

Every Day Matters

A NEWSLETTER FOR FRIENDS OF **GENESIS HOSPICE & PALLIATIVE CARE**



VOLUNTEER SPOTLIGHT



Letter from the director

Dear families and friends,

Genesis Hospice is a charitable, nonprofit organization that provides high-quality, compassionate, end-of-life care. It is the only hospice in the area with a dedicated inpatient facility – Morrison House in Zanesville. We also care for patients in their homes and nursing or assisted living facilities.

Our hospice is rated five stars – the highest score – by the Centers for Medicaid and Medicare Services. Every patient receives the best possible care. Our dedicated team of nurses, social workers, doctors and spiritual care professionals support our patients’ physical, social, emotional and spiritual needs around the clock.

Visit genesishcs.org/hospice or call us at 740-454-5364 to see how we can help you or your family.

Pebbles Thornton, MSN, RN, OCN

Director, Genesis Cancer, Palliative Medicine and Hospice Services



Jean Miller

Morrison House welcomes volunteers from every profession and background. Jean Miller, R.N., retired from a 37-year nursing career with Genesis HealthCare System in March 2022. She took a few months off for training and started volunteering in patients’ homes in May. Most of her nursing career was as a home hospice nurse on the night shift, so Jean feels comfortable going wherever Genesis Hospice needs her, whenever.

As a young nursing student, Jean was asked to care for a terminally ill family member in her home. Several years later, she cared for her father and then her mother. Her mother also needed extensive around-the-clock care at Morrison House. “Those experiences set the tone for my career,” she said. “I’ve been on both sides, so I feel like I really connect with patients and their families.”

Jean said that volunteering allows her to make a difference. “Hospice patients and their families need someone to listen and to talk to,” she said. “They need comfort and support.” As an employee she was busy providing medical care. “Now I can listen to the patients and their families without also having to listen to their lungs,” she said.

Jean urges anyone considering volunteering at Morrison House to follow through. “There are a lot of misconceptions about hospice,” she said. “A lot of people are afraid of it. All you really need is a desire to provide comfort to someone.”

Jean is also enjoying all the things you do in retirement. Her favorite hobby is spending time with her four grandchildren.

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FAMILY SPOTLIGHT

Hospice manager Lori Junk, R.N., BSN, accepts a donation from the Hartsock Family.

The Hartsock Family

Bob Hartsock always knew he would pass away at 90 years old. His family protested whenever he brought it up. However, he was right. “We would get mad at him for saying that all the time, and by golly, he was 90 when he passed,” said his wife, Lynn.

For years, Bob dealt with heart issues. In 2021, he began to decline and was in and out of the hospital for several months. Sometimes he would go to a local nursing home for treatment, but each time he would improve enough to come home and receive palliative care.

When the doctor told them Bob’s heart could no longer keep the fluid off his lungs, their palliative care nurse suggested that Bob move to a hospice facility for continued end-of-life care. Bob had hoped to remain in their home, but Lynn and her daughter knew they couldn’t manage the increased level of care he needed. Their palliative care nurse talked to Bob about the challenges of his worsening condition until he felt more comfortable with the move.

“No matter how prepared you think you are, moving to a facility for end-of-life care is difficult,” said Lynn. “It’s difficult for the patient and for the loved ones who wish they could honor the patient’s wishes. The palliative program nurse understood that and helped us all.”

They chose Genesis Hospice and Bob was cared for at Morrison House, Genesis HealthCare System’s inpatient hospice facility for symptom management.

Morrison House was close to home for the Hartsocks, comfortable and quiet. As nature lovers, Bob and Lynn were delighted his room had a big, beautiful picture window where they could watch the cardinals and blue jays flitting around the trees outside.

During his stay, Bob received medication, and after years of pain, his family was relieved to see he was comfortable. “It was so nice to see him peaceful and happy,” said Lynn. Bob relaxed and slept. He held his family’s hands and would open his eyes from time to time to see his loved ones and gaze out the window.

“He wasn’t alone,” said Lynn. “He knew we were there.”

Lynn recommends palliative care and hospice services at Genesis. She found their suggestions and instructions helpful during the decision-making process. “We’re very fortunate to have a hospice like this,” said Lynn. “Everyone in the family felt comforted by everything.”

The Hartsocks enjoy spending time together making crafts and selling them at craft fairs and art shows. They often donate some of their proceeds to causes that are important to them. Genesis Hospice was honored to accept a donation in Bob Hartsock’s memory from his granddaughter (pictured above).

Grief support groups

Grief support services are available to friends and family of hospice patients. Genesis Hospice has a dedicated bereavement counselor to help with your needs.

The Rainbow Group

The Rainbow Group is a general grief group for adults 18 and over who have been affected by the loss of someone important to them. The meetings are on the third Thursday of the month from 6 to 7:30 p.m. at the Morrison House Bereavement Center. Registration is not required and there is no fee.

Survivors of Suicide

The Survivors of Suicide Group is for adults 18 and over who have lost someone to suicide. The meetings are on the first Tuesday of the month from 6:30 to 8 p.m. at the Morrison House Bereavement Center. Registration is not required and there is no fee.

Please call bereavement consultant Kelli Ross, MSW, LSW, at 740-454-5353 for additional details.



A room of your own

The Reflection Room at Morrison House is a quiet place for families, visitors, staff and volunteers to reflect or recharge. The room is simply adorned and non-religiously specific to be open to all, regardless of their views or faith.

A journal is available for those wanting to write prayers or thoughts. A bowl of water and disintegrating paper is there so people can write something down and place it in the bowl. The action represents giving something away, not to take back.

A local stained-glass artist designed and made the beautiful centerpiece of the room. Patients, staff and visitors often mention that the window emphasizes the sacredness of hospice.

Giving back

Hospice volunteers are essential in helping patients live each day as they choose. You'll find that helping others live each day with dignity and comfort at the end of life can be a rewarding experience. Required training is provided.

Volunteer opportunities

- Patient/family care in homes, inpatient at Morrison House and in facilities. Caregiver breaks are top requests. Simply sitting with, listening to or reading to patients while their family members take time for themselves is a gift.
- The We Honor Veterans program pairs veterans with veteran patients whenever possible.
- Morrison House greeters transport patients and loved ones to rooms, keep the family kitchen stocked, make coffee or tea and help staff as needed.
- Share your skills. Beauticians, barbers, pet and music therapists and fundraising assistance are always needed.

Donations

Give a lasting tribute to a loved one or friend with a gift to Genesis Hospice Care. Donations help those with a terminal illness live each day to the fullest.

Contact Genesis Hospice Care for a donation form, or send a donation with your name, address, in honor/memory of and the name and address of the person you'd like to receive a gift acknowledgement. Cash, check, money order and credit cards are accepted. Please make checks payable to Genesis Hospice Care. Your gift is tax-deductible. Acknowledgement cards do not include the donation amount.

Mail to: Genesis Hospice Care
713 Forest Ave., Zanesville, OH 43701

Call: 740-454-5364

Choosing a hospice provider

We understand the challenges families face when they are considering hospice care.

Our recommended resource for people and families new to hospice care is a checklist, Suggested Questions to Ask When Choosing a Hospice. You can access it from the Hospice Care pages of genesishcs.org/hospice.

More than 20 helpful questions are broken down into five main topics.

- Overall program, including accreditation
- Availability
- Symptom management
- Communication, coordination and education
- Caregiver resources

Contact us to review the questions specific to your family.

Providing hospice care to our community

Genesis Hospice provides care for our community members in their homes, nursing homes, assisted living residences and Genesis Hospital. The hospice team will visit regularly and a hospice nurse is available 24/7 to answer questions or assist with medical concerns.

If you need more care than can be provided at home, ask about staying at the Morrison House.

You may receive hospice care for an unlimited amount of time, depending on the course of the illness. If you believe hospice is a good option now, but change your mind later, you may stop receiving hospice services at any time. Resuming hospice care is as easy as a phone call to our office.

Genesis Hospice helps patients and their families live life to its fullest. If you'd like to volunteer, donate or need more information, visit genesishcs.org/hospice or call 740-454-5364.



Genesis
HEALTHCARE SYSTEM

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