

HOSPICE

Spring/Summer 2011

Living



Grief: When Your World
Changes

Protecting the Identity of
Deceased Loved Ones

Something to Give: A Personal
Story from The Caring House



A free publication of
HOSPICE FAMILY CARE
www.hospicefamilycare.org

Did you know? Hospice Family Care Offers Many Free Community Resources

As the only nonprofit hospice serving Madison County, Hospice Family Care offers many programs free of charge to the community. Please contact us if you are interested in more information on the following:

Group Speakers

Representatives are available to speak to civic or church groups in our community, free of charge. There is a wide variety of topics available and we are always interested in special requests, in order to best meet the needs of each group. Please contact the HFC Public Relations Director at (256) 650-1212.

Online Resources

Visit www.hospicefamilycare.org for comprehensive information on hospice, bereavement and caregiver services. Also, the “resources” page has links to many different organizations with information on many different topics. In addition to the website, Hospice Family Care is also on Facebook, where we post information and news articles for all of our fans. Please join us at www.facebook.com/hospicefamilycare.

Bereavement Programs

Grief and bereavement programs for adults and children are open to anyone in Madison County. Services are not limited to those served by our hospice agency. Groups meet at Hospice Family Care and are free of charge.

Caregiver's Support Group

The Caregiver's Support Group meets weekly on Thursdays at 1 p.m. at Hospice Family Care. This group is for anyone in Madison County providing care for a loved one.

Subscribe to Hospice Living

Hospice Living is a free publication distributed by Hospice Family Care twice per year. If you would like to be added to our mailing list, please call us at (256) 650-1212 or visit the “Contact Us” section of our website: www.hospicefamilycare.org. (We do not sell our subscriber list to any third party, and we will only use it for intended purposes at Hospice Family Care.)



Each day is a gift.

Reading to your granddaughter about Prince Charming may seem like a run-of-the-mill moment, yet these are the times that help make the final days of a person diagnosed with a terminal illness so meaningful. At Hospice Family Care, we believe no one should die alone and our mission is to guide, comfort, support and connect both patients and families during these difficult, yet precious last days. Our hospice-certified, physician-led team consists of doctors and nurses who are experts in pain and symptom management with the goal of increasing the patient's quality of life. To learn more about our in-home medical care, support programs and the needs of patients, please call or visit our website.

ALL HOSPICES ARE NOT THE SAME.

Hospice Family Care is Madison County's only not-for-profit hospice provider and was one of the first hospices to open in the United States. We are here for your family when you need us and will support and guide you through each step of your journey.



(256) 650-1212 • 3304 Westmill Drive
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Living

There is only one
Hospice Family Care.

Did you know that there are many hospice programs in Madison County and we are all independent from one another?

Some hospice programs operate as “for-profit” organizations, while Hospice Family Care is a not-for-profit agency. And although all hospice programs specialize in care for the terminally-ill, the quality of care and type of services can differ widely among hospice care providers.

As a healthcare consumer, in most cases, you have a choice of hospice programs from which to receive services.

There is only one Hospice Family Care. We hope you’ll choose us and/or recommend us, should you or a family member ever need assistance.

Ask for us by name...Hospice Family Care.

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A Message From the Chairman

*Peggy L. Galloway, RN, BSHCA, MHSA, NE-BC
Chairman, Board of Directors, Hospice Family Care*

As the Chairman of the Board of Directors for Hospice Family Care, Inc., the only not-for-profit hospice organization in Madison County, I would to take this opportunity to share with our readers some of the opportunities and challenges of serving on this active and very involved Board of Directors. Hospice Family Care has a Governing Board of Directors of eighteen (18) current and retired community business and professional leaders, and healthcare professionals. All are volunteers who devote many hours of their time, as well as financial and in-kind support to this wonderful organization.

The Board of Directors provides oversight to assure that the organization meets the needs of the Hospice Family Care patients and families in compliance with Local, State and Federal requirements and Standards of Practice guidelines. The Board has the responsibility for the oversight of the internal affairs of the corporation, including matters relating to the Corporation, the Corporation's budget, and the Policies and Procedures of the organization. In addition, the Board of Directors is responsible for the establishment of a program of service to carry out the objectives of the Corporation,

and appointing agents and representatives of the Corporation with powers to perform acts or duties on behalf of the Corporation, as the Board of Directors may see fit, including selecting and employing a President/CEO to conduct the day to day operations of the organization.

The qualified and dedicated staff of Hospice Family Care always goes the extra mile to assure that our patients and families are provided the highest quality care, whether the services are provided in the home, in a facility, or in our wonderful bereavement programs through support groups or the Caring House, a grief program for children. In addition, the Pet Therapy and Music Therapy Programs are unique programs that we provide at Hospice Family Care for our patients and families.

As the CEO of a large Visiting Nurse Association in Pennsylvania, I developed a Medicare certified hospice program, which became one of the first Medicare hospices in the state. Since that time, I have been committed to assuring the highest quality care for hospice patients, whether it was as Director of Education of a national healthcare organization, as a Medicare and

Accreditation auditor, or as a volunteer with Hospice Family Care.

It is an honor to serve on this wonderful board with members selected for their leadership skills, expertise and compassion for the hospice patients and family. If you are interested in serving as a volunteer for Hospice Family Care, please contact us so that you can be scheduled for orientation and training. We are always looking for wonderful volunteers. I have been a Hospice Family Care volunteer for 10 years and it has been, and continues to be, a rewarding experience.

With gratitude to those who support this wonderful organization and with hope and promise for a vision for the future, we appreciate all who share their time and talents with Hospice Family Care.

A handwritten signature in cursive script that reads "Peggy L. Galloway". The ink is dark and the signature is fluid and personal.



Grief: When Your World Changes

By: *Ginny Langbehn*
Public Relations Director, Hospice Family Care

The author and her father, John, in March, 2008

I have worked at Hospice Family Care since 2005 and over the years, I have learned a lot about helping families deal with illness, death and grief. However, I discovered recently that despite dispensing this advice for years, I truly never understood what it was like to walk that road myself.

My father died unexpectedly from cardiac arrest on March 13, 2010. While this experience may be different than that of families that witness the decline of a terminally-ill loved one over many months, the ultimate loss is the same.

My family had enjoyed a birthday celebration with an evening out together and my father died that night after returning home and getting ready for bed. Our family is exceptionally close and my two sisters and I have always been "Daddy's girls." To say our world changed in an instant is a gross understatement. In the days, weeks and months that followed, I learned so much about the grief process that, until that point, I had only really "talked" about.

My observations about my own grief process are most likely not groundbreaking or vastly different than most of the bereavement resources you will find. But, even as I am surrounded on a daily basis with coworkers and families who are dealing with death,

some of the things I learned in my own private situation were surprising to me. I would like to share with you some of those lessons:

1) No matter how "tough" you (and others) may think you are, the gut-wrenching loss of a loved one can bring you to your knees. It truly felt like swimming in quicksand. Time didn't feel normal and, despite being a very organized and punctual person, I was late for almost every appointment for the first few weeks.

2) Don't refuse kind gestures of your friends and family as they try to support you. If someone wants to pay to fill up your car with gas, let them. If they want to cook for you or bring you food every day for a week, let them. In hindsight, I see how much these "little" things helped me keep one foot moving in front of the other during the blur of that first week. At times, I vehemently begged to just be "left alone," but those that loved me the most didn't let that happen. I see now that wouldn't have been the best approach and appreciate their persistence beyond words.

3) If you must repeat it over and over to yourself, remember... everyone grieves differently. One of the more challenging hurdles our family faced was accepting that we all had a different relationship with Dad, and we all have very different personalities, so each one of us processed the situation

very differently. Just remember, everyone is entitled to their own grief process, even as different as it may be from yours. It's ok to cry... and ok not to cry. It's also ok to laugh!

4) As time passes, accept that things have changed. Some family members will insist on keeping traditions "the same" and others want nothing more than to make everything radically different. Be realistic about your own boundaries and understand how each option will make you feel. Support each other in how you all handle those emotions. Holidays and family get-togethers can be especially painful without your loved one there anymore.

5) Don't push yourself. When you are grieving, understand the profound effects it can have on your diet, sleep, thoughts, productivity, etc., and cut yourself some slack. Things will improve with some time; don't rush yourself.

My father meant the world to us. While we all continue to miss him every day, going through this has helped me learn so much about myself, my friends, and others in my family. It has also given me a new perspective and new depth to my words when working with our hospice families. Even in death, it seems my dad is still teaching me valuable life lessons.

Hospice News



Now Accepting Online Donations

*By: Greg Martin, MS, HACP
President, Hospice Family Care*

I am constantly inspired by grateful messages and notes we receive from time to time accompanied by a generous contribution that speaks directly to the quality and compassion of our staff and volunteers. Even in the face of great sorrow, and with much on their minds, families who used our services want to ensure that others in need will be able to access the same care when they need it.

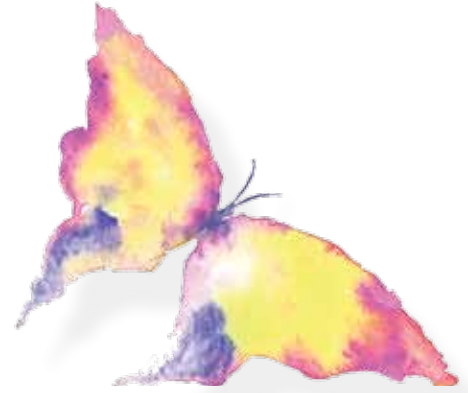
As you can imagine each year becomes more challenging for us. The need for indigent and subsidized care has risen dramatically as families struggle with the loss of income and health benefits due their terminal illness. We continue to do our best to accommodate their critical needs, but we cannot do it alone.

I am excited to inform you that we listened to your feedback. You informed us that the agency needs to make the process of giving easier. Therefore, we implemented a new feature on our website that allows us to accept online donations. Visit www.hospicefamilycare.org to explore the new options. Please note that donation forms to print and mail will continue to be available as well.

We are deeply grateful that despite difficult times for everyone, our loyal donors, people like you, have reaffirmed the value of Hospice Family Care by continuing to support our work.

Every gift we receive directly supports programs that help the most fragile. Honor a loved one by donating in their memory.

Thank you so much for your past support. Now, more than ever, our community will benefit from your help again!



Hospice Family Care is on Facebook



Today, there are more than 500 million people using Facebook, so Hospice Family Care decided to join them! Visit <http://www.facebook.com/HospiceFamilyCare> and “Like” us. We regularly post exciting news, events and pictures. Help us spread the word and share with your friends!

Many Thanks to the Madison Women’s Club

Hospice Family Care would like to extend warmest gratitude to the Madison Women’s Club for its continued support of our agency. For many years, this group has organized and hosted many fundraising initiatives in Madison that benefit HFC. We are grateful for their dedication to the nonprofit hospice mission. Thank you!

Hospice News

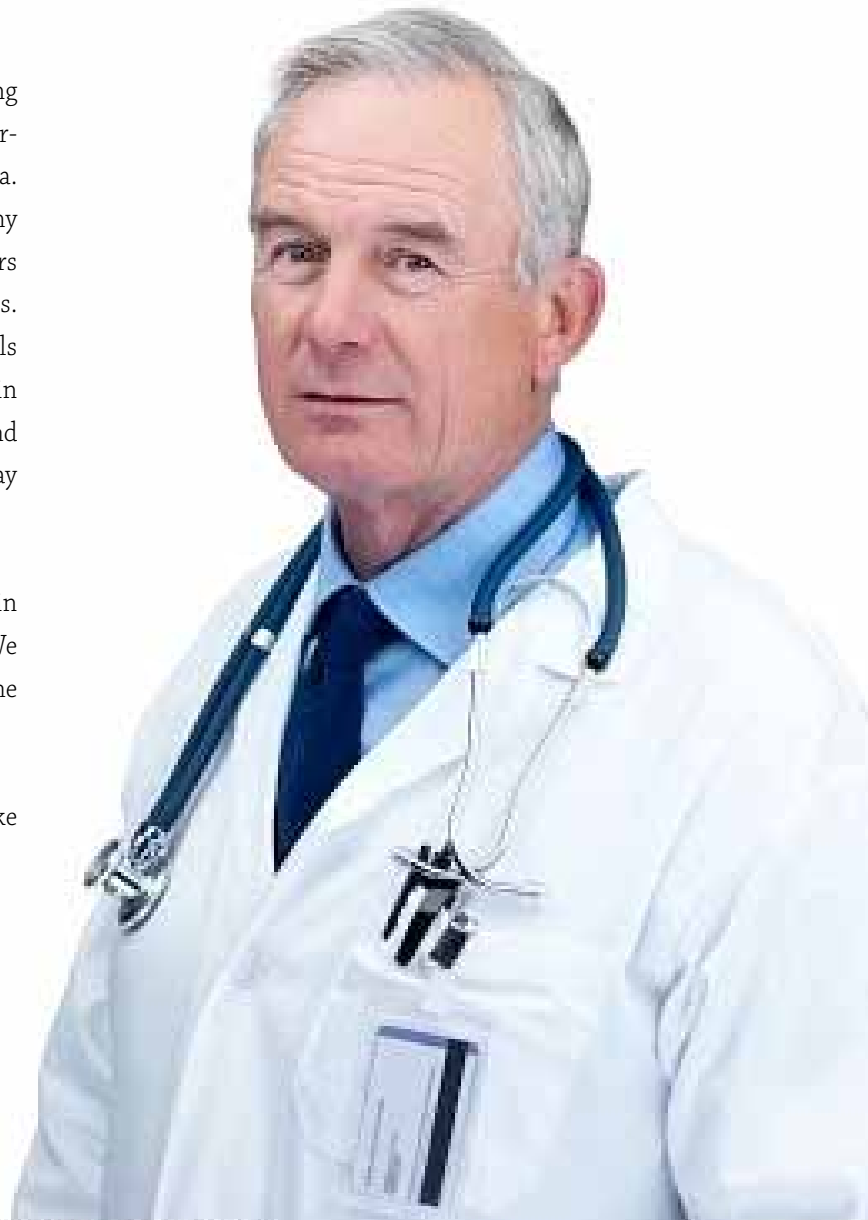
Your Doctor Wants to Know

One of the most meaningful acknowledgements that you could offer our agency is to communicate your personal experience with Hospice Family Care to your physician. We are very fortunate and receive many positive letters and cards from families for whom we've cared. We would like to take that one step further and ask that you communicate this to your physician as well. Reinforcing a positive experience with our agency to your doctor sends a tremendously powerful message. It expresses to them that their choice of hospice provider really does make a difference.

There are currently sixteen hospice providers serving Madison County. Hospice Family Care is the only not-for-profit provider and is the original hospice serving the area. We have cultivated long-standing relationships with many physicians in this community, but there are still practitioners that are unaware of the differences among hospice agencies. Hospice Family Care depends on relationships and referrals from local physicians in order to continue serving families in this community. These relationships are built on trust and experience working together to care for each family, one day at a time.

You can help us make a difference for other families in Madison County by calling or writing to your physician. We need your help to continue spreading the word about the mission of Hospice Family Care.

Thank you for your support! Remember, your story will make a difference!



An Apple A Day

We all know the saying “An apple a day keeps the doctor away...” but news reports are full of cutting-edge results from the latest studies in many different areas. Many of these breakthroughs have made a tremendous difference on our way of life. Here are some health tips that have been compiled from recent issues of Prevention magazine.

In a recent study, children with a stomach bug who had a teaspoon of honey in their drinks experienced 40% less vomiting and diarrhea, and recovered a full day sooner, than those who didn't eat the honey. The microbial properties wipe out infection-causing bacteria and speed healing, and adults would likely reap the same benefits.

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Watch out for “bad carbs” when trying to lose weight. Refined carbohydrates and starches cause spikes in blood sugar and insulin levels, which may cause the body to store the calories as fat, instead of using it for energy. Try some of the following simple substitutes to help stop the “fat cycle.” Instead of mashed potatoes, try mashed cauliflower. Try spaghetti squash and baked apples instead of spaghetti noodles and apple pie. Substitute a whole orange for orange juice or try peanuts instead of potato chips.

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“Smell” younger? A recent study by the Smell and Taste Treatment and Research Foundation shows that women wearing a grapefruit-scented fragrance were perceived by men as being an average of 6 years younger. Foundation director, Alan Hirsch, MD theorizes that because citrus scents boost your mind, feeling happy may make men look at some women as being younger.

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A year-long study at Washington University of overweight 50- and 60-year olds shows that brisk walking may actually reverse the aging of the heart. Those who walked about 45 to 60 minutes per day at a brisk pace lost an average of 22 pounds and had hearts that pumped blood and nutrients as efficiently as people in their 30s and 40s.

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For those battling dandruff, a recent study shows that regular conditioners can rinse away up to 70% of the active ingredient in dandruff-control shampoos. Experts advise using a conditioner that also contains pyrithione zinc (PTZ) because in clinical studies, combining a PTZ-containing shampoo and conditioner controls dandruff symptoms 50% more than using shampoo alone.





Protecting the Identity of Deceased Loved Ones

*By: Ginny Langbehn
Public Relations Director,
Hospice Family Care*

Identity theft has become one of the fastest growing crimes in the United States. Statistics from the Federal Trade Commission suggest that almost 9 million Americans have their identity stolen each year. It is a very serious crime with far-reaching financial consequences for many families.

Even in death, people are not safe from this crime. In fact, criminals may prefer to steal the personal information of the deceased because the crime may go undetected longer than stealing the identity of someone living.

There are ways to protect yourself and the assets of deceased loved ones. Sharing information with appropriate agencies and notifying them of the death of the account holder provides the best protection against these crimes. Here are some tips families can use to protect the identity of their loved one:

1. Do not include birth dates or personal address in the obituary.
2. Promptly call the Social Security Administration (1-800-772-1212) and other financial institutions, including credit card companies, mortgage companies, lien holders, stock brokers and insurance companies to notify them of the person's death.
3. Check mail and do not let it accumulate in the mailbox.
4. Cancel the person's driver's license.
5. Send copies of the death certificate to the three major credit reporting agencies and request a deceased alert be put on the credit report.
6. Periodically request the free annual credit report from each bureau at www.annualcreditreport.com (Please note

that this is the ONLY legitimate site for the free credit report. There are many imposters that will try to sell consumers the information.)

Following these tips is still not a perfect guarantee against identity theft, but the chances are greatly reduced when these steps are taken. In the event fraudulent activity is discovered, the most important factor for a speedy resolution is having kept good records of all communications with various agencies – including dates, names and phone numbers – and having original copies of the death certificate. For more information from the Federal Trade Commission about identity theft, visit

www.ftc.gov/bcp/edu/microsites/idtheft/

The mailing addresses of the three major credit reporting agencies are:

*Equifax
P.O. Box 150139
Atlanta, GA 30348*

*Experian
P.O. Box 9701
Allen, TN 75013*

*TransUnion
P.O. Box 6790
Fullerton, CA 92834*

Something to Give: A Personal Story from The Caring House

By: Alanis Craig

The Caring House is the grief program for children and teens ages 3-18 in this community. Services are provided free of charge to any grieving child in Madison County.

At a teenager now, Alanis Craig, whose mother died when she was 8, wrote her personal story about her experience in The Caring House. Here is her story:

At the age of eight, my mother died. And, at nine that incident led me to the Caring House. Or rather, it led my grandmother to take me there. At the time I did not believe I needed the help, however, the volunteers and counselors offered a nice reprieve from the confusion that had become my life. Being taken from the life I was accustomed to and then tossed without warning into another, it was really disorientating. The people at the Caring House never pushed me to talk if I didn't want to. They never forced me to join any activity or game. They understood that I wasn't really open to do things like that yet. I did talk to them and I joined activities over time. Before I knew it, I came to really enjoy my time with the men and women that worked there. One lady, Kelsia, even asked me to help with the orientation of new members.

As time went on, I grew apart from the Caring House. I had just started middle school and I wanted more time to concentrate on what was going on with my friends and I wanted to join clubs and other activities the school offered. I stopped coming for groups and attending their get-togethers. I stopped helping with orientation. It wasn't until two years later that the thought struck me. The Caring House had helped me and my grandmother so much; I felt I really owed them something. When I think of all the children like me who depend on the Caring House for support, I can't help but want to give back to the Hospice Family Care. A month before school let out I badgered my grandmother to call Kelsia. Grandma had warned me that since I was so young – only fourteen – that they may not want my help. It took a lot of

begging and more than my fair share of housework for bribes, but my persistence finally paid off. Grandma finally contacted Kelsia, two months from the first time I asked her to.

One meeting and several missed phone calls later, I was set to volunteer at the Caring House on Mondays, Wednesdays, and Fridays from eight to twelve. I soon found that there was always something going on. There was always an event coming up or papers to be filed, rooms to be organized, envelopes to address, and flyers to be typed. Really, there wasn't a dull moment. Even though I was constantly busy doing one thing or another, it was a nice feeling to know that I was doing something that they really needed to get done, and that they trusted me to do it.

Working there this summer has been a privilege. I really loved that I was doing something for The Caring House. I was glad I could give something back, even if it was only my time and effort. And I know there wasn't anything I'd have rather been doing than working for the Caring House. I will definitely come back to volunteer again next summer.



The Caring House

Grief and Bereavement Services for Children and Teens

The Caring House provides a safe place for youth ages 3-18 and their families to cope with the death of a loved one and share their grief experiences with others. Services are available free of charge for any child in Madison County that has experienced a loss.

To request a telephone consultation for The Caring House program, or to arrange a tour and orientation, please call (256) 650-1212

A program of
HOSPICE FAMILY CARE

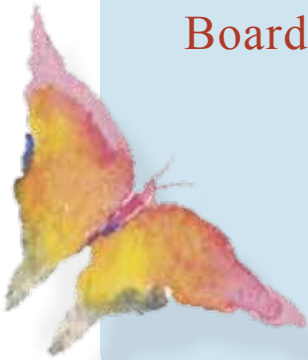
Mission Statement

Hospice Family Care is committed to caring for individuals touched by life-threatening illness, grief and loss. We believe that all individuals have the right to compassionate, quality end-of-life care.



Board of Directors

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Cooking with Hospice

As the weather warms up again, it's time to enjoy the lighter side of eating! This salad is a delicious pairing of sweet, salty and tangy. It makes a great side dish for steaks, chicken or fish.

Bacon and Spinach Salad with Cider Vinaigrette (Yields 4 servings)

Ingredients:

1 cup apple cider	¼ teaspoon salt
2 tsp. sugar	¼ teaspoon ground black pepper
4 slices center-cut bacon	1 ½ cups thinly sliced Granny Smith apple (about 1)
¼ cup chopped sweet Vidalia onion	1/3 cup thinly sliced red onion
1 Tbsp. cider vinegar	1– 6 oz. package fresh baby spinach

Directions:

Combine cider and sugar in a small saucepan over medium-high heat. Bring to a boil; cook until reduced to 1/4 cup (about 9 minutes). Remove from heat.

Cook bacon in a small nonstick skillet over medium-high heat until crisp. Remove bacon from pan, reserving 1 tsp. drippings in pan; set bacon aside on paper towels to absorb excess grease.

Add chopped onion to drippings in pan; sauté 1 minute. Remove pan from heat; stir in cider mixture, cider vinegar, salt, and black pepper.

Crumble reserved bacon. Combine bacon, Granny Smith apple, red onion, and spinach in a large bowl.

Drizzle cider mixture over spinach mixture; toss gently to coat.

Memorials, Donations & Gifts

Received from July 7 through December 31, 2010

Aerojet	Mr And Mrs Ronald E Brown	Beverly Dodd	Mr & Mrs William H. Goodson, Jr. M.D.
Alabama Pain Center	George & Sara Brown	William & Patricia Doty	Jeffrey And Cassandra Gorham
Rachel & Jonathan Albert	David & Carolyn Brown	James & Lu Downey	Robert Buck Goyer
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Richard & Peggy Allen	Richard & Harriet Bruno	William & Ruby Drummond	Mitchell & Sherry Grant
Allstate Giving Campaign	Charles Or Carole Bryant	Bill & Juanita Dukes	Rose Grasson
American Express	Bryant Bank	Mrs. Susan Dunbar	Jerry Or Sharon Gregg
American Express	Betty Bullock	Shanon & Sue Dunlap	J.C. Gregory
American Legion Auxiliary 237	Roy & Carolyn Bulman	Cheryl Dunn	H.L. & J.P. Griffith, Jr.
Jack Or Louise Amos	Richard & Sharon Burch	Susan Duvall	Thomas & Dale Griggs
Jean H. Anderson	Karen & Thomas Butler	Bethany Dyer	Carol & Phillip Grimm
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Women Local Treasurer Asbury	G. Carr	Merphis & Mona Ellis	Rafik Habib
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Huntsville Music Study Club	Edward or Caffey Litkenhaus	Verna Morrow	Jon & Regina Randel
Huntsville Park Baptist Church	John A. Logan	Lipmon & Patricia Moy	Redstone Federal Credit Union
A.L. & S.T. Ingram	Clarence & Theresa Longcor	Dean & Martiel Mullis	Edwin & Catherine Reed
Betsy Ingram	Linda & Ernie Lopez	Lynda T. Murchison	David Or Meighan Reese
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Hospice Facts: Know Them Before You Need Them

*By: Ginny Langbehn
Public Relations Director,
Hospice Family Care*

Hospice care has become an increasingly popular choice among those dealing with terminal illnesses in this country. Since 1974, hospice care in the United States has developed into a well-established and respected philosophy in the healthcare spectrum.

Essentially, hospice care is switching from aggressive curative treatment to palliative treatment. Palliative treatment is the focus on pain and symptom management, in order to increase quality of life for patients with life-limiting diseases.

Hospice is a team-based approach to healthcare that is focused on the whole person, rather than just the disease. Services also include comprehensive support for the family and caregivers. The hospice team usually consists of a physician, nurse, medical social worker, hospice aide, chaplain, volunteers and bereavement staff. Hospice services are generally provided in-home, whether it is a private residence, nursing home or assisted living facility.

Eligibility requirements for hospice care are set by Medicare at a federal level and do not differ among providers. To receive hospice services, a patient's predicted life expectancy

must be six months or less and must be certified by a physician. A patient must also not be seeking curative treatment for his/her illness, instead opting for comprehensive symptom management and support services as the disease progresses. Emphasis is placed on quality of life and helping the patient and family make the most of their remaining time together.

Medicare, Medicaid and some private insurance companies provide coverage for hospice care. Specific private insurance plans may vary, but Medicare reimburses hospices on a per diem (per day) basis and the hospice pays for the following services, when related to a terminal diagnosis: physicians' services, nursing care, medical equipment in the home (beds, oxygen, etc.), medication for symptom management and pain relief, short-term acute inpatient care, hospice aide services, social services, physical therapy and/or occupational therapy when necessary, and dietary and spiritual counseling. Nonprofit hospices generally do not require out-of-pocket payments for these services, but privately-owned "for-profit" groups may. Charges may include co-payments on medication and equipment or for costlier services not fully covered by the Medicare reimbursement.

To avoid unanticipated expenses, it is imperative to check all financial agreements with a provider before choosing services.

Hospice services are available in Medicare-defined benefit periods. A beneficiary may elect hospice care for two 90-periods, followed by unlimited 60-day periods. Benefit periods may be used consecutively or at intervals. A patient may choose to change hospice programs once during each benefit period, if necessary. He/she may also choose to cancel hospice services at any time and return to standard Medicare coverage, then later re-elect the hospice benefit during the next benefit period. (Any days for hospice coverage left in the benefit period at the time of cancellation are forfeited.)

Hospice care is a comprehensive program, but is often underutilized due to lack of understanding about services available and how they are covered by insurance. For more information regarding Medicare coverage, visit <http://www.medicare.gov/publications/Pubs/pdf/02154.pdf>. There are also many resources available online regarding services and differences among the many providers in each community. Please visit www.hospicefamilycare.org to find out more about nonprofit hospice care in Madison County.