

Touching Lives

Empowering Decisions and Supporting Choices

Winter 2011

A publication of Home Bound Healthcare Hospice

www.HomeBoundHealth.com

Volume 1 | Issue 1



From the desk of

David Rine

Home Bound Healthcare Executive Vice President

At Home Bound, We Believe...

- Empowering Decisions and Supporting Choices is central to providing the best hospice care.
- Those facing end-of-life or life-limiting illnesses should have access to qualified and compassionate medical, spiritual, emotional, and ethical care.
- Choices of the individual nearing the end-of-life should be respected and supported.
- A Hospice should uphold the patient's right to control and direct the course of their care in order to achieve the highest quality of life possible.
- Patients should be allowed to die with dignity, in accordance with the patient and family's definition and perception of dignity.

Hospice is truly a business like no other. This is especially true for a Hospice that provides care within the patient's home. We came into this business with a vision of how we can assist people and their families during what, many times, is the hardest part of their lives. We understand and we teach that, "Death is simply another stage of life." This isn't just a catchy phrase. As people, we are all deeply affected by death, especially the death of a loved one. But, many times we build internal walls because it is not something we have to think about, or worry about on a regular basis. In fact, it would be impossible to live a normal healthy life if we were always focused on our impending end, or that of our loved ones. When we understand death to be another stage of life, we attempt to change our focus from fear and worry to peace and comfort. We attempt to treat this period of life, by living it, experiencing all we can, and enjoying the most of it.

We have gathered a wonderful team of professionals who are excited and committed to bring the highest level of clinical and personal care to all they come in contact with. We will do all in our power to ensure the comfort and safety of those under our care, and we will attempt to keep them in the comfort of their own home as long as possible, many times

until their very last day. Our mission statement is more than a statement, it is how we approach our hefty responsibility in the realm of Hospice care providers: We will always strive to empower our patient's decisions and strongly support all of their choices. We look forward to the beginning of providing a great service to our communities for many years to come, and we hope to be able to positively affect the lives of all who seek our assistance.

Thank you for your interest and support.



What is Hospice?



- Hospice is a special concept of care designed to provide comfort and support to patients and their loved ones when a life-limiting illness no longer responds to cure-oriented treatments.
- Hospice care neither prolongs life nor hastens death. Hospice staff and volunteers offer a specialized knowledge of medical care, including pain management.
- The goal of hospice care is to improve the quality of a patient's last days by offering comfort and dignity.
- Hospice care is provided by a team-oriented group of specially trained professionals, volunteers and family members.
- Hospice addresses all symptoms of a disease, with a special emphasis on controlling a patient's pain and discomfort.
- Hospice deals with the emotional, social and spiritual impact of the disease on the patient and the patient's loved ones.
- Hospice offers a variety of bereavement and counseling services to families before and after a patient's death.

Adapted from www.hospicefoundation.org.

Hospice Services

Indirect Services

Medical Appliances, Supplies and Equipment

Drugs and Biologicals

Short-term Inpatient / Respite Services

Short-term Inpatient / Acute Services

Physical Therapy Services

Occupational Therapy Services

Speech / Language Pathology Services

Direct Services

Physician Services

Nursing Services

Medical Social Work Services

Spiritual Counseling

Bereavement Counseling

Volunteer Services

Home Health Aide and Homemaker Services

Dietary Services

Caregiver Support and Counseling Services



The Caring of a Hospice Nurse

When looking for compassion, one need not look further than their nearest Hospice Nurse.

They say that it takes a special type of person to work in hospice. Anna Marek, a full time Registered Nurse for Home Bound Healthcare Hospice is no exception.

Anna has been with HBH Hospice since June of 2011. She graduated with her nursing degree in 2010, and prior to joining the HBH Hospice team she worked as a phlebotomist, with a big heart for her elderly patients. After finishing her clinicals and working in the hospital setting, Anna decided that she wanted to have a closer relationship with her patients. Hospice was the natural choice for Anna.

“I feel like hospice is my calling.” Anna says.

Anna often receives praise from coworkers and patients alike. Her supervisor says “Anna has made a habit of going above and beyond the call of duty. She is truly a gem, and we are so proud to have her working with the HBH Hospice patients.”

In order to spend each day working with the terminally ill and those that are in the last days of their life, compassion and trust are necessary. These traits are truly the building blocks of what makes a hospice nurse. For many that work in hospice, they agree with Anna, as they feel that working in hospice is something they were meant to do.

“When my grandmother passed away, I wasn’t allowed to be there for the end of her life. A child being around someone that is dying was something that was not accepted in our family. By being a hospice nurse, I feel that I can help people by making their last days on earth easier, and more comfortable.” Anna says.

“You really do form wonderful relationships by working so closely with hospice patients, and also from being involved with their families. I couldn’t think of a more rewarding way to spend my days.”

HBH Hospice is proud to have Anna Marek, RN, as an exceptional member of the team.

Growing Our Hospice Team!



We have recently expanded the Home Bound Healthcare Hospice team in anticipation of growth, and as an indication of our commitment to providing excellent hospice care.

To better serve our community, we welcome the following new employees, with great pride:

- Helen Lacey, LNHA, CNHA, LPN, Administrator
- Daryce Hoff Nolan, BA, MM Chaplain
- Sylvia A. Moreno, RN, BSN Registered Nurse
- Julie Ojeda, CNA Hospice Aide
- Evelyn Calderon, RN , BSN Registered Nurse
- Virginia Bahena, RN, BSN Registered Nurse
- Erika Crossley Marketing Specialist
- Nancy Coughlin, COTA Volunteer Coordinator
- Debbie Leynes Homemaker/Personal Care

The new employees are joining our already wonderful and experienced staff:

- Suzanne Blanchard, LCSW, C-ASWCM, Assistant Administrator/Social Worker
- Rhea Gaudiano, RN, BSN Director of Clinical Services
- Shelby Bernhaut Marketing Director
- Anna Marek, RN, BSN Registered Nurse
- E.W. H. Watson II, CNA Hospice Aide
- Staci Vetrovsky, RD Dietician

Margaret Stedman, RN, is transferring to Home Health, and the team will miss her greatly!



Pictured at left are some of the members of the Home Bound Healthcare Hospice family.

We believe that having a great hospice team is core to carrying out our mission of empowering our patients' decisions, and supporting their choices.

We are always looking for new hospice team members, including volunteers. See page 7 for more information on our Hospice Volunteer Program.

Bereavement Services

Home Bound Healthcare Hospice is driven by the concept that the dying process is an integral part of the life cycle that impacts not only the individual, but family and friends.

Our Bereavement Services are an extension of the hospice program, designed to promote growth and healing, and to help one adjust after a loss. Our Bereavement Support Team is specially trained in end-of-life situations, and our Spiritual and Bereavement Counselor is a key member of our team.

We offer individual and family counseling, information that is helpful during the grief process as well as our monthly bereavement newsletter; *Living and Healing*.

In addition to the above bereavement services, we also hold a monthly Bereavement Support Group that is free, and open to all interested members of the community.

For more information on our Bereavement Services, please contact HBH Hospice at 630-914-5140.

Community Bereavement Support Group Meeting Schedule

- Wednesday
December 28th, 2011
5pm – 6pm
- Wednesday
January 25th, 2012
5pm-6pm
- Wednesday
February 22nd, 2012
5pm-6pm



Pictured at left is the Family Room at the Home Bound Healthcare Hospice facility. The Family Room is a place where loved ones can gather to discuss options, review resources, or to chat with each other or a Hospice Professional.

The goal for our Family Room is to promote an environment of comfort and healing.



Hospice Volunteer Program

To hold the hand of the sick and the dying is a selfless act of care and love.

Volunteers often get involved with hospice to give back to their community and to help terminally ill patients and their families during what is often one of the most difficult times in their lives. In return, many hospice volunteers discover that their services can lead to a deeply touching and meaningful experience.



- ***What can I do as a Hospice Volunteer?***

Hospice volunteers have the opportunity to serve in a variety of ways. They can serve as part of a team of medical professionals, provide companionship and assistance to patients, provide administrative / office support, participate in community outreach programs or lend their professional expertise in areas needed by the hospice.

- ***How do I know if being a Hospice Volunteer is right for me?***

It is natural to have questions about becoming a hospice volunteer. If your desire is to work directly with the patients, ask yourself if you have the ability to handle losing those that may become close to you. If you are not sure about working directly with patients, many volunteers spend time assisting in the office with administrative tasks.

Nancy Coughlin, the HBH Hospice Volunteer Coordinator, is available to answer your questions. She can be reached at 630-914-5140. Nancy will talk with you about the volunteer opportunities available, answer any questions you may have, and help you to get started.

If you decide to become a Hospice Volunteer, get ready for a truly rewarding experience!

Touching Lives

is published by



Home Bound
Healthcare Hospice

14216 McCarthy Road
Lemont, Illinois 60439

Phone: 630.914.5140
Fax: 630.914.5148

www.HomeBoundHealth.com

Thank You for Your Support!

Home Bound Healthcare Hospice would like to thank the community of Lemont, as well as everyone that participated in the Grand Opening and Ribbon Cutting Ceremony that took place in September. We truly appreciate the support that everyone has shown, and we look forward to providing a unique and exceptional hospice experience to patients and their families.



Pictured at left, Julie Mitra, joint owner of Home Bound Healthcare Hospice, prepares to cut the ribbon announcing the grand opening of Home Bound Healthcare Hospice!

Julie is joined by members of the Lemont Chamber of Commerce, as well as team members from Home Bound Healthcare.