



SUNFLOWER CONNECTION

Taking the FEAR out of HOSPICE



April 2023

IMPORTANT OBSERVANCES

- World Health Day 4/7
- World Parkinson's Day 4/11
- National Healthcare Decisions Day 4/16
- Administrative Professionals Day 4/26
- National Volunteer Week 4/16 - 4/22
- Administrative Professionals Week 4/22 - 4/28
- Parkinson's Awareness Month
- National Volunteer Month
- National Donate Life Month

Thank you, Volunteers!

WORLD PARKINSON'S DAY IS APRIL 11TH

World Parkinson's Day is observed on April 11th every year. This day is important to bring awareness to the disease and can help the general public understand the reality of the disease for those that have it.

Why April 11th? Dr. James Parkinson was born on this date. He is the physician credited with recognizing "Parkinson's as a medical condition." Dr. Parkinson published an essay in 1817, "An Essay on the Shaking Palsy". A red tulip was adopted as the official symbol for the disease in 2005.

Parkinson's Disease is a "progressive disorder that affects the nervous system and the parts of the body controlled by the nerves" (Mayo Clinic, 2023).

Some signs & symptoms of Parkinson's Disease are:

- Tremors
- Slowed movement
- Rigid muscles
- Impaired posture or balance
- Loss of automatic movements
- Speech changes
- Writing changes (Mayo Clinic, 2023)

There are several factors that appear to play a part in Parkinson's while the

actual cause is still unknown. Genes and "environmental triggers" may increase the risk of Parkinson's. Genetic factors are more rare and are usually seen only when several family members have been diagnosed with Parkinson's Disease.

If you would like to participate and observe World Parkinson's Day please consider one of these options:

- Do something special for someone with Parkinson's
- Learn more about famous people with Parkinson's like Michael J. Fox, Muhammad Ali, Billy Graham and others
- Spread awareness on social media by posting a red Tulip and using #WorldParkinsonsDay

If you have questions about Parkinson's Disease or are worried about any signs & symptoms please reach out to your physician.

You can also find more information about Parkinson's Disease at mayoclinic.org.

Mayo Clinic. (2023). Parkinson's Disease. mayoclinic.org/parkinsons

History of Hospice:

1979: Cicely Saunders is made a Dame of the British Empire.

Hospice is promoted through the film "*Hospice: An Alternative Way of Care for the Dying.*"



SPOTLIGHT: HOSPICE VOLUNTEERS

Hospice volunteering is an integral part of the hospice team. Volunteers serve as patient and family advocates, contributing to end of life dignity and compassion.

Volunteers must be used in day-to-day administrative and/or direct patient-care roles. Hospice agencies must document the cost-savings achieved using volunteers and report to Medicare annually. The minimum allowed amount of volunteer hours is 5% of total patient-care hours of all paid hospice employees (Medicare, 2022).

Hospice volunteers can sit with patients and watch their favorite movies, do light housekeeping, help with cooking, and running errands. Volunteers also help in the office to assemble patient charts, data entry, fundraising activities, and assisting with answering phones.

Volunteers can also be apart of the vigil team which sits with patients in their final hours of life.

Hospice volunteers create their own schedule and work with the hospice Volunteer Coordinator to create guidelines for their volunteer work.

Each patient and family has the right to request a volunteer. The volunteer program is also presented to patients and their families as an option for additional support in the home.

Volunteers can also give their time in assisted living and memory care communities and skilled nursing homes where the hospice sees patients.

Kansas Palliative & Hospice Care would like to thank our active volunteers.

We appreciate all you do for our patients whether it be direct care or helping in the office.



We ♥ our
Volunteers

In 2022, our Kansas volunteer hours accounted for 8.8% of total patient-care hours!

Volunteers are truly a blessing to the patients, families, caregivers and clinical staff.

Kansas Palliative & Hospice Care is always welcoming new volunteers. We would love to meet you and discuss any opportunities we may have.

Volunteers can choose between direct patient hours or office hours helping with patient related tasks.

Please reach out to Mia Gardner via email at mgardner@kansashc.com. Mia can discuss your interest and get you started on the process to become a hospice volunteer.



OUR TEAM

Community Relations Team

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HOSPICE MYTHS AND FACTS

Myth: Enrolling in hospice means giving up on living.

Fact: Enrolling in hospice is choosing to focus on quality of life and focused care. People enrolled in hospice actually live, on average, 29 days longer.

Hospice care is focused care wherever the patient calls home. With this focused care comes nursing, home health aides to help with bathing & grooming and a team who is on-call via phone 24 hours a day, 7 days a week. Patients who receive hospice care get amazing, quality care without the stresses of leaving their home for appointments; this can create an environment better suited for quality of life for the patient and/or family.