

Hospice of Ukiah, Inc.
620 So. Dora Street, Suite 101
Ukiah, CA 95482



Non-Profit
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Visit our Website!
www.hospiceofukiah.com



Let us answer all your questions about Hospice of Ukiah.

- ◇ What services can we provide
- ◇ How can we help you access our free services
- ◇ Who is eligible for Hospice or Palliative Care
- ◇ Get to know our Team: Nurses, Personal Care Assistants, Social Worker & Grief Counsellor
- ◇ What's new at our Thrift & Gift Store
- ◇ How can you help us to continue our mission

Soon we will have a secure link for you to donate online with your Credit Card

Want to receive our Newsletter via e-mail and help save us postage—not to mention the trees. Let us Know! e-mail to hospiceofukiah@pacific.net

Join our Team Position Available at the / Thrift & Gift Store:

Donations Bay Attendant/Driver
Accept and process donations to move to our sorting/pricing room. Drive our truck for pickups and deliveries of larger items. Must interact well with donors, customers, and staff and have valid CA driver's license & clear driving record. Great starter job with room for growth for a reliable, pleasant person.

Pick up an application at the store and send or deliver to the Hospice office at 620 So. Dora St., Suite 101. Call for more information: 707 462-4038



Heartbeat

Spring 2022

Hospice of Ukiah, Inc. Community Supported Hospice & Palliative Care

A Day in the Life of a Hospice and Palliative Care Social Worker

There is no "normal day" for a Social Worker .

Yesterday, I visited a palliative care client I have been visiting regularly for years. She bravely lives alone with a chronic disabling illness. We often talk about the invisibility of chronic illness—how hard it is to have her condition overlooked or looked at with pity. Her life has shrunk due to her illness and we talk about ways to find meaning and purpose when just getting up and getting dressed is exhausting. Yesterday, we celebrated the arrival of a new prescription drug that may slow down the progression of her disease. Getting the drug took over half a year trying to get UCSF, Adventist Health, and other providers to collaborate with each other as my patient took the physical tests necessary to be cleared to receive it. Thank goodness for persistence!

After that, I visited a new palliative care client who is struggling to achieve sustainable symptom management. He understandably feels a lot of frustration and a sense of defeat. We talked through his feelings and together (with his partner/caregiver) figured out the meds work if the nausea they cause can be controlled. The patient said that a type of ginger candy works well which he can't find locally.

(Continued inside)

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We regret that we will no longer be accepting donations through PayPal. A number of donations were held up for a long time but we have finally received your gifts. There is a new Donation button on our Website for Credit Card donations which is easy and safe.

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Special Thanks:

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HOSPICE AND PALLIATIVE HOME NURSING DURING COVID 19 - Jamie Lynn Eaves-Lewis RN WSOC

I was somewhat prepared to be active in the healthcare community during a pandemic. I grew up with a mother in the healthcare field that worked through HIV, H1N1, and multiple different illnesses. What I was not prepared for was the magnitude and virulence of the Covid virus going into weeks, months, and years.

Riding the waves of the Covid surges have been much like experiencing the stages of grief—denial, anger, bargaining, depression, acceptance. It has been a roller coaster ride that has not ended with loops, peaks, twists, dips, and a gut-wrenching feeling that you cannot explain. It has been more important to me now than ever to focus on self-care and family.

I was honored to be able to play a vital role in communicating with our County Public Health Dept. to schedule our first staff Covid vaccinations. I remember the overwhelming sense of relief and sheer happiness I felt upon receiving my first vaccination in December of 2020. I chose to be vaccinated not only to help, protect myself but to help protect those I serve who often are ailing and have complex medical diagnoses.

Not only do I have the honor of serving our community as a home hospice and palliative nurse, but I have also volunteered for the County Public Health Dept. to do on-site testing in our community where outbreaks have occurred. Continue to be safe and cherish your loved ones! Jamie Lynn



A Day in the Life (Continued)

I was able to special order if from the Co-op . I also called the client's nurse (one of my amazing co-workers) to discuss his case. Collaborating with my co-workers is one of the very best parts of my job!

Then I had a phone call with a client's daughter, who is working on a long-term care plan for her mother. Her mother is needing more hands-on care as her disease progresses. Not even the most dedicated family member, spouse, or friend can provide full-time care for someone with advanced illness. But paying for in-home care is often too expensive, no matter how hard they worked before retiring and/or getting sick. This patient does not qualify for Medi-Cal, but the Spousal Impoverishment Rule can help people access Medi-Cal, which pays for In-Home Supportive Services. We initially talked about IHSS, but also discussed the challenges—emotional, psychological, and physical—of caring for a loved one with advanced illness. A large part of my job is providing support to the caregivers: spouses, adult children, caregivers, and friends. It's so important to support the support system! Illness affects everyone, not just the person with the actual diagnosis.

The rest of my day entailed more phone calls and text messages with co-workers and clients. Time to take off my social worker hat and put on my mom hat!



Grief Support Group

Dealing with grief is one of life's most difficult challenges. A support group is a safe place to learn about the course of grief and to share feelings and insights.

Weekly Grief Support Group

Meeting in room 106
 at the Ukiah Methodist Church
 on Pine near Smith Street.
 Thursdays, March 3—April 21, 2022
 from 5:15—6:45 p.m.

This is a free community service.
 For more information, please contact
 Kay Lieberknecht at (707) 391-1817