



Circle of Life
Community Hospice

NEWSLETTER
2023

JULY
AUGUST
SEPTEMBER

WWW.COLHOSPICE.COM



Circle of Life Community Hospice

RENO

Support Groups are open to the community free of charge.

Groups are held the 1st and 3rd Tuesday of every month
from 3:30 - 4:30 pm

1575 Delucchi Ln Ste 214 Reno, NV 89502

P: 775-827-2298

July 3rd (Due to the Holiday)

July 18th

Aug 1st

Aug 15th

Sept 5th

Sept 19th

FALLON

Support groups are held the 4th Wednesday of every month

Holy Trinity Episcopal Church

507 Churchill St Fallon, NV 89406

5:30 pm

July 26th

Aug 23rd

Sept 27th

CANDLE LIGHTING REMEMBRANCE *Ceremony*

JOIN US FOR A CANDLE LIGHTING CEREMONY TO
BE UNITED AND REMEMBER OUR LOVED ONES.

THURSDAY, SEPT 14TH 2023

6:00 - 8:00 PM

DOWNTOWN RENO AT THE BELIEVE SIGN

OPEN TO ANYONE IN THE COMMUNITY WHO
HAS LOST A LOVED ONE

#BELIEVEEVENT



MUSIC



*Circle of Life
Community Hospice*

CANDLES
PROVIDED





Professional Caregivers: *The Forgotten Mourners*

By Emilio Parga, M.Ed.
Bereavement Education Coordinator

Each year there are approximately 2.4 million deaths in the United States. Of those, 70% are the result of chronic and long-term conditions such as heart disease, cancer, stroke, and respiratory diseases. Most of those deaths occur in elderly individuals whose ability to function independently has been compromised which has resulted in caregiving by family members or paid caregivers for an extended period prior to their death (Schultz & Boerner, 2022, p. 20).

Professional caregivers spend many hours with clients for weeks or months prior to their deaths and form a strong relationship. At The Circle of Life Hospice, our staff enjoys this and considers this one of the advantages of their job: working in a home, facility, or residence and devoting one-on-one time and truly building a relationship with a client. Circle of Life Caregivers often mention how much they enjoy getting to know their clients and being able to do things their clients appreciate and enjoy. While this is a professional relationship, it is, of course, common to build an attachment and bond with someone that a caregiver spends weeks or even months with.

After a client passes, we certainly acknowledge the grief of the immediate family, but we do not talk much about the grief of a caregiver. As caregivers, they are often one of the forgotten mourners of our society. Over many years and many clients, the grief of professional caregivers may continue to build and lead to “bereavement overload,” a professional term that refers to the effect of multiple losses with little time in between to recover. A 2005 study of professional caregivers indicated that 72% were experiencing grief symptoms (Journal of Pain and Symptom Management, September 2005). Caregiver grief matters because if it is not properly managed, it leads to other symptoms and is a significant cause of caregiver burnout.

Tara Alto, currently VP of Operations for Circle of Life Hospice and Palliative, maintains a long term care administrator license. Alto was an active Administrator in Assisted Living and Memory Care for 7 years. In regards to caregiver grief Alto states, “Caregivers connect with their patient, resident, client- the person they are caring for day in and day out- in the most heartfelt engagement.

Often times, the caregiver knows their patient in a more intimate way than even their patient's family because they care for them on a daily basis and grow into a companion of sorts. Shortly after I started overseeing a senior community, we lost our first resident. I saw the grief of our caregivers and also saw that the acceptable practice was for the caregivers and entire team to move quickly on. There was no practice of grieving the lost resident. They aren't the family of the resident, they aren't a friend of the resident, but they absolutely cared deeply for the resident and were grieving. As I searched for resources for my team, I found very little and found none developed specifically for caregivers. I eventually reached out to hospice companies and asked if they could come and provide bereavement support for our team.

We started sharing favorite memories of the passed resident at shift huddle. But it wasn't enough. A few years later, I spoke with Jesse Blackburn of Circle of Life Hospice and we collaborated on this very large issue. Jesse started coming to the community monthly and then quarterly to provide a celebration of life for our caregivers to grieve our lost residents. After 5 years of passionately searching for better means of helping my team cope with caregiver grief, Circle of Life provided. Our caregivers regularly attend these ceremonies and bereavement services continue to be available for the team outside the ceremony- regardless if the resident was on service with Circle of Life or not. It is something every community should look into doing for their caregivers to emotionally support them through multiple losses and help prevent caregiver burn out."

Here are a few more ways that caregivers can manage their grief:

- *Caregivers should talk with colleagues or friends about the person they care for and what they will miss about them. This is easy to do without breaching confidentiality.*
- *Journaling can be a helpful way to share feelings about clients, even creating a space to write tributes.*
- *Most importantly, caregivers should allow themselves time to grieve. If possible, allow time before taking on a new client to process the current loss.*
- *Consider attending a grief group at The Circle of Life Hospice in person, to talk about your loss with others.*
- *Do not disregard the feelings of loss or assume that the feelings are insignificant. Every loss is important, regardless of the assumed importance of the relationship.*

Staff at The Circle of Life Hospice know that caregiving is a challenging and rewarding profession. Most caregivers understand their role and the impact they have on their clients and how important they are to the families. It is also important to know that caregivers must take the time to take care of themselves so that they can avoid some of the pitfalls of the profession that can result from repeated losses. That's why we have a weekly meeting to check-in with our caregivers.

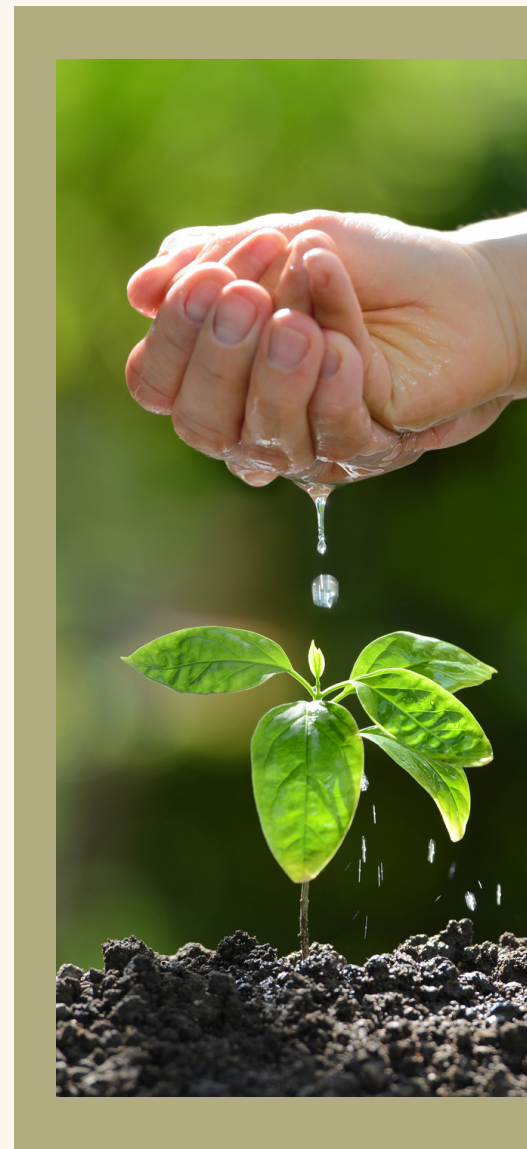
2013, June 19. *Professional Caregiver Grief: The Hidden Loss for Senior Caregivers. Easy Living.*
<https://www.easylivingfl.com>

Schulz, R., Hebert, R., & Boerner, K. (2008). *Bereavement after caregiving. Geriatrics, 63(1), 20–22.*

WATER FOR THE *Soul*

No doubt grief can be a physical and emotional journey. For those left behind it can feel as if they are stuck in a lonely dry desert where the grief is sucking every ounce of moisture from their body. Leaving them to feel physically, mentally, and emotionally dehydrated. My encouragement to those grieving is to find that source of hydration through the help of others that care about you.

Don't be afraid to tell others that you are thirsty for support. Reach out to others; like family, friends, and those that truly care about you even when you just want to isolate. Too much time alone in a desert can be fatal. You need water for the soul.




For some, they may not have that support available to them. If that is the case, Circle of Life Hospice has Support Groups available to the community at no cost. It is a safe place, where you can find support from others also walking through their desert of grief.

Two Support Groups are available the 1st & 3rd week of each month on Tuesdays from 3:30pm to 4:30pm. 1575 Delucchi Lane, Suite 214 Reno, NV 89502.

By Jesse Blackburn,
Director of Spiritual Care & Bereavement Services

Journal Entry

Today I'm having a hard time with?



A series of horizontal dotted lines for writing, spanning the width of the page.



Circle of Life
Community Hospice

DEBUNKING HOSPICE MYTHS

UNVEILING THE TRUTH ABOUT END-OF-LIFE CARE

BY JANET ALDANA

Hospice care is a vital and compassionate service that focuses on improving the quality of life for individuals with life-limiting illnesses and their families. However, misconceptions surrounding hospice often prevent people from fully embracing its benefits. Let's shed light on some common hospice myths and present the facts that will help you better understand this essential form of care.



01

MYTH: HOSPICE CARE HASTENS DEATH

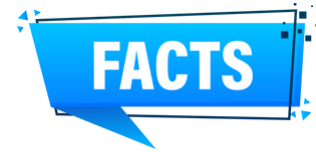
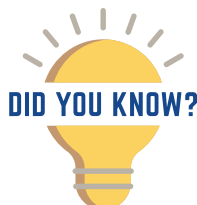
FACT: Hospice care does not aim to speed up the dying process. It provides specialized medical, emotional, and spiritual support to enhance the patient's comfort and overall well-being during their final stages of life. By managing pain and symptoms, hospice actually promotes a peaceful and dignified journey.

MYTHS

03

MYTH: CHOOSING HOSPICE MEANS GIVING UP HOPE

FACT: Hospice care is not about abandoning hope. It shifts the focus from curative treatments to providing symptom management and ensuring the best possible quality of life for patients and their families. Hospice encourages finding hope in moments of joy, meaningful connections, and comfort during the end-of-life journey.



02

MYTH: HOSPICE IS ONLY FOR CANCER PATIENTS

FACT: While hospice care often supports individuals with cancer, it is not exclusive to this disease. Hospice services are available to anyone diagnosed with a life-limiting condition, such as advanced heart disease, dementia, chronic obstructive pulmonary disease (COPD), and more. Hospice teams tailor their care to the specific needs of each patient.

04

MYTH: HOSPICE CARE CAN ONLY BE PROVIDED IN A FACILITY

FACT: Hospice care can be provided in various settings, including the patient's own home, assisted living facilities or nursing homes, hotels and more. The goal is to accommodate the patient's preferences and maintain their comfort and familiar surroundings while receiving specialized care.



05

MYTH: HOSPICE CARE IS EXPENSIVE

FACT: Hospice services are covered by Medicare, Medicaid, and most private insurance plans. This coverage includes medications, medical equipment, and support from the hospice team.

07

MYTH: HOSPICE CARE MEANS BEING ALONE

FACT: Hospice care recognizes the importance of family and emotional support. In addition to providing specialized medical care, hospice teams offer emotional and spiritual counseling for both patients and their loved ones. They also provide guidance with advance care planning and bereavement support.



06

MYTH: HOSPICE CARE IS ONLY FOR THE FINAL DAYS OF LIFE

FACT: Hospice care is available for individuals with a life expectancy of six months or less, as determined by a physician. However, the earlier a patient enters hospice, the more time they and their families have to benefit from the comprehensive services offered. In fact, studies have shown that people who elect hospice live for 29 days longer than those who don't.



08

MYTH: HOSPICE CARE IS ONLY FOR THE ELDERLY

FACT: While hospice care is commonly associated with older adults, it is not restricted by age. Hospice is available to individuals of all ages, including children and young adults facing life-limiting illnesses. Pediatric hospice services are tailored to the unique needs of young patients and their families.

Understanding the truth about hospice care is crucial for making informed decisions during difficult times. By dispelling these myths, we hope to promote a better understanding and appreciation for the invaluable support that hospice provides. Remember, hospice is about embracing dignity, compassion, and the pursuit of a comfortable and meaningful end-of-life experience.

I MISS YOU

The phrase "I miss you", does not begin to describe the knot in my gut, the ache in my bones, the massive pain in my heart or the volumes of wetness in my eyes. It doesn't come close to explaining that with each step I take and every corner that I turn, I look for you.

The progression and forward movement of time leave me feeling as if I am moving further away from the moment I saw you last. In turn I pray, that with each moment and day that passes, that I am moving closer to you. Closer to seeing and holding you again. Closer to the day that I am reunited with the other portion of my soul that has been absent since that summer morning in June.

As my time here grows less and less by the day, the tears do not. I am left to live two lives. One that allows my body to survive, and the other that allows your memory to remain alive in our hearts.

You remain with me always, you remain my son.

Clay's Dad
June 21, 2023





Circle of Life Community Hospice

Caring for the dying is our destiny, calling and cause.

Circle of Life Community hospice serves individuals and their families during the advanced and final stages of terminal illness.

**We provide the following services,
100% covered by Medicare:**

- Physician's Services
- Nursing Care - Intermittent with 24 hour on-call
- Medical Equipment and Supplies
- Prescription Related to Terminal Illness
- Respite Care
- Certified Nursing Assistants
- Social Services
- Dietary Counseling
- Bereavement Services
- Spiritual Care and Counseling
- Volunteer Services

What sets us apart?

**Aroma Therapy
Massage Therapy
Pet Therapy
Healing Touch Therapy
Relaxation Techniques
Caregiver Training
Low Nursing to Patient Ratios**

*"Caring for the dying is our destiny,
calling and cause"*

P: 775-827-2298 | www.colhospice.com | F: 775-824-3860

Locally Owned and Operated since 1999

Serving Reno, Sparks, Carson City, Dayton, Gardnerville, Silver Springs & Fernley



Circle of Life Hospice

- FOUNDATION -

www.colhospice.com



BASEBALL

Night

TICKET ONLY

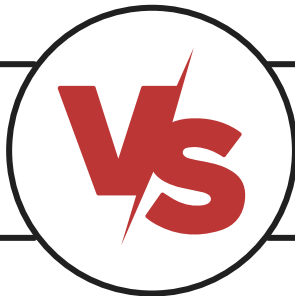
\$15

SUNDAY,

17

SEPTEMBER

1:05 PM



Please join the Circle of Life Hospice Foundation along with family and friends, for a Family Day at Greater Nevada Field! Your seat will include a free Aces baseball hat and \$1 hotdogs all game long! Half your ticket price is going back to the organization to support Northern Nevada's first Hospice House. Share this great deal with all your

extended family and friends

fevognm.com/event/Circlelife



SCAN HERE TO PURCHASE TICKETS!



Rock Around SOCK HOP the Clock



Dust off your poodle skirt & saddle shoes! Come join us for an afternoon full of dancing to the Golden Oldies. Come as you are or dress up for the best costume contest. Don't forget your dancing shoes, there will be a dance contest.

Cost \$3 per person | RSVP by August 17th
For more information and to register,
please contact by calling 775-353-2376
FREE TO THE FIRST 100 PARTICIPANTS

WHO: Everyone, 55 & Older

WHEN: Tuesday, August 22nd

TIME: 1:00 p.m. -3:00 p.m.

Sparks Parks and Recreation,
Gym, 98 Richards Way, Sparks 89431

SPONSORED BY:



For more information please visit
www.colhospice.com





*Circle of Life
Community Hospice*

1575 Delucchi Ln Ste 214
Reno, NV 89502

If you notice an error in your name or address or if someone else in your family would like to receive our mailings, please contact Circle of Life Community Hospice at 775-827-2298.



In Loving Memory of:
Julian Damynik Najera-Ramirez
10/27/2015 - 07/10/2016