Catholic Hospice is on the threshold of celebrating its 30 year anniversary, serving people of all faiths in our community. With this milestone comes an opportunity to reflect not only on past accomplishments, but rather and more importantly on the future – the next 30 years.

There have been many changes in the hospice landscape from how services are referred and paid, to merging hospice providers and consolidation in the industry, as well as adapting care delivery to value based care. What hasn’t changed, however, is the need for appropriate and compassionate hospice care and the quality of life it provides to the individual patient and the family. Hospice provides quality, compassionate, comprehensive end-of-life care for people facing a life-limiting illness or injury. These patients are some of the most vulnerable and most expensive in our health care system.

As Catholic Hospice embraces the challenges ahead, it does so with a strong and dedicated team, many of which have been together almost since its inception. Hospice professionals customize the care they offer for each family as they focus on the alleviation of physical suffering while helping all involved accept the natural process of death. They provide the comfort families need in the most difficult days and understand how difficult these bittersweet moments can be as they make final and lasting loving memories and relish precious old memories together.

Catholic Hospice is committed to being a reliable and supportive resource for the community by offering special programs such as Camp Erin which serves bereaved children. Supported through the Moyer Foundation, Camp Erin, which runs twice a year for 6 – 17 year olds, is free of charge and provides bereaved children a safe place to tell their story, their feelings and learn healthy coping strategies for their grief journey.

Continues on...
I had my flu shot... What steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.

Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.

Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.

If you begin to feel sick while at work, go home as soon as possible.
Celebrating life and the next 30 years

Continued from Page 1

The L’chaim Jewish Hospice program, which is accredited by The National Institute for Jewish Hospice (NIJH) is staffed with professionals trained in Jewish rituals and traditions and sensitive to the needs of the people of the Jewish faith. The focus of Jewish hospice is to draw upon Jewish traditions while providing nonjudgmental and loving comfort to all involved. Members of a Jewish hospice team can offer a weekly challah and Shabbat candles to families in their care. A Rabbi for spiritual and emotional support in accordance with the family’s own belief system is always available. Jewish chaplains can provide a great deal of comfort with regard to sharing information on shivah, Jewish funeral practices and providing an environment for survivors to express their views or questions about the afterlife.

In collaboration with the National Hospice and Palliative Care Organization and Veterans Association, “We Honor Veterans” is a program Catholic Hospice designed to empower hospice professionals to meet the unique needs of dying veterans. The program teaches respectful inquiry, compassionate listening, and grateful acknowledgment, to comfort patients with a history of military service and possibly physical or psychological trauma. The WHV program has been very successfully received in the community and the Miami inpatient hospice at the VA.

With their newly installed management team, Catholic Hospice is equipped to face the challenges ahead with the greatest level of professionalism, patient care and satisfaction. Executive Director, Dian Backoff, brings a broad range of expertise in hospice management and a fresh perspective on evolving industry trends; new Medical Director, Tracy Romanello, DO, with a very specific growth focus on the emerging Palliative Care business unit, and Rochelle S. Clarke, PhD, LMFT, MSCH - Director, Quality and Organizational Development, focusing on consistent high quality service and care, the team is evermore committed to its Mission and dedicated to enhancing the quality of life for patients and families on their journey through life-limiting illness and bereavement. Backed by Catholic Health Service and building a larger community through partnerships with physicians, healthcare professionals, academic institutions, and youth programs, the new team seeks to be on the vanguard of hospice and palliative care in south Florida. Where palliative care programs and hospice care programs differ greatly is in the care location, timing, payment, and eligibility for services. In hospice care, you must be considered to be terminal or within 6 months prognosis. For palliative care, there are no time restrictions. Palliative consults can be received by patients at any time, at any stage of illness whether it be terminal or not. “Since there are no time limits on when you can receive palliative care, it acts to fill the gap for patients who want and need comfort at any stage of any disease, whether terminal or chronic,” shares Dr. Romanello, “In a palliative care program, there is no expectation that life-prolonging therapies will be avoided.”

“We plan to work more closely with our community so we can serve all appropriate patients and do an even better job of responding to the needs of all clients as we offer optimal service delivery. Terminal care is complex. We need to remain sensitive and flexible as we approach patients and families and help them navigate through this very difficult journey,” states Dian Backoff.

There will be many changes in the hospice environment in the next few years. Quality concerns, reimbursement, regulations, innovation in care and doubtlessly other areas that will surface over time. Catholic Hospice and Catholic Palliative Care Services are poised to lead the way in quality initiatives and compassionate care as the panorama shifts. Catholic Hospice is ready for the next 30 years!
Every year Catholic Health Services comes together as a family to provide funding, assistance or useful goods to an important local cause that reflects our community spirit and aligns with our brand and service offerings, as well as our organization’s Mission.

This year we boarded the MAYFLOWER joined by South Florida’s top radio talent from 101.5 Lite-FM, transmitting remote, and traveled throughout the community - from one CHS campus to another, gathering donated food for Thanksgiving dinners for the elderly benefactors of Pantry of Broward.

The food items were donated by the staff and families of our 32 Catholic Health Services facilities. The Pantry is a “one-stop shop” for seniors struggling to live on low fixed incomes and grandparents raising their grandchildren. The Pantry of Broward has come close to our hearts as they routinely provide nutritional food items to many of our low income seniors at St. Boniface Gardens, a Catholic Housing Management community in Broward County.

Volunteers from throughout CHS descended at the Pantry the following day - sorting, bagging and distributing the food in preparation for Thanksgiving meals.

Medline Catout, an LPN at St. Catherine’s Rehabilitation Hospital connected with neighbors, Aba and Louise while assisting them with their turkeys and bags! They both have been clients of The Pantry of Broward for over a year, and were so appreciative of the turkeys and Thanksgiving items!

It was a pleasure meeting and assisting Staff Sgt. George E. Launey today at The Pantry of Broward! We honor you and thank you for serving our country!
TEAM CHS showed up big and proud at the Alzheimer’s Association® Southeast Florida Chapter 2018 Walk to End Alzheimer’s in Miami-Dade as Presenting Sponsor. The walk in Museum Park, downtown Miami on Saturday November 3rd, brought thousands of participants from throughout the community, all committed to finding the cure and ending the scourge of this awful disease.

“As CHS is a leading provider of post-acute care and senior care services, we recognize firsthand the impact of this awful disease. It has an impact on the individual and the multilayered burden it places on the family and caregivers. About 67% of persons with Alzheimer’s/dementias spend their final days in a nursing home and over 50% of residents in assisted living facilities or nursing homes suffer from the disease. These people are in our lives every day. It is in our Mission to care for and support them, their families, their caregivers and our staff who not only care for these people at work, but many at home in their own families as well,” said Joe Catalina, President and CEO of Catholic Health Services. “The Alzheimer’s Association provides valuable support services, while also supporting critically need research. We are fully committed to support the Alzheimer’s Association.”

Over 1,200 CHS walkers from throughout the organization came in hope and friendship, walking together to support the End of Alzheimer’s. Tony Segreto, our CHS Brand Ambassador gave the keynote talk during opening ceremonies, sharing the message of our deep commitment to this important cause. One of our highly motivated team captains, Abbie Casciato, from the CHS West Campus presented the purple flower in honor and remembrance of her beloved Dad, who was lost to this devastating disease.

So many of our CHS Campuses created their own spirited fun-raising campaigns to add to the corporate effort and show support for the cause on a very meaningful and individual level.
Based on the Alzheimer’s Association® Effective Communication Strategies program, the first intensive and interactive communications training sessions were provided to our employees with specific communication strategies they could implement when caring for their patients or residents living with Alzheimer’s disease and Dementia. The plan is to train staff at all CHS facilities in the upcoming months.

Attendees at St. Catherine’s West Rehabilitation Hospital and Villa Maria West Skilled Nursing Center left with a better understanding of how to decode the verbal and behavioral messages of an Alzheimer’s patient and identify the best method to connect and communicate with patients at each stage of the disease.

Following that success, the Alzheimer’s training team spent a morning with all the social service coordinators, representing our 16 low-income independent senior communities discussing how to detect the early warning signs among the residents in their communities. Connecting and engaging, especially in the middle stage of Alzheimer’s can be key to productive expression and communication. Tips such as approaching gently and making eye contact, speaking slowly and clearly using short sentences and asking only one question at a time, provide reassurance that you heard and understand and be patient, can go a long way. As the disease progresses use of the senses is a gentle and lovely way to stay connected, for example - listening to music, applying scented lotion, share a photo album or watch video of animals together.

An estimated 5.7 million Americans of all ages have been diagnosed and one in 10 people age 65 and older have the disease. Individuals living with Dementia or Alzheimer’s disease often experience changes in behavior that can be confusing to friends and family. Knowing this, we’ve made it our mission to provide our healthcare professionals with the necessary tools they need to communicate with patients successfully. In the United States, more than 5.4 million Americans are living with Alzheimer’s disease, the sixth-leading cause of death and the only disease among the top 10 causes that cannot be cured, prevented or even slowed. Additionally, more than 16.1 million family and friends provide unpaid care to people with Alzheimer’s or other dementias in the U.S.

Between 2000 and 2015 deaths from heart disease have decreased 11% while deaths from Alzheimer’s have increased 123%.

1 in 3 seniors dies with Alzheimer’s or another dementia. It kills more people than breast cancer and prostate cancer combined.

5.7 million Americans are living with Alzheimer’s. By 2050, this number is
Welcome to ST. JOSEPH RESIDENCE

By Jamie Bonavita-Rhodes, Administrator of St. Joseph Residence

Many people that come to St. Joseph Assisted Living Residence are looking for a safe, comfortable and most of all, a “happy” new home for themselves or an aging parent or grandparent they love. It isn’t easy making or participating in a decision for someone else at that point in their lives. Your elderly loved one’s health or mental status is changing or in decline, and you know it isn’t safe for them to live alone anymore. Often times you are faced with resistance from the person you are trying to help and feel like no matter what decision you make, you simply can’t win. The staff at St. Joseph Residence is expert at making these transitions as smooth and pleasant as possible for the entire family.

There are many special things that St. Joseph’s offers their residents. One in particular is making a new resident feel welcomed and right at home. Residents are encouraged to participate in group activities and to integrate into the family and community feeling for which St. Joseph’s is so well known, but with respect for their privacy and alone time.

We also pay special attention to the needs of our residents who are US veterans. A little known but excellent program of the Veteran’s Administration is the VA Aid and Attendance program. Many veterans don’t realize that they are eligible or are unaware that they can receive this benefit and it is a great source of funds for financially constrained, wartime Veterans and/or their surviving spouses. The program is designed to honor the service of our veterans or their spouses if that veteran served our country during a period of war. They need not have served in the war, just during a war and the reason for the need of assistance does not have to be service connected. Therefore, your parent or grandparent may be eligible if they served and have developed Parkinson’s, Alzheimer’s, etc. It is not always easy navigating through much of the application process for some of these benefits, but our staff can help and give you one less thing to worry about.

As you look ahead to your family’s changing needs, consider making St. Joseph your loved one’s next home. Come by for a visit, stay for lunch and talk to some of your future neighbors. You might be surprised that the decision will be made easier for you than you think.

For more information on St. Joseph Assisted Living Residence please call (954)739-1483 or visit us at catholichealthservices.org
And then it’s December. The Christmas lights, the music, the decorated homes, the Christmas scented candles and fragrances, the decorated storefronts downtown, the feeling you get when you go to the mall watching everyone buy presents for their loved ones, people rushing home with their treasures.

**Christmas: Why Do We Celebrate?**
Christmas is supposed on mark the traditional anniversary of the birth of Christ, although we actually don’t know the true date for Christ’s birth. The decision to celebrate Christmas on December 25th was made by church bishops in Rome during the fourth century in an attempt to Christianize pagan populations, who lit fires to celebrate the winter solstice.

Make a list of what Christmas really means for you – and don’t include presents, food or cards on this particular list. Evoke feelings, smells and memories that make you think of Christmas, which will tell you what to bring back into new quintessential celebration.

Being with friends and family is probably right up there – which means that you will need to organize a get-together. Try to get back what really makes Christmas special to you – and forget the perceived social obligations.

- The smell of pine, spices, oranges and hyacinths,
- Singing of Christmas carols, and music streaming through the house,
- Lighting of a candle for loved ones who have passed is a treasured tradition in one family,
- Baking cookies to share with friends and neighbors,
- Midnight Mass, a beautifully set dinner table, and long-held traditional ceremonies

Finding the essence of Christmas is about making new traditions that work for you and your family. You need not follow what feels like a ‘must’. Invent new Christmas traditions such as reading a poem at dinner, or playing games. Do things that you normally would not. Have fun, enjoy and just be together!

The feeling of utter peace, and a time for reflection is the most common, and yet hard to get-to feeling that many look for. Christmas can be different, and you can enjoy that special Christmas feeling again. Think about why you like Christmas. Light candles, share the moments, pray, and concentrate on what you really like do. Let’s bring back cheer! Christmas comes but once a year – let’s make it special!

*Merry Christmas to you and yours!*
Make the New Year all about giving and personal happiness! …how to have a lifetime of joy

“You can give without loving, but you can’t love without giving.” — John Wooden

The most loving and deep relationships are built on a very simple foundation: giving and gratitude. When the focus is on what you can give, rather than what you can get, the relationship becomes a gift to both of you. There’s no holding back. No keeping score. Only in such relationships can you be fully present to the moment and fully uninhibited in the expression of your love. Giving freely without an expectation of return is essential.

In the digital world we now live in, it’s not about the amount of hours you work, but the amount of thought and humanity you put into your work. The deeper and more transformative your daily experiences, the more perspective you’ll have into what the world needs. The better you’ll be at your job. The happier you’ll be as a person — despite experiencing hardships throughout life.

When you have people around you who love and help you, you become a different and better person. You become transformed. You become capable of doing amazing things. You are enabled to overcome hardships that would destroy most people.

Do you have loving relationships?
Have you expressed gratitude lately?
Have you given your greatest gifts in complete love and generosity?

Happy New Year 2019
Catholic Housing Management unveiled the newly renovated Tower 2 at St. Andrew Towers! The CHS community gathered to commemorate the afternoon with a lovely reception and tour of the freshly designed facilities.

Thank you to JWR Construction Services, Gallo Herbert Architects, Atlantic Pacific Communities, Urban Group, H3G Design, Department of Housing and Urban Development, J. Patrick Fitzgerald and Klein Hornig Law Firms, and the St. Andrew Towers staff and residents for making this project such a success!

With much gratitude, we bid a fond farewell to Carol Nichols who retired after 31 years of dedicated service and many special memories. The entire Catholic Housing Management and CHS family wish Carol much happiness in her next chapter.

Dr. Kenneth C. Fischer who served on the board of directors of Catholic Health Services and as chairman of the Professional Affairs committee was recognized for 12 years of dedicated service. Dr. Fischer, retiring from board services, has contributed greatly to measuring and elevating the standards of the quality care we deliver to our patients and residents. We greatly appreciate his enduring commitment and his many contributions.