What is Hospice Care?

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 providing support to a patient’s family during a difficult time. We are here to answer any questions you may have. Call us at 573-324-2111 or visit our website at www.pikecountyhospice.com.
Let’s talk about it.

What it means to be your only county-based hospice provider.

Being one of only FOUR county based hospice programs in the state of Missouri, our Hospice program is governed by the citizens of our community. These five board members are elected by you, and they willingly volunteer their time to ensure our programs are suiting what is best for the community.

“Pike County Hospice went above and beyond normal hospice care. You guys raise the bar for what to expect from hospice and home health care. Thank you for your service!”

– Kate & Steve Niemeyer

How does hospice care begin?

Typically, hospice care starts as soon as a formal request or a ‘referral’ is made by the patient’s doctor. One of our hospice representatives will be able to visit the patient within 48 hours of that referral, providing the visit meets the needs and schedule of the patient and family/primary caregiver.

Usually, hospice care is ready to begin within a day or two of the referral. However, in urgent situations, hospice services may begin sooner.

“I know I have said this before and I can’t say it enough how much of a blessing hospice was for our family. We are so happy and grateful to have had this organization in our community. Thank you all again and again for your great care and service.”

– Rebecca Wood

Bereavement Services:

Although with hospice care we offer specific bereavement services, we also understand grief is a difficult journey for everyone. So no matter what your grief, we invite the community to join us for our Bereavement Support Group held on the first Monday of each month at 6pm.

When is the right time to ask about hospice?

Now is the best time to learn more about hospice and ask questions about what to expect from hospice services. Although end-of-life care may be difficult to discuss, it is best for family members to share their wishes long before it becomes a concern. This can greatly reduce stress when the time for hospice is needed. By having these discussions in advance, patients are not forced into uncomfortable situations. Instead, patients can make an educated decision that includes the advice and input of family members and loved ones.

MYTH: Hospice means I’m going to die soon.

TRUTH:

Studies show exactly the opposite. Although hospice care neither hastens death nor prolongs life, patients with certain illnesses actually live somewhat longer with hospice care than those with the same illness who don’t choose hospice care. And regardless of the illness, patient/family satisfaction with services received are consistently higher when hospice is involved.

Is hospice available after hours?

Hospice care is available ‘on-call’ after the administrative office has closed, seven days a week, 24 hours a day. We always have a nurse available to respond to a call for help within minutes, if necessary. Under special circumstances, chaplains and social workers may be on-call as well.

“Pike County Hospice is an amazing service. Loved all of the workers and cannot say enough positive things about your agency.

We are so very fortunate to have this service in Pike County.”

– Sandy Scherder

MYTH: Hospice is giving up.

TRUTH:

Hospice is medical care toward the goal of comfort and dignity for someone whose life is drawing to a close. It is, in fact, the “something more” for someone who has been told nothing more can be done for them.

“Our hospice care experience was phenomenal. We are truly blessed to have a facility with such kind and dedicated employees in our area.”

– Michael W. Colbert

What role does the hospice volunteer serve?

Hospice volunteers are generally available to provide different types of support to patients and their loved ones including running errands, preparing light meals, staying with a patient to give family members a break, and lending emotional support and companionship to patients and family members.

“We were so happy to have a facility with such kind and dedicated employees in our area.”

– Michael W. Colbert

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COPING WITH SPECIAL DAYS AND HOLIDAYS

Holidays and special days can be challenging, even during the best of circumstances. They can stir up memories of the past, evoke powerful feelings, and lead us to compare our current life situation to the past or to an idealized version of life.

Dealing with a holiday or special day after the death or loss of a loved one can become even more difficult after the first year. Customary routines are often ended, never to be repeated in quite the same way. Holidays can again be significant, meaningful, and enjoyable – but, will be different.

Here are some tips:

• Get plenty of rest.
• Set reasonable expectations for yourself. Don’t try to do everything and see everyone.
• Be realistic about what can and cannot be done.
• Schedule brief breaks to be alone.
• Try to tell those around you what you really need so they will know how to help you. Ask for their understanding if you withdraw from an activity that doesn’t feel like a good idea to you.
• Acknowledge to yourself that the occasion may be painful at times.
• Let yourself feel whatever you feel.
• Express feelings in a way that is not hurtful.
• Don’t be afraid to rethink traditions. Keep in mind that traditions, even long standing ones can be changed and can be resumed.
• Limit your time – grief is emotionally and physically exhausting.
• Take time for yourself for relaxation and remembrance.
• Honor the memory of a loved one – give a gift or donation in his or her name, light a candle, display pictures, or share favorite stories with supportive people.
• Discuss ahead of time with family and/or friends what each person can do to make this time special. Share in responsibility and see what can be eliminated or included to keep it less stressful.
• If celebrating does not feel right, try volunteering this year.
• If there is a particular event that you are not looking forward to, discuss it with other participants ahead of time. What (if anything) can be done to change it?
• Remember, it is okay to laugh and enjoy yourself.
• If you want or need to, leave an event early.
• Make a shopping list ahead of time and shop on a day that is good for you.
• Propose a toast to your loved one and invite people to share memories.
• Give yourself permission to cut back on holiday decorations, preparations, and gift giving.
REGISTER ONLINE at GetMeRegistered.com or fill out this form and send to 1 Healthcare Place Bowling Green, MO 63334

Name: ____________________________________________ M/F: _____
Address: ____________________________________________________
City: ____________________________ State: ______ Zip: ___________
Phone: ______________________________________
Email: ______________________________________________________
DOB: ______________

I know that running/walking a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in the Turkey Trot including, but not limited to: falls, contact with other participants, the effects of weather, including low temperatures, high heat and/or humidity, and conditions of the trail and all other such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Pike County Health Department, Home Health & Hospice, the City of Bowling Green, all event sponsors, and their agents, all event volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, video tape recordings or any record of this event for legitimate purposes. If I am under the age of 16, I am provided with adult supervision.

Signature: _________________________________________________  Date: ______________

$25 per person
Get your FREE HOODIE when you register before October 31st!

Trophy awarded to fastest male, fastest female, and best TURKEY.
Proceeds go to benefit PCHD’s Public Health Initiatives.

Total amount for entry:  $__________
Additional donation:  $__________
Total amount enclosed:  $__________
*Checks payable to PCHD

(4)
4th Annual
VETERAN APPRECIATION FAIR
FRIDAY, NOV. 8, 2019 ★ 8:30AM

DOOR PRIZES, RAFFLES, GIVEAWAYS AND MUCH MORE!

8:30 a.m. Flag Dedication Ceremony
8:45 a.m. - 11:00 a.m. Free Breakfast & Veteran Resource Fair

A Free Community Event hosted by:
PIKE COUNTY HEALTH DEPARTMENT HOME HEALTH & HOSPICE
1 Healthcare Place, Bowling Green, MO 63334                573-324-2111
For more information or if you have veteran resources to offer:
Tracy Brookshier   tbrookshier@pikecountyhealth.org

DOOR PRIZES, RAFFLES, GIVEAWAYS AND MUCH MORE!

VETERANS SPEAKING TO VETERANS

Beginning in October 2019...
1st & 2nd Wednesdays 10AM @ YMCA
Board Room
Twin Pike Family YMCA
614 Kelly Lane, Louisiana, MO 63353
Karma Gaw: 573-470-0328

3rd & 4th Wednesdays 10AM @ PCHD
Community Conference Room (Side Entrance)
Pike County Health Department Home Health & Hospice
1 Healthcare Place, Bowling Green, MO 63334
Cori Sheppard: 573-324-2111 ext.130

ALL VETERANS WELCOME

Twin Pike Family YMCA & Pike County Home Health & Hospice proudly partner to provide a monthly gathering space free of charge for Veterans to speak freely and communicate with other Veterans.

CAMP HORIZON
Healing is a new dawn away...
Bereavement Mini-Camp for our Youth

Friday, November 15th
5:30 pm - 7:30 pm
Ages 4-17 with guardian
Pike County Health Department, Home Health & Hospice
1 Healthcare Place - Bowling Green, MO 63334

Pike County Hospice & The Home Care & Hospice Foundation of Pike County would like to invite you to Camp Horizon.
A time to gather and reflect on loved ones who are facing a terminal illness or have passed. Children and teens will learn healthy ways to cope, while enjoying crafts, snacks and more. Our overall mission is to support our community in their grieving process.
- Free to the public -
- Guardians must be present -
- PLEASE RSVP, Walk-in’s are also welcome while supplies last -

Please RSVP by Friday, November 8th to Cori Sheppard or Carrie Wells at 573-324-2111

This event is proudly sponsored by:

Cookies & Cocoa with Santa!

Saturday
December 7th, 2019
Pike County Health Dept. Home Health & Hospice
1 Healthcare Place, Bowling Green, MO

Pictures with Santa & his LIVE Reindeer
Cookies & Chocolate Milk
Pajamas Encouraged
Letters to Santa
Raffles & Gifts
Lots of Fun!
Coming Soon to PCHD...

Clarity Healthcare

DENTAL SERVICES

X-Rays & Exams
Cleanings
Deep Cleanings
Sealants
Fillings
Extractions

Accepting Medicaid & Un-Insured Patients

clarity-healthcare.org/dental

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Bereavement Support Group

We aim to assist people in learning to live with this “new normal” by providing a safe space in which to explore grief in whatever ways that works best for the person.

Open to the public
Free of charge
First Monday of every month at 6:00 p.m.
Pike County Health Dept. Home Health & Hospice
1 Healthcare Place, Bowling Green, MO 63334
Community Conference Room (side entrance)

“At Pike County Hospice we know that everyone must deal with grief and bereavement, but we also believe you do not have to do it alone. It is our honor and joy to help in the time of struggled questioning.”

-- Brother Don Amelung, Hospice Chaplain

For more information please contact our office 573-324-2111 or visit our website pikecountyhospice.com

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Frequently Asked Questions about Hospice Care

Can I be cared for by hospice if I reside in a nursing facility or other type of long-term care facility?

Hospice services can be provided to a terminally ill person wherever they live. This means a patient living in a nursing facility or long-term care facility can receive specialized visits from hospice nurses, home health aides, chaplains, social workers, and volunteers, in addition to other care and services provided by the nursing facility. Our team and the nursing home will have a written agreement in place in order for the hospice to serve residents of the facility.

If you have more questions regarding hospice care please call us at 324-2111
If using fresh corn, cut corn from cobs; set aside. Lightly coat a 2-quart square baking dish with cooking spray; set aside. Heat oil in a large skillet over medium heat. Add onion; cook for 3 to 4 minutes or until the onion is tender, stirring occasionally. Stir in the corn. Cook and stir for 2 minutes more. Remove from heat; cool slightly.

Toss together bread, chile peppers, and the corn mixture in a large bowl. Combine milk and egg substitute in a medium bowl; add to the bread mixture. Transfer to the prepared baking dish. Cover with foil and chill for 2 to 24 hours.

Preheat oven to 350°F. Bake, uncovered, for about 45 minutes or until lightly browned and set in center. Let stand on a wire rack for 10 minutes before serving.

Tip: Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.
Recipe: "Corn-on-the-Cob Pudding"

**Ingredients**
- 3 ears fresh sweet corn or 1½ cups frozen whole kernel corn, thawed
- 1 tablespoon olive oil
- 1 cup finely chopped onion
- 12 ounces country-style Italian bread, cut into 1-inch pieces (6 cups)
- 2-3 fresh jalapeño chile peppers, seeded and finely chopped
- 2 cups fat-free milk
- 1 cup egg substitute

30 minute prep time
Ready in 3 hours and 25 minutes

Recipe courtesy of Diabetic Living Magazine.

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**EMPLOYEE & EVENT SPOTLIGHT**

Happy 4th Anniversary!
November 2nd
Rolando Vazquez
Licensed Clinical Social Worker

Happy Birthday!
November 11th
Stefanie Davis
Environmental Specialist & Emergency Planner

Happy 6th Anniversary!
November 13th
Leah Diffey
Breastfeeding Peer Counselor

Happy 13th Anniversary!
November 20th
Jennifer Schumacher
Administrative Assistant & Event Coordinator

Happy 5th Anniversary!
November 25th
Jessica Cunningham
WIC Certifier & LPN

Happy Birthday!
November 26th
Judy Ray
Certified Aid & Receptionist

Happy Birthday!
November 27th
Jeannie Stuckey
QAPI & Infection Control Coordinator

Happy 6th Anniversary!
December 2nd
Danielle Freie
Walk-In Clinic Nurse

Happy Birthday!
December 17th
Tracy Brookshier
Marketing Coordinator

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**GET IN ON SOME AWESOME RAFFLES!**

We sell raffle tickets at our office for our foundation as well as community organizations that we are involved in.

**The Home Care & Hospice Foundation of Pike County:**
1) 2019 Polaris Ranger 500 UTV. $10/each or 3 for $25
2) 22LR Lever Action Rifle. $1/1, 6/$5, 25/$20

**The Bowling Green Chamber of Commerce**
1) $500 Gift Card to Woods Smoked Meats and a 7 cubic ft. deep freeze. 1/5/$ or 5/$20

**The Bowling Green Rotary Club**
*No current raffles at this time - stay tuned!*

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**DHSS ANNOUNCES MISSOURI E-WIC CARD COMING SPRING 2020.**

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is offering families a new way to shop for WIC-approved food using an electronic benefit transfer (EBT) card, eWIC.

Families participating in WIC in Audrain, Boone, Callaway, Cole, Cooper, Howard, Miller, Moniteau and Osage counties will be the first to use the new eWIC card beginning on October 2, 2019. Statewide rollout of eWIC will be completed in April 2020. Currently, participants of Missouri WIC, a program administered by the Missouri Department of Health and Senior Services, use paper vouchers to buy nutritious WIC-approved food. The new eWIC card will decrease time at the checkout, provide flexibility to purchase WIC-approved food as needed and provide all household benefits on one card.

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**E-WIC**

**COMING SOON**

**Home Care & Hospice Foundation of Pike County**

Find us on these Social Media Platforms!

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**Home Care & Hospice Foundation of Pike County**

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

Find us on these Social Media Platforms!

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www.pikecountyhealth.org
facebook@bgpchd

Home Care & Hospice Foundation of Pike County

The Home Care & Hospice Foundation was created to assist our not-for-profit Home Health & Hospice Programs. Without the support from our community we would not be able to offer the exceptional services we offer today. We now offer online donations from our website at www.pikecountyhospice.com