November is National Hospice and Palliative Care Month and hospice and palliative care programs across the country are reaching out to raise awareness about hospice and palliative care. Hospice is not a place but is high-quality care that enables patients and families to focus on living as fully as possible despite a life-limiting illness. Palliative care brings this holistic model of care to people earlier in the course of a serious illness.

“Every year, nearly 1.4 million people living with a life-limiting illness receive care from hospices in this country,” said Edo Banach, president and CEO of the National Hospice and Palliative Care Organization. “These highly-trained professionals ensure that patients and families find dignity, respect, and love during life’s most difficult journey.”

Hospice and palliative care programs provide pain management, symptom control, psychosocial support, and spiritual care to patients and their families when a cure is not possible.

Hospice and palliative care combines the highest level of quality medical care with the emotional and spiritual support that families need most when facing a serious illness or the end of life.

Throughout the month of November, Pike County Hospice will be joining organizations across the nation hosting activities that will help the community understand how important hospice and palliative care can be.

More information about hospice, palliative care, and advance care planning is available from NHPCO CaringInfo.org. Videos and stories from families showing the many ways hospice and palliative care make special moments possible can be found at www.momentsoflife.org. For more information about your local Pike County Hospice, please call our office at 573-324-2111, or visit our website at www.pikecountyhealth.org.

Meet Amy Becker, our Hospice Coordinator

“Hospice is about quality of life, not just for the patient but for their family as well. We work very hard to ensure our patients are as comfortable as possible. We keep the families informed on what to expect with end of life care and the emotional support we have to offer them. We are proud to be one of only five county based hospices in the state. Our nurses live near by, so being able to care for our own neighbors is very gratifying and heart warming.”

– Amy Becker, RN, Hospice Coordinator
“Service to others is the rent you pay for your room here on earth.”
- Muhammad Ali

Become a Pike County Hospice Volunteer

People often imagine themselves becoming a hospice volunteer, and being able to make a difference helping those nearing the end of their life journey. Yet too many people never follow through because they are nervous of what may be expected, and unsure of what it entails. If you are considering becoming a hospice volunteer, here are some examples of volunteer activities:

- In person family time and companionship
- Telephone conversations
- Respite care
- Pet therapy
- Art and/or music at the bedside
- Transportation assistance
- Assisting in administrative hospice office duties

We are gracious for every minute volunteers spend with our patients. Even more so, our patients and their families are grateful for these services as well.

Hospice Volunteer’s are NOT required to complete any specific amount of hours or activities. Give as much time to our patients as you wish and are able to; set your own hours.

Those interested in becoming a Pike County Hospice Volunteer are required to complete an application, pass a background check, and complete a video training course. Please contact our office for more information.
Sweet Potato Orange Salad
with Honey Mustard Dressing

- Place the sweet potatoes in a microwave-safe container; add water. Cover; microwave on medium-high for 8 to 10 minutes until the sweet potatoes are fork-tender, not mushy. Drain; chill.

- Meanwhile, put the mandarin oranges, celery, bell pepper, cranberries, green onions and ginger root in a medium bowl. Add the sweet potatoes; toss gently.

- Pour the honey-mustard dressing over the sweet potato mixture. Gently combine, coating the ingredients with dressing. Season with salt and pepper. Just before serving, mix in the pecans.

Cooking Note
*Toast the pecans in a small, heavy dry skillet over medium heat, shaking the skillet frequently for 1 to 2 minutes, to release the flavorful oils.

Serving size: ¾ cup  Serves 8
Calories: 150; Calories from fat: 50; Total fat: 6g; Saturated fat: 0.5g; Trans fat: 0g; Cholesterol: 0mg; Sodium: 170mg; Total carbohydrate: 24g; Dietary fiber: 4g; Sugars: 13g; Protein: 2g
Sweet Potato Orange Salad
with Honey Mustard Dressing

Recipe courtesy of eatright.org

Ingredients
- 3 medium (about 1 pound) sweet potatoes, peeled, cut in ½-inch cubes
- ½ cup thinly-sliced celery
- ½ cup chopped green or red bell pepper
- 2 medium green onions, chopped
- 2 medium dried cranberries, chopped
- 1 (11-ounce) can mandarin oranges, drained
- 1 (1-cup) can pineapple chunks, drained
- 2 teaspoons grated peeled ginger root
- ¼ cup chopped pecans, toasted
- 2 tablespoons honey mustard dressing
- ¼ teaspoon kosher salt
- ⅛ teaspoon freshly-ground black pepper
- ½ cup chopped fresh parsley

Join us at our next ice cream social!
Future dates are posted on our calendar of events:
www.pikecountyhealth.org/calendar

Monday, November 13th
1:00pm  Maple Grove Lodge, Louisiana
2:00pm  Lynn’s Heritage House, Louisiana

Tuesday, November 14th
1:30pm  Moore-Pike Nursing Home, Bowling Green
2:15pm  Bowling Green Residential, Bowling Green
2:45pm  Country View Nursing Facility, Bowling Green

Wednesday, November 15th
12:00pm Gamma Road Lodge, Wellsville
3:00pm  Country Side Manor, Vandalia

Thursday, November 16th
2:00pm  Tri-County Nursing Home, Vandalia
3:00pm  Bowling Green Housing Authority, Bowling Green

November
Eating Healthy with the Health Department
www.pikecountyhealth.org  573-324-2111
facebook@bgpchd

Testimonial Time

I received home nursing services and physical therapy after each of my hip replacements. It was very convenient having the nurses and therapists come to my home. I appreciated their positive attitudes and their help during my recovery.
- Geneva Martinson

How are we doing?
Send us your testimony on your experience with our services!
1 Healthcare Place, Bowling Green, MO 63334  -  admin@pikecountyhealth.org

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Contact Tracy Brookshier 573-324-2111 tbrookshier@pikecountyhealth.org

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