



Circle of Life
Community Hospice


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JEFFREY D MILLMAN, MD

Jeffrey D. Millman, M.D. is a family physician who views the end of one's life as a challenging time physically, mentally, emotionally and spiritually. He combines his many years of experience in family medicine with a spiritual approach to dealing with life's pain and difficulties. Author of *Leap of Faith: Transforming Physical and Emotional Pain into Spiritual Growth*, Dr. Millman eases the fears and concerns about end of life with practical information and a philosophical approach to the experience of transitioning from this reality to the other side. Clinical Professor in the Department of Family and Community Medicine at the University of Nevada School of Medicine, he teaches in an understandable and humanistic way. He knows firsthand the many issues that surface at this time in a person's life. He sees death not as an end, but a continuation of your personal journey.

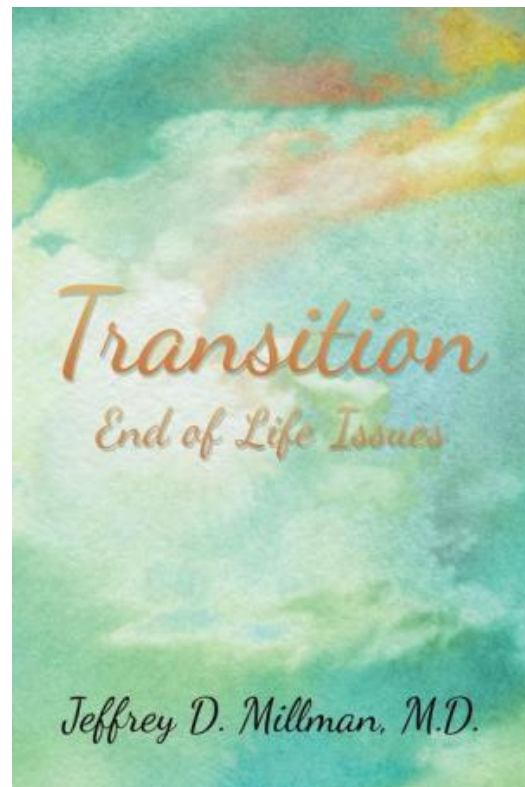
NEW BOOK

TRANSITION

End of Life Issues

Fear of death is probably most people's greatest fear. End of life is sad, but it does not need to be fearful. The best antidote to fear is knowledge. Dr. Millman addresses clearly and in detail concerns about getting affairs in order, obtaining help and assistance, DNR, POLST and hospice. He discusses near death experiences that have revealed what happens to our body, and our soul, as we cross over to the other side. With a kind and caring manner he talks about the many emotions that arise and how best to cope with them.

Approaching the transition process from a spiritual perspective reveals a "big picture" that brings us comfort and reassurance, uplifting us emotionally and spiritually.



Circle of Life Community Hospice

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Anticipatory GRIEF



By Jesse Blackburn

In working in hospice as a chaplain, anticipatory grief is often the most overlooked struggle among caregivers and loved ones. Anticipatory grief is grief that occurs before death. It is common among people facing the eventual death of someone. Most people expect to feel grief after the death but fewer are familiar with grief that shows up before a life ends.

Anticipatory grief isn't often talked about. When one is feeling this grief, they might not understand why they are feeling so sad beforehand or sometimes even worry that it's not okay or acceptable to express the pain they are feeling in fear that they don't want to make it about themselves or take the focus off of the one dying. But in my experience, outward expression of grief is crucial to talk about among those around you and will help you cope with your grief much better when that loss does occur.

Anticipatory grief is defined as grief that occurs before death or loss. You may also as an individual, be grieving several losses in your personal life on top of what you are already dealing with. An anticipated loss to come can trigger memories of past losses. It's important to understand that you're not grieving just the present anticipating loss, but all of the losses that came before it.

Anticipatory grief is similar to grief after death. But it's also unique in many ways. Just a few examples I see in caregivers that are dealing with grief before death often involves feelings of:



These unexpected emotions may be because you're in an "in-between place" when that person is dying. You might feel mixed up as you try to find the balance between holding on to hope and letting go.

Grieving before someone dies is neither good nor bad. Some people experience little or no grief while a loved one is dying. Some feel grieving in advance might be seen as giving up hope. For others, the grief before the actual loss is even more severe. It's a normal part of the grieving process, but not everyone has it. A painful awareness of a coming death can help you find ways to say goodbye while there is time. Please remember it's important to let yourself grieve. Find the support of others. Share your feelings openly while still maintaining hope, while preparing for the death to come.

Keep in mind that letting go doesn't mean you have to stop loving or caring for the person you're losing. It's during this stage; you can begin to find a safe place in your heart to hold on to the memories that will never die.

Remember to be kind to yourself. May you find comfort and healing as you move through your loss.

Jesse Blackburn
Director of Spiritual Care & Bereavement Services

FACING THE NEW YEAR WHEN YOU ARE *Bereaved*

ACCEPTING THE NEW YEAR

When we are grieving, it is hard enough to live each day as it comes. It can be daunting to face a whole new year stretching out in front of us. We may be afraid of what the new year might bring. We may worry whether or not we can handle any more challenges. Our current experience of emptiness and loneliness may make us reluctant to face a new year.

We might say to ourselves, "I used to be so busy. I used to feel so needed, so useful. Now it seems there's nothing but empty space and empty time." It's bad enough to wake in the morning not sure what we'll do with the day; what will we do with a whole year?

Longing to recover the past can sometimes make us resistant to accepting the new year. The past was where we were comfortable, where we felt safe, felt good. Grief burdens us today and we fear the new year won't hold anything different for us. We pine for the person we miss and the precious past we shared. We think about how it was, and wish we were back there.

Approach of a new year may mean different things for different mourners. Whether we welcome, dread or ignore a new year probably depends on where we are in our grief process. The question is not whether, but how grief will show up, and how we'll work with it.

A LEARNING PROCESS

If your loss was recent, sudden or unexpected, you might experience it as a shock, as if you're living a bad dream or someone else's life, trying desperately to get back to your "old" life. The last thing on your mind might be the challenge of a new year. Writing or talking repeatedly about the death of your loved one might make you feel numb or detached. Eventually, you might realize that your life is not what you thought it would be, that your world has changed.

Therese Rando, a noted grief therapist and author, describes grieving as a learning process. Each minute with a loved one created patterns of how to operate and what to expect. Each new challenge, like doing the taxes, fixing things, and going into a new year, becomes a fresh occasion to accept the absence of your loved one and find new ways to cope, even if new challenges bring fresh pain.

As you courageously work through your grief over time, you eventually will find the strength to look to the new year with interest and wonder about what it might hold. Maybe you'll feel eager to welcome change, now that your grief has started to ease.

You might find comfort and joy in knowing that you did all that you could and loved well. Enriched by the love you once enjoyed, you can now show deeper compassion for all who suffer. You eventually will recognize life as a gift to enjoy with whomever crosses your path. In time, you might want to do on your own what you both once hoped to accomplish together.

Even if you're scared and lonely, and even if you long for the past, you can still open the door a crack to this new year.

TIPS TO FACE THE NEW YEAR

- Begin by getting needed rest. If you're still exhausted from caregiving or from acute grieving, focus on physical recovery. Considering talking with your doctor about how to rebuild yourself physically.
- Give yourself a mental rest. Replace negative thoughts with positive affirmations about yourself, and soothe yourself with music, prayer, uplifting literature, tears and laughter.
- Pay attention to hope and desire. Find small practical ways to give yourself new pleasure.
- Attend a support group or talk with friends and family members who can list and share memories.
- Seek spiritual support from a local minister, rabbi, priest, imam.
- Find courage to live into the future by living in the present, one day at a time. Do the best you can to care for yourself and others today.



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Circle of Life Community

PALLIATIVE CARE

THE BENEFITS OF PALLIATIVE CARE

By Tara Belle Alto, VP of Operations

WHAT IS PALLIATIVE CARE

You may be hearing the term Palliative Care a lot these days. Circle of Life Hospice will be adding this continuum of care to our services in the coming new year. Palliative care is often confused with hospice care, while both are very beneficial, the two are very different. Palliative Care is an extra layer of care for individuals suffering from a serious illness that are still receiving curative treatment. What is a serious illness? A serious illness is life limiting. Individuals receiving palliative care most commonly have Cancer, Congestive Heart Failure, COPD, Kidney Failure, Liver Failure, a neurological disease such as ALS or Parkinson's, and Dementia. These illnesses have some tough symptoms in and of the illness itself and curative treatment of these diseases often can cause more discomfort. A Palliative Care team is focused on providing relief from these symptoms and the overall stress of the serious illness as well as treatment. This very specialized care is delivered by a unique team consisting of Doctors, Nurse Practitioners, Medical Assistants, Social Workers, Spiritual Counselors, and more – all working with a person's current providers to improve their quality of life.

BENEFITS OF PALLIATIVE CARE

Palliative care focuses on more than an illness by considering the needs of the patient that arise because of an illness. This is a proactive approach and can include caregiving, lifestyle changes, advance care planning, emotional support, pain management, and can even extend to the individual's family. By encompassing all these areas and prioritizing symptom and stress management, palliative care improves the quality of life for patients while allowing them to continue receiving treatment for their serious disease. The Journal of The American Medical Association has published multiple studies indicating the patient centered care provided and coordinated by a Palliative Care team improves quality of life for the patient and caregiver (Health, 2016).

"Loving and Compassionate care"

Palliative care provides relief from symptoms not only of the illness, but the treatment such as pain, nausea, and fatigue. In doing so, patient's overall stress of just dealing with a serious illness is reduced and they can maintain a sense of normalcy in daily life and greatly reduce the need for future hospitalizations. Another very beneficial effect of Palliative Care is the improvements in communication among all involved in treatment. There are many involved in the treatment of any serious illness and staying on the same page of the same book is no easy achievement. The skilled Palliative team can be an amazing communication tool. By understanding the patients needs and care goals, the Palliative team can work with the patient's multiple providers to ensure treatment aligns with the patient's goals - ensuring the individual's voice is heard in all aspects of care.

THE DIFFERENCE BETWEEN HOSPICE AND PALLIATIVE CARE

Earlier, we mentioned there is a difference between hospice care and palliative care and it's important that the differences are discussed. Often the terms hospice and palliative are used interchangeably, but they should not be, as they are very different models of care for very different times in an individual's life. Hospice Care and Palliative Care both focus on a patient's pain, symptoms, emotional and spiritual needs. However, Hospice care does this at the end of life and works with terminally ill patients while Palliative Care can occur at any stage of a serious illness, while curative treatment is occurring and alongside multiple providers. Hospice care occurs when an individual has decided to stop seeking curative treatment and purely focus on their quality of life. Both care models benefit patients during the most difficult times, but those times are different. Circle of Life has been delivering the very best hospice care for over 20 years. We are expanding our care in the coming year and will proudly be offering Palliative Care, expanding our already award winning care and team to serve and touch more individuals with our unique model of care.





*Circle of Life
Community Hospice*



Candlelight Ceremony



January 26th 2023

6:15pm - Light Refreshments

6:45pm - Ceremony

-Ross, Burke & Knobel-

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PLEASE JOIN US IN CELEBRATING AND HONORING THE LIVES OF YOUR
LOVED ONES. COME TOGETHER WITH OTHERS TO REMEMBER AND
"SAY THEIR NAMES."

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"Honoring those whom we've deeply loved"

The Circle of Life Hospice Foundation *proudly announces:*

Northern Nevada's First and Only Hospice House Project

Also known as, "The Circle of Giving" our non-profit foundation has served the community since 2003 providing community education, caregiving support, financial help with under-served dying patients and complimentary therapies.

Federal regulations limit the scope of direct caregiving support a given hospice can provide, so we rely on our foundation to support us in helping the family acquire the resources they need to care for their loved one. The Foundation's funding will ultimately provide a positive alternative for individuals unable to die at home.

This alternative is called a hospice house. We have initiated "The Hospice House Project" for the Washoe County area, an establishment that is the first of its kind here in Northern Nevada. Medicare, Medicaid, and commercial insurance policies do not cover the residential services of a hospice house. Many elderly people in our community do not have the means to pay for 'room and board' at the end of life, nor have a caregiver to care for them. It is our goal that this "house" will be free to those in need and available to all persons on a hospice service. In addition, we are seeking that this home will be for persons of all ages. It is only through charitable giving to The Foundation that the Hospice House Project continues to move forward.

**Please join us in our 1st Annual Radiothon Fundraiser on
February 16, 2023 from 6:00 a.m. to 6:00 p.m. We will be located at Party America
5925 S. Virginia St Reno, NV 89502**

Your kind and generous donations, big or small will help many people in need in our community for year to come.

Our mission is to enrich the quality of life for our patients and their families. "We believe that death is a natural part of life, and we aspire to improve the physical, social, emotional, spiritual care and wellbeing of not only those at the end of life, but their loved ones also."



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Circle of Life
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- Foundation -

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16 FEB 2023

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Radiothon Fundraiser on
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POEMS

STILL HELD

JOHN MARK GREEN

Words seem so feeble
in moments like these.

Life is so precious,
and death such a thief.

The depths of your pain
I cannot comprehend,
but I'll stand alongside you
in the darkness, my friend.

Love is a bond
that death cannot part.
Gone from your arms,
but still held in your heart.

HOW DO WE GO ON

JOHN MARK GREEN

How do we go on
after the unthinkable happens?
How can we carry the burden of knowing
the world can be cruel and dangerous,
the future so unpredictable?
How do we grieve with empty arms
and a head filled with echoing memories?

We are stronger than we know,
and this is how we show it:
Holding
each other,
giving comfort in the midst of pain.
Loving more fiercely,
through our actions and the things we say.
Making the world just a little bit better,
every single day.
Never taking life for granted,
knowing that it can be snatched away.

This world may bring deep darkness,
but we are the bearers of light.
We'll join our flames together,
and shine in the blackest of nights



HELLO SPRING





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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:
James Wardell
08/30/1960 - 10/30/2022