

HDH News & Notes

May each of us have the Grit, the Grace, the Humility, the Love to heal our war-ravaged soldiers and our broken nation.

May we be the link that connects the circle so they feel connected to Humanity once again.

May we not miss the opportunity to help these veterans recover their souls from

Iraq....Desert Storm....Vietnam....Korea....Nazi Germany and various other parts of the world where they served so they can have peace...at last.

May we help them know that the circle goes on, joining them to you and to me.

Our people, our nation, our God would be ever so grateful.

Deborah L. Grassman

We Honor Veterans

High Desert Hospice LLC is pleased to announce our participation in the "We Honor Veterans" program. This program was developed as a joint project between the National Hospice and Palliative Care Program and the Department of Veterans Affairs.

We Honor Veterans is a pioneering program focused on respectful inquiry, compassionate listening and grateful

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acknowledgment. By recognizing their unique needs, we as caregivers, can learn how to accompany and guide Veterans and their families through their life stories toward a more peaceful ending.

Through extensive training and education of our staff and volunteers, we will:

- Promote Veteran-centric educational activities
- Increase organizational capacity to serve Veterans
- Support development of strategic partnerships
- Increase access and improve quality

America's Veterans have done everything asked of them in their mission to serve our country and we believe it is never too late to give them a hero's welcome home. Now it is time that we step up, acquire the necessary skills and fulfill our mission to serve these men and women with the dignity they deserve.

We look forward to sharing more with you about this exciting new program in future issues and on our website www.hdhweb.com.



Medical Director receives Hospice & Palliative Medicine Certificate

High Desert Hospice LLC is pleased to announce that Yolanda Suarez DO has successfully passed the 2010 Hospice and Palliative Medicine Certification Examination. As a result of her successful performance, she was awarded a Certificate of Added Qualifications in Hospice and Palliative Medicine by the American Board of Family Medicine.

Dr. Suarez has been the primary Medical Director of High Desert Hospice LLC since 2008.

Prior to moving to Klamath Falls, she served as a consulting Hospice Physician for Vitas Innovative Hospice Care and Medical Director of California Nurses Home Health in California.

As the only Hospice and Palliative Medicine certified physician in Klamath Falls, Dr. Suarez continues to advocate for the highest quality end-of-life care in our community.



Patient Services Update

	2010	Since Opening in 2005
Total Patients Cared for by High Desert Hospice	124	628
Total Patient Days	7,089	39,250
Average Length of Stay	94 days	79 days
Patients on service 7 days or less	24 or 19.4%	145 or 23.1%

Volunteer Corner

We will be starting a Veteran to Veteran Volunteer program in the near future and are looking for veterans who would be willing to visit with patients who served in the military. If you would be interested, please contact us at 541-882-1636.

The Hospice Volunteer

Kerry Weinzimmer

VNHSC North Central Hospice

Vernon, CT

When you volunteer, the gift that you give is yourself; the gift that you get is a better self.

When you give your time, you learn how valuable time is.

When you give your smile, your smile grows and comes out more often.

When you give your listening, you get better at a forgotten skill.

When you give your caring and love, caring and love will increase in your world.

Volunteers give themselves wholeheartedly, and in doing so they improve the health of their own hearts (and minds).

Volunteers bring the outside world to those that they visit, and with this action they make the world a better place.

Thank you for all you do.

*~Call to Volunteer
(541) 882-1636~*





VOLUNTEERS HELP PATIENTS AND FAMILIES FOCUS ON LIVING



NATIONAL VOLUNTEER WEEK APRIL 10 – 16, 2011

Hospice and palliative care volunteers work in concert with the rhythms of the season, helping people recall, retell, reflect, remember and celebrate all of the seasons of their lives.

THE SEASONS OF CARING; THE CARING OF VOLUNTEERS.

National Hospice and Palliative Care
Organization



OHSU Seminar in Klamath Falls

Several of our staff members were privileged to attend a recent seminar presented by OHSU, School of Nursing, in Portland. The seminar entitled "Palliative Care, Whose Job is It?" by Lissi Hansen, PhD RN was hosted here in Klamath Falls. The feedback from staff was quite good and it was so nice to have such a high quality program down here in the southern part of the state.

One slide that our staff felt was

particularly important reminds the medical community and patients and their families that palliative care, which at the end of life is hospice care, is not just hand holding and waiting for death. Hospice care is an interdisciplinary team caring for the patient and the family providing not only highly skilled medical care, but emotional and spiritual care.

"As sickness progresses toward death, measures to minimize suffering should be intensified. Dying patients may require palliative care

of an intensity that rivals that of curative effort. Even though aggressive curative techniques are no longer indicated, professionals and families are still called on to use intensive measures – extreme responsibility, extraordinary sensitivity, and heroic compassion".

Ferrell BR, Coyle N. eds. (2010) *Oxford textbook of Palliative Nursing*. New York. Oxford University Press.

Hospice Notes

- "When Terminal Illness Strikes: 4 Things to Remember" suggests the following:
1) Remember that the person is the same one you knew before the diagnosis, with the same fears, needs, and dreams, and they need to share them with you.

2) "They won't die if you sneeze in their direction." They have many of the fears and worries about their illness that you do, and need you to be willing to share those with them.

3) Be honest with them, but not concerned if they're "overly sensitive." They're dealing with not only their illness and treatment, but with people treating them differently.

4) Don't force your own ethics and philosophies on them.

Assure them of your support of their decisions, even if they request hospice. (Dorland Health, 2/3,

- www.dorlandhealth.com/adult_and_senior/best_practice/When-Terminal-Illness-Strikes-4-Things-to-Remember_1659.html

- In an article on the American Society of Clinical Oncology's call for more openness in talking about the end of life (see HNN, 2/1), The Times-Union writes about the Closure program in Pittsburgh. In "community conversations," people learn how to talk to their families and doctors about the kinds of care they do and don't want as they are dying. In a response to the article, Kathy McMahon, of the Hospice & Palliative Care Association of New York State, says, "The question

isn't if physicians should have these tough conversations with patients, but why should they not? Why shouldn't patients have their choices explained to them? Why shouldn't they have all the information they need to make thoughtful decisions about their lives?" (The Times-Union, 2/8,

www.timesunion.com/default/article/More-candor-urged-in-care-of-dying-cancer-patients-1002086.php, 2/14, www.timesunion.com/opinion/article/Candor-required-at-life-s-end-1012110.php

Grief Support

Did you know that we have two grief support groups that are offered to everyone in the community who has lost a loved one? These groups are facilitated by trained counselors and there is never a charge.

The first group is held on Wednesday evenings from 5:30 pm to 7:00 pm at the Alpine Meadows Mobile Home Park Clubhouse, 4200 Summers Lane. This is an open-ended discussion group. No reservations required. Drop-ins welcome.

The second group meets on the 2nd and 4th Saturday of each month from 11:00 am to 12:30 pm at our office at 2894 Greensprings Drive. This is a module type group covering specific topics on grief, but you can start at any time.

Please call if you have any questions.

*This is a lifetime of
good-byes.*

*As we continue with life
we will say good-bye to
cherished people
things and ideas.*

*Eventually, we say
good-bye
to life itself with our
own death.*

*Learn to say a good
goodbye*