



Hospice of McDowell County, Inc.

Volume 9

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2001

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Mark Wise, Executive Director

Providing Comfort (Part 2 of a 3 Part Series)

Hospice of McDowell County's mission is to provide care, comfort, and support to the terminally ill and their caregivers in end-of-life situations.

In the last article we examined our mission statement in detail; particularly the word "care." We discovered that care has two very different definitions: 1) "mental distress and uncertainty; worry; mental suffering; grief" and 2) "protection; to be concerned or interested." We also found that many people who come to hospice for help have the "care" or worries described in the first definition. They may be distressed, worried, or grieving. Our role as health "care" providers is to provide the care expressed in the second definition.

In this article the word we want to examine from our mission is "comfort." Hospice of McDowell County's mission is to provide comfort - a word that is central to what hospice does. The American Heritage Dictionary definition of comfort is, "to soothe in time of grief or fear; console; to ease physically; relieve; a condition of ease or well-being; help; assistance." The word seems to pre-suppose removal of discomfort, stress or pain.

As hospice professionals we seek to comfort the physical, mental, emotional and spiritual stresses or pains that a terminally ill person and their caregiver may have. The hospice nurses (available by phone 24-hours a day) carry out a doctor's order for medications and/or treatment(s) to help seek relief from pain. Our nurse aides groom, give baths, and provide a personal touch. Social workers may ask questions, provide a listening ear or provide information based on their knowledge and experience in hopes of easing or soothing mental or emotional pain. In regards to spiritual stress or pain, our team coordinates care with the person's pastor, spiritual caregiver or provides a chaplain upon request.

Asking the person in pain or under stress what would bring relief, and then responding appropriately can provide comfort. Also, being aware of and sharing things that have brought you personal comfort can help, too. Think about who or what has helped you during periods of pain or discomfort: someone to talk to (one who really listens); prayer; soothing music; reading scripture or reading in general; a nice cool glass of water; heat or coolness, a massage or bath; stillness or quietness; hope; rest / respite; trust / confidence; or medications. These solutions and others have brought comfort, peace and help in times of need.

As we seek to provide comfort (even during the upcoming holidays), I am personally reminded of the God of all comfort who through Jesus Christ is well acquainted with grief and knows how to comfort us in all our trials. I have found that having a personal relationship with Him has been the best comfort for which one could ask.



Fighting the Holiday Blues

Mary Collier

Social Work & Bereavement Coordinator

The Holidays are fast approaching and will be upon us before we know it. Holidays are a time we work ourselves into a frenzy of baking cookies, buying gifts, and trying to make everything perfect. But, many times we set unrealistic goals for ourselves and push ourselves to the limit—from time—to money — to patience.

We all need to pay special attention and take care of ourselves during the holiday season. Some tips you might want to try are:

- 1) Get outdoor into the sunshine- “a little bit goes a long way”, take a walk, look at the clear blue sky and the beautiful mountains that surround us.
- 2) Make family decisions about expectations and be realistic about them. Make a change in family tradition or make new ones that will relieve some of the feelings of loss and loneliness.

- 3) Pay attention to your feelings. Talk to friends or relatives who can help, and try to get another perspective on the way you are feeling.
- 4) Plan ahead to avoid last minute panic and stress.

We hope you have a wonderful holiday season and wish you and your family all the best for the new year.

I just want to thank everyone that helped and participated in the Memorial Service. It was well attended and everyone appreciated all that was done to make this a special night. We hope to make next year’s service even better.



VOLUNTEER NEWS

Lara Johnson, Volunteer Coordinator

I would like to thank everyone for being so supportive to me in the past few months. I am enjoying working with all of the volunteers and look forward to a great new year in 2002.

I would like to welcome our 10 new volunteers. They are: Shirley Daniels, Cindy Jones, Pat Ballard, Corrine Supernor, Jacqueline McPeters, Dan Reel, Ruth Wiggins, Lauren Patrick, Jill Suttles, and Karen Goodnough.

Thank you to all the volunteers that helped make food, played music, and served at the memorial service. Everything went very well and we appreciate all of the hard work that went into it.

There were 6 staff and 4 volunteers that attended the HFC Conference

on October 9-12 at Myrtle Beach. It went very well. Everybody learned a lot and a good time was had by all. Thanks to Mary Ellen Yeargan, Nancy Stewart, and Jo and Harold Shuman, for being willing to take a week out of their busy schedules to go represent our hospice.

Don’t forget to come by the office and have your TB and Infection Control updated if you are working with patients and have not already done this.

Here is an update on Joyce. She and John are in training from Oct. 29-Dec. 5 at the Missionary Learning Center in Rockville, Virginia. They will be in Marion sometime during the first of December. As soon as we know when, we will try to plan a get together .

WORDS OF THANKS FROM HOSPICE FAMILIES



Thank you so much for being there and caring.

Thank you so much for the care, kindness, and prayers you gave us during our mother’s illness. You will never know what a blessing each of you were to us. May God bless the Hospice organization and each member of your staff.

Thank you for taking the time to be so helpful and kind. God bless you all!

Thank you so much for the dedicated services you provided.

Thank you so much for caring, for always being there for us, for your patience with our many phone calls at all hours of the day and night. You helped to make the last months of Mama’s life more pleasant for her. We will never, ever forget all of you.

More New Faces At Hospice

We have 3 more new employees since the last newsletter. Brenda Corriher is a temporary part-time nurse. She grew up in Hickory. She worked with Hospice of Rowan County for 5 years. She set up the Home Health Care service for them and ran it for 1 1/2 years. She has a daughter, Candice, and a son, Alex.

Jane Gouge is a temporary part-time nurse with 20 years experience. She grew up in Crooked Creek and now lives in Old Fort. Her husband is Doug, and she has 3 children: Jared (15), Darin (14), and Megan (7). She enjoys Photography, scrap booking and hiking.

Donna Yates is our new temporary receptionist. Her husband is Glen. They have 1 son and 1 granddaughter. She lives in the Glenwood Community.

They are all doing a great job and we are glad to have them.

**ELIZABETH DOLE NAMED NHPCO
NATIONAL
DIRECTOR FOR HOSPICE**

NHPCO is pleased to announce that Elizabeth Dole agreed to serve as the organization's National Director for Hospice Education and Information. By raising public awareness of hospice care Mrs. Dole will spark important conversations in households across the country about plans and wishes for end-of-life care. This will complement the local outreach activities of hospice and the National Hospice Foundation's Public empowerment campaign.

As a first step, Mrs. Dole will be highlighting hospice's role as a community resource for grief and bereavement services for the September 11th victim families.

She will also call public notice to NHPCO's toll-free Helpline and the NHPCO's online "Find A Hospice"- both important tools for helping people access and learn more about the benefits of hospice care.

PATIENT CARE SERVICES

Deanna MacLaren
RN, Patient Care Coordinator

I was so glad to see so many at our yearly Memorial Service this year. It was nice to see everyone again. Each patient is special to us and seeing their families again is really special to the Hospice staff. The current patient census is 24 patients. 13 are diagnosed with illnesses other than cancer. We have been maintaining a higher number of patients this year. The last few months have been especially busy. Enough so that we have hired two more RNs. Brenda Corriher is a nurse with Hospice and Home Health experience from Rowan County. She joined us in August. Jane Gouge is from Old Fort and her nursing experience has been in Neuro Trauma ICU and Nursing Management. She joined our staff in September. We are very happy to welcome them to our team and look forward to working with them!!!!



**A WORD FROM
OUR CHAPLAIN**

STEVE DURHAM

Another Memorial Service has come and gone. This year's was by far the best turn out we have ever had. The reason being , the great team effort we had in putting it together.

A special thank you to Pastor Bill Long for opening the doors of Eastside Baptist Church up to us. To all the volunteers, and musicians who helped make this service possible, to all the people who prepared food, and to the businesses that made donations of food and drinks. Also thanks to Meadowbrook Florist for all they did.

Last, but not least, we had the joy of seeing the caregivers and families from the previous year. God bless you all.



IN THE SPOTLIGHT

**MEMBERS OF THE BOARD
OF DIRECTORS**

Richard Wood joined the Board of Directors in 1997. He became the President in 1998 and still serves in this position. He also serves on the PAC and the Executive Committee. He is a part-time Pharmacist at Wal-Mart. He and his wife Linda have 2 daughters, Heather who has a daughter, Grace, and Liza, who lives in Charlotte with her husband Jon. They go to 1st Baptist Church in Marion. His family loves to go to Colorado on vacation.

Betty White has been on the board for 2 years. She serves on PAC and is the QI committee chairperson. She is a Nurse Practitioner at Health Plus. She and her 11 year old daughter, Casey, attend State Street Church of God. Betty loves to travel.

Sharon Parker is our volunteer Board Attorney and has worked with our Hospice from the beginning to help us get set up and incorporated. She now helps by reviewing policies and procedures and serving as a consultant to the board. She has helped coordinate attorneys to help other Hospices. She works at Dameron, Burgin, and Parker P.A. in Marion. She is married to Richard Moore and is expecting a child in late February or early March.

Each of these volunteers bring a special perspective to Hospice, and we are grateful for their service.



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We are on the web at
www.hospiceofmcdowell.org

A **Memorial** gift is given by individuals, churches, businesses, and families to honor a loved one at the time of death.

An **Honorary** gift is given to recognize a special friend, co-worker, or family member, as well as express support to Hospice.

Please note: When a gift is given to Hospice, we mail a receipt to the donor, we list the donor=s name in our newsletter, and we send an acknowledgment to the family of the individual being honored or remembered.

We make every effort to ensure the information is correct before listing it in the newsletter. However, if you feel an error has been made, please contact us.

Your financial support allows our Hospice to continue providing quality hospice care to all residents of McDowell County regardless of ability to pay.

Hospice of McDowell County does not discriminate on the basis of age, gender, national origin, race, creed, disability, or ability to pay.

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 1-888-830-4989. The license is not an endorsement by the State.

A Gift to Hospice of McDowell County

Amount: \$ _____

This gift is made by:

Please send an acknowledgment to:

Name _____

Name _____

Address _____

Address _____

City _____ State _____ Zip _____

City _____ State _____ Zip _____

This gift is in memory/honor of (circle one):

Please make checks payable to Hospice of McDowell County and mail this form to Hospice of McDowell County, 218 Logan Street, Marion, NC 28752