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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 have shared the rest of Elyse Santilli's column from the Ten Big Myths About Your Purpose in Life in the last several newsletters. Check out any you may have missed.

PRESIDENT'S CORNER

Ten Big Myths About Your Purpose in Life

* 6. You need to be pragmatic and realistic.

The truth is you can only be so pragmatic because the nature of life is change and uncertainty. Even your certain and secure situation can change in an instant.

As Jim Carrey famously said: "You can fail at something you don't want, so you might as well take a chance doing what you love."

Being realistic is also somewhat of an illusion because the science of quantum physics shows that an infinite number of realities may co-exist, and we can shape and influence reality with our beliefs and expectations.



Ft Worth Chapter 20th Anniversary

Watch for an announcement about our 20th Anniversary celebration. We are making plans for a great program that will be of interest to not only Hospice and Palliative Care staff, but also caregivers in other fields.

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

MEETING RECAP For May 17, 2016

Tonight's program, Caring for the Caregiver, was presented by Chaplain David Lowe, MA, MDiv, BCC. David made 6 points:

1. The redemptive side of the Helping Professions – Remember that your work may be redemptive, but it is not rehabilitative. We need to be aware of boundaries and know when to say "no" and when to say "yes." Avoid triangles.
2. Know the Secret of Long Term Resilience – Every act is either healing or harming. "Bottom Line: Fire Your Boss and Go to Work for God." Research has shown that people who labor for something bigger and better than themselves are less likely to suffer burnout. Find fresh "stuff" to help renew. Science tells us that people desire to be treated with Kindness, Respect and Dignity.
3. Work Hard – But don't take yourself too seriously. Learn from the NERF ball. NERF ball? you say? What is NERF? The NERF ball you are familiar with is made from Non-Expanding Recreational Foam. The NERF that David mentioned is Nutrition Exercise Rest Fun. NERF is an important part of the balance that we need each day.
4. Personal and Professional Place for Acceptance – The world has much more gray than black/white. It's ok to say, "I don't know why."
5. Understand Neural Pre-dispositions – Humans are hard-wired for stress. Our brains were created to react quickly to threats to our safety / survival, but they don't know the difference between reality and imagination. Modern life is so full of threats that we have lost our ability to focus. Dr. Amit Sood says that average person has about 150 un-done tasks / open files.
<https://www.youtube.com/watch?v=JzZXhVzpaxg> We are always judging, comparing, fearing, and stressing about things and others.

Three Main Causes of Stress: Imbalanced call on our resources, lack of control over the things we feel responsible for, and lack of meaning associated with our tasks.

So what can we do? We can cultivate resilience by focusing on what we are doing, taking good care of our health (think NERF), reframing our thinking to be more optimistic, having a spiritual connection to God or our Higher Power. Here's a link to a story about someone who took a bad situation (being robbed) and found the good in it.

<https://pastorappreciationblog.com/2013/01/16/matthew-henry-short-story-and-a-couple-of-quotes/>

6. Cultivate a set of friends with whom you can be open and honest --Know when to say "yes" to your friends.

In closing, David said that when we care for others at a deeper level with their best interest in mind, we can rewire our brains to be less selfish, less stressed and less self-centered.

Check out the YouTube video: <https://www.youtube.com/watch?v=KZIGekgoaz4>

David Lowe will also be our speaker for the June 21 meeting.

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 or August

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>

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, 2016

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

2017 February 25-28 -- Phoenix, AZ

Posts from GeriPal blog

When older adults enroll in hospice, symptoms improve

<http://www.geripal.org/2016/04/symptoms-improve-with-hospice.html>

I'm sure this is not a revelation to any of you who have taken care of hospice patients for more than 6 months. Thanks for working so diligently to control your patients' symptoms!

Thickened Liquid Challenge

<http://www.geripal.org/2016/05/thickened-liquid-challenge-strikes-back.html>

What happens when three physicians actually try the treatment they have prescribed in the past?

"The routine use of thickened liquids to prevent pneumonia in patients with dementia should be avoided, and diet should involve a comprehensive approach rather than a reflexive diet modification."

How we die: It's not about who you are, but where you live

<http://www.geripal.org/2016/05/Do-Doctors-Die-Differently-No.html>

MAKE A WISH

Posted on May 27, 2016

by [amygetter](#)

I met a woman recently who works for the "Make a wish" program, and we shared stories about granting wishes. She made an emphatic statement, "I'm so glad most of my clients have 'a life limiting illness' but aren't necessarily **dying**". (This accompanied a rather horrified expression when I mentioned my experience: that not all of my patients lived long enough for "Make a Wish" to get the details organized in time.)

Hospice is the "H" word... I've seen many faces cringe, and heard many people make the statement, "They *had* to call hospice", or "So and so *had* to go on hospice", which often makes me think of my "little man" patient who was approaching puberty, but would never reach adulthood. He had a different view of hospice.

Davie actually knew he was a hospice patient, and would sometimes say to me, "Being on hospice means I'm going to die...someday". His slow deterioration and shrinking body was never an obstacle for the exuberance he shared about life, or sharing his make-believe adventures, with his interminable ability of looking forward to what might happen next in his day. I had to get in touch, each week, with my inner child, as we played games and "acted out dying" (*in spaceships being blown up; while pirates having to walk the plank; or being buried alive by enemy pirates as we tried to steal their hidden treasures; and sometimes unable to escape the giant dinosaurs eating us before we could get away*). I wonder what his little sisters, now almost grown up, must think about when they remember their brother, and the times that the nurse visited, and their brother played games while they sometimes complained to their mom, "Where is **my** hospice person?" (wishing that the hospice nurse, or the social worker, were there **for them**, like the special hospice people were there for their dying brother). I wonder if they think about those games, their brother's ceaseless enjoyment, and have some sense of magic that he created, in the midst of experiencing his dying.

Davie was always living while dying.

I am reminded of the commandment to become as little children to enter the kingdom of heaven. My little Davie taught me this in a new and wonderful way.

Yes, death is there waiting. BUT oh, to be more like Davie...Simply hold on to the wonder of each day, find the magic in it, and never let go of your ability to make believe; it is what fairy tales and wishes and dreams are made of.

<https://hospicediary.com/2016/05/27/make-a-wish/>

Our thanks to Amy Getter for allowing us to share her blog posts. You can find more from her at : <https://www.hospicediary.com>