Improving Quality of Life for Patients with Cardiac Disease

Specialized Service . . . Designed to Address the Unique Needs of Patients, Families, and Caregivers Involved with Cardiac Disease

Cardiolife is a service offered by Hospice of Montgomery to address the unique needs of patients with cardiac disease. HOM is the first hospice in Alabama to offer a program to help Stage 3 and Stage 4 heart failure patients manage symptoms and improve quality of life while giving the best end-of-life care possible.

According to a 2009 National Vital Statistics Report, 1 in 4 Alabama deaths are due to heart disease. In 2009, 423 people in Montgomery County died from heart failure and though an estimated 76 of those patients would have been eligible for hospice services, less than 1% of them received hospice care.

Effectively managing cardiac disease presents a unique set of often unpredictable needs and challenges. Patients with this diagnosis may experience a medical course complicated with frequent and dramatic fluctuation such as repeated trips to the emergency room or even hospital admission. However, Cardiolife was specifically designed to help effectively deliver in-home care to ease this problem once heart disease has reached an advanced stage. We provide the tools patients and families need to optimize their condition, 24 hours a day to serve both on-going maintenance needs as well as acute phase crises.

We have had promising results with the Cardiolife patients we’ve received since this program began. We anticipate that as the Cardiolife and cardiac education programs grow, the number of heart failure patients living better quality lives will increase in our area.

Cardiolife services are available to any medically-eligible patient, regardless of ability to pay. Cardiolife is covered fully by Medicare, Medicaid, and most private insurances. Our Cardiolife program can also provide specialized care to residents of skilled nursing facilities and other care facilities.

To learn more, please visit our website at http://www.hospiceofmontgomery.org/index.php/services/ or call us at 334-279-6677.
Hospice of Montgomery was honored to receive a grant to fund our new “Caring for the Family Caregiver” program. Central Alabama Community Foundation awarded $11,000.00 for the development and implementation of our new program. With this grant, we seek to provide education and resources to underserved areas of Montgomery, Lowndes and Macon counties to assist caregivers in obtaining the knowledge and skills to best care for their loved one.

The need for this program has been realized by the impact Hospice of Montgomery has had on the patients and families we serve. Often we see immediate improvement in the quality of life for our patients and their caregivers after our staff has provided needed education on how to care for their loved one. Simple tips on bathing, toileting and feeding can reduce stress and empower caregivers to feel equipped for the overwhelming task of caregiving. This care is usually needed months or years before a person qualifies for hospice. We want to provide our expertise to the communities in which we live and serve. We also will foster relationships with the caregivers and provide ongoing support.

Caregivers greatly benefit from connecting with others who can identify with their situation. The formation of support groups in these areas are an area of growth that we can look to in the future.
Montgomery Needs a Hospice House

The modern hospice movement began in England in the 1960’s with the building of St. Christopher’s Hospice in London. The movement is considered “modern” because it brings the latest methods of symptom management to the care of the dying. St. Christopher’s was, and is, a “hospice house,” a place in which people nearing death can be cared for in a manner in accord with their own wishes and those of their families.

The modern hospice movement rapidly spread to the United States. It is beyond argument that most Americans nearing death choose to die in their homes. So in this country most of the efforts of hospice organizations like Hospice of Montgomery concentrate their efforts in serving patients at home.

However, it is not unusual to find that circumstances prevent the delivery of optimal end-of-life care at home. This fact, and the fact that the families of patients are aware of it, was underscored to Hospice of Montgomery over ten years ago when we asked surviving family members to tell us what we could have done to make the end-of-life easier. The participants described the degree of physical and emotional fatigue which they experienced and stated that it would have been so helpful if there had been a hospice home in which their dying family member could have been cared for while they had an opportunity to rest.

This reinforced Hospice of Montgomery’s desire to build a hospice house. Our doing so was delayed by a gubernatorial moratorium on the construction of hospice houses in Alabama. Governor Robert Bentley has lifted that moratorium so Hospice of Montgomery is proceeding with its long-standing plan to bring a hospice house to our community. Building such a facility will be a challenge to us and will require the help of many old and new supporters. However, we are convinced that a hospice house is a resource that Montgomery cannot afford to remain without.
Mint Juleps, Bourbon, Horses and Hats

Hospice of Montgomery will host our Annual Benefit on **Saturday, May 3rd**. This year’s theme will be the Kentucky Derby and will take place from **3:30 p.m. – 6:30 p.m. at the Alley Station Ballroom and Rooftop**. The event will be a fun-filled afternoon affair with a horse post-position draw, silent auction, heavy hors d’ oeuvres, music and **fabulous** prizes!

Reserve your tickets today for the most exciting two minutes in racing!

**Cost:**
- $50 **General Admission Ticket** - Admission, 2 drink tickets and heavy Hors d’ oeuvres, Silent auction bidding, post-position horse draw, bourbon and wine tasting, horse shoes photo booth, music
- $130 **VIP Ticket for 2 (only 50 available)** - VIP early admission to private Clubhouse Pre-Party, 2 drink tickets and heavy Hors d’ oeuvres, and admission in exclusive Taste of the Derby Lounge (which has private seating and race viewing area, food, high-end bourbon, Perdomo Cigars, and door prizes), as well as silent auction bidding, post-position horse draw, bourbon and wine tasting, horse shoes, photo booth, music

**Phone:** (334) 279-6677  
**Event url:** [www.hospiceofmontgomery.org](http://www.hospiceofmontgomery.org)

Sponsorships available

**I would like to make a commitment to improve the quality of life of terminally ill patients in the River Region by becoming a sponsor in the amount of:**

- □ $10,000.00 Millionaires Row
- □ $5,000.00 Winner’s Circle
- □ $2,500.00 Thoroughbred
- □ $1,000.00 Grandstand
- □ $500.00 Turf Club
- □ Other:________________

For over 30 years, Hospice of Montgomery has provided medical care for the terminally ill, bereavement and grief counseling for families, as well as caregiver relief. We are Alabama’s oldest hospice and the **ONLY** independent, non-profit hospice in the River Region. Funds raised at our Annual Benefit allow us to provide these critically important services to those in need, regardless of their ability to pay.
The 2014 Hittin’ for Hospice Tennis Tournament was a huge success! Over 40 participants came out and enjoyed a day of competition and fun all in support of Hospice of Montgomery’s programs and services.

Thank you to our Sponsors and Supporters
Lunch Sponsor—Dr. and Mrs. Mike Bridges
Court Sponsor—Mr. and Mrs. Benjamin E. Baker, Jr.
Beverage Sponsors—Anzalone Liszt Grove Research, Dr. Steve and Arla Chandler
Ball Sponsors—Ms. Maureen Britton, John and Jill Mastin, Dr. and Mrs. Scott McDaniel, Ms. Dae Miller, Ms. Beverly Mullins, Mr. Junie Pierce

Ms. Dee Coleman; Charles and Joen Dilaura; Mr. Edward Galt; Kohl’s Department Store; KW Plastics; Montgomery Independent; Cindy and Clay Torbert; Blue Ridge Mountain Water; Gigi’s Cupcakes; Michael’s Table; Steven Mackey Dermatology; Gold’s Gym; Warren Averitt; Chappy’s Deli; Starbucks; Chick-fil-A; BamaBudweiser; BioFreeze; Allstate; Wynlakes Golf and Country Club; Peppertree Steaks N’ Wine; Bonefish Grill; Buffalo Rock; Sinclair’s; Tucker Pecan; Pike Road Butcher Block; Governor’s Mansion Gift Shop; Montgomery Country Club; ESPN The Ticket; Hittin’ for Hospice Committee; Hospice of Montgomery Staff and Volunteers

Because of your generosity, we were able to raise roughly $6,000!

We look forward to seeing you on the courts again next year!
With young families, burgeoning careers, new opportunities and endless possibilities, dedicated and ambitious young leaders are busily embracing the beginnings of life; rarely are they contemplating the end of it.

With that in mind, Hospice of Montgomery has established the Young Professionals Advisory Council to help ensure the organization keeps a vision for the future and continues to serve, grow and compete successfully.

The Young Professional Advisory Council is a group of community leaders, ages 25 – 40, who volunteer their time and talent by providing their perspective, insight, fresh ideas and energy on matters related to the awareness, growth and development of Hospice of Montgomery.

The YPAC will help foster new relationships in the community, plan quarterly mixers (Hops for Hospice), recruit new members in support of YPAC’s efforts, successfully establish and implement a fundraising event geared toward young professionals in the River Region.

The Group hosted their first Hops for Hospice event at Leroy in Cloverdale on Thursday, February 20, 2014. It was wonderful to see all who came and supported Hospice of Montgomery’s efforts. Thank you for attending and we hope to see you next time!
Hospice Volunteers: Helping People LIVE

Hospice volunteers provide companionship to people living with a serious illness and help their family caregivers in a variety of ways. Hospices also rely on volunteers to help with office work, fund raising, community outreach, and other operational areas.

Hospice Needs Volunteers
Volunteers provide important services to hospice organizations and the people they serve. Whether it’s providing companionship to a person in the final months and weeks of life, offering support to family members and caregivers, or helping with community outreach and fundraising, the contributions of volunteers are essential to the important work provided by hospice programs.

Every hospice relies on volunteer support to provide end-of-life care to each patient and family. By being a hospice volunteer, you can gain great personal satisfaction from knowing that you have made an impact in another person’s life.

Hospice Helps People Live
Considered to be the model for quality, compassionate care for people facing a life-limiting illness or injury, hospice and palliative care involve a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the patient’s needs and wishes. Support is provided to the patient’s loved ones as well.

The focus of hospice relies on the belief that each of us has the right to die pain-free and with dignity, and that our loved ones will receive the necessary support to allow us to do so. The hospice team provides support to ensure the highest quality of life possible for the person living with a life-limiting illness. Volunteers are an important part of the family support team.

Hospice Trains Volunteers
All volunteers receive training to ensure they feel comfortable with their tasks. Training programs vary in length according to the type of service being provided by the volunteer. Patient Care volunteers are required to complete 16 video instructional segments. This learning program is presented on DVD or on-line and can be completed onsite or at home. The total viewing time is 5.5 hours. Office and Community volunteers receive an orientation that includes information on the philosophy of hospice and a comprehensive overview of the services offered by hospice. In addition, each volunteer is trained for the specific task that they have chosen to perform.

Hospice Volunteers Can DO…Just about Anything!
As a hospice volunteer you will be given choices as to how much and what types of things you want to do. Patient care volunteers visit with the patient and provide companionship by listening to the patient’s concerns, engaging in the patient’s hobbies, playing a game or watching a movie. They also might be asked to run an errand, change a light bulb, provide time for the caregiver to run their own errand, or help with our memorial service and other bereavement activities.

Some examples of non-patient care duties include: data entry, mailings, copying, fundraising activities, answering phone, assisting in coordinating community service projects, and making holiday “gifts” for the families we serve. Volunteer are never asked to do something they are not comfortable doing.

For more information please contact: Clara Jehle, Volunteer Coordinator at (334) 279-6677 or email her at cjehle@hospiceofmontgomery.org

(Some information was taken from Caring Connections a program of the National Hospice and Palliative Care Organization)
There are so many advantages hospice has to offer that the sooner you get to know hospice, the sooner we can begin to provide the care that you need.

When you are ready to pursue hospice care, reach out to your physician and ask for a referral to Hospice of Montgomery.

Alabama’s First Hospice. Still Local. Still Non-Profit.

Providing uplifting care to the River Region since 1976

Your membership renewal of $25, $50, $100 or more will help us to continue the Hospice of Montgomery tradition of caring for our community regardless of a patient’s ability to pay.

Please take a moment to renew your membership. You may do so by sending a check made out to Hospice of Montgomery or you may go to our website at www.hospiceofmontgomery.org to renew by credit card. It’s simple and secure! Just click on “Support Us”, then “Donate Online”. Please be sure to mark your payment approach as membership.