

HOSPICE WITH HEART NEWSLETTER

January 2008

Hospice House Update

We are excited about the progress we have been making with the hospice house. Thanks to generous people like yourselves, we have raised over \$50,000.00 so far.

We still have a ways to reach our goal of \$500,000.00 and are asking the community to help with some fundraising. You can become part of the Hospice with Heart "Community Connection Club". It is a tremendous way to work with family and friends along with others in our community while having fun. It also helps you get involved in the happenings of your communities and to make exciting events happen that are fun and promote a positive benefit within your communities.

So you ask "What can I do to become a Community Club Connection Member?" It's easy! It is up to you what you would like to do to assist in helping with fundraising. Your efforts enable Hospice with Heart to provide a variety of programs, educational resources and special projects such as the Hospice House Renovation. These projects benefit the community in the care of the terminally ill and also with bereavement programs afterwards. It takes many volunteers to make a hospice program successful and you can become part of our important team when you join our "Community Connection Club".

Some suggestions may include arranging to host a fundraising event such as a dinner party, back yard barbecue with fun activities, golf or fishing tourna-

ment, ball games, hiking, races, picnics, garage sale, anything you can imagine. Call your friends, set a time, place and fee for the fundraiser and have FUN!

You can also assist in our "Donor Recognition" program for our Hospice House. Donate the full fee needed or raise funds for a specific item needed. You may designate a specific amount of funds to be directed toward a specific project in the renovation of the Hospice House such as:

GIFT AMOUNT

\$10,000

\$10,000

\$5,000

\$5,000

\$2,500

\$1,000

\$1,000

\$500

\$500

DONOR GIFT RECOGNITION

Patient Room (8)

Kitchen

Chapel/Quiet Room

Living/Great Room

Dining Room (2)

Landscaping

Grief/Bereavement Literature

Patio Set (2)

Grill (2)



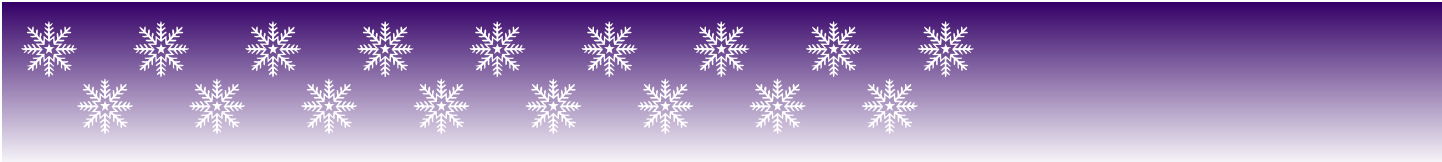
Please help provide community support

You can also be a "Tree of Life" supporter by purchasing "Leaves" and have them engraved with your name, and/or in honor or in memory of a loved one. (Leaves can be purchased at 3 different levels: \$125, \$250 and \$500. Purchase the "Heart" of the tree trunk for \$5000. Purchase a "Dove" for the tree for \$2500 each.

Have fun and send your raised funds to Hospice with Heart at 300 West Broadway, Suite 114, Council Bluffs, Iowa 51503. You may designate specifically what you want the money raised to go for.

Call (712) 325-6802 or toll free (877) 325-6802 and ask to speak to one of our staff members who will direct you in the right direction to begin an exciting adventure while helping others.

SIGN UP TODAY!



Divine Appointments

by Frank Fast, Hospice with Heart Chaplain

Have you ever noticed how life tends to be a series of appointments? Many of them are of our own choosing, yet some are not. I find that I need to be reminded that God has both a desire and right to call us to personal appointments to meet with him. We may call these divine appointments. "You shall remember the Sabbath Day to keep it holy", a divine summons to meet our Creator for worship at least once a week. He also wants us to keep regular appointments with Him for prayer, reading his Word and being a guest at His table partaking of His Holy Supper.

Recently, I was reminded of how our end of life was



also a divine appointment, and how with all appointments, we also had a responsibility. Jesus told his disciples, "If I go and prepare a place for you, I will come again and receive you to myself, that where I am, there you may be also."

When He says He will receive us, I find that on my part it is also an act of relinquishment. This is nothing less than a submission attitude, an act of obedience and a final delightful step as He receives me. Jesus himself expressed this when He too said, "Father into your hands I commit my spirit."



"Featured Recipe"

Turkey Stew with Dumplings

INGREDIENTS

- 8 medium carrots, cut into 1-inch chunks
- 4 celery ribs, cut into 1-inch chunks
- 1 cup chopped onion
- 1/2 cup butter or margarine
- 2 (10.5 oz) cans condensed beef consommé
- 4 2/3 cups water, divided
- 2 t salt
- 1/4 t pepper
- 3 cups cubed turkey
- 2 cups frozen cut green beans
- 1/2 cup all-purpose flour
- 2 t Worcestershire sauce
- 1 1/2 cups all purpose flour
- 2 t baking powder
- 1 t salt
- 2 T minced parsley
- 1/8 t poultry seasoning
- 3/4 cup milk
- 1 egg

COOKING DIRECTIONS

In a Dutch oven, sauté carrots, celery and onion in butter for 10 minutes. Add consommé, 4 cups of water, salt and pepper. Cover and cook over low heat for 15 minutes or until vegetables are tender. Add turkey and beans; cook for 5 minutes. Combine flour, Worcestershire sauce and remaining water until smooth; stir into turkey mixture. Bring to boil. Reduce heat; cover and simmer for 5 minutes.

For dumplings, combine flour, baking powder and salt in a bowl. Stir in parsley and poultry seasoning. Combine milk and egg; stir into flour mixture just until moistened. Drop by tablespoonfuls onto simmering stew. Cover and simmer for 10 minutes; uncover and simmer 10 minutes longer.

Yield: 10 servings

NUTRITION INFORMATION

Per Serving Calories: 316 | Carbohydrates: 30 g
Dietary Fiber 3 g | Protein: 20 g | Sugars: 7 g



The Candidates and Margo

Bill Colby

Between now and the coming elections, Americans are going to hear a lot about health care. Importing Canadian drugs. Cuts in Medicaid. Fifty million uninsured. Universal health care. Complex problems without obvious answers. Here's a campaign idea: Why not start with a health care problem that we can fix—better care for all Americans at the end of their lives? Why not ask the candidates about Margo?

Margo was a elderly, cheerful Alzheimer's patient. Each day she listened to the same music, painted the same simple pastel shapes, randomly read from the same book. She had no memories of her earlier life or even what had happened hours before on any given day, and she could make no new memories. When Margo first learned of her diagnosis many years ago, she filled out a living will making clear that if an infection came as her dementia advanced, she did not want antibiotic treatment. She now has pneumonia. What should her family do? What should a compassionate, respectful, life-affirming society do?

The President's Council on Bioethics recent report, *Taking Care: Ethical Caregiving in Our Aging Society*, concluded that doctors had a "moral obligation" to administer antibiotics to Margo regardless of her earlier living will. Dr. Leon Kass, chair of the council at the time, has written elsewhere that such a decision by a family would demonstrate "what is signifies to love another in [her] gravest need." I respect Dr. Kass's work and writings, but for me, the actions he describes do not signify love.

Dementia runs in my genes. If years from now my wife and four adult children have watched me slide down the abyss of Alzheimer's to the point that I do not know them, and an infection comes to me, I hope they say "no" to penicillin. That, to me, would signify love, respecting beliefs I'd shared with them when I was most fully myself. The whole purpose of medical treatment for me is to act as a bridge to recovery. When it cannot, then medical treatment beyond that which eases suffering is not appropriate. I find it wrong for my value system, and contrary to my religious beliefs, to say that medically treating the infection in my demented body is something I "need" or somehow such medical intervention is "loving me."

It's not. Medicine's value to me will have ended.

Benefit Dinner

There will be a benefit dinner to help with renovations of the hospice house on Saturday, February 16, 2008 starting at 6:30 p.m. The event will be held at Grace United Methodist Church, 112 N Walnut Street, Glenwood Iowa. The price of the tickets are \$50 per person. You can purchase your ticket by calling our office at (712) 325-6802 or toll free at (877) 325-6802. You can also visit our website at www.hospicewithheart.org and purchase your ticket online.

Please come and be a part of the community support needed to help support a terminally ill individual with another option on how they wish to spend their last days.

These are not abstract questions. Of the 2.5 million deaths this year in the U.S., by far the largest group, about one million, will be the frail elderly. An estimated 500,000 of those frail elderly will suffer from dementia. (The corresponding numbers for Nebraska are 14,600 total deaths each year, 3,000 of those the frail elderly). And the numbers are poised to skyrocket—the Census Bureau says that in 23 short years, in 2030, 44 of the 50 states, including Nebraska, will have the elderly demographic that only Florida has now. The hard questions about end of life issues are rising before us like a great wave.

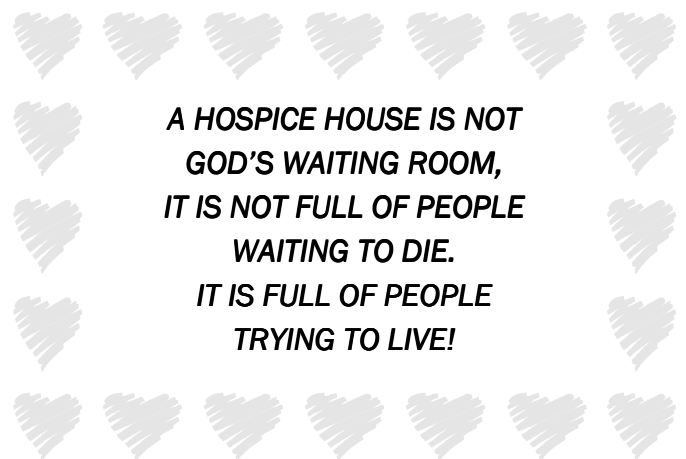
Why would a savvy politician wade into such a seemingly sensitive debate? Simple. Better end of life care is a problem we can fix. The solution will cost taxpayers nothing. And, remarkably, that solution is relatively simple. There are communities sprinkled around the country where citizens have started a community dialogue about better health care at the end of life. The result in those communities—higher hospice usage, lower in-hospital death rates, fewer unwanted ICU and ER visits, better treatment of pain.

In other words, talking about dying improves how we die. I traveled across Nebraska and to all corners of the U.S. last year, talking about how we can care for one another better at the end of our lives. Of particular concern was how we navigate the brave new world of medical technology so pervasive at life's end, and which most of us when surveyed say that we do not want.

I'm convinced that this navigation will best take place through sharing stories with one another—talking about Terri Schiavo, and the father across the street who fell and broke his hip, and Aunt Ruby's stroke. And Margo.

War, global warming, the economy—our country faces many challenges. As we begin the remarkable democratic process of electing a new president, I want to know about all of these issues. But wouldn't it also be fascinating to hear each candidate answer this question: "What about Margo?"

Bill Colby is a Senior Fellow of the National Hospice and Palliative Care Organization and the author of *Unplugged: Reclaiming Our Right to Die in America*. For more information go to www.NeHospice.org, or www.CaringInfo.org, or call 1-800-658-8898.



**A HOSPICE HOUSE IS NOT
GOD'S WAITING ROOM,
IT IS NOT FULL OF PEOPLE
WAITING TO DIE.
IT IS FULL OF PEOPLE
TRYING TO LIVE!**



300 West Broadway
Suite 114
Council Bluffs, IA 51503

Phone: 712-325-6802
Fax: 712-322-2671

Email: hospice@hospicewithheart.org

NONPROFIT ORG
US POSTAGE PAID
COUNCIL BLUFFS IA
PERMIT NO. 12

“There are only four kinds of people in the world: Those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who will need caregivers”—Rosalynn Carter

Memorial Service

Our annual Memorial Service will be held on Sunday, April 27, 2008 at 3:00 p.m. We will be honoring those who passed away in 2007. We are asking families to supply Hospice with Heart with photographs of their loved ones that will be made into a CD and will be played as part of the service. Families and loved ones will be able to purchase a copy of the CD for a donation. These will be available at the service and also be available to purchase by contacting our office after the service if you are unable to attend.

Each primary caregiver will be sent an invitation to the memorial service. We ask that you share this information with anyone you wish to also attend.

So, mark the date; we look forward to seeing you along with your family and friends. Our whole staff will attend as we enjoy to be able to visit and celebrate with you the lives of those who have passed away.

April 2008						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			