Fall 2014

Reflections newsletter

Your care. Our mission.

KLAMATH HOSPICE
since 1982
Executive Message

On October 6, 2014 President Obama signed into law the “Improving Medicare Post-Acute Care Transformation Act of 2014” (IMPACT Act) that includes provisions creating greater oversight and increased transparency within the hospice community. The National Hospice and Palliative Care Organization heralds the passage of this legislation and the additional oversight it will bring to end-of-life care providers.

Amongst the Act’s provisions that affect hospice providers is a mandate for surveys of Medicare certified hospice providers every three years for the next ten years at a minimum. As hospice and palliative care providers, we care for patients and families at one of life’s most vulnerable times.

Our community needs to know that we are committed to the highest standards of quality and compliance. The new law strengthens oversight and transparency throughout the entire hospice community.

“We are committed to excellence in the quality of our care because we know few things in life are harder than thinking about serious illness or the death of someone you love. Being in pain, being alone, feeling out of control, and being a burden to others are among the things we fear most. Hospice care helps patients and their families deal with many of the challenges they face in a life-affirming, compassionate way that brings dignity, hope, love and helps them live every day as fully as possible. We are so incredibly honored to walk with others through this important but difficult journey.”

Rachel Throne  
Executive Director
Did you know….

We provide services to the following areas:

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Here for our community 24 hours a day, 7 days a week for more than 32 years!

Did you know….

People often think that hospice only cares for patients who have cancer. However, hospice services are available to any age and life-limiting illness. According to the National Hospice and Palliative Care Organization, cancer patients account for less than 37% of patients served.

Many people are also surprised to hear that under Medicare, Medicaid in most states, and most HMO’s and insurance plans, hospice care is a fully covered benefit. Regardless of a person’s financial situation, Klamath Hospice does not turn anyone away based on ability to pay.
Hospice walks with patients and families through one of life’s inevitable and often heart-wrenching journey’s.

A road map is not provided to us to navigate this journey, and we often feel alone and unsure of how to best support and care for our loved ones. Klamath Hospice’s services offer a bridge, helping to provide an “end-of-life road map” for families in our community, filled with compassionate individuals providing support, exceptionally nurturing care, and allowing one to live life to the fullest with dignity, regardless of how much time remains.

Support is provided to people of all ages, from infancy to adulthood, and those experiencing any number of different medical conditions, in a team-oriented approach providing specialized care. Klamath Hospice’s core services include expert medical care, pain management and emotional support for the patient and their loved ones. Our clinical team is comprised of Physicians, Clinical Manager, Registered and Licensed Nurses, Certified Nursing Assistants, Spiritual Counselor, Social Workers, trained volunteers, and bereavement support staff.

It is natural to be hesitant to call hospice, often because it feels as though we are “giving up.” However, selecting hospice services can lead to fewer worries and more meaningful moments with your loved ones. If you or someone you know could benefit from the many services that Klamath Hospice offers, please do not hesitate to contact us at 541-882-2902 or visit www.klamathhospice.org.
Many of us are not inclined to read self-care style literature, however, often following a loss we search for a way to make meaning out of the loss and the new “normal.” An it’s often a devastating “normal” without our loved one.

Throughout this book, it helps to affirm the myriad of physical and emotional responses that accompany loss. Readers will find that the author builds a foundation of knowledge as it pertains to loss and grief, as well as offers guidance for integrating the loss into your life.

The Roaring Silence

It’s quiet - Too quiet. There should be sounds. I don’t hear the familiar noises. The shuffle of slippers. The rattle of cups for the Mornings first coffee. The ever present background Of favorite programs. All the varying oaths accompanying The search for the remote. Without the comfortable conversations. Even the debates and arguments. But mostly the lost teasing, And loving words. Each and all silenced. No more echoes of life. All gone - slipped away on a sigh. Softly away, and buried. Gone is the Loved One, Having taken their noise Leaving only The Roaring Silence.

Cathy Williams - March 29, 2014

Pay it Forward…..Volunteer Today!

Whether sitting with a patient for 30 minutes while their loved one runs out to get groceries or working at Treasures Thrift Store for 3 hours a week sorting donations...we are always looking for new volunteers to join our team. Call 541-882-2902, visit www.klamathhospice.org/volunteer-opportunities or email jsmith@klamathhospice.org.
In their own words…..

“Although our family only needed hospice [Klamath Hospice] for a short time, hospice and their team provided and met the needs of our family as a whole. We were able to honor the wishes of my husband with confidence and great support. Thank you.”

~ Patient’s Wife

“I would like to thank all of you that were involved with my father. Your job is not easy but necessary. Thank you again.”

~ Patient’s Son

Your Klamath Hospice Team

Top row (from left to right): Jennifer Smith, Zelda Pierce, Ted Hamann, Joe Hood, Pam Lockett, Becky Duke; Second row: Rachel Throne, Carol Herring, Vicki Jack, Jeri Icenbice, Rebecca Say, Dawn Wideman, Sherry Harter; Third row: Trebor McCormick, Kris Oyler, Katherine Silver, Tara Garlock, Deborah Roberts; Front row: Angelina Kennon, David Houtchens

Not pictured: Joyce Hollander-Rodriguez, MD; Michele Rushton, MD; Paula Penn, Kim Griffith, Joan LaBeau; Richard Walls; Katie Heinrich, FNP-BC; Karen Shingler, AGNP-C; Jennifer Lehman, RD, LD, CDE; Sandy Frailey, Sarah Martin, Carrie Pemberton
Meet Vicki Jack, one of Klamath Hospice’s Registered Nurses. She travels across Klamath County and Northern California providing nursing services to our patients.

Vicki brings with her 32 years of expertise as a registered nurse, 4 years of which have been as a member of the Klamath Hospice team. She joined the team following the passing of her mother who had been involved with hospice services, and she was compelled to pay it forward to others.

As a hospice nurse, she feels privileged to support caregivers in gaining confidence and courage in caring for their loved one at home.

She is honored to hear the many stories that patients and their families share with her, while checking in with them during her visits.

When not working, she loves spending time with her horses and embarking on the many adventures that go along with chasing around her young granddaughter.

If she could impart one bit of advice to young people today, she would tell them, “Live each moment.”
Ways Hospice Can Help

_Hospice gives comfort._ Hospice staff are experts in managing life-limiting illnesses for all ages and prognoses wherever a patient calls home. We ensure that medications, therapies and treatments all support a care plan that is centered on the patient’s goals.

_Hospice gives you peace._ Hospice staff not only support the physical aspects of the end-of-life journey. Patients and families are supported emotionally and spiritually.

_Hospice gives caregiver guidance._ Families are not always prepared to walk this journey with their loved one. Hospice staff offer services for loved ones that provide emotional support and advice to help caregivers become confident and adjust to a future without their loved one.

_Hospice gives you more._ The goal of hospice is to offer patients and families the ability to enjoy the time that they have remaining, creating meaningful memories that will be cherished.

Widow and Widower Social Group

Saturdays at 10:00 a.m. at Klamath Hospice

A safe, casual space for conversation and coffee.
Holiday Drop In Grief Support Groups

Attend one group or all groups, no registration is required.

November 17 at 5:30 p.m.        December 1 at 2:00 p.m.
December 1 at 5:30 p.m.        December 15 at 5:30 p.m.

All groups are free of charge and open to all members of our community.

Klamath Hospice • 4745 S 6th Street

One-on-one support sessions also available.
Please call 541-882-2902 for more information.

November is......

National Caregiver Month!

We understand that caregiving for others can be challenging and exhausting but can also be also such a gift.

Klamath Hospice staff and volunteers send out sincere admiration and appreciation for the hard work that all caregivers devote to caring for others.

Thank you for your compassionate, dedicated, loving care for those you care for.
Holidays are often considered “the most wonderful time of the year.” However, for those that are facing grief, the holidays may be a time filled with pain and feelings of being completely overwhelmed. This applies to those whose grief is not “fresh” as well. The holidays can serve as an “annual reminder” their loved one is not there to share in traditions and celebrations.

It is important to keep in mind that as someone who is grieving, make decisions that feel right to you. Additionally, give yourself permission to make new or different choices during the holidays.

Experts in the field of bereavement suggest:

**Be willing to change traditions.**
For others, continuing traditions that were shared with their loved one bring comfort and can lessen the pain and immediacy of the loss.

For some, continuing traditions that were once shared with their loved one, no longer make sense.

Don’t feel pressured to continue with traditions if they do not feel right to you. It is okay to change or adjust traditions to meet your needs right now.

**Reduce stress.**
Give yourself permission to prioritize tasks and to focus on one project at a time. Perhaps the gift list can be lessened or cards do not need to be sent this year. Perhaps consider allowing another family member or friend to take over cooking this year.

**Remember those who have died.**
Holidays can offer an opportunity to remember loved ones that have died in ways that speak to you. Some choose to share stories over mealtime, to donate to a special charity or even volunteer time to help others.

Do what is most comfortable to you and take it one day at a time.
THANK YOU FOR YOUR CONTINUED SUPPORT!

Please print

I would like to make a donation of $ _______________________

In Memory/Honor of: _____________________________________

_____________________________________________________

Please acknowledge my donation to: ______________________

_____________________________________________________

Address: _____________________________________________

_____________________________________________________

_____________________________________________________

Please clip and mail your tax deductible donation to:

Klamath Hospice
4745 South 6th Street
Klamath Falls, OR 97603

You may also make a donation online at www.klamathhospice.org.
We accept Visa, MC, American Express, and Discover.

Reflections Fall 2014
The following supporters have generously donated the funds for the printing and distribution of this newsletter:

- Davenport’s Chapel of the Good Shepherd - 883-3458
- O’Haire & Riggs Funeral Chapel - 884-3456
- Ward’s Funeral Home - 882-4404

Your support is greatly appreciated!

To opt out of future Klamath Hospice mailings, please contact 541-882-2902 or email tgarlock@klamathhospice.org.

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