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OFFICERS

President: Laurie Smith, RN

smith.laurie@gmail.com

President Elect: Vacant

Secretary: Tammie Guinn, RN, BA, BSN, CHPN

Tammieg@guinnseniorcaresolutions.com

Treasurer: Cheryl Pritchett, RN, CHPN

cpritchett911@att.net

Educational Coordinator:

Nancy Ritts, RN, MSN

Membership Chair: Judith Goldthorp, RN

fwhpna@gmail.com

Newsletter Editor: Judith Goldthorp, RN

fwhpna@gmail.com

ABOUT OUR CHAPTER

The Fort Worth Regional Chapter of HPNA was chartered in 1996 and is the oldest chapter in HPNA. The Sunflower is our chapter icon.

We will share the rest of Elyse Santilli's column from the Ten Big Myths About Your Purpose in Life in the next several newsletters.

PRESIDENT'S CORNER

Ten Big Myths About Your Purpose in Life

* **2. You should compare yourself to other people.** There is a saying: "Life is the most difficult exam of all. Many people fail because they try to copy others, not realizing that everyone has different questions on their paper." Imagine you are swimming laps in a public pool. If you spend too much time watching the person in the lane next to you, your own performance and enjoyment suffers. It is the same with life. While it is fine to look to others for inspiration, it is wise to keep your eyes fixed firmly on your own lane.

* **4. You have to earn your worth.** We are brought up to believe that we have to achieve a certain number of external accomplishments before we are deemed worthy. Many of us mistakenly believe we have to justify our existence in the world. The truth is you are already an inherently beautiful, creative, loving, powerful, worthy being of light. You were born worthy and you can never be any less than that. As Eckhart Tolle says: "You are here to enable the divine purpose of the Universe to unfold. That is how important you are!"

* **5. Your mind knows best.** Our rational mind is a wonderful tool but a poor master. It is not designed to command our life at the exclusion of our heart, soul, emotions and intuition. Our mind makes decisions and predictions based on what it has experienced in the past, and it focuses on what we have to *lose* by making a life change. Our soul has a mountain-top view of our life and knows what we have to *gain* by making a life change. We just have to be willing to trust it and be led by our joy. As the poet Rumi wrote: "Let yourself be drawn by the stronger pull of that which you truly love."

http://www.huffingtonpost.com/elyse-gorman/10-big-myths-about-your-purpose-in-life_b_9137150.html

MEETING RECAP For April 19, 2016

HPNA FW CHAPTER BUSINESS MEETING:

Laurie Smith, FW Chapter President extended a warm welcome to all. Laurie introduced the board and the RNs, LVNs, Chaplains, SWs and students. Eighteen were in attendance. Laurie introduced Sandi Hebley, Dallas Chapter President, who announced their next meeting will be in July. You can find details about events and meetings at our website at www.nursingnetwork.com.

Chaplain David Lowe provided some background about National Healthcare Decisions Day, April 16th was NHDD. This is a nationwide effort to increase awareness and facilitate people getting their advance directives completed. Advance directives are important to document healthcare choices in the event they are unable to express their wishes due to illness or injury. Baylor has participated for the past several years and has focused their efforts on staff and community education, offering assistance with completion, and providing documents for people to take. Tammie Guinn announced the two Silver Sneakers community presentations sponsored by Brookdale Living Solutions in Arlington. Also, Brookdale's National Medical Director, Dr. Kenneth O'Neil was presented in a series of 3 teleconferences for NHDD. Announcements: Chris Bailey with Emerald Hills Funeral Home provided a wonderful meal from Jason's Deli. Chris thanked the group for the hospice work we do. Chris provided the group with some information about the services they provide. Emerald Hills is in the Kennedale area and they are privately owned, independent operated funeral services. Nancy Ritts reviewed requirements for CEUs for tonight's program including the participant evaluation, Disclosure to Participants form informing the conditions of receiving CEU and attendance through the entire program. The Hospice and Palliative Nurses Association is providing CEUs for this evening's program. Disclosure and conflict of information was presented to the group. No conflict of interest was identified. **Program:**
Guiding, Supporting Those in Need: The Vital Role of the Social Worker

Presenter: Shelly West, LMSW is employed with VITAS Healthcare. She is a LCSW since 1991. She received her BSW in 1991 and MSW in 1998. Shelly had the distinct honor of being named the Social Worker of the Year in 2011. The program objectives are to: 1) describe the vital role of the Social Worker, 2) discuss the contribution of the Social Worker in Hospice, and 3) identify the Social Worker's role related to community resources. Shelly shared a brief history of hospice, founded in London in 1960s by Cicely Sanders, a social worker, nurse, and physician. Hospice came to the US in 1974. We've come a long way to provide a much needed service to our patients at the end of life. In hospice today, the care plan is an important focus for the SW with attention to psychosocial adjustment, coping, and discharge planning. Shelly highlighted the role of the SW in hospice including assessment, advocacy, education, collaboration, documentation, team meetings, training and research, and

MEETING RECAP For April 19, 2016 (Continued)

facilitation of bereavement activities. She shared practical strategies for being an effective social worker in hospice and building a relationship with patients and families. Community resources including Area Aging on Aging, Easter Seals, DADS, VA, Veterans Home Care, Social Security Benefits, Medicaid, and others were discussed. Shelly presented a case study and facilitated a group discussion of the scenario which was very well received. Great program!

The meeting was adjourned at 8:05 pm.

Minutes by Tammie Guinn, Secretary

Future Programs

June 21 *Let's Provide the Best Spiritual Care to Patients and Their Families*

Speaker: David Lowe, M.Div., BCC

No meeting in July

August 16 - TBA

September 20 - TBA

October 18- TBA

November 15 - TBA

December 13 - TBA

Don't forget to RSVP through our website at <https://hpnafw.nursingnetwork.com>

Dear Nurses -- from ZDoggMD -- check it out!

<http://zdoggm.com/dear-nurses/>

Education

Texas Board of Nursing Webinars

<https://www.bon.texas.gov/catalog/>

New Hospice Foundation of America Program Focuses on Alzheimer's Disease and Hospice Care

<http://www.hospicefoundation.org/hic-alzheimers>

HPNA Clinical Practice Forum

September 30 and October 1,
Pittsburgh, PA

<http://hpna.advancingexpertcare.org/education/clinical-practice-forum/>

Texas New Mexico Hospice Organization Annual Conference

February 24-26, 2017 Houston TX
www.txnmhospice.org

AHPM / HPNA Annual Assembly

2016 March 9-12 – Chicago, IL
2017 February 25-28 -- Phoenix, AZ

Nurses' Week

Every year, we celebrate Nurses' Week from May 6 to May 12. It always ends on May 12, which is the birthday of Florence Nightingale. Fort Worth Chapter HPNA would like to recognize all the hospice nurses who provide outstanding care for their patients and families.

Here's a link to a site that provides a brief **history of National Nurses Week**:

<http://www.nursingworld.org/Content/NNW-Archive/NationalNursesWeek/MediaKit/NNWHistory.html>

A good death: As end of life nears, an unexpected friendship forms in KC hospice

<http://www.kansascity.com/news/local/article73547107.html>

I think that most of us can recall patients who touched us in the same way as the nurse featured in the article.