

# Know your OPTIONS

## S.O.S. - Speakers On Site

Presentations free of charge to: businesses, professional groups, human resource and healthcare professionals, civic groups, schools and churches. See [Educational Menu](#) for topics. Presentations provide:

- One-on-one guidance regarding serious illness situations
- Access to hospice experts and healthcare professionals
- Increased awareness of healthcare options
- No-cost way to educate your organization or group
- Guidance with planning advance directives

## Continuing Education

Educational opportunities for the healthcare community to learn about different topics from experts in the field. Cedar Valley Hospice is an approved Iowa Board of Nursing Provider, which allows nurses to receive CE credits for attending an educational event. All other disciplines receive a certificate of attendance. Presentations can be tailored to fit your needs. Example topics include:

- Final Hours & Preparing for Critical Care Events
- Pain & Symptom Management at the End of Life
- Difficult Conversations & Ethical Considerations and more

## Annual Physicians Event

Held in September for providers, this event features healthcare educational speakers and dinner. CME credits are available for physicians who attend.



**CEDAR VALLEY  
HOSPICE®**

*Making Each Moment Matter.*

**Put an educational event on your calendar.  
Contact us today!**

### PROGRAM ORGANIZERS:



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# S.O.S.

## SPEAKERS ON SITE



**Prepare  
Learn  
Answer  
Navigate**

Education by



**CEDAR VALLEY  
HOSPICE®**



# S.O.S. SPEAKERS ON SITE

Preparation to make difficult decisions  
Learning from hospice care experts  
Answers to help broaden horizons  
Navigating options that support the future

## Making Each Moment Matter.

At Cedar Valley Hospice, our patients, clients and supporters are like family. As the leading hospice provider in Northeast Iowa, our staff know what it takes to make a difference in the lives of those we serve through our knowledge, respect and compassionate care. The more we educate the public on the benefits of our services, the more lives we are able to enrich.

Through our S.O.S. - Speakers On Site program, we can help *Make Each Moment Matter* by providing you or your group with the knowledge and tools necessary to help make difficult healthcare decisions.



“As an instructor at the University of Northern Iowa, the speakers have been a valuable supplement to my classroom. After each visit, students better understand dying and grieving individuals; something that will one day benefit them both personally and professionally.”

- Christy Kessens, M.S.  
UNI Adjunct Instructor

## Educational Menu

Topics below can be modified to meet your needs. Most topics can also be utilized as a Continuing Education presentation.



### Myths of Hospice

Offers an overview of care provided by Cedar Valley Hospice and how it differs from other types of healthcare and/or other providers.



### Grief & Loss

Addresses the dynamics of loss and bereavement.



### Palliative Care

Describes the philosophy of lessening pain and symptoms experienced by someone with a chronic or life-limiting condition.



### Eucalyptus Tree Youth Grief Program

Explains our youth program that provides support for children and families experiencing a serious illness or grieving a death.



### Advance Care Planning

Provides an overview of advance directives terms and explains the importance of making healthcare decisions today in the event of a serious illness.



### Death & Dying

Provides an overview of what to expect during the final days and hours of life.



### HIV/AIDS

Provides information on the diagnosis and living with HIV or AIDS.

## When You Are Informed and PLAN, You Make Better Decisions

Throughout our lives, we plan months in advance for significant events: a wedding, a graduation or even a big vacation. It ensures the occasion will go off without a hitch. Another milestone that we will all face someday, but few plan for, is the end of life.

### Without planning, how can we ensure our individual needs and wishes will be met?

**For example, are your advance directives completed?**

It's never too early to start planning for one of the most significant events in your life and in the lives of the people you love. Consider it a gift to your loved ones by taking the stress out of being forced to make a "guess" on your wishes. Please ask how Cedar Valley Hospice can help.

## Caring Connections: It's About How You LIVE - at Work

Life changing events happen to employees and can affect their efficiency or ability to show up to work. Through Caring Connections, we provide presentations, health fair booths, lunch-n-learns and training for your staff at no cost to help you support your employees and improve productivity.

### Help employees who are:

- Working caregivers
- Experiencing grief and loss
- Living with a serious illness
- Facing other end-of-life decisions

Our current partners include: Veridian Credit Union, The VGM Group, Tyson Foods, Cedar Falls & Waterloo Schools, Bertch Cabinet Mfg. & more!