



Seasons

Champagne & Diamonds Raises \$250,000 For Hospice And Palliative Care



Ron Whiteside, Dr. Dawn Prall, Jym Ganahl, Lori Yosick, Dr. Mark Segal, Brenda Stier, and Doug Stein

Champagne & Diamonds, the Mount Carmel Foundation’s winter fundraising gala, raised nearly \$250,000 in 2011. That’s big news. The even bigger news, though, is that those proceeds, and a generous gift from the Foundation, have been earmarked for Mount Carmel Hospice and Palliative Care as this year’s gala beneficiary.

More than 540 physicians, corporate and community leaders attended the event, held February 12 at the Hilton Columbus at Easton. The gala also received support from a number of generous individuals, medical and corporate sponsors.

In addition to the nearly \$250,000 the event raised, the Mount Carmel Foundation Allocations Committee supplemented the proceeds raised,

bringing the total funds raised to \$400,000 in support of much-needed Hospice and Palliative Care programs.

Those funds will enable Hospice and Palliative Care to purchase new home-like furnishings and technology for Mount Carmel’s three Palliative Care Units, as well as help fund hospice programs and enhancements.

The Palliative Care Unit upgrades will include comfortable chairs, soft lighting, iPod docking stations, CD players and computers for family rooms plus other enhancements that will allow families to visit in comfort while their loved ones receive palliative or hospice care.

Champagne & Diamonds donations will also support patient quality-of-life projects, including activity mats, quilts, memory boxes, as well as hospice patient birthday cakes and Evergreen Family Grief Support programs like the Camp Hope family retreat, Zoo Families zoo adventure, and Horses and Me equine therapy program.

“We’re so grateful to everyone who attended or supported this event,” said Mount Carmel Hospice and Palliative Care Executive Director, Lori Yosick. “Not only did we receive \$400,000 in support, we also increased awareness of the many important programs and services we offer to patients and their families at a time when support is what they need the most. It’s truly a blessing.”

Advanced Practice Nurses Make The Most Of Home Visits

Hospice patients frequently can't leave home to go to a doctor's appointment. While most of their care is expertly managed by an interdisciplinary team of nurses, aides, social workers, chaplains and volunteers in consultation with the physician, sometimes a physician's personal assessment is needed. That's why Mount Carmel Hospice created a home visiting physician program in 2008. It has improved the care of hundreds of hospice patients since then while allowing them to remain in the comfort of their own homes.

Of course, as the number of Mount Carmel hospice patients has grown, so has the need for physician home visits. Plus, Medicare now requires a "face-to-face" physical assessment by a physician or mid-level practitioner for each hospice patient. To meet those twin demands, Mount Carmel has turned to its team of Advanced Practice Nurses (APN).

APNs are unique. They're registered nurses with advanced degrees – like master's or doctoral degrees. In addition to having had a particular concentration of study, they have extensive clinical experience as well and are able to take those skills and evaluate the patient's physical, emotional and spiritual needs and report back to the team to address these issues. This level of knowledge and experience comes in handy when reviewing and evaluating the patients' sometimes complex care plans.

"There's a huge and growing need for home visits beyond the Medicare requirement," said Mount Carmel Hospice and Palliative Care Executive Director Lori Yosick. "We added the Home Visiting APN role because patients have shorter stays in the hospital now and a lot more complex care is required at home. Caregivers need to have more skill and experience to provide that care. Hospice and palliative care's aggressive pain and symptom management takes a lot of skill."

It's the kind of skill APNs have, which makes them ideal for the face-to-face home visits Medicare now requires. With 215 patients currently in the program, Mount Carmel physicians and APNs make 50-60 visits per month in a seven-county area. Each nurse does a personal assessment with each patient that covers pain and medication management and a review of the home care environment. Mostly it's a conversation with the patient and family to see how the patient is doing and what more might be needed.

"It's like an office visit at home," says Linda Bentley, Advanced Certified Hospice and Palliative Care Nurse.

While many programs do the visits simply to meet the Medicare requirement, the Mount Carmel team is committed to taking time and truly understanding each patient's circumstances and needs.

"The Face to-Face requirement does not necessarily include a full physical assessment," said Bentley, "but our team are experts. They look at the wider range of symptoms, examine the psycho-social issues, make sure the care plan is being closely followed, talk with the family members and volunteers involved in the patient's care, and give a thorough report back to the care team. It's more than what's required, but that's the only way we know how to do it."

With people living longer and chronic illnesses increasing, the need for effective, compassionate, cost-effective elder care is only going to grow. With a recent Gallup Poll showing that 90 percent of Americans would prefer to die in their own homes, the need for high-quality hospice care will grow as well. That makes skilled, experienced APNs more valuable than ever.



Linda Bentley, Advanced Certified Hospice and Palliative Care Nurse

Grief Support Groups Offer Comfort, Belonging

Everyone wants to feel normal. It's something that starts in our earliest social interactions. We want to know that we're experiencing the same things other people are. When something unexpected or unplanned happens in our lives, that sense of normalcy can be dramatically disrupted.

When that event is the death of a loved one, the search for normalcy leads many to a grief support group, and Mount Carmel Hospice and Palliative Care is there to help.

"Grieving people are generally underserved," says Myra Clark, Hospice Clinical Manager, Social Work, Counseling and Bereavement for Mount Carmel. "Oftentimes their family and friends move on, others don't share their experience of grief, and the non-grievors around them may try, but don't understand what they're going through. They need to feel OK and normal."

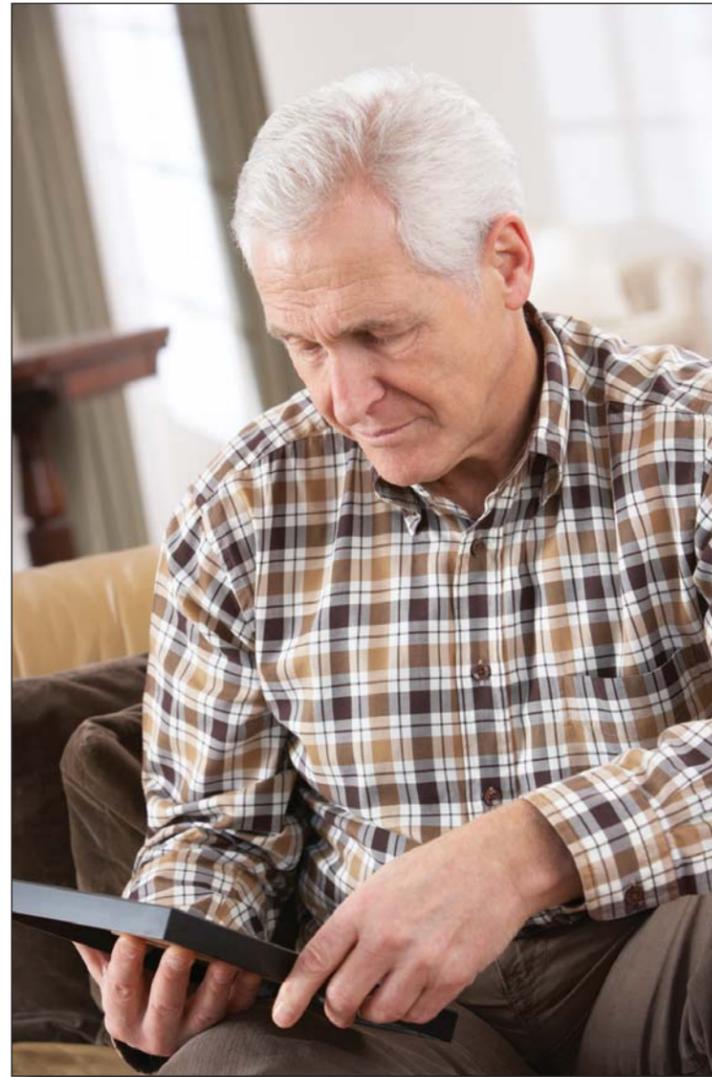
"Our grief support groups offer education and support," Clark added, "but they also provide a sense of belonging and help normalize grieving people's feelings. Sometimes the best support they can get is the understanding and companionship of their peers."

That's the idea behind support groups. In most cases they're comprised of people with a similar experience who come together to share and work through their feelings. Groups are led by a professional, licensed clinician who helps choose topics and activities, starts and advances discussions, and ensures that the respect of all those taking part is honored. Most groups eventually evolve into ongoing conversations among members.

"It's more than conversational therapy for many group members," said Clark. "In many cases, the real value comes in the safety, the feeling of belonging and the sharing of ideas and emotions."

Those emotions often come to the surface in what Clark calls "grief bursts" – when group members get emotional triggers from everyday experiences that make them recall or feel the presence of the loved one they've lost. Support groups are safe places for members to share and work through those emotions without judgment. The groups welcome new members at any point, so people can begin attending as soon as they're ready.

Mount Carmel offers a number of grief support groups, and new members are always welcome and can enter at any time. Membership is completely confidential and there is no forced participation.



"Grief work is hard for everyone involved and everyone proceeds at their own pace," said Clark. "Members have assignments away from the group and can get additional guidance from our staff to help them navigate the process. The reward is often a new set of coping skills, a renewed outlook and even some lifelong friendships."

Grief support groups and all Mount Carmel bereavement services are funded by donations to the Mount Carmel Foundation. There is never a fee to participate and there is no insurance involved. The only thing that is required is registration, which, for most groups, can be handled over the phone. To learn more about grief support at Mount Carmel or to register, call 614-234-0200.



Mount Carmel Grief Support Groups

Evergreen

Meets every 2nd and 4th Thursday from September through May from 6:00 to 7:30 p.m. An intake session is required. A special summer program is offered each year that includes Camp Hope, Horses and Me, and The Columbus Zoo.

Twentysomething

Meets Wednesdays from 6:30 to 8:00 p.m. at Mount Carmel Hospice.

Adult Grief Support

Group 1 meets Tuesdays from 6:30 to 8:00 p.m. at the Mount Carmel East Women's Health Center.

Group 2 meets Tuesdays from 6:30 to 8:00 p.m. at Mount Carmel Hospice.

Group 3 meets Friday from 10:00 to 11:30 a.m. at Mount Carmel St. Ann's.

Friends and Family of Those Who Died by Suicide

Meets the 1st and 3rd Thursdays of each month from 6:30 to 8:00 p.m. at Mount Carmel Hospice.

Pregnancy and Infant Loss Support Group

Meets the fourth Tuesday of each month from 7:00 – 8:15 p.m. at the Mount Carmel St. Ann's Women's Health Center.

Pregnancy After Loss Support Group

Meets the third Wednesday of each month from 7:00 – 8:30 p.m. at Mount Carmel Hospice and Evergreen Center.

Special Issue Support Groups

These groups meet periodically or as requested to address special issues. Upcoming meetings are listed in Mount Carmel's *Good Health* magazine. A sampling of topics includes:

- Reclaiming Special Days and Seasons
- Drop the Rock: Grief and 12 Step Programs
- Behind the Windows of Our Dreams
- Healing Grief Through the Expressive Arts
- Through the Eyes of a Child

Baby Cakes Bring Smiles, Celebrations To Patients, Families

Sometimes inspiration comes when you least expect it. Like the time Mount Carmel Hospice Volunteer Manager Betsy Queen bought some tiny cake pans. She planned on making a mini three-tiered birthday cake for her daughter-in-law but wound up creating a sweet new hospice volunteer opportunity in the process.

The program is called Baby Cakes, and it allows volunteers to donate their time and talents to the hospice program by baking birthday cakes for patients.

“At Mount Carmel Hospice and Palliative Care, we’re about living,” said Queen. “We want to help our patients celebrate their lives. What better way is there than recognizing someone’s birthday? We want to celebrate with them and let them know they’re God’s gift to the world.”

Nothing celebrates a birthday like a sweet, delicious cake.

Queen put the word out in church bulletins and other places to enlist some cake-baking volunteers. She got 12 right off the bat, including two mother-daughter teams. Each bakes enough cakes for a week’s worth of birthdays, decorates them in their own fashion and brings them to the Hospice office. Staff members then deliver the cakes on each patient’s special day.

“The response has been just great – from both the volunteers and the patients,” said Queen. “It’s a great way for folks to share their time and talents to support our patients and families without being at the bedside. The patients are so appreciative.”



Being a part of the Baby Cakes program is easy, too. There’s no special training required and cake pans are available to borrow. People just need an interest and an oven.

Of course, cake making isn’t the only way people can become a hospice volunteer. According to Queen, anyone with a special talent is encouraged to share it – from musicians and therapy dog owners to scrapbookers and veterans.

“We welcome everyone’s hands and talents,” she added. “Whether it’s writing or shoveling snow, there’s a family

here that could use and appreciate it.”

Who knows. It may be the inspiration you least expect.

To find out how you can lend your time and talents as a hospice volunteer, call 614-234-0264.

Nothing celebrates a birthday like a sweet, delicious cake.

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Many of the compassionate programs provided by Mount Carmel Hospice and Palliative Care, including those featured in this newsletter, are made possible by generous donations to the Mount Carmel Foundation. Each contribution helps us accomplish our mission: "Where there is pain, we remedy it. Where there is suffering we bring relief. Where there is hopelessness we provide the support to discover peace." We welcome your support. To make a donation, please use the giving envelope enclosed or visit mountcarmelfoundation.org.

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