

MADRONE HOSPICE, INC.

Quality, Compassionate Care



JULY-SEPTEMBER 2022



Executive Director
Chris Clothier

A LETTER FROM THE EXECUTIVE DIRECTOR~

Hello! I'm Chris Clothier, the new Executive Director here at Madrone Hospice. This past Spring, I've been working with the outstanding community of staff and volunteers here at Madrone, and I have been continually impressed by the relational, kind, and collaborative culture represented by our nonprofit hospice. Coming from a background of directing residential supports for people with developmental disabilities, I have cultivated a deep respect for the importance of human relationship in all aspects of life and work, and I am truly honored to count myself as part of an organization that is actively living these values.

Madrone Hospice has had to navigate many changes in the past year, some of which have been truly challenging. This past winter, Madrone lost a beloved Executive Director, Lauri Hunner, who passed comfortably in our own Hospice House. I have learned from everyone here at Madrone that Lauri represented a profound support, a gentle kindness, and a remarkable empathy within this organization. It is my intention to see that these important qualities are not lost, but are validated and

integrated into all aspects of Madrone's work going forward.

Through these times of transformation, our outstanding staff has been key to ensuring the vitality of this organization. We have a truly remarkable group, some new to Madrone, and some carrying a deep relationship to the heart of what this place is all about. Working together as a community of nurses, cooks, shop managers, caregivers, administrators, bus drivers, maintenance workers, volunteers, and more (!); we will collectively ensure that Madrone will be here to provide the best in quality care.



Save the Date

Madrone Hospice Bi-Annual

Garden Party

Wednesday, September 21st

5:00pm-7:00pm

Please join us for this free community event.
We will have live music, hor d'oeuvres, raffle
drawings, and refreshments.

Come mingle with us as we say
thank you for all of your support!

A Better Understanding of Pain Management

Transitioning from traditional curative medical treatment to end-of-life care involves a significant change in mindset and patient priorities. When we ask a new hospice patient, “what really matters to you at the end of life?” pain relief is usually at the top of their list. People near end-of-life should not have to suffer. The final days, weeks, and months should be a time to connect with loved ones and reflect on life. Too often, this time is clouded with pain, and precious energy is exhausted fighting it. Research shows that people who get specialized care for their pain live longer and have less depression, enhancing their well-being and enabling them to make the most of their remaining time.

Putting Fears to Rest

There are often myths and misconceptions about how hospice deals with pain. Patients and their families often have fears about opioid treatments, although some are unfounded. For instance, relatives sometimes worry their loved one will be “doped up” or become addicted. There is no danger that a person taking morphine for pain relief will become addicted to the drug. Addiction is a psychological problem that causes people to crave and seek out drugs that they don't need medically and which they have evidence could be harmful to them. A person receiving morphine for chronic pain near the end-of-life just doesn't fit the picture. Patients should never feel ashamed about taking a doctor-prescribed medicine to ease the pain caused by a terminal illness.

Another common worry is that using opioids will hasten the patient's death. Uncontrolled pain can sap a person's energy, in both body and mind. Precise doses of opioids can help patients regain their strength and extend their life. In fact, studies show that patients on hospice generally live longer once their symptoms are managed. It is important when starting pain medication to go low and slow, starting with the lowest effective dose. Finding the right balance is a main goal.

Targeting the Pain

Near the end of life, patients may experience a range of discomforts. Hospice programs are especially well-equipped to ease both emotional and physical pain. A key goal of hospice is to reduce symptoms and to make the patient's days as comfortable as possible, allowing the patient to die with dignity.

It is important to have a conversation about pain management early and often as care progresses. Everyone deals with pain and pain medication differently. This is your time to honestly share your current level of pain, your tolerance for pain and how you want caregivers to respond to your pain in the future.

If a patient is unable to communicate their level of pain, our hospice team has experience working with families to identify pain. Some patients, such as those with dementia, are unable to communicate. Others may try to hide their pain, not wanting to cause worry or fearing it will make them seem weak. That is why it is important for both family caregivers and hospice providers to assess pain often and to watch for any signs of discomfort.

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Some signs of pain include:

- ◆ Crying, moaning, sighing, or calling out
- ◆ Faster breathing rate
- ◆ Tightly closed eyes, rapid blinking or grimacing
- ◆ Holding arm or leg muscles tightly, or holding a rigid posture
- ◆ Rocking, fidgeting, or pacing
- ◆ Resisting care or guarding part of the body when being turned
- ◆ Becoming withdrawn, confused, aggressive or easily angered

Hospice providers will ask about the kind of pain a patient is experiencing as different types of pain, such as bone pain or nerve pain respond to different medications. Knowing if the pain is in one place or radiates, if it is constant or comes and goes, helps patients get the right balance of medications and therapies.

Painful Emotions

Another important aspect of providing hospice care is treating emotional and spiritual distress. Emotions can shape and fuel pain. Stress and anxiety are common emotions near the end of life and can make pain feel especially intense. Worries of being a burden or having unresolved family issues may cause both emotional and physical pain. Family members can play a key role in bringing relief and peace of mind by avoiding arguments with, or around, loved ones. Reassurance, support, and forgiveness are some of the most powerful pain relievers ever utilized. In addition, hospice services include visits from a medical social worker and chaplain to address emotional and spiritual needs, while hospice doctors may prescribe medications to help ease anxiety and depression. Patient comfort is the priority for hospice professionals.

Knowledge is Power

Understanding how and when to take medications is essential for controlling the pain. While some pain medications are taken as needed, many need to be taken on a strict schedule and exactly as prescribed, regardless of current levels of pain. There is often a story about how pain medicine is like water and pain is like dry wood ready to catch fire. If you keep a piece of wood wet, it is difficult to burn. But, if that wood gets dry and catches fire, it takes a lot more water to put out the flames. Pain medicine is like the water that prevents pain from flaring out of control. Hospice works with family caregivers to make sure they all understand that the medications should be used to prevent pain, not just treat it when the suffering is already there.

Whether a patient is in a hospital, a nursing facility, or the family home, there are many options for pain relief. Effectively managing pain during end-of-life is a complicated and nuanced process that requires professional assistance. If you or a loved one have been diagnosed with a life-limiting illness, don't wait to ask for support. Contact Madrone Hospice to learn how our services can enhance you or your loved one's quality of life.

Condensed and reprinted with modifications from the following sources:
<https://www.compassus.com/for-caregivers/managing-pain-at-the-end-of-life>
<https://samaritannj.org/hospice-blog-and-events/hospice-palliative-care-blog/hospice-pain-management/>



Memorial Donations

In recognition and appreciation of our donors and in honor of the ones they love- the following list represents donations received between March 16th-May 31st

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Meet our Hospice Team



With so many new faces at Madrone Hospice, we thought we would show you a glimpse of some of the professionals that make up our success. Though many faces have changed, our dedication to providing quality, compassionate care has remained the same.

Back Row: Toni Lynn (RN), Bliss Hockaday (RN), Judith Sommerset (RN), Lynn Grenvik (RN/Retired DPCS), Adrienne Pere' (Admin/Patient Care), Lori Keyser-Boswell (Chaplain), Susan Maloney (Registered Dietician)

Middle Row: Susan Sorenson (LVN) w/ Trent (Therapy Dog), Deena Wadley (RN), Claudette Fansler (Bookkeeper), Nellie Brasier (RN), Paula Schmidt (Medical Social Worker), Rikki Honeyball (Culinary Specialist)

Front Row: Chris Clothier (Executive Director), Corrine Medlin (RN/Director of Patient Care Services)



**Thank you for nominating
The Hospice Shop as one of the
2022 Non-Profits of the Year!**

We would like to thank everyone for the generous support this community has always shown The Shop as well as the Heartisan Boutique. When you shop or make donations, you become a partner with Madrone Hospice in providing quality, compassionate care to those in need. Please remember us as you start your summer cleaning.



**Like us on Facebook
at The Hospice Shop**

<https://www.facebook.com/TheMadroneHospiceShop>

We Accept Donations!

We are always in need of donated items to keep our inventory full. Please consider donating your new or gently used items to our thrift shop. We accept housewares, mens, womens and childrens clothing, shoes and accessories, furniture, etc

We accept donations Tuesday-Friday 10am - 4pm & Saturday 11am-3pm

Grief Support Group

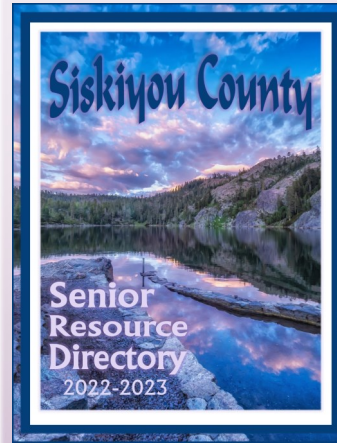
MONDAYS 12PM-1:30PM

June 6th– July 18th

August 1st - September 12th

October 3rd– November 7th

If you are interested in joining one of the 6 week grief support groups, or are in need of individual counseling, please give us a call at 530-842-3160



The 2022-2023 Siskiyou County Senior Resource Directories are out. If you would like a copy of our new directory please contact the Senior Center at

530-841-2365

Individual Donations

**Callahan Community Church
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*thank
you*



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