Pike County Hospice Bereavement Services

Bereavement is a journey for all caregivers, family, and friends and there is no right or wrong way to act during this time. Pike County Hospice is here for you from the time you or your loved one begins hospice care. We are by your side for all stages of the process which include:

Planning for What is to Come and Trying to Make the Right End-of-life Decisions
Whether you are the patient or family, even the smallest decisions become most meaningful because the you are seeking the best quality of life. When you are not able to make decisions because of illness and you want a particular person to make decisions for you, such as a family member, it is best to complete a state-approved form such as an ADVANCED DIRECTIVE. This will legally give the person of your choice the right to decide health care matters for you. Let us make these decisions easier for you by allowing us to assist you and your loved one with these choices.

When the End Seems to be Nearing
The human and realistic part of all of us is to know and accept the fact that no one lives forever, but the emotional side of us will struggle with this in our minds as we are aware that the time is approaching. Either as the patient or the loved ones surrounding them, it is normal to begin the grieving process before death occurs. Our Hospice Social Workers, Hospice Chaplain and trained staff are ready to assist in any way possible to help you transition through these inevitable feelings.

After the Loss of a Loved One
At Pike County Hospice we know that everyone deals with grief in their own way. We also know that there is no reason you have to do it alone. Our bereavement services offer visits from our Hospice Social Worker for up to 13 months after your loved ones death. Our hospice program also offers what others don’t, and that is a Bereavement Support Group. This support group is open to the public free of charge. We strive to assure our bereaved compassion, mutual support, understanding, diversity, integrity and allow our families to feel safe and supported in a nurturing environment. Learn more about our Bereavement Support Group in the next article. We also send out complimentary newsletters titled “Journey’s” that help understand the grieving and bereavement process.

Remembering Our Loved Ones
Annually, Pike County Hospice holds a Hospice Memorial Service. Keeping the memories of our loved ones alive through this memorial service is the intention of the annual event. Families who’s loved ones were on our Hospice services are invited to this service to honor the memories of those we have lost. The service is typically held at the Nazarene Church in Bowling Green, guests in attendance will be served a meal, our Hospice chaplain will speak, and a memorial slide show will be viewed.

"LIFE IS PLEASANT. DEATH IS PEACEFUL. IT'S THE TRANSITION THAT'S TROUBLESOME.”
- Isaac Asimov

GRIEF CAN BE A ROLLER COASTER
Instead of a series of stages, we might also think of the grieving process as a roller coaster, full of ups and downs, highs and lows. Like many roller coasters, the ride tends to be rougher in the beginning, the lows may be deeper and longer. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after a loss, especially at special events such as a family wedding or the birth of a child, we may still experience a strong sense of grief. *Source: Hospice Foundation of America

Pike County Hospice would like to remind you that we all experience grief in our own way, and there is no right or wrong way to grieve. We invite you to join us at our next Bereavement Support Group. This group meets the first Monday of every month at 6:00 p.m. in our Community Conference Room (side entrance). The group is facilitated by our Hospice Chaplain and is open to the public.
What will WIC do for me?

WIC can help you in so many ways! We have a variety of products and services that we provide for our clients, and we are always happy to help you and your family.

WIC provides nutrition education for families and helps YOU promote a lifetime of health.

WIC helps you buy healthy food. We give you vouchers for good, nutritious foods including; fruits and vegetables, milk, eggs, beans, peanut butter, juice, and more.

WIC provides breastfeeding education and support. Breast milk is the perfect food for babies. Breastfeeding mothers receive extra food, such as fish and cheese, as a bonus reward for doing such a great job.

Breastfed babies also get more food- they get twice as much baby food and will also get infant meats as part of their WIC package!

WIC provides supplemental formula and food for your baby. Infant food packages include baby cereal, infant fruits and vegetables depending on the age of your baby.

WIC does growth assessment screenings! WIC will weigh and measure your child and give you peace of mind that they are growing correctly. We will also give you useful and personally tailored advice depending on what goals you want to achieve for you and your child. Help on such things as working through the picky eater stage is always appreciated! WIC can also help remind you about important things like when your children are due shots, or when a trip to the dentist is a good idea. WIC will refer your child to other services if requested or needed.

WIC loves children! Children love to read, color, and cook. These activities are important for children to develop and learn about healthy habits and nutritious foods. At your WIC visit your child may get a book to keep, recipe ideas, and maybe even a sticker too! All in support of making healthy choices for your family.

Does your family qualify?

CONTACT US FOR MORE INFORMATION!
573-324-2111

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The primary role of the public health nurse is to work within the community to support population health and deliver preventive health care services. With disease prevention and safety as a key goal, public health nursing professionals carry out a number of duties that can vary based on work environment. Some public health nurses travel to businesses to provide medical care or perform inspections. Others may work in schools or patient homes. We are especially thankful for our public health nurses and all they do for our community, and we hope you are too!

Recipe:

**Beef & Broccoli Buddha Bowls**

- In a small jar, combine garlic, ginger, sugar, soy sauce, and lime juice, then season with pepper and shake well.
- Over high heat, coat a medium skillet with canola oil. When the oil is nearly smoking, add the steak and cook, turning frequently, until cooked through, about 3 minutes per side.
- Reduce heat to medium, then add sauce to skillet and deglaze pan, then add broccoli.
- Season generously with salt and pepper, and let simmer for a few minutes.
- Meanwhile, slice steak into ½-inch slices. Divide rice between bowls, then add steak.
- When the broccoli is cooked through, add next to the steak and drizzle the sauce over both the steak and broccoli.
- Garnish with scallions and sesame seeds.

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DON'T WAIT FOR THE RIGHT OPPORTUNITY. CREATE IT.

- GEORGE BERNARD SHAW

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Recipe: Beef & Broccoli Buddha Bowls

Ingredients:
- 2 cloves garlic, grated
- 2" piece ginger, peeled and grated
- 2 tbsp. brown sugar
- 1/4 c. soy sauce
- Juice of 1 lime
- Kosher salt
- Freshly ground black pepper
- Canola oil, for sautéing
- 1 lb. flank steak
- 1 head broccoli florets
- 4 c. cooked brown rice
- 4 scallions, thinly sliced
- White and black sesame seeds

Directions:
1. Heat a large skillet over medium-high heat. Add canola oil and add sliced garlic and ginger. Sauté until fragrant.
2. Add flank steak to the skillet and sear until browned on all sides. Remove the steak from the skillet and set aside.
3. In the same skillet, add the broccoli florets and sauté until tender.
4. To the broccoli mixture, add the cooked rice and the sautéed steak. Season with salt and pepper to taste.
5. Serve immediately, garnished with sliced scallions and sesame seeds.

4 Servings - 30 min prep time
Ready in 50 min

Testimonial Time

“I received prenatal care and services from the WIC division at PCHD as well services and care for my son after he was born. I will be forever grateful that I was able to access these services and the care and compassion they showed my son and me.”
- Anonymous

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