



Seasons

Serving the families, friends, caregivers, and partners
of Orange City Area Home Health & Hospice

Fall 2022

Massage therapy in hospice care

Introducing Corrina Weide, LMT

In the last two editions of our *Seasons* newsletter, we have highlighted our pet therapy and music therapy programs. This issue our focus is on our massage therapy program. Corrina Vander Weide, a licensed massage therapist with Cardinal Massage provides massage therapy services for Orange City Area Hospice patients.

Corrina was inspired to become educated in the massage therapy field by her aunt who is a massage therapist in Canada. Her original intention was to become trained in massage therapy to fund her way through nursing school. As she was educated at Wellington College of Remedial Massage, in Winnipeg, MT, she realized that she loved the work and appreciated the natural way it complemented health care. She graduated in 2006, became a licensed and registered massage therapist practicing in Winnipeg, then moved her practice to southern Manitoba, near where she grew up, working with a local Chiropractor until 2010. Since then, she has moved her practice to Orange City where she practices massage therapy in her home office and has been providing Orange City Hospice patients services for the past 10 years.

Corrina recently led an in-service for our hospice volunteers. She taught them about the benefits of massage for hospice/dementia patients (see next page), as well as some basic techniques that they could use when working with the patients they are assigned to.

One of the things we have learned through the Covid-19 pandemic is that we all need touch. When we had to isolate, quarantine, and social-distance, one of the biggest holes that was left was a sense of belonging and security that touch can bring. It led to feelings of isolation, anxiety, lack of trust in caregivers, insecurity, and decreased sensory awareness. Even now with decreased precautions and the loosening of restrictions, for people who are seeking medical treatment or are living in a health care facility, touch is often reduced to something clinical in nature as treatment is being administered to them. Corrina reminded our volunteers that elders claim that expressive, personal touch conveys safety, care, reassurance, and increases their trust in their caretakers. She then taught them simple techniques that they could put into practice as they visit their hospice patients.



Corrina Vander Weide recently taught our volunteers simple techniques to use with our patients to promote the benefits derived from intentional personal touch.

continued next page ...

Gifts from the community

A friend or family member has remembered the following people by making a donation to Orange City Home Health & Hospice. We gratefully acknowledge these donations in memory of ...

Marvin Babcock and Sophia Zomer

Other generous donations made by:

American Legion Women's Auxiliary
Bob and Patricia Boonstra
Calvary Christian Reformed Church
First Christian Reformed Church



Your generosity allows Orange City Area Home Health & Hospice to provide hope and help in the midst of life and loss. To make a contribution please contact us at 712-737-5279.

To give the gift of your time as a volunteer contact
Kim Jansma at
712-737-5279 or
Kimberly.Jansma@ochealthsystem.org.



Orange City Area
Home Health & Hospice
A department of Orange City Area Health System

In memoriam

We extend our heartfelt sympathy to the families and friends whose loved ones passed away. We are thankful for the opportunity to have shared in their lives.

IN LOVING
memory

Robert Gradert: 5/30/2022

Alice Van Dyke: 6/1/2022

Sharon Stamer: 6/7/2022

Leola Te Grotenhuis: 6/7/2022

Muriel Brumels: 6/8/2022

David Eisenhour: 6/8/2022

Marvin Babcock: 6/11/2022

Kathlyn Beek: 7/4/2022

John Schulte: 7/11/2022

Frances Koob: 7/26/2022

Sophia Zomer: 7/28/2022

Denis Schilmoeller: 9/6/2022

Esther Wynia: 9/10/2022

Janice Van Der Zwaag: 9/21/2022

Massage therapy *-cont. from cover*

Massage therapy is a benefit provided to Hospice patients and available through referrals made by the treatment team or upon the request of patient and family members. As the massage therapist, Corrina keeps in contact with the treatment team to learn of new needs and communicate results. To learn more, or to give massage therapy a try, contact the Hospice office today.

Massage alleviates aches and pains, resulting in:

- A possible reduction in need for pain medication
- The ability to perform activities of daily living with greater comfort

Massage increases circulation, contributing to:

- Improved skin condition
- Decreased risk of pressure ulcers

Massage provides tactile stimulation, which:

- Alerts the senses
- Increases body awareness

Massage induces a relaxation response leading to:

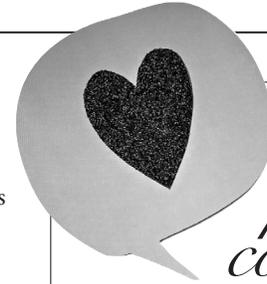
- Improved quality of sleep (lowered cortisol levels)
- Greater sense of breathing
- Calmed agitation

Compassionate and caring touch supports emotional well-being by:

- Providing a pleasing way to interact with others
- Offering a means for non-verbal communication

Focused touch enhances spiritual well-being, resulting in:

- Being grounded in the present moment
- Greater sense of self-worth



Recent patient comments

“Watching a loved one fade away is one of the hardest things we have had to do. We cannot tell you how touched we were by your care and concern for us. It takes people with big hearts to do your job and you all do it so well.”

“Your caring, compassionate professional workforce goes up and above anything we expected.”

“Thank you so much for your compassionate and professional care shown to my dad and to our family. We could not have lived this journey without your guidance. To everyone from the first visit to the final visit and every one in between, thank you and God bless your work.”



“Grief isn’t something you fix; it’s something you honour. There’s no flash sale, weekend retreat or quickly found solution. We often dream of a comeback from grieving, when the healthiest thing we can do is aim to come-through, by waking up every day and honouring our relationship with loss and how we feel in each moment that follows.”

-Addison Brasil, First Year of Grief Club : A Gift From A Friend Who Gets It

Three Cs for coping with grief

For those who are grieving, special days such as holidays and anniversaries associated with the deceased can be especially hard. Acknowledging the challenge of facing these days does not make a potentially difficult time any easier, but preparing for them by tapping into helpful coping strategies may provide some much-needed comfort.

Follow these “three Cs” recommended by HFA Senior Vice President of Grief Programs, Kenneth J. Doka, PhD, MDiv, to help navigate your way through a holiday, anniversary, or any day when grief is especially intense.

CHOOSE

On anniversaries and during the holidays, it can be easy to feel obligated to be a part of activities or events that have the potential to increase your pain. Remember that you have choices. Decide what activities you want to be part of, who you want to be with, and what you want to do. After

her husband died, June was invited—and felt pressured—to join her sister-in-law for Hanukkah celebrations. She decided that she would retain the freedom to choose where she wanted to be until that morning. “I never know how much energy I’ll have or how I’ll feel until that day,” she explained. She decided to eat dinner with a few women she knew through a widow’s support group and chose to go to her sister-in-law’s house for dessert.

Choosing personal ways to recognize and acknowledge the person who has died may help bring a positive focus to your grief. Lighting a candle, creating a ritual, placing a memento on a tree, holding a moment of silence, or giving a toast are some simple ways to acknowledge the losses felt so deeply, especially on holidays and anniversaries.

COMMUNICATE

Discussing your choices with others is important, as their ways of dealing with grief may be different. June, for example, talked with her sister-in-law, explained her feelings, and asked if she could make a decision that day. Once her sister-in-law understood June’s feelings and needs, she understood the need for flexibility. Communicating about your choices can be especially important around holidays and other special occasions as there may be long-standing traditions or expectations involved. The Smith family, for example, had a long discussion about how to handle the Christmas tree following the death of one of their children.



COMPROMISE

Each person deals with loss in his or her own particular way and therefore has different needs. There is no right or wrong way to grieve. Leaving space for compromise is important. For example, some people in the Smith family saw the Christmas tree as an important tribute to their late son and brother. Other family members felt it was disrespectful. The family was able to talk through each point of view and decided to have a small tree—not in the main living room, but in the family room. Those who wanted to help decorate were welcome, but those who chose not to would also be respected.

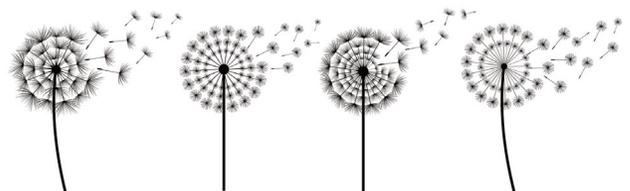
Nothing changes the fact that holidays, anniversaries, and other special days can be especially difficult while grieving. But if you choose your actions, communicate your choices to others, and find suitable compromises, you may find that they become bearable and that you have renewed strength and hope.

Developed from Journeys with Grief: A Collection of Articles about Love, Life and Loss, edited by Kenneth J. Doka, Ph.D., MDiv., copyright Hospice Foundation of America, 2012.

HFA is a 501(c)(3) organization that provides free consumer resources and low-cost educational programs for healthcare professionals to improve hospice care and raise public awareness of it. A donation to HFA helps increase awareness of and access to hospice care throughout the United States.

Coping resources available ...

If you or someone you know and love is experiencing loss ... or if you are walking along with someone in their loss ... we have grief resources available for you, including specific materials to help with the loss of a spouse, child, parent, sibling, or grandchild. Books, workbooks, and DVDs are available for check-out from our Hospice office. Our complete listing of books and other resources available can be found on the OCAHS website on the Hospice page, or you can scan this QR code for a direct link. You can also access the listing by calling us at 712-737-5279 for more information or stop by our office to browse the selections.





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Location 400 Central Avenue NW Orange City, Iowa

Mailing 1000 Lincoln Circle SE Orange City, IA 51041

Tree of Remembrance Lighting ceremony

Please join us for a Tree Lighting Ceremony on Wednesday, November 30 at 7pm in the front lobby of Orange City Area Health System. It will be a time to celebrate and remember the lives of those who have touched us in such a special way. This year's customized ornaments will honor our hospice patients who passed away between November 21, 2021 and November 20, 2022.

Our hope is that service will help those who are grieving during the Christmas season by offering an opportunity to formally commemorate and honor their loved one. There will be a reception with holiday treats and cider following the ceremony.

We would like to display the ornaments on the Tree of Remembrance through the holiday season and then gift each family with their ornament. If you would like to order additional ornaments we encourage you to consider a donation of \$15 for an ornament. Additional ornaments can be ordered by contacting our office by November 21: 712-737-5279. Please be prepared to give the name you would like on the ornament along with the person's birth year and death year as well as a contact phone number for questions that may arise. Your donation of support assures continuous quality Hospice care for people experienced life-limiting illness.

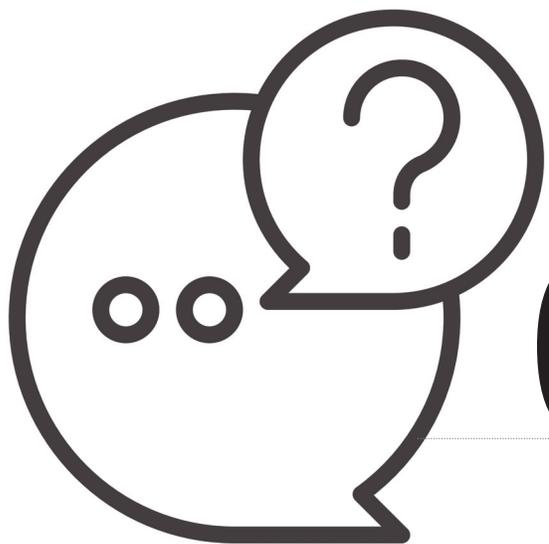


Why we need volunteers

Hospice volunteers are the heart of hospice! Volunteers are a vital piece in our hospice team. They are a group of compassionate individuals that give freely of their time to help in a variety of ways. Our volunteers are creative and flexible in their roles to try and address patient and family needs. Medicare requires that at least five percent of total patient care hours be provided by volunteers. Some often wonder what hospice volunteers are able to do. Volunteers can hold a hand, read a book, use a computer, address envelopes, vacuum, bake a cake, listen to cherished memories, pat a shoulder, give a hug, paint, help with legacy project, write letters, and touch a heart. Hospice volunteer can change a life- maybe even your own. We are looking to grow our team of Hospice volunteers. There are many things we would not be able to accomplish without their support and assistance. We are specifically looking for Veterans that would be interested in serving in our "We Honor Veterans" program. If you, or someone you know, has a passion for serving and is dedicated to making a difference in the lives of others, please call Kim Jansma, Volunteer Coordinator, at 712.737.5279 for more information.

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Frequently Asked **QUESTIONS** ABOUT HOSPICE CARE

When is it the right time for hospice?

The decision to choose hospice is a very personal one. It involves talking with your family, physician, and loved ones about your illness and the care options available. Many families wait to call hospice until the final days and weeks of their loved one's life, not knowing they could have started receiving additional specialized nursing support, medications, medical equipment, and supplies related to their loved one's life-limiting illness much earlier.

Hospice is a special concept of care designed to provide comfort and support to patients and their families when a life-limiting illness no longer responds to cure-oriented treatments. Here are a few things to consider: hospice's expertise in palliative, or comfort care, assures the patient of pain control and symptom management; hospice enables patients to focus on living their remaining days fully, at home if they choose, among family and friends; hospice emphasizes family involvement – understanding that everyone's definition of "family" is unique – and helps individuals to support each other during this time of life. Hospice comes alongside caregiver's by having someone they can lean on, seek guidance from, and receive much needed support during this difficult time.

What can hospice do for my loved one?

Hospice care is an additional layer of support for your loved one in their home or care facility, working in partnership with your family and your loved one's physician. When a patient chooses hospice care, they receive a team of support for their physical, emotional, and spiritual needs. In addition to this team of care, hospice provides medication, medical equipment and supplies related to their life-limiting illness. When one is faced with serious illness, contacting hospice is a choice that can lead to fewer worries and more meaningful moments.

Who can make a hospice referral?

A patient can be referred to hospice care by anyone. Patients can even refer themselves. However, a physician must approve eligibility and admission. Talk with your physician or contact Orange City Area Home Health and Hospice for more information at 712-737-5279.

Does choosing hospice mean I'm giving up hope?

We understand that making the decision to accept hospice is often a difficult decision. Confronting the reality that an illness will not be cured can be frightening and may be thought of as giving up hope. When one receives a diagnosis that their life-limiting illness may not be cured, hope often changes. Hope may change to hope for comfort, understanding and choosing treatment options according to their wishes.

Hospice neither prolongs life nor hastens it. Although the statistical evidence shows that those who choose hospice care have a slightly longer life expectancy. Our medical team strives to control the symptoms that cause pain and discomfort. With hospices' supportive services there's a sense of relief as trained professionals can offer care and guidance.

Our focus is not on death but life. We want our patients to live their lives fully. Hospice focuses on how we can help patients achieve personal goals, gain control of their life, and live each day the way they want to. Unfortunately, sometimes people wait until their final days to involve hospice. By contacting hospice earlier, patients and families can take the time to understand their options and choose the path that will have the most positive impact on quality of life. As difficult as it is for someone to accept hospice, patients and families often tell us, "I wish we would have called hospice sooner."

How is the cost of hospice covered?

Hospice coverage is widely available. Medicare pays 100% of hospice care. Medicaid, the Veteran's Administration, and private insurance companies generally have hospice benefit coverage. We provide needed hospice services regardless of a person's ability to pay.

Can I make my own decisions about the amount and choices of care received in the hospice program?

Yes. The patient directs the care they receive. Orange City Home Health and Hospice will explain our treatment and care options. Our patients determine what works best for them. We know that no one understands what the patient is going through better than they do. We respect and honor our patient's choices..

Bereavement Services through HOSPICE



Orange City Area Home Health & Hospice Bereavement Services help families understand and deal with grief through a variety of bereavement services. A Bereavement Coordinator offers the following services to each hospice family for up to a year following the death of their loved one:

- A Bereavement Coordinator will visit within the first month after the funeral.
- Short-term individual bereavement counseling is available to family members provided by the bereavement coordinator.
- Bereavement support groups are available throughout the year. The six-week support group is designed to help individuals understand the dynamics of grief and provides a safe environment in which to express their feelings.
- Monthly support mailings are sent to assist the bereaved in understanding the unpredictability of the grieving process. Included in the monthly mailings are inserts for coping through the holidays and special occasions.
- One-to-one trained bereavement volunteers are available to provide support, to be a friend, and to listen to the stories and concerns of the bereaved.
- Annual Service of Remembrance (Spring).
- Annual Lights of Remembrance (Winter).
- Acts as a community resource for grief education: including community presentations and professional trainings.
- Grief resource library.



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