



Partners In Care

Quarterly E-newsletter

4th Quarter – 2009

Cedar Valley Hospice provides this quarterly e-newsletter as a direct result of requests for updates from our organization. If you have ideas for future newsletters or questions about what you see in this mailing please don't hesitate to contact Chris Olds, Community Outreach Representative, at 319-272-2002 or colds@cvhospice.org.

Cedar Valley Hospice 30th Anniversary Gala Raises over \$96,000

On September 25, over 300 guests gathered at Park Place Event Centre for the Cedar Valley Hospice 30th Anniversary Diamond and Pearl Gala: A Moment in Time for Cedar Valley Hospice. In honor of the occasion, community members donated over \$96,000 to benefit the patients and families served by Cedar Valley Hospice. We are profoundly grateful for this outpouring of generosity.

Article of Interest on Hospice Care in the Nursing Home Setting

Please see attached article regarding hospice care in the nursing home setting and feel free to print and share in your workplace.

For more information, please contact Cedar Valley Hospice at 319-272-2002.

Source: National Hospice and Palliative Care Organization

Cedar Valley Hospice Chosen as One of 35 Hospices Nationally to Implement Workplace Outreach Program

The National Hospice and Palliative Care Organization's Caring Connections offers hospices resources to advise employers in their communities about helping their staff members deal with grief, loss, and preparation for end-of-life care through the *It's About How You LIVE - At Work* program. Cedar Valley Hospice is one of 35 hospices across the country chosen to participate in the Caring Connections workplace outreach initiative. Cedar Valley Hospice will offer employers consultation services, referrals, and resources related to end-of-life concerns, and conduct supervisor and employee learning sessions to benefit employees as needed. If interested in participating in this program contact Chris Olds at 319-272-2002.

Cedar Valley Hospice Web Site

In a continuing effort to provide useful information to our healthcare partners, we have established a special link on our Web site specifically for your use. Included is admitting criteria, information on determining terminal status, resource articles and a link to our physicians' emails. Go to www.cvhospice.org, click on the Healthcare Professionals tab on the top of the page, and use the following login.

User name: cvhpartner

Password: healthpro

Grief During the Holidays

(The following article is attached to this e-newsletter for you to copy and post if desired)

The approaching holidays are not easy for those who have experienced the death of a loved one or someone they have cared for. Searching for ways to remember those we miss during the holidays is difficult and the key to coping is to find what is right for you.

The following are suggestions from individuals and families who have discovered new customs to acknowledge the season and commemorate their loved ones.

“We start with a moment of silence or someone offers a toast or prayer whenever it seems appropriate.”

“Grandma loved flowers so we place a single rose on the festival table in her memory.”

“Ceremoniously putting a special ornament on the tree symbolizes Dad’s favorite hobby.”

“In memory of our child, we dedicate the ‘shammes’, the ‘servant’ or ‘pilot light’ from whose flame the other Chanukah candles are lit.”

“We write special notes to my mother, put them in her Christmas stocking and then read them to one another during dinner.”

“The chair where my grandfather always sat is given to the youngest grandchild to designate the continuity of generations.”

“My brother always munched on jelly beans, so we have a few around and remember him and smile.”

“We look through photo albums and show home movies and recall those ‘good ole days’.

Recognizing the holidays might not be the same and expecting everything to seem the same might lead to disappointment. Doing things a bit differently can acknowledge the change while preserving continuity with the past. For more information or to schedule a grief counseling session, contact Cedar Valley Hospice at 319-272-2002.

From “Holiday Memories” by Rabbi Earl Grollman

Cedar Valley Hospice Speakers Bureau Available for Community Presentations and In-service Programs

The Cedar Valley Hospice Speakers Bureau provides educational presentations on various issues related to hospice and palliative care, death and dying, and grief. Topics can be modified to meet group needs and are free of charge, and can be set up by contacting Chris Olds, Community Outreach Representative, at 319-272-2002.

Upcoming Cedar Valley Hospice Events:

Soup, Salad & Shop Fundraiser
Saturday, November 14, 2009
First United Methodist Church
Grundy Center
10:00am – 2:00pm

Waverly Tour of Homes
Sunday, November 29, 2009
4:30pm – 7:30pm

Waterloo Tree of Love
Sunday, December 6, 2009
Sunnyside Country Club, Waterloo
1:30pm

Waverly Tree of Love
Tuesday, December 8, 2009
Waverly Civic Center
6:45pm

Independence Tree of Love
Thursday, December 10, 2009
Prairie Hills Assisted Living Center, Independence
6:30pm

Grundy Center Tree of Love
Sunday, December 13, 2009
Grundy Center Community Center
1:30pm

2010 Grief Teleconference
Wednesday, March 24, 2010
Gerard Hall/ Allen College of Nursing
12:00 – 4:00pm

For more information visit www.cvhospice.org

If you do not wish to be included in future e-newsletter mailings, please respond to this e-mail requesting to be removed from the list.



Making Each Moment Matter

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Hospice Care in the Nursing Home Offers Benefits to Residents at End of Life **Article Finds Great Promise for Increasing Availability of Hospice in Nursing Home**

(Alexandria, Va) – Researchers at the Harvard Medical School, Department of Health Policy have published a review article of hospice care in the nursing home and found a number of benefits indicating that greater availability of hospice holds promise in the nursing home setting.

Key findings reported in an article published in the September 2009 issue of *the Journal of Pain and Symptom Management* found:

- Hospice in nursing homes can provide high quality end-of-life care and offers benefits such as reduced hospitalizations and improved pain management.
- The provision of hospice care in nursing homes has been shown to have positive effects on non-hospice residents, suggesting indirect benefits on nursing home clinical practices.
- Hospice is relatively underutilized among nursing home residents at the end of life.

While most hospice care in the U.S. is provided in the home, the use of hospice in nursing homes has risen in recent years; growth that has coincided with increased utilization of hospice care more generally.

The National Hospice and Palliative Care Organization reports that more than 1.4 million Americans receive care from the nation's hospice providers annually with 22.8 percent residing in a nursing home. Yet, only six percent of nursing home residents in the U.S. currently elect the hospice benefit, even though nearly one-in-four deaths in the U.S. occur in a nursing home.

“More and more hospices are successfully caring for people residing in nursing homes. This growth reflects the increased provision of quality care for dying persons who are not in the traditional ‘home’ setting. For many people, the nursing home is their home and they deserve the compassionate, quality care that hospice and palliative care providers are trained to deliver,” said J. Donald Schumacher, NHPCO president and CEO. “This literature review points out many positive benefits of hospice in the nursing home and it reminds us all of the importance of caring for this population.”

Authors of the study found that nursing home hospice patients received the same high-quality care as those hospice patients living in their own homes. Compared to similar residents not enrolled in hospice, previous studies reviewed by the researchers found nursing home hospice patients were more likely to be assessed for pain, twice as likely to receive daily treatment for pain, and more likely to receive pain management in accordance with clinical guidelines. They were also less likely to require hospitalization in the final 30 days of life.

The importance of communication and coordination between the hospice provider and the nursing home staff as well as the need for more education on end-of-life care among professionals was another point clearly shown in the literature reviewed.

“Hospice providers recognize the need for ongoing outreach and awareness building, both among nursing home professionals as well as members of the public who may need end-of-life care,” Schumacher remarked. “For example, the misconception that hospice might hasten a patient’s death is something we in our field must continually clarify. In fact, some studies have shown that hospice patients live, on average, longer than similar patients who do not opt for hospice care.”

The article was written by David G. Stevenson, PhD, and Jeffrey S. Bramson, BA, of the Harvard Medical School, Department of Health Policy. Support for this research was provided by the National Hospice and Palliative Care Organization. The views presented in this study are those of the authors and should not be attributed to NHPCO or its staff.

For more information contact Cedar Valley Hospice at 319-272-2002.

