

Every Day Matters

A NEWSLETTER FOR FRIENDS OF
GENESIS HOSPICE & PALLIATIVE CARE



Summer brings hope

Happy summer. This season brings many feelings, but the main one for me is hope. Hope is an optimistic state of mind based on an expectation of positive outcomes. I'm hoping for positivity, kindness and a return to normalcy.

Hope for a new season

The year 2020 brought many challenges for all of us. I remind myself daily that without darkness, there cannot be light. Hope decreases depression and anxiety, increases resiliency and leads to fewer chronic health problems. After a tough year, we could all use more hope.

The things we hope for vary among each of us. It can be the hope of warm weather, the hope of being able to hug again, or even the hope of seeing a smile. I encourage you to take a few moments and think about something you hope for this season.

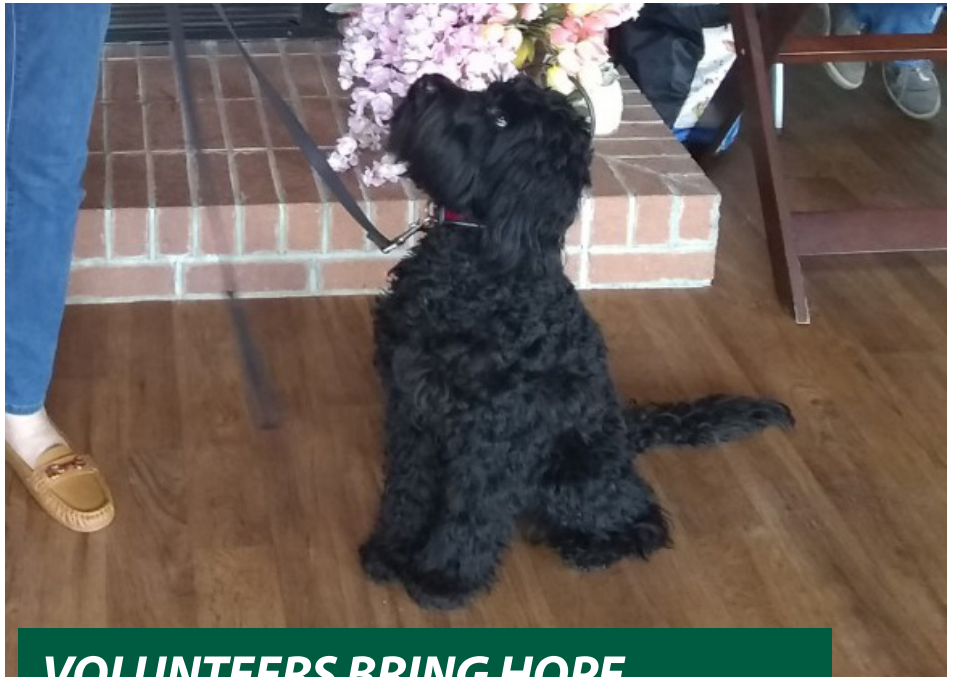
Each hospice staff member delivers hope to our patients, their families and the community in different ways. While hope might sound like an unusual theme for hospice, you'll find inside this edition of *Every Day Matters* the many ways our hospice teams provide peace and hope:

- Volunteers bring hope
- Find your hope
- True passion
- Nurses offer healing moment
- Hope while grieving
- What does hope mean to you?

We offer these stories to bring you hope today and in the future.

Pebbles Thornton

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



VOLUNTEERS BRING HOPE

Pet therapy dogs

When the pitter-patter of little paws fills the hallways of Morrison House, squeals of delight typically follow from visitors, staff or patients. The soft footsteps indicate the arrival of Oliver, our therapy dog, and his owner and volunteer, Lois Gruenebaum. Lois has been volunteering with Genesis Hospice Care for more than 17 years through our pet therapy program.

Clinical studies prove visits from a pet decrease anxiety, lower blood pressure and create feelings of well-being. These benefits are essential to our patients and families during this time in their lives. Lois and Oliver also comfort patients and visitors at Genesis Hospital.

"When we visit, I see people relax. By the time we're ready to leave, everyone is smiling," Lois said. Lois enjoys making someone's day brighter. "And Oliver loves meeting everyone. We both missed visiting patients and families at Morrison House in 2020. We're so happy to be back."

Birthday bashes

Nancy Barker has been a Genesis Hospice Care Volunteer for 35 years. Nancy delivers birthday balloons, cards and candy to our patients wherever they call home. "Our patients love the deliveries, having a surprise visitor and appreciate someone thinking of them," Nancy said. "Our patients smile ear to ear when I deliver their birthday gift."

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Genesis
HEALTHCARE SYSTEM

Better Begins Here

Continued » **Birthday bashes**

The deliveries comply with COVID-19 protocols. Nancy brings the birthday gifts to the patients' homes, gives the goodies to the caregivers at the door and relays birthday wishes to the patients. "I miss interacting with the patients and will be glad when I'm able to do that again. The patients and families always compliment our exceptional hospice staff and services. I am happy to help provide compassionate care," Nancy said.

Lois and Nancy are just two of the many hospice volunteers sharing their love for our patients and families. Many of our volunteers want to give back because of the fantastic care and support their family members received from Genesis Hospice Care.

If you'd like to learn more about becoming a hospice volunteer, go to genesishcs.org or call 740-454-5364.

-by Heidi Williams, R.N.

On-call nurse



Find your hope

Remembering dad

Hope means something different to each of us. It could be an idea, a promise or an aspiration when going through a difficult time.

I faced a difficult time when my father died unexpectedly earlier this year. It was traumatic, overwhelming and caused me to grieve the moments I will never have with him. I long to experience one more day with my father. My hope, however, tells me that I will see him again. Jesus gave the ultimate sacrifice for us all to have eternal life, and my hope to share one more moment with my father extends far beyond my earthly days.

Hope for a new season

The way the willow tree adapts to difficult conditions helps me deal with my dad's passing. Even in challenging conditions, the willow trees' roots reach out to the source of nutrients and multiplies. The weeping branches fall over the trunk, protecting it from the elements, just as hope drapes us with protection during demanding days.

Offering peace

Before joining Genesis Hospice in June 2017, I had the opportunity to provide care for patients along with the hospice staff. I appreciated their ability to provide a peaceful atmosphere for patients and families, and I wanted to be a part of this exceptional care. I am blessed to be able to help patients in their day-to-day living during challenging times.

-by Rachel Watson, L.S.W., B.S.W.

Hospice Care Social Worker

True passion

I found my true passion when I came to Genesis Hospice Care in 2018. Caring for community members who are facing the last chapter of their lives is a rewarding experience. It's gratifying to build bonds and help patients and families during these moments. As Clinical Coordinator of Morrison House, I visit patients with physicians to listen, answer questions and provide support.

I enjoy this role and plan to obtain my nurse practitioner degree and become a provider for hospice. Hospice holds a special place in my heart, and I'm grateful to the patients and families who allow me to care for them.

--by Kristen Tracey, R.N.

Clinical Coordinator, Morrison House

Kristen received the DAISY award in 2019 and the Heart of Hospice – Rose and Sam Stein Award from Leading Age Ohio in 2020



New volunteer and marketing consultant

Sherrie Grubb is the new Genesis Hospice Volunteer and Marketing Consultant. You might recognize Sherrie as the greeter at the front door of Morrison House. She has 29 years experience at Genesis Hospice Care. You can reach Sherrie at 740-454-5364.

Nurses offer healing moments

Every minute of each day, our nurses and hospice team bring comfort to our patients and families. Our nurses share their revelations on hope.



Brittni Rothenstein, R.N.

Brittni remembers the positive experiences she had when a family member was in hospice. The caring staff made an impression on her. "The memory that stands out the most is being encouraged by the hospice staff to talk with the family member, even though he couldn't talk. The hospice staff told me the family member could still hear me, and this was a healing moment for me," Brittni said.

Brittni encourages family members visiting patients at Morrison House to talk with an unresponsive loved one. "Sharing things they wish they would have said provides a healing moment for the families. When I share this with families, you can see the ray of hope in their eyes, giving them peace."

At Morrison House, it's satisfying to care for the patients and help families become a family unit again instead of having the role of caregiver.



Tiffani Wallace, R.N.

Tiffani has been providing care at Genesis Hospice for nine years. Starting as a nursing assistant, she later became a registered nurse. She enjoys giving one-on-one care to patients and families. Tiffani also appreciates the compassion and teamwork from her fellow hospice caregivers.

"I've also been on the receiving side of the support and comfort from the Morrison House staff," Tiffani said. "My grandmother was comfortable and pain-free, as my family had hoped. Our family also had peace of mind that my grandmother was receiving comforting care while we were away from her bedside," Tiffani said.

"Not only did the hospice staff give my grandmother excellent care, but my family and I received support from all members of the hospice team," Tiffani said.

The care she received as a family member left an impression, and Tiffani shares the same comfort and dignity with her patients.



Ann Edwards, R.N.

Ann was a chemist before becoming a registered nurse and joining Genesis. She recalls a monumental moment with one of her first patients in hospice. "When I first met the young woman, she was in a lot of pain, and her life expectancy was short. The patient kept her eyes closed and seemed shut off from the world," Ann said. Ann collaborated with the physician to help the patient receive pain relief. Within a few days, the woman's pain decreased immensely; she was more alert and engaged with her family. The young woman felt so much better that she could go to the fair with her family – as she had hoped.



Debbie McGrew, L.P.N.

"My first experience with Genesis Hospice Care was as a home hospice nurse," said Debbie McGrew, L.P.N. "I enjoyed the opportunity to offer support and get to know my patients and their families on a personal level. I appreciate being able to teach our families about caring for their loved ones. It's rewarding to give families the tools and education to help them gain confidence to provide care."

Debbie also helps families learn how to get a break from caregiving through respite care at Morrison House. The five-day stay in Morrison House is available for our home care patients to receive high-quality care from our hospice staff. This opportunity gives families time to rest and recharge, so they are ready to continue providing care when the family member returns home. Debbie encourages families to visit Morrison House to see firsthand the home-like atmosphere and the high-quality care available for their loved ones.

*-by Heidi Williams, R.N.
On-call nurse*



Hope while grieving

Most of us have experienced a loss at some point in our lives. We grieve our loss, and it's a sad time in our lives. We hold on to hope, knowing that we'll feel better after the dark days have passed.

Hope is what we have when we know that this too shall pass, and we'll recover from our grief. If we've lost someone we love, we hope that our loved ones know how much we cared for them and had peace in their final days.

Hope gives us a new strength – sometimes a strength we didn't know we had. We find a new direction and purpose after our loss.

As a bereavement consultant, I understand that it's sometimes hard to reach out for help. Talking to someone can give us hope that brighter days are ahead.

Please feel free to contact me for help and renewed hope.

*-by Kelli Ross, M.S.W., L.S.W.
Hospice Bereavement Consultant
kross@genesishcs.org
740-454-5353*



2503 Maple Ave., Suite A
Zanesville, OH 43701

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What does hope mean to you?

What do you think of when you hear the word hope? Most of us have probably said something like, "I sure hope ..." or "I've been hoping" We don't realize how often we might use the word hope daily.

What does it mean to have hope? Is it just wishful thinking or expecting that something good will happen to us? Whatever hope means to you, it's an integral part of our being. Every day we experience hope. It might be as simple as hoping for a warm, sunny day or something much more important and personal, like being able to visit a loved one you haven't seen in a year due to the pandemic.

What is hope?

Hope can be a fleeting thought or one that's persistent. In some ways, hope can be a driving factor in our lives, such as the hope of landing a particular career or pursuing a job that motivates us to attain advanced education or a specific skill set. Emotionally, hopefulness brings a certain level of positive thinking to our daily lives.

Hope for hospice patients

So, how does hope come into play in the life of a hospice patient? What kind of hope is present when you know that you are dying, or is it just a time of total despair? I believe that faith can elevate hopefulness to the forefront during this time. Many people rely on their faith to bring them hope for the afterlife. Each day can also be a time of hopefulness, believing that God is caring and providing for them in ways they cannot see or completely understand. These times can provide an opportunity for someone facing the end of life to fill their days with a sense of hope and expectation. They can be assured of God's promise to be made whole again and renewed.

Hope can bring peace and serenity to people who can live each day with purpose and resolve despite facing the end of their life. Hope, garnered through the faith and the love of God, is a powerful motivator enabling a difficult time to become a time of reflection, value and thankfulness.

Hope is a gift that we give to ourselves. I hope it's something that we use to thrive and live expectantly.

- *Tim Patton, M. Div., BCC*
Hospice Chaplain

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.

Every Day Matters is published twice a year for friends of Genesis Hospice & Palliative Care.

Matt Perry
President & CEO

Pebbles Thornton
Director, Genesis Cancer, Palliative Medicine and Hospice Services

Nick Welch
Editor

Dustin Lyons
Designer

Sherrie Grubb
Volunteer and Marketing Consultant