



CITY WORKERS were busy trimming the dead branches out of trees on Main Street last week.
Herald staff photo by Karen Krien

Attend the
Cheyenne County
Fair



Hospice care offers plans for each individual person

Hospice care is a family-centered approach that includes, at a minimum, a team of doctors, nurses, social workers, chaplains, counselors, and trained volunteers. They work together focusing on the person's needs: physical, emotional, or spiritual. The goal is to keep the person as pain-free as possible, with loved ones nearby. The hospice team develops a care plan that meets each person's individual needs for pain management and symptom control.

The team for Hospice Services usually consists of:

- Clergy or other counselors;
- Attending (the person's personal) physician;
- Hospice physician (or medical director);
- Nurses;
- Social workers;

- Trained volunteers;
- Others, if needed

In many cases, family members or loved ones are the person's primary care givers. Hospice recognizes the families have their own special needs for support. As a relationship with the hospice begins, hospice staff will want to know how best to support the person and family during this time.

Among its major responsibilities, the interdisciplinary hospice team:

- Manages the person's pain and symptoms;
- Provides emotional support;
- Provides needed medications, medical supplies, and equipment;
- Coaches loved ones on how to care for the person;
- Delivers special services when needed;

- Provides grief support to surviving loved ones and friends.

Support can include conversations with the person and family members, teaching care giving skills, prayer, telephone calls to loved ones, including family members who live at a distance and companionship and help from volunteers.

Grief support for the person and loved ones are an important part of hospice care. After the person's death, bereavement support is offered to families for at least one year. These services can take a variety of forms, including telephone calls, visits, written materials about grieving, and support groups. Hospice Services also reaches out to provide bereavement services for the communities we serve.

Caring for cancer patients

Caring for someone suffering from cancer, Alzheimer's or dementia, or another serious illness is one of the most challenging experiences in life. Few are adequately trained for it, yet most think they can do it single-handedly. In spite of medical technology, there is no accurate way to predict the course of an illness or how much caregiving will be needed, a few days or many months or years.

Family caregiving is the underpinning of the country's healthcare system, with a value to society estimated at \$306 billion per year — more than the value of home care and nursing care combined. At least 44.4 million adults provide care, with an estimated 80 percent of all care received by older Americans provided by family members — spouses, children, grandchildren and other relatives. Nearly 60 percent of caregivers work and nearly 40 percent of caregivers have children under the age of 18. Managing the competing priorities of work and family, in addition to caregiving, is stressful, costly, and draining, and can exact a heavy toll, resulting in caregiver stress, burnout, and other health problems. Experts anticipate that family caregiving will continue to grow in the decades ahead. This information is from the website caregiving.com.

Taking care of yourself when a loved one needs you may seem like a selfish idea. It may be hard for you to see how taking care of yourself benefits the person you are caring for as well. If you have ever experienced the cursory examination of a fatigued physician or the impatience of an overworked nurse, then you have experienced what happens to the quality of care when caregivers do not care for themselves.

Suggestions for the caregiver:

- Pace yourself — acknowledge your limitations
- Acknowledge your strengths — the person you are caring for may not be able to express appreciation for all that you are doing
- Talk it over — find someone you can safely discuss your feelings and your needs
- Nurture your body — caregivers tend to ignore their own physical needs
- Feed your soul — learn what renews you emotionally and spiritually

Caring for someone who is ill is challenging, yet it has the potential also to be rewarding. As each moment becomes special, caregivers may experience a heightened awareness of the beauty of life. When friends tell you to "take care," take them seriously! Only by caring for yourself can you experience the

fulfillment as well as the challenges of your commitment to care for one another.

— Book Review —

Book review from the St. Francis Public Library

A Cousin's Promise

By Wanda E. Brunstetter

When a group of eight cousins and friends leave their Indiana Amish community for a weekend getaway, a horrific accident brings them home forever changed.

Permanently disabled by the accident, Wayne Lambright struggles to take care of himself. He can't imagine being able to be the kind of husband his fiancée, Loraine Miller, needs. Determined to sacrifice his happiness to give her a better life, he breaks their engagement.

Loraine refuses to believe Wayne doesn't love her anymore. But when her old boyfriend Jake Beechy returns from exploring the English world, Wayne does everything in his power to help Jake regain Loraine's love.

For better or worse, Loraine wants to be Wayne's wife, but if he won't agree, should she promise her love to Jake? How will God work to bring Loraine the true desires of her heart?

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