



Hospice News

Volume XL, Issue 4 Winter 2022
Craven County Hospice

Your Hometown Hospice for 40 Years!

The Benefits of Pet Ownership by Dianne Brideson

Many of us experience the joy of living with loyal companions – our pets. According to Webster’s Dictionary, the term “pet” is defined as a domestic or tamed animal kept for companionship or pleasure. Pets can come in all sorts of sizes, colors and species. Most of the time pets are cats, dogs, fish, birds but sometimes they are not your usual pets, like cows, horses and even kangaroos!

For the past two years, pets have become increasingly important due to the coronavirus. We have had to quarantine and isolate from others. During this time, pets provided us with unconditional love and friendship. The National Institute of Health has conducted studies for the past ten years and their research has shown the bond between people and their pets is also linked to many health benefits.

Some of these benefits are a decrease in blood pressure, cholesterol and triglyceride levels. Having a pet can also help with loneliness, anxiety and post traumatic stress disorder. According to a survey conducted by Mental Health America, 74% of pet owners reported mental health improvements from pet ownership and 75% of pet owners reported a friend’s or family member’s mental health has improved because of pets in their lives. Pets give their owners a reason to get outside for exercise and outdoor activities. By doing this, pets allow for a greater chance of their owners meeting new people and quite possibly reducing the owners’ feeling of loneliness.



Animals provide comfort and support in different ways in older adults as well. According to the World Health Organization, studies have shown older adults with pets are more physically active, have lower blood pressure, are more socially active, intellectually active and show an increase in their overall cognitive health. As hospice nurses, we often see the importance of bonds between our hospice patients and their pets. Pets provide a comfort to the patients by giving them a sense they are not alone and feel unconditionally loved. After a patient passes, pets provide support and companionship to the bereaved. Sometimes, when a patient passes and leaves their pet behind, the bereaved may find comfort in having a “piece” of their loved one still with them.

Owning a pet, provides a person with many benefits. For those of us who have pets and experience the love and companionship they provide, celebrate this month of “love” with your companions!



Hospice Happenings

Craven County Hospice will also hold a New Volunteer Training on February 24th and 25th, 2022. This training is a two day (12 hours) event and will begin at 9:00 a.m. and end at 4:00 p.m. both days. You will learn about the history of hospice and what is required to be a hospice volunteer. Covid-19 safety precautions will be followed. If you would like to attend our training, please call our office at 252-636-4930. Space will be limited.

Craven County Hospice will hold its second of four Bereavement Support Group sessions for 2022, beginning March 31st and ending on May 5th at St. Paul Catholic Church from 10:30 a.m. to 11:30 a.m. Each 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. If you or someone you know would like to attend any of these sessions, please call 252-636-4930 to register. Space will be limited.

Volunteer Opportunities

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! 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.



Did you know?

The goal of Hospice is to provide end of life “Palliative Care” (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.

#CRAVENSTRONG



Craven County Hospice
PO Bx 12610
2818 Neuse Blvd
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.



Valentine's Day Word Search

C	H	O	C	O	L	A	T	E	A	G	T	H	O	C
O	U	E	D	X	Q	N	M	T	B	S	H	M	P	A
K	O	P	M	H	G	R	S	L	Y	W	F	F	T	N
T	U	Y	I	R	T	M	B	N	S	F	R	I	H	D
E	M	P	N	D	A	N	H	W	L	S	I	T	R	Y
U	R	E	M	B	D	K	E	W	S	C	E	M	N	P
L	O	V	E	L	O	E	R	T	Q	E	N	M	D	F
M	K	L	H	Y	T	R	E	C	V	Z	D	X	M	H
J	P	O	Y	H	E	A	R	T	S	E	S	D	A	B
E	T	W	E	A	G	L	J	B	E	R	V	C	R	N
M	B	A	C	E	F	L	O	W	E	R	S	W	R	U
P	R	G	H	D	X	S	R	T	P	O	H	L	O	N
T	M	K	R	E	W	A	L	D	S	E	M	B	W	A
P	O	B	D	S	K	I	S	S	E	S	A	H	C	S
V	A	L	E	N	T	I	N	E	P	L	H	U	G	S

ARROW	HEARTS
CANDY	HUGS
CHOCOLATE	KISSES
CUPID	LOVE
FLOWERS	SWEETHEART
FRIENDS	VALENTINE

Strawberry Pretzel Salad

Ingredients: (courtesy of allrecipes.com)

2 cups crushed pretzels	1 (8 ounce) container frozen whipped topping thawed
3/4 cup butter, melted	
3 tbsp white sugar	2 (3 ounce) packages strawberry flavored jell-o
1 (8 ounce) package cream cheese softened	2 cups boiling water
1 cup white sugar	2 (10 ounce) packages frozen strawberries

Preheat oven to 400 degrees. Stir together crushed pretzels, melted butter and 3 tablespoons sugar. Mix well. Press mixture into the bottom of a 9 x 13 inch baking dish. Bake 8 to 10 minutes, until set. Let cool. In a large mixing bowl, cream together cream cheese and 1 cup sugar. Fold in whipped topping. Spread mixture onto cooled crust. Dissolve gelatin in boiling water. Stir in still frozen strawberries and allow to set briefly. When mixture is about the consistency of egg whites, pour and spread over cream cheese layer. Refrigerate until set.

Hospice Memorials

Thank you for your donations in Memory Of:

Al & Frances Davis
Deborah Davis

Charles Carroll
Dr. Nancy Carroll

Gertrude Younger
Alvin Younger

Jack Palmer
Rebecca Johnson
Charissa Fischer
Betty Wilson
Melissa McGready

Joyn Boyd Sutton
Susan Ayers Sutton

Lela Heath
Joyce Ipock

Margaret Scheele
Linda Scheele

Margaret Townsend
Donna Hines

Marie Doran
Linda Arturi
The Coppola Family
The Doran Family

Marie Sager
Robert Sager

Martha Bellis
Laura Bellis

Mary Warren
William Warren

Rebecca Heath
Helen White

Richard "Skip" Smith
James Manley
Dolly Ballard

Roger Miller
Carolyn Saitta

Tommy Thompson
Robert & Janice Freed

William Wescott
Truth Seekers Sunday
School at Tabernacle
Baptist Church

Donation to Hospice
Angel Lorton
Carol Erwin
Carolina Palliative
Medicine & Supportive
Care

Donation to Hospice (cont.)

Chris & Katie Charitable

Giving Fund

David L. Ward

Debra Register

Eileen Mullen

Eileen Griswold

George Heath

George Liner

Havelock Moose Lodge

#1797

Henry Stille, Jr.

James Stroud

Joanne & Randy Straight

Lawrence Holloway

Lawrence Turman

Mary Pettitt

Morag Cheesman

New Bern Area Chamber of

Commerce

O'Hara Family Fund of the

Princeton Area Community

Foundation

Rebecca Credle

Terri Sharp

Trent Cadillac Buick GMC

In Honor of:

Sarah & Tripp Carroll

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. Thank you for choosing Craven County Hospice. Please make the check payable to **CCHD- Foundation**, P.O. Drawer 12610, New Bern, NC 28561.

Hospice is a 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.

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