent problems from becoming a crisis. In addition, there is a payor source, The Medicare Hospice Benefit, that has been in place for over 30 years to pay for this care. Medicaid and private insurance companies also offer a hospice benefit program. While in hospice, people still receive their medication unless they are non-effective, breathing treatments may be ordered, therapy assessments and

counseling sessions about the physical, emotional and spiritual needs of the patient are scheduled.

At its best, hospice is most effective when the person is suffering from a terminal illness and is losing the ability to care for themselves without the assistance of others.

The time to talk about hospice as an option in care is before the person enters their deathbed and while there is time to improve the quality of their life.



Hospice
Can Help



Volunteers Make the Difference!

Family Hospice uses a team approach in providing health care and our volunteers are a vital part of that team. We will be celebrating with our volunteers during April to recognize Volunteer month. Suffice it to say, Family Hospice volunteers are part of our Family! As part of the team, they volunteer their time visiting and spending time with people enrolled in our program. Hospice volunteers must receive special training regarding many aspects of hospice care. They provide a valuable service in helping patients feel alive and important. Hospice could not survive without the special touch of Hospice Volunteers.

Those who give of their time do so in a myriad of ways, all which benefit patients and their families:

- being a friend to patients
- offering respite to families
- providing bereavement support
- delivering meals
- working in the office
- helping with community events
- the list goes on and on...

Thank you to all of our dedicated, empathetic and reliable volunteers, who give so selflessly!

Great opportunities to help others seldom come, but small ones surround us every day.

Sally Koch



NATIONAL VOLUNTEER WEEK 2015

April 12-18, 2015

Spiritual Care in Hospice Does Not Equal Religion.

One of the core elements in hospice has been and will always be the affirmation of the patient's spiritual beliefs. Somewhere deep inside a very personal part of our makeup are the beliefs that we hold on to. These beliefs make up our own spiritual nature. At any point in our life's journey, we can pivot around and change or adjust our beliefs. In hospice, we affirm the patient's beliefs and wherever we can, whether it is out of pages of scripture or physical science. We have to agree, that this time of the year brings science and spiritualism very close to each other. There is a rebirth on the earth and Easter provides a rebirth

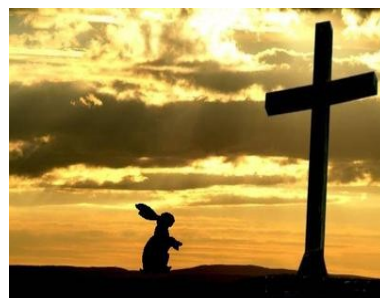
in life everlasting. Both are filled with symbolism. We often use formal religion to practice our beliefs or to help us connect with our own true beliefs.

John Claypool, a renowned minister and author, came to believe through his own daughter's illness and death that there are many ways our beliefs grant us grace in times of trouble.

“Even though healing is not possible,” he says, “God gives us the endurance to live through our circumstances.”

Hospice hopes to affirm the patients and their families own beliefs and to help them achieve inner peace.

(We also hope we get some chocolate Easter Bunnies).





Congratulations



At the Greater Belleville Chamber of Commerce Annual Dinner, Family Hospice Board Member, Carol Bartle, was honored as the Citizen of the Year. Carol has been an active “family” member since 2006. We are most fortunate to have such a staunch supporter of the hospice movement and the merits of how hospice helps to

improve the quality of life for those suffering with a life limiting illness.

Carol has a strong passion for volunteering and giving back to the community. She never fails to step up in our fundraising events and getting Family Hospice staff and volunteer involved in community events.

In May, Carol will again be honored as one of ten **Women of Achievement** by the nonprofit, 501c-3 St. Louis Women of Achievement organization. The

10 honorees selected are women representing diverse cultures, roles, and accomplishments, all of whom have demonstrated commitment to the betterment of the St. Louis area through significant volunteer contributions. Nominees must have a record of achievement and leadership, outside of their professional responsibilities, that have enhanced the quality of life and addressed a pertinent need, problem, or issue.



Thoughts to Ponder

“Lessons Learned
If its hungry, feed it
If it’s empty, fill it
If it’s full, empty it
If you drop it, pick it up
If you want a friend, be a friend.” - Matt Edwards

“What if you give someone a gift and they neglect to thank you for it? Would you likely give them another? Life is the same way.

In order to attract more blessings that life has to offer, you must truly appreciate what you already have.” - Ralph Marston

When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say “I used everything you gave me”. - Erma Bombeck

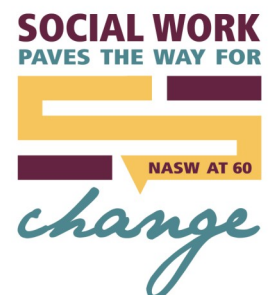
“I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day.” -E.B. White

Social Work Month 2015 - Social Work Paves the Way for Change

2015 marks a special year for the social work community. The nation will commemorate National Social Work Month in March and the National Association of Social Workers will celebrate its 60th anniversary in 2015.

The National Association of Social Workers goal during Social Work Month and throughout 2015 will be

to educate the public about how social workers and the association have brought about major positive social changes, improved the lives of individuals and families, and will continue to do so in the future.





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Heartlinks Group meets the first Monday of each month. Call Diana or Kris for more information. 618-277-1800



Your donations keep our specialty programs thriving. Donate securely online at www.familyhospice.org or call the office for additional information on ways to help.

Family Hospice is venturing into the world of social media. Check us out on Facebook and Twitter!

We are always looking for informative, fun and relevant ideas. What types of postings would you like to see? Let us know your ideas; after all, this is for you – our

Refer With Confidence

If your organization would like a speaker to talk with your group on end of life care topics or if you would like to make a referral for services please call.

(618) 277-1800

Available to evaluate patients on weekends and evenings.

(618) 236-9175



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