

REDEEMER HEALTH HOSPICE

CAREGIVER COMPASS

Volume I – Fall 2025

Health
Redeemer



“ Courage doesn’t always roar.
Sometimes courage is the quiet
voice at the end of the day saying,
“I will try again tomorrow.” ”

– Mary Anne Radmacher



A message from our Bereavement Coordinator

SUSAN KANOFF

Welcome to the first edition of Redeemer Health's hospice caregiver newsletter.

It is the mission of Redeemer Health Hospice to offer excellent end-of-life care, and to also care for you...the loved ones and caregivers. As Dame Cicely Saunders, founder of the modern hospice movement, remarked: "How people die remains in the memory of those who live on."

We know that the experience of your loved one's hospice journey will impact your quality of time together as well as your ability to grieve and to heal. We hope this newsletter will be a helpful resource, whether you are caring for your loved one at home or advocating for and participating in their care in a residential community.

Our compass is a metaphor for tracking how you're doing, and how you get the help you need along the way. In this newsletter we will address caregiver challenges and guide you toward a true north (more on that later). We will also offer information about hospice care, addressing frequent questions we get

from patients and families. We will introduce you to members of our interdisciplinary hospice team and let you know more about our particular roles in supporting you and your loved one.

We understand that caregiving for a loved one can be daunting, confusing and overwhelming. We also know it can be an extremely loving and rewarding experience. We partner with you to strive for this result. If your loved one lives in a care community, there are enormous emotional and practical challenges, and we are here to help you navigate these realities.

Each edition of this newsletter will include resources for additional information and support, including information about our own Virtual Caregiver Support Group, a weekly opportunity to connect with other caregivers.

We are honored to walk beside you during this difficult time, and we hope that you will ask for help and offer your own caregiver wisdom and insights as you navigate the challenges and rewards of caring for a loved one at end-of-life.

Meet Your Hospice Team

YOUR PHYSICIAN

- An integral part of the hospice team
- Certifies that you are eligible to receive hospice care
- Directs the customized hospice plan of care
- Receives updates from the hospice team on a regular basis

MEDICAL DIRECTOR

- Oversees the medical services provided to each hospice patient
- Certifies you are eligible for hospice care and works with the hospice team in the development of the plan of care
- Available as a resource to the hospice team and your attending physician

CASE MANAGER

- Your nurse case manager coordinates the plan of care for you and your family
- Nursing services are provided based on a physician's orders on an intermittent basis
- Hospice nurses specialize in the management of pain and symptoms that are associated with your illness, perform prescribed medical treatments, arrange for medical needs such as equipment or prescription medications and educate family members and caregivers about your care

TRIAGE NURSE

- A triage nurse is available 24 hours/7days a week
- Addresses changes in a patient's condition, any new symptom or complaints, worsening of symptoms such as pain, anxiety, shortness of breath, restlessness, nausea or vomiting
- Answers your questions about medications, treatments or any other concerns
- Contacts on-call nurse if additional intervention is necessary

HOME HEALTH AIDE

- Supervised by a registered nurse
- Provides personal care and assists with activities of daily living
- Can assist with bathing, personal hygiene, exercise, dressing and feeding, special skin care, meal preparation and light housekeeping in the patient's area as specified in the hospice aide care plan

SOCIAL WORKER

- Assists with issues that can arise from illness and physical decline
- Helps strengthen coping skills and relieve caregiver stress
- Teaches, counsels and provides emotional support as needed
- Provides information about care options and access to additional supportive resources

CHAPLAIN

- Offers spiritual (not necessarily religious) support to our families regardless of religious affiliation, beliefs or practices
- Present in a non-judgmental way, without agenda or demands, to listen, to pray if requested to do so, to assist you in creating personal rituals that are meaningful to you and your loved ones
- At your request, can reach out to clergy from your own faith if you need assistance in arranging a visit or sacraments
- Whether your spiritual practice occurs in a house of worship, a meditation room, a park or forest, or at the ocean, our chaplains can help support this important aspect of your caregiving life
- If you are searching or struggling to find meaning in this challenging time, our chaplains can help

HOSPICE VOLUNTEER

- Provides support, companionship and respite to patient and caregivers
- Can assist with legacy work, helping to create an expression of values in the form of journaling, letter writing, scrapbooking or creating a book of favorite recipes
- Hospice volunteers are carefully screened, trained and supervised throughout their service

BEREAVEMENT COORDINATOR

- Helps loved ones cope with grief for at least 13 months following a loss
- Support is provided through telephone calls, periodic letters including resources, individual supportive visits in the home or our office, grief support groups and workshops, and memorial services

Resources for Caregivers

ORGANIZATIONS WITH INTERACTIVE WEBSITES

Alzheimer's Association: www.alz.org

Provides information and support for caregivers of individuals with Alzheimer's and other dementias

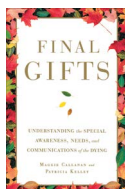
Caregiver Action Network: www.caregiveraction.org

Includes articles, videos and a forum to connect with other caregivers

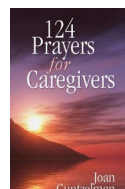
Family Caregiver Alliance: www.caregiver.org

Provides information, education and support for caregivers, including a state-by-state tool to find local resources

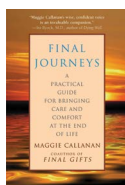
SELECTED BOOKS



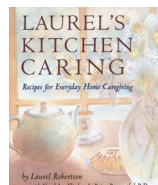
Callanan, Maggie, & Kelley, Patricia
Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying
New York: Bantam Books, 1992



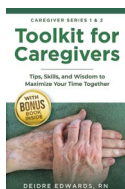
Guntzleman, Joan
124 Prayers for Caregivers
Winona: St. Mary's Press, 1995



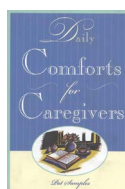
Callanan, Maggie
Final Journeys: A Practical Guide for Bringing Care and Comfort at the End of Life.
New York: Bantam Books, 2009



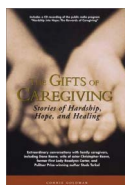
Robertson, Laurel
Laurel's Kitchen Caring: Recipes for Everyday Home Caregiving
Berkeley: Ten Speed Press, 1997.



Edwards, Deidre
Toolkit for Caregivers: Tips, Skills, and Wisdom to Maximize Your Time Together
Diedre Edwards, 2019



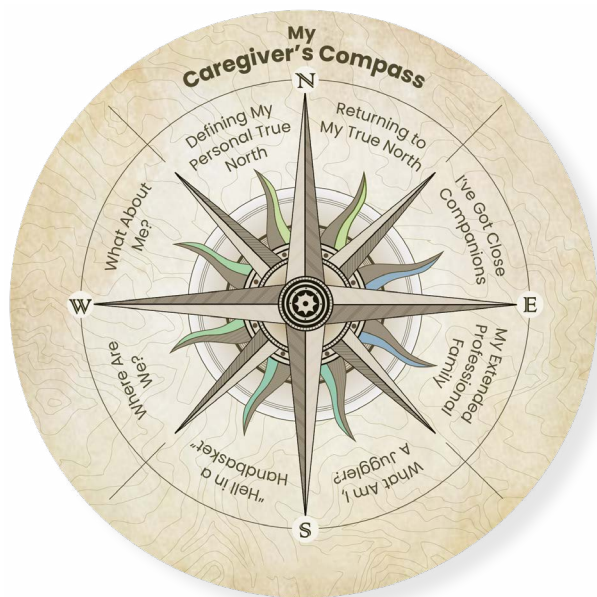
Samples, Pat
Daily Comforts for Caregivers
Minneapolis: Fairview Press, 1999.



Goldman, Connie.
The Gifts of Caregiving: Stories of Hardship, Hope, and Healing
Minneapolis: Fairview Press, 2002

For a more extensive reading list,
please contact skanoff@redeemerhealth.org

Your Caregiver Compass



When you're headed in the direction of your true north, you feel most like yourself. Even when you're lost, you have a way to get yourself home. Trying to juggle care for your loved one with all of your other responsibilities can take you farther and farther away from yourself and put you in danger of losing your identity. Taking care of yourself – eating well, getting enough sleep, relieving stress, seeking joy – may seem selfish and self-indulgent when your loved one is suffering. Yet these are the very activities that keep you at your best so you and your loved one can have the best of you during these important days together.

We know that finding even a little bit of time for yourself is challenging these days. So we will share reminders, tips and encouragement along the way.

- Reminders to accept the help of friends, family and your hospice team.
- Tips on how to make caregiving go a little more smoothly.
- Encouragement when you feel you are losing your way, and you're physically and emotionally exhausted from the demands of caregiving and the pain of grief.

The Gifts of Caregiving

The challenges of caregiving are familiar: feeling stressed, overwhelmed, burdened, depressed, sad, helpless, isolated, uncertain, inadequate.

Unfortunately, the difficulties can get in the way of being able to identify and receive the gifts of caregiving.

Here are just a few aspects of caregiving that can be enriching and life-altering in a positive way:

- Self-discovery, identifying core strengths of faith, courage and devotion
- Opportunity to redefine beliefs and priorities, learn flexibility, acknowledge limitations
- Easing of grief after a loved one has died, knowing you have done all you could
- Becoming more comfortable with your own death
- Experiencing togetherness, forgiveness, sense of sacred
- Learning to value time and loved ones, reconnecting
- Ability to reach new depths of compassion and gratitude
- Opportunity to realize the awesome fragility and preciousness of life
- Tackling end-of-life tasks – love, reconciliation, gratitude, goodbyes



Redeemer Health's Hospice Virtual Caregiver Support Group

Caring for a loved one who is receiving hospice services can feel like a journey filled with obstacles that take you farther and farther from your True North. Your True North is the place where you feel most centered, most like yourself, most able to cope with challenges and optimize quality time with your loved one. If you are feeling unprepared, overwhelmed or have a million questions, our caregiver support group can support you as you navigate the journey of caregiving.

Consider joining our Zoom meetings if you:

- Need a place to share your thoughts, concerns and questions with other caregivers who understand.
- Feel overwhelmed by the responsibilities of caregiving and the anticipation of losing your loved one.
- Have questions about what to expect as time goes on, and what support is available for you in the future.

The group is facilitated by Susan Kanoff, Bereavement Coordinator, with help from special guests who contribute their expertise at your request.

Contact Susan at **267-314-0289** or skanoff@redeemerhealth.org if you have questions, if you are unfamiliar with Zoom, if you would like more information, or if you would like to register.

The support group meets on Tuesday evenings from 6:30 p.m. to 8 p.m.

