

SPRING ISSUE

Every Day Matters

A NEWSLETTER FOR FRIENDS OF GENESIS HOSPICE & PALLIATIVE CARE



HOME AWAY FROM HOME



New year, new you

Spring is about hope and the dawn of a new phase. This year we are encouraging everyone to say “new year, new you.” It is time that we focus on the future. We have all suffered during the pandemic and the Genesis Hospice team has been here for the community through it all.

We are hopeful we can focus on the positives this year and get back some of what was lost. In this issue, you will read about our new Medical Director and how the Genesis Hospice team is here for you. We are deeply grateful for the community’s support and cannot wait to learn what “new year, new you” means to you.

Pebbles Thornton

Pebbles Thornton, MSN, RN, OCN
Director Genesis Cancer, Palliative Medicine and Hospice Services

A 360 degree look inside the Morrison House

Now you can take a virtual tour of the Morrison House located at 713 Forest Ave., in Zanesville before deciding to visit. Our inpatient hospice facility is equipped with:

- Physicians
- Nurses and licensed practical nurses
- Multi-skilled technicians
- Music therapy
- Social workers
- Spiritual care
- Bereavement care

Visit <https://www.genesishcs.org/morrisonhousetour> and see what’s inside.

**WHAT'S
INSIDE**

2 | Holistic and inclusive care
3 | New Medical Director

3 | Spiritual matters
4 | A century of experience



Genesis
HEALTHCARE SYSTEM

Better Begins Here



Holistic and inclusive care

Each year patients and their families enroll in hospice care for the first time. Such care is different from other care models they are familiar with, such as physician office visits or a stay in the hospital.

The Genesis Hospice model is holistic care, which looks at all aspects of care rather than each part separately. When Genesis Hospice cares for your loved one, a doctor, nurse, nursing aide, social worker, chaplain and music therapist are involved. As different disciplines, we work together to deliver integrated hospice care addressing issues that can arise when facing a limited life expectancy.

As a hospice patient or family member, one phone call will put you in touch with a member of our team. We can answer most questions about any part of your care, including visitation, medicines, insurance and medical equipment. We make it easy to navigate and communicate with your hospice team. All of us at Genesis Hospice Care use our unique gifts and experience to provide the very best care that every person deserves. We do this as one group, committed to serving you. Thank you for inviting us into your lives to help you in a changing and demanding time.

- Tim Patton, M.Div., BCC Chaplain
Hospice and Palliative Care



Resilience brings longevity

We rarely dream about living to 105 years old, but for Mary Hamilton, one of our home hospice patients, her dream of living for more than a century has become a reality. She recently celebrated her 105th birthday during her stay at the Morrison House.

With decades of personal testimonies, Mary has become quite savvy on handling difficult days and how to make the most of every minute. She is very open about the importance of her faith and her true love for Jesus. She often shares how her dedication to prayer has allowed her to prosper and live fulfilled days. Mary often reflects on her life and memories of her children and her late husband on their farm, but Mary's life has not been without hardships. Her son unexpectedly passed away at a young age, but she shares precious memories of his life and continues to rely on God for support to grieve the life that she lost.

Mary shares that she knows that her time on earth is filled with purposeful learning and believes that once she is done learning, she will be told, "Well done, you good and faithful servant." Her positive outlook on her life and her thankfulness to God has been a true reflection of her legacy that will continue once Jesus calls her home. But until then, Mary will continue to work on this earth to be a shining light in a dark world.

Happy birthday, Mary! May your life continue to be a blessing to others.

- Rachel Watson, LSW, BSW



New Medical Director

Joining the team

I have practiced in various settings, including the office, hospital and nursing homes, since I finished medical school at The Ohio State

University in 1987. I recognized early in my career that helping patients meet their goals at the end of life is important for the patient and their loved ones. After over 30 years of practice in internal medicine, I decided to complete formal training in hospice and palliative medicine.

I am excited to bring my years of experience and passion for hospice and palliative medicine to the Genesis Hospice team. It has been a pleasant experience working with the team since January 2022. We work very well together to understand and meet the medical, social and spiritual needs of patients who entrust their care to Genesis Hospice.

- Robert F. Lewe, MD
Medical Director, Palliative Medicine and Hospice Services



Returning to my happy place

I have been a social worker for 35 years, with experience in Acute Rehabilitation, Pain Management, Skilled Nursing, Medical/Surgical Units, Maternity and Hospice. Working at Genesis

Hospice Care in the past was gratifying. I was so excited when I saw an opening and was able to return. I enjoy helping others at the end of life. From paperwork to arranging community support services, working for our home hospice allows me to be a part of a dynamic team that provides compassionate, quality care for patients and families during one of the most challenging times in their life. I'm blessed to be part of the team.

- Susan Frye, LSW, BSN

Spiritual matters

Each time the calendar turns over from the previous year, it is a "new year, a new you." What does it really mean, and does anyone take it seriously? Can we be different people than we were the year before? By March or April, would someone look at us and think, "Jane sure looks like a new person?" Or is this expression one of those things we have come to say to boost ourselves up and hope it is taken to heart? Let's see what the possibilities could be for making these words ring true in our lives.

Each year we have the opportunity to make resolutions to improve ourselves. People may take stock of their lives and decide they need to be more assertive when interacting with others. They may feel the need to improve their ability to say no more often so they do not overextend themselves. Perhaps someone will resolve to be a better listener and not feel the need to dominate a conversation.

These are all doable things to present a new you and actions that have the possibility of genuinely enriching a person's life. But do they constitute a new you? Is any one of them enough of a change for others to notice a difference or even for the person doing it to feel different? Maybe we need to go deeper to create a new person.

What would going deeper look or feel like? It seems that to make a significant change in ourselves, change needs to come from our spiritual side. It needs to come from deep within. To a large extent, I believe much of what we do and how we act is a product of our spiritual nature, whether we realize it or not. Spiritual nature does not necessarily mean a particular religious viewpoint, though it certainly can have a religious tone.

For me, the spiritual aspect of our life is how we see our place on Earth and in the universe. It's an ongoing process and thought-provoking. What better way to present a new you than by better understanding our place in this world and why we interact with others the way we do. If we have some semblance of our purpose as part of a family, community, country and yes, even this world, we have a start in changing things that will help us be better humans as we interact in these different areas of life.

A "new year, new you" can be an opportunity to engage your spiritual self to grow and cultivate the many ways there are to be present. As we dig deeper into our spirituality, we have an opportunity to be more connected with others and hopefully understand how we can relate to others in a more meaningful way. We can change things within ourselves that have deep meaning and that have a lasting presence. When you do this, others begin to see you in a new light. You have not just superficially changed something about yourself, you have come to know yourself better, and can now interact with other people in a more spiritually connected manner.

A "new year, new you" is an occasion to enrich our awareness in figuring out who we are and why we are here. It is a time to grow and continue our inner dialogue. It is a time to seek and hopefully discover more about ourselves and those with whom we share this planet.

- Tim Patton, M.Div., BCC Chaplain
Hospice and Palliative Care



A century of experience

Social workers help meet the social and emotional needs of patients and families. They assist patients with end-of-life concerns while helping them use their strengths to achieve their goals. Social workers serve as patient advocates, provide counseling, teach coping skills, complete advanced directives and assist patients and families with accessing community resources. They are also part of our bereavement team.

Our bereavement team helps individuals manage emotions associated with a significant loss, whether their loved one is a hospice patient or not. The social worker team at Genesis Hospice has over a century of combined experience. All that knowledge and experience is waiting to serve you when you enroll with Genesis Hospice.

- **Pebbles Thornton, MSN, RN, OCN**
Director, Genesis Cancer, Palliative Medicine and Hospice Services

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

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HEALTHCARE SYSTEM

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