



Hospice News

Volume XLI, Issue 2 Fall 2022
Craven County Hospice
Craven County Health Department

Your Hometown Hospice for over 40 Years!

Do You Have an Advance Directive?

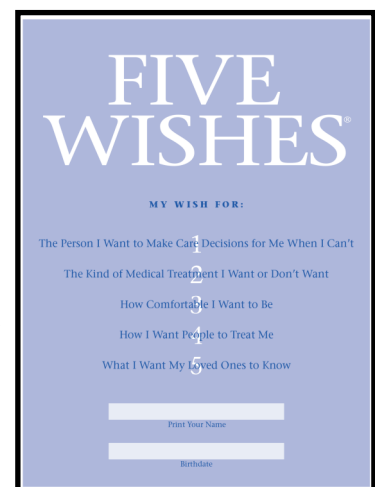
There are many things in life that are beyond our control. Dying is one of them. However, we can make decisions about our end-of-life care before that happens. When we are facing the end of our lives and become seriously ill, how will our loved ones know our wishes? These wishes are decisions about how we want to be treated, what kind of medication and the type of treatment would we like to receive. These decisions are called “Advance Directives.”

The term “Advance Directives” is a general term used to describe the documents that give loved ones instructions about an individual’s future medical care and treatments. Advance Directives usually include a living will, a Do Not Resuscitate Order, and whether to withhold treatment.

At Craven County Hospice, we use a document called “Five Wishes.” This document addresses personal, emotional, and spiritual needs as well as your medical wishes. It gives a person the control to choose the person they want to make health care decisions if they are not able to make them for themselves. Five Wishes allows a person to say exactly how they wish to be treated if they become seriously ill. It was written with the help of the nation’s leading experts in end-of-life care. Like the name implies, “Five Wishes” provides you guidance of the five most important pieces of information most people want their loved ones to know. The Five Wishes are:

- Wish 1. Addresses who you want to be your medical decision maker
- Wish 2. Addresses the type of medical treatment you want and do not want.
- Wish 3. Addresses how comfortable you want to be.
- Wish 4. Addresses how you want to be treated
- Wish 5. Addresses what you want your loved ones to know.

Once this document is completed, signed, and notarized, it becomes a legal document in most states. In fact, many hospitals, hospices, faith communities and retiree groups are handing out “Five Wishes.” If you would like more information about “Five Wishes,” you can visit www.fivewishes.org or give us a call at (252) 636-4930.



Did you know?

The goal of hospice is to maintain the dignity and value of the person who is facing the end of their life by providing patient centered care, including palliative (the control of pain and symptoms); utilizing a team of specialists (disciplines) to provide care including physician services (working together with your doctor of choice), skilled nurses, counselors, social workers, spiritual care specialists, and certified nursing assistants, as well as volunteers with a variety of skills and levels of assistance.

Upcoming Events

We have added a fourth bereavement group session. This session will start September 15, 2022 and end October 20, 2022 at St. Paul Catholic Church from 10:30 a.m. to 11:30 a.m. This session is a six week program offering education, guidance and support related to the stages of grief.



In our support group, we create an environment where participants’ feelings are validated as normal and worthy of expression. Our hope is, as participants interact with each other, they feel supported and come to the realization they will survive this loss. Participants will be able to reconnect with their strengths and walk away knowing they have the tools needed to survive and heal. Our bereavement support group is open to the community and is free of charge. Please call (252) 6364930 to register. Space will be limited.

On November 3rd, we will also host a special bereavement support group focusing on Getting Through the Holidays. We will be offering two sessions, one starting at 10:30 am and the second at 6:30 pm at St. Paul Catholic Church. Each session will be an hour long. If you or someone you know would like to attend either of these sessions, please call 252-636-4930 to register. Space will be limited.

Later this year, we will host a Facebook Live event. Our medical Director, Dr. Fisher will be available for the viewers to ask questions they may have related to hospice. Details will be provided at a later time on our Facebook page and our website, www.cravencountyhospice.com.

Hospice Happenings

On August 13th, Craven County Hospice partnered with the Hospice of Pamlico to participate in the 2022 Oriental Dragon Boat Race in Oriental, North Carolina. It was a beautiful day to spend outside at the River Dunes Marina. We had a great time, made new friends and created memories.

We went up against a team of Marines and a local rowing club. We came in third place and received medals for our amazing effort! We can’t wait to do it again next year! **PADDLES UP!**



#CRAVENSTRONG

Craven County Hospice
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New Bern, NC 28561



Wish List



We are always looking for twin XL bed sheets to fit hospital beds that are used by our patients. Other important items are baby monitors (new or used) that can be placed in a home for patients to always have contact with their caregivers. Also, Craven County Hospice gratefully accepts monetary donations. These charitable gifts, let us serve those patients unable to pay for such things as respite aides, which are not covered by the Medicare Hospice Benefit. If you would like to make a donation, please contact us at 252-636-4930.

Volunteers Wanted!

Volunteers provide care by spending time with the patients and performing clerical duties in our office. Visiting patients can include: listening, playing games, or even singing with them! Our next training will be October 12th and 13th from 9 am to 4 pm. If you would like to be a hospice volunteer, please call our office at (252) 636-4930 for more information or complete the form on our website, www.cravencountyhospice.com.



Hot Ham and Cheese Slider Recipe— courtesy of www.allrecipes.com

Ingredients:

Prep time: 15 mins Cook: 24 mins Servings: 12

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| *Cooking Spray | *1 tablespoon poppy seeds |
| *1 (12 count) package Hawaiian Sweet Rolls | *2 teaspoons of Worcestershire sauce |
| *1 (6 ounce) package thinly sliced deli ham | *2 teaspoons of dried minced onion |
| *3/4 pound shredded Swiss Cheese | *1/4 teaspoon salt (or to taste) |
| *1/2 cup unsalted butter | *1/4 teaspoon ground black pepper |
| *1 tablespoon Dijon mustard | (or to taste) |

Preheat the oven to 350 degrees F. Line a 9-inch square baking pan with aluminum foil and spray with cooking spray. Slice attached rolls in half widthwise with a serrated knife, keeping the rolls connected, into a bottom and top “slab.” Place bottom slab in the prepared pan.

Layer about half of the ham evenly over the bottom slab of rolls. Layer Swiss cheese evenly on top, and arrange remaining ham over the cheese. Cover with the top slab.

Place butter in a microwave-safe bowl. Heat in the microwave until melted, about 1 minute. Add mustard, poppy seeds, Worcestershire sauce, onion, salt and pepper. Whisk to combine.

Pour butter mixture evenly and slowly over the rolls. Spread over the tops; some of the mixture will pool at the base of the rolls. Cover with aluminum foil and let stand at room temperature for 5 to 10 minutes. Bake in preheated oven until cheese has melted, about 20 minutes. Uncover and continue baking until browned as desired, 3 to 5 minutes more. Slice into individual sliders.

Nutrition: 474 Calories; protein 24.1g; carbohydrates 44.8g; fat 17g;
Sodium 537.5 mg; Cholesterol 94.1 mg



Hospice Memorials

Thank you for your donations in Memory Of:

Annette Bell
Sterling Vestal

Charles Chesley
Sue Swarty

Dr. Staley Moore
Sharon Warren

Eleanor "Liz" Watts
Nine Great
Grandchildren

Karen Wilkes
Diana Bottone
Leigh Wilkinson

Martha Schell
Kathleen Gormley

Mary Warren
William Warren

William "Bill" Frederick
Sally Kiely

Donation to Hospice:
David Sacra
Dennis Pymm
Edward Champey, Jr.
Knights of Columbus
Mary Sheets
Simon Briggs
Susan Wadsworth
FR. Kenneth I. Parker
Assembly

When you make a memorial gift or donation to Craven County Hospice you are ultimately helping patients and families receive compassionate care when they need it most. These donations go towards supplies, medications and medical equipment that are not otherwise covered. If you would like to make a donation, please make the check payable to **CCHD- Foundation, P.O. Drawer 12610, New Bern, NC 28561**. Thank you for choosing Craven County Hospice.

"In Memoriam" by Angel Lorton, Chaplain

"In Memoriam" is a phrase that means "in memory of." It has been used since Roman times on tombstones or in books, etc. dedicated to the memory of someone. In the section above, you read the list of memorials. Who do you remember? Who has a special place in your heart? How do you remember them? Do you do something to celebrate their memory? Why not take some time and remember those who have invested in your life? Think about those who taught you some of life's greatest lessons. Raise a glass, eat something delicious, or simply sit and remember. Acknowledge those who have been a blessing to you. And then, go and do the same.

"The point of kindness is to not pay it back, but to pay it forward." - Julian Alvarez

Craven County Hospice provides coordinated palliative and supportive care (physical, psychological, social, and spiritual) for dying persons and their families. Services are provided in the home by an interdisciplinary team of professionals and volunteers. Bereavement care is available to the family.

If you or someone you know is thinking about receiving hospice services and would like more information about the services Craven County Hospice provides, please give us a call at (252) 636-4930.

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