



Embracing Life

St. Luke's Hospice

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A monthly publication

November 2010

Upcoming Events

Next Steps

A free support group for adults who have lost a loved one.

Specific topics are presented each month and attendees have the opportunity to share their thoughts in a safe, comforting environment with their peers. Registration is not required.

St. Luke's Hospice

Fourth Tuesday of every month from 6:30 - 7:30 p.m.

November Topic:

"Guilt and Regret After a Loss"

December Topic:

"Cultivating Support After a Loss"

Grief Journey

An eight-week curriculum-based support group that shares helpful bereavement information and is facilitated by Hospice social workers. There is no cost to attend. There is a minimum of five attendees required.

Winter Session:

Meets eight Saturdays, January 8 - February 26 from 9:30 - 11 a.m. at St. Luke's Hospice

"Let there be more joy and laughter in your living."

- Eileen Caddy

St. Luke's Hospice

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stlukescr.org

Celebrating National Hospice and Palliative Care Month Care Helps Patients and Families Focus on Living

Hospice and palliative care helps patients and families focus on living life to the fullest. This is the message that St. Luke's is sharing with the community during National Hospice and Palliative Care Month. However, this message lasts beyond the month of November and is important year round.

"With the help of the hospice or palliative care teams, patients and families alike can focus on what's most important – enjoying life together and living to their fullest," said James Bell, MD, St. Luke's Hospice and Palliative Care medical director.

Every November hospices across the country reach out to raise awareness of the compassionate, comprehensive care that hospice and palliative care provide those coping with serious and life-limiting illness. Both care teams give expert medical, emotional, social and spiritual support to patients and their loved ones. On the journey patients and families take, hospice and palliative care teams answers questions, offers advice on what to expect and helps families with the duties of being a caregiver.

"There's an inaccurate perception among the American public that hospice means you've given up," said J. Donald Schumacher, president and CEO of the National Hospice and Palliative Care Organization. "Those of us who have worked in the field have seen firsthand how hospice and palliative care can improve the quality of life. And there's a growing body of research showing that hospice and palliative care may prolong the lives of some people who receive care."

For more information about hospice or palliative care, and how they can help your family, contact St. Luke's Hospice at 319/369-7744 or visit stlukescr.org/hospice. Additional information from the National Hospice and Palliative Care Organization is available at www.caringinfo.org or via their HelpLine at 800/658-8898.

Frequently Asked Question Answered:

"How many people use hospice in the U.S.?"

By looking closely at Medicare data, it was recently determined that one in three Americans over the age of 65 will use hospice services. In fact, the National Hospice and Palliative Care Organization estimates that approximately 1.56 million people received hospice care in 2009. While hospice is still an under-utilized health care benefit, use has steadily grown since 2005 and hospices around the country have been able to help patients and families receive holistic end-of-life care that meets their needs. For more information about this data, visit the National Hospice and Palliative Care Organization website at www.nhpco.org.

St. Luke's Mission: To give the healthcare we'd like our loved ones to receive.

Annual Hospice Quilt Raffle – Helping Patients and Families

St. Luke's Hospice holds an annual quilt raffle to help raise money to ensure all Hospice patients receive the care they need, regardless of their ability to pay. Donations through this fundraiser also help support other important philanthropic initiatives at St. Luke's Hospice.

Volunteers are at the heart of the Hospice quilt. Volunteer stitchers cross stitch intricate squares and volunteer Vera Yoder hand quilts each year's squares into a work of art and has done so for several years.

Each year, stitchers vote on a theme for the quilt. This year's theme is "Teddy Bears" – shown in the picture.

Raffle tickets are available at St. Luke's Hospice, located at 290 Blairs Ferry Road NE in Cedar Rapids and cost \$5 for one ticket, \$10 for five tickets or \$15 for 10 tickets. The quilt will be shown at various community locations to increase awareness of St. Luke's Hospice, and the winning raffle ticket will be drawn December 6, 2010.

For more information, please contact Megan McGurk, community relations coordinator, at 319/369-7744 or mcgurkma@ihs.org.



Online Hospice Resources Grief Support at Your Convenience

St. Luke's Hospice recently presented a live grief support webcast, titled "You're Not Alone! Understanding Normal Grief Response." If you or someone you know would benefit from watching, the previously recorded bereavement support webcast is offered free online for grievers to watch anytime, at their convenience.

Viewing the Hospice online support webcast is easy. Simply go online to the St. Luke's Hospice website at stlukescr.org/hospice and click on the link on the left side of the screen, titled "Online Hospice Resources." From there, click on a link to watch the pre-recorded online support group, which was presented by a licensed St. Luke's Hospice social worker.

When watching, you may listen to questions that grievers asked during the live webcast. In addition, you may type in your own questions at any time during the webcast. St. Luke's Hospice staff will respond as soon as possible to your questions with comprehensive answers via email.

To learn more, visit stlukescr.org/hospice or call St. Luke's Hospice at 319/369-7744.

Huge Thanks to Hospice Volunteers!

Volunteers at St. Luke's Hospice generously give their time and talents. Every year, Hospice thanks volunteers at an appreciation dinner. This year's event included approximately 140 volunteers, associates, advisory board members and guests.

Thank you volunteers!



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