



Spring 2011

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When Is It Time For Hospice?

For some people living with a life-limiting illness, there comes a point when cure is no longer possible. But that does not mean that a patient and family must give up hope. Through hospice care, there is still hope for comfort, improved appetite and symptom control; hope to spend final months, weeks or days free from pain; and hope for quality time with loved ones in the familiar surroundings of home.

According to the National Hospice and Palliative Care Organization, hospice professionals suggest that a person think about hospice support long before he or she is in a medical crisis. That's because hospice professionals and trained volunteers provide expert medical care, pain and symptom management, and emotional and spiritual support to patients and family caregivers. All care is tailored to the patient's needs and wishes.

In addition, medications, medical supplies, medical equipment and services are all provided by the Medicare Hospice Benefit, with no out-of-pocket costs to patients or their families. Grief support is also provided as needed.

As a result of hospice care, patients experience an improved quality of life, benefit from reduced pain and are able to exercise increased personal control over their lives. Their families receive needed guidance, are provided with a

caring support system, spend less time with worry and stress, and, therefore, are able to spend more quality time with their loved ones. It's no surprise, then, that most patients and families state that they wish they had contacted hospice sooner.

Further supporting the benefits of choosing hospice care sooner rather than later, research published in the Journal of Pain and Symptom Management found that Medicare beneficiaries who received hospice care lived, on average, 29 days longer than those who did not opt for hospice near the end of life.

So hospice care is a resource which can make a positive difference for all patients in life-limiting situations, and the benefits for patients and their families are multiplied the sooner hospice care is introduced.

Some Facts About Hospice

(from the National Hospice and Palliative Care Organization)

- Most hospice care is provided in the home. Care is also provided in nursing homes, assisted living facilities and hospice centers.
- Hospice care is fully covered by Medicare, private insurance and Medicaid.
- Hospice care is not just for people with cancer. Hospices serve those with advanced Alzheimer's disease, heart disease, renal disease, lung disease – anyone who is facing a life-limiting illness.
- Hospice care is available as long as a doctor believes the patient is eligible.



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with Anthony Palumbo

Listen Daily at 7:15 a.m.
 On THE SKY 97.3 FM

Wings Community Education Center Expands

With the recent expansion of Hospice of the Nature Coast's High Springs clinical office into an adjacent building, the Wings Community Education Center has also expanded.

Having fully taken over the original clinical office space at 150 North Main Street, the Wings Team is ramping up its programs and offering a calendar of additional support programs for the entire community.

These programs include multiple monthly grief support groups, educational workshops with a new topic each

Calendar of Events at Your
WINGS COMMUNITY EDUCATION CENTER

2011 TOPICS
Monthly Educational Workshops
 (HELD 11:00 A.M. TO NOON ON THE THIRD WEDNESDAY OF EVERY MONTH)

March 16	Coping with the Loss of Your Spouse
April 20	8 Critical Questions for Mourners
May 18	Coping with the Loss of Your Mother
June 15	Coping with the Loss of Your Father
July 20	Coping with the Loss of Your Pet
August 17	Divorce Support
September 21	How to Help A Grieving Child
October 19	Suicide Support
November 16	Veterans Support
December 21	Coping with the Holidays

Where: Wings Community Education Center
 150 N. Main Street
 High Springs, Florida

Please call 386.454.1338 (866.642-0962 toll free) to make your reservation by the second Wednesday of the month.

Grief Support Group

This support group examines the array of emotions experienced with grief.

Join Us

- The First and Third Monday of Every Month from 4:00 to 5:30 p.m.
- The Second Thursday of Every Month from 10:00 to 11:30 a.m.

To register, call Vickie at 386.454.1338, Ext. 2200 or 866.642.0962

Wings Community Education Center
 150 North Main Street
 High Springs, FL 32643

Plus, A Support Group Specifically For Parents Who Have Lost A Child Meets from 7:00 to 8:30 p.m. The First and Third Monday of Every Month at 906 N.W. Drane Street, Branford (call for details)

The Wings Community Education Team at Hospice of the Nature Coast/ Hospice of Citrus County, Inc., licensed 1985, provides educational programs and grief support to anyone who has experienced a loss.

month, and information/referral services to help direct those in need to assistance and community resources.

Provided as a public service and offered at no charge, the support services and programs

of the Wings Community Education Center are designed to help people of any age heal, cope, learn and discover.

For more information, call us at 386.454.1338, Ext. 2200.

Hospice Foundation of America Annual Teleconference

Sponsored by Hospice of Citrus County/
 Hospice of the Nature Coast

A 4-Hour Program Exploring the Differences and Relationship Between Spirituality and Religion & Addressing Spirituality During Illness, Death and Grief; Spiritual Assessment and Empowerment; and Life Review

Wednesday, April 13, 2011
 Noon to 4:00 p.m.

Seventh-Day Adventist Church
 230 N.W. 1st Ave.
 High Springs, FL 32643

To Register: RSVP to Vickie Myers, 386.454.1338, Ext. 2200 or 866.642-0962 by April 6, 2011

EDUCATIONAL SEMINAR

Living With Grief: Spirituality and End-of-Life Care

Of Special Interest To:

- Psychologists ● Counselors ● Social Workers ● Clergy ● Funeral Directors
- Educators ● Nurses & Other Health Care Workers ● Teachers & School-Based Personnel ● Spiritual Care Volunteers

Important Information:

- CEUs offered through Hospice Foundation of America
- Lunch provided prior to the event
- No cost
- Seating is limited