



Spring 2011

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America Teleconference  
Scheduled



## 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.



## Kiva of Palatka: A “Home” of Distinction

Kiva of Palatka has a lot to be proud of: recently this 40-bed assisted living facility was recognized by the Florida Agency for Health Care Administration as being “deficiency free.” That’s the highest rating given by the State of Florida. “Very few facilities receive this rating,” explains Kiva Administrator Cindy Digman. It means that Kiva of Palatka meets or exceeds each and every requirement the agency has established for the operation of all assisted living facilities in the state.

Having opened in March 2000, Kiva of Palatka is the longest-tenured assisted living facility in Palatka. Located at 201 Zeagler Drive, it offers “home-style living with a caring touch.” Residents, who must be at least 21 years old and be able to assist the staff in their care, may select from a variety of room choices and locations, ranging from private to semi-private. Kiva also takes pride in being a pet friendly facility.



In addition to staffing the facility around the clock and providing laundry, linen and housekeeping services, Kiva of Palatka has built a reputation for its nutritional meals and supervision of medications. It also has an in-house beauty shop, gives residents assistance with personal hygiene care and makes a special effort to promote a safe, home-like environment.

Kiva’s many special services include:

- A Senior Day Care Program that provides a safe environment as well as assistance with medications and meals.
- Respite Care for caregivers who need a break. According to Digman, “Respite residents enjoy all of the benefits provided for our long-term residents.”
- An Activities Director, who plans events around the needs of residents.
- “We provide more personal care and we also have an Extended Congregate Care license, which allows our residents to age in place,” says Digman.

So this is Kiva of Palatka! “When you choose to come to Kiva,” concludes Digman, “it’s your home, and our residents keep their dignity and as much of their independence as possible.”

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with Anthony Palumbo

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### Hospice Foundation of America Annual Teleconference

Sponsored by Hospice of Citrus County/  
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An Inspiring Program Exploring the Differences and  
Relationship Between Spirituality and Religion  
& Addressing Spirituality During Illness, Death and Grief;  
Spiritual Assessment and Empowerment; and Life Review

Thursday, April 14, 2011

Noon to 4:00 p.m.

Wings Community Education Center  
6721 Crill Ave.  
Palatka, FL 32177

To Register: RSVP to Gloria Povlich, 386.530.4600, by April 6, 2011

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