We are excited to announce the promotion of Cori Sheppard, RN to Hospice Program Clinical Manager! Cori has been serving our agency as one of our amazing Home Health & Hospice RN Case Managers and she is excited about this new opportunity. A “huge heart” is something that all of our staff possesses, and Cori is no exception. Her passion for the hospice program is undeniable and her compassion for our patients and their families is unmeasurable.

“I look forward to working with our communities to ensure we are continuing to provide the best hospice services we can to them and their loved ones. We have an amazing program full of very passionate staff and I am excited to continue working alongside them to work on improving our program to make it better than it already is.

The process of choosing hospice care can be very overwhelming on families. In my new position, I look forward to being able to ensure that this process is as easy as possible, and that our patients and their families are as comfortable as possible. I believe effective communication is the key to the success of our hospice program which is why I encourage the public to contact me any time with any questions they may have. I am here for you, for your family, and for the community. Call me at 573-324-2111 ext. 130.”

The Law of Breastfeeding in Public

Our Breastfeeding Peer Counselor Leah Diffey was recently called to action when a breastfeeding mother was asked to cover up and move at the Vandalia City Pool. Leah contacted the city administrator after the occurrence and offered her services to clarify any misunderstanding about the breastfeeding law. She was then invited to speak at the full staff meeting to do so. Leah said “they were receptive of the information, there were great questions asked, and overall it was a good discussion concerning the law and the appropriate and respectful response to breastfeeding mothers in the future. The city administrator even made the comment that they should have this training on an annual basis.” If you would like more information about the breastfeeding law in Missouri, or would like to schedule a training at your facility, please contact Leah at our office 573-324-2111 ext. 136. Read more in our local papers.
Hospice is specialized type of care for those facing a life-limiting illness, their families and their caregivers.

- Hospice care addresses the patient’s physical, emotional, social and spiritual needs.
- Hospice care also helps the patient’s family caregivers.
- Hospice care takes place in the patient’s home or in a home-like setting.
- Hospice care concentrates on managing a patient’s pain and other symptoms so that the patient may live as comfortable as possible and make the most of the time that remains.
- Hospice care believes the quality of life to be as important as length of life.

Choosing to elect hospice care is an important decision that can greatly benefit the quality of life for a patient with a life-limiting illness in addition to proving support to a patient’s family during a difficult time.

**Myths about Hospice Care**

**Hospice is where you go when there is nothing more a doctor can do.**
Hospice is care designed for patients with a life-limiting illness. Hospice is not where you go to die, rather hospice professionals are trained to assist patients in living their lives fully, completely, and without pain until the end of their lives.

**To be eligible for hospice, I have to be in the final stages of dying.**
Hospice patients and families receive care for an unlimited amount of time, depending upon the course of the illness. There is no fixed limit on the amount of time a patient may continue to receive hospice services.

**Quality care at the end of life is very expensive.**
Medicare beneficiaries pay little or nothing for hospice. For those ineligible for Medicare, most insurance plans, HMO’s, and managed care plans cover hospice care.

**If I chose hospice care, I have to leave my home.**
Hospice care is provided wherever the patient may be: in their own home or a family member’s, a nursing home, or an assisted living facility. Hospice is also provided in in-patient units, VA Hospitals, and some correctional facilities.

**Families are not able to care for people with life limiting illnesses.**
Family members are encouraged, supported, and trained by hospice professionals to care for their loved ones. Hospice staff is on call to the patient and their families 24 hours a day, 7 days a week, to help family and friends care for their loved ones.

**Hospice care is only for cancer or AIDS patients.**
Fifty percent of hospice patients are diagnosed with conditions other than cancer or AIDS.

**Hospice is just for the elderly.**
Hospice is for anyone facing a life-limiting illness, regardless of age.

**After the patient’s death, hospice care ends.**
Bereavement services and grief support are available to family members for up to one year after the death of a patient.

For more information about Pike County Hospice please contact us at 573-324-2111 or www.pikecountyhospice.com
My name is Tracy Brookshier, I am the Marketing Coordinator for Pike County Health Department Home Health & Hospice, and the editor of this newsletter that you receive each month. I would like to take a moment to inform you on a couple of things, so thank you in advance for giving me a moment more of your time.

Lately I have been receiving calls and letters from some of you that you are receiving a duplicate newsletter or more. I recently learned there was a glitch in my software that caused some random duplications of some of the addresses on our mailing list. For those who have contacted me, Thank You! This will definitely save us on postage, as we all know is not cheap. If anymore of our readers find themselves with the same issue, please do not hesitate to reach out to me. You can reach me directly by calling 573-324-2111 ext. 140. Please make sure to list your name and address when leaving voicemails, or sending emails: tbrookshier@pikecountyhealth.org. My apologies go out to those who have been getting more newsletters than they prefer, I am hoping that I have the issue resolved now.

Lastly, I wanted to inform you that I am due with baby #2 soon. Which means, I will be taking some time off from work to care for the new bundle of joy! This also means that our monthly newsletter may either be of a much smaller version, or there is a chance that it could be put on hold until I return. I want our readers to be aware of this so there is no confusion; the September - November newsletters will be effected by this. I am trying my best to complete the newsletters before my leave, so wish me luck! Thank you for your continued support of our agency!

(A special thanks from my husband Steve and daughter Stevie Jane for your understanding as well!)

Sincerely,
Tracy Brookshier, Editor, Marketing Coordinator
**Classic Macaroni Salad**

- 4 cups uncooked elbow macaroni
- 2 cups mayonnaise
- 1/4 cup distilled white vinegar
- 2/3 cup white sugar
- 2 1/2 tablespoons yellow mustard
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1 large onion, chopped
- 2 stalks celery, chopped
- 1 green bell pepper, seeded and chopped
- 1/4 cup grated carrot (optional)
- 2 tablespoons chopped pimento peppers (optional)

20m Prep. 10m Cook. Ready in 4h30m

Want to Subscribe to the PCHD Newsletter? ITS FREE!
DIRECT MAIL OR EMAIL SUBSCRIPTIONS AVAILABLE
Contact Tracy Brookshier 573-324-2111 tbrookshier@pikecountyhealth.org

**Testimonial Time**

“My husband lived one half day in hospice care and then expired. What care he received, what I learned, and the support I have had since, has been excellent. I recommend you to everyone. God’s blessing to all. Love in Christ, Carlene Harpole”

**JULY EMPLOYEE & EVENT SPOTLIGHT**

**Happy Anniversary!** July 7th  Jennifer Andrew - WIC Coordinator

**Happy Anniversary!** July 7th  Kim Reul - Public Health Coordinator

**Happy Birthday!** July 7th  Carrie Waddell, Home Health & Hospice Coordinator LMA

**Happy 15th Anniversary!** July 7th  Jamie Anderson - WIC Coordinator

**Happy 3rd Anniversary!** July 7th  Jamie Anderson - WIC Coordinator

**Happy 26th Anniversary!** July 27th  Rhonda Stumbaugh - Administrator

**Happy Birthday!** July 28th  Sheila Storts - Billing Assistant

**Happy Birthday!** July 28th  Becky Carroll - Hospice Administrative Assistant

**Happy Birthday!** July 28th  Karen Davis - Public Health Assistant

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**Happy Birthday!** July 28th  Karen Davis - Public Health Assistant

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