

HOSPICE HORIZONS

NEWS FROM BIG BEND HOSPICE



Big Bend Hospice Dedicates Room at Riverchase Care Center



Riverchase Care Center is a nursing home with a big heart. When Big Bend Hospice approached Riverchase administrator Linda Blackshear with the idea of creating a special room for hospice patients at her facility, she immediately embraced the idea. "We realized what a gift it would be for families to have a private and comfortable space in which to say final goodbyes," said Blackshear "so we were delighted to work with Big Bend Hospice to make it happen." Hospice staff turned to the Big Bend Hospice Gadsden County Advisory Council to help decorate this special room. Council members Karen Watson and Lorraine Knight spearheaded this project. Working closely with Riverchase staff, Watson and Knight worked with area businesses to find paint, window treatments, furniture and accent pieces with which to create a home away from home for families. "There was so much to consider," commented Watson. "Everything we used had to meet the strict codes for use in a healthcare facility while still lending itself to the warm atmosphere we were trying to create. We really did want this space to be something unique that would make a difference in the quality of someone's last days or hours."



On Wednesday, January 26, 2011 at 6:00 pm, the entire community was invited to come see the results and dedicate the Big Bend Hospice room. "Each year we host a benefit at the Leaf Theatre to preview the spring production of the Quincy Music Theatre. The monies raised at that event were used to furnish and decorate this room, so we are especially excited to have the community come see their donations in action," said Watson who also works on the Quincy Music Theatre event. The Hospice room is dedicated in memory of Dr. Jessie Furlow who was the Associate Medical Director for Big Bend Hospice in Gadsden County until her death in 2006. When not used for Hospice patients, the room will be available for any patient who is transitioning and needs a private and peaceful space for the patient and family to gather for final goodbyes.



Big Bend Hospice is grateful to the administration and staff of Riverchase Care Center, the Gadsden County Advisory Council, Karen Watson, Lorraine Knight, George Hadley III, Glen Alpin, Willie Jessie, H & H Furniture and Design, Pride's Upholstery, Stones of Quincy and the 2010 sponsors and donors from the Quincy Music Theatre event for making this project possible.

Big Bend Hospice's Community Outreach Council Honored During Black History Month



On February 1, 2011, the Community Outreach Council of Big Bend Hospice was recognized as a Black History Month Festival Honoree for 2011. The Council's mission is to increase awareness and access to hospice services by African Americans and Hispanics. Many members of the Council have been Big Bend Hospice volunteers for over 10 years. Their use of music, skits, town hall meetings and other innovative techniques has helped them reach large audiences. The Outreach Council has also worked with hospice staff to help increase our understanding of cultural diversity and to adjust our communication style for different groups. Their selection as a Festival Honoree is a recognition of their efforts on Big Bend Hospice's behalf and they are featured at Festival events and on a video on TV Channel 27 throughout February.

Share the Journey Benefit Concert

After rocking the Legion Hall last year, local favorites Low Flying Planes, the Sarah Mac Band and Del Suggs will come together for the second year at a concert March 11th, 2011, from 8:00 PM – 11:00 PM at the American Legion Hall, 229 Lake Ella Drive, Tallahassee. The concert is being staged to benefit Big Bend Hospice and single tickets are \$25 or \$40 per couple and \$250 per table of eight. Randy Hock is again spearheading this event in an effort to give back to Big Bend Hospice. "Hospice care came into our lives five years ago when my mother-in-law, Jerry Lee Krause, was diagnosed with COPD, a terminal lung disease," said Randy. "Every day someone from Hospice assisted Jerry and made her life and ours more manageable. It seems like everyone I talk to has been touched by the caring people at Hospice. They became like family to us. It wasn't just that they cared; they were experts in every way – medically, emotionally, spiritually, or just being a companion. Hospice was there for our family for so long, that I felt I needed to give back and help Hospice share the journey with other families."

For more information please call Connie Palmer at Big Bend Hospice, (850) 878-5310, X735 or conniep@bigbendhospice.org.

Tickets are available at the door and online at www.lowflyingplanes.com/bbh, Old Town Café and Big Bend Hospice.

2nd Annual Lighting the Darkness Event Remembers Lives Lost to Suicide

- In 2009 there were 55 suicides in our 8 county service area
- There were 2,854 suicides in Florida and another 9,840 hospitalizations for non-fatal self-inflicted wounds
- The suicide rate among teenagers is steadily increasing
- Males are 3.8 times more likely to die from a suicide attempt than are females
- It is estimated that each suicide death significantly affects 6 individuals
- That would be 17,124 Floridians bereaved by suicide loss and 330 local residents grieving a suicide death in 2009

The Caring Tree Program of Big Bend Hospice has taken a leadership role in our area on suicide education and prevention as well as support services for those who are survivors of suicide. For the second year they will be offering a special evening of remembrance featuring music, words of comfort and hope and the support from others who have experienced similar losses.

Lighting the Darkness: An Evening to Remember Lives Lost to Suicide March 29, 2011
6:00 - 7:00 PM at Maclay Gardens State Park • The State Park has graciously waived the entrance fee for those attending this event. • For more information please call Pam Mezzina at 878-5310 extension 799.

Spring Fling 2011

Under a Spanish Moon • April 28th, 2011

Join us at Tallahassee Nurseries for a magical night Under the Spanish Moon. For more information or for tickets call Connie Palmer at 850.878.5310 x735.

2010 Tree of Remembrance

For the past sixteen years, late November through late December marks the Tree of Remembrance season. This year twenty-four trees stood in bank lobbies, in area restaurants and in Tallahassee at the Best Buy store, all beautifully decorated with bells, bows and angels. Each ornament had a name or message remembering a loved one no longer present or honoring a special person in that donor's life.

The Tree season represents a concerted effort of many people and businesses. Big Bend Hospice thanks each donor, the twenty-four host sites in our eight county service area and the hundreds of volunteers who tied keepsake ornaments and staffed the Tree in Tallahassee. A special thank you to that small but mighty group of volunteers who execute the tree-raising at Best Buy – Marc Moncrief, Jerry Patton, and Fred Williams.

We also thank the following businesses who donated and supported the 2010 Tree of Remembrance:

Best Buy, Culley's MeadowWood Funeral Home and Memorial Park,
St. James Health & Rehab, Cumulus Broadcasting, Tallahassee Democrat,
WCTV Eyewitness News, Abbey Funeral Home and Tallahassee Memorial Gardens,
Apalachicola Seafood Grill, Bevis Funeral Home, HarborChase Assisted Living,
Heritage Oaks Independent & Assisted Living Community, Home Instead Senior Care,
Broadview Assisted Living at Tallahassee, Clare Bridge Alzheimer's & Dementia Care,
Eden Springs Nursing and Rehab and Sterling House Assisted Living Community.

Big Bend Hospice Hosts Remembrance and Release Ceremony

When Big Bend Hospice dismantles the Trees of Remembrance, we treat the many messages and names represented on the Trees with great reverence. These special messages of love and loss along with the burdens collected throughout the year at grief groups for grieving children, teens and adults are disposed of each January in a special ceremony. We burn these sacred messages and scatter the ashes after they have cooled in the Hospice House Garden. The ceremony which is open to Big Bend Hospice staff and the community uses music, prayer and words of hope to commemorate the past year of collective community loss. This time for spiritual reflection allows us to conclude the holiday season and lift these grief burdens from our hearts.



Wizard of Oz

Join us April 28th, 2011 at Quincy Music Theatre for the opening night of the Wizard of Oz to benefit Big Bend Hospice. For more information or tickets call Travia Cromartie at 850.556.1786.



Calendars

February

- February 15
6:00 pm
Suicide Loss Support Group
Call Wendy at 878-5310 ext 749
- February 17
6:30 pm
Volunteer Inservice on Music
Call Ginny at 878-5310 ext 196
- February 22
6:00 pm
Caring Tree Children's Night
Call Caitlin at 878-5310 ext 706
- February 26
9:00 am
New Volunteer Orientation
Call Ginny at 878-5310 ext 196

March

- March 3
6:00 pm
New 6 Week Grief Support Group
Call Wendy at 878-5310 ext 704
- March 7
6:00 pm
Infant and Pregnancy Loss Group
Call Wendy at 878-5310 ext 704
- March 8
6:00 pm
Madison County Grief Support Group
Call Tom at 878-5310 ext 713
- March 8
6:30 pm
Caring Tree Teen Night
Call Eman at 878-5310 ext 749
- March 11
8:00 pm
Share the Journey Concert
to benefit Big Bend Hospice
Call Connie at 878-5310 ext 735
- March 21
6:30 pm
Volunteer Inservice on COPD
Call Ginny at 878-5310 ext 196
- March 22
6:00 pm
Caring Tree Children's Night
Call Caitlin at 878-5310 ext 706
- March 29
6:30 pm
2nd Annual Lighting the Darkness Event
to remember those lost to suicide
Call Pam at 878-5310 ext 799

April

- April 2
6:00 pm
Springtime Tallahassee Parade
Call Lauria at 878-5310 ext 752
- April 4
6:00 pm
Infant and Pregnancy Loss Group
Call Wendy at 878-5310 ext 704
- April 12
6:00 pm
Madison County Grief Support Group
Call Tom at 878-5310 ext 713
- April 12
6:30 pm
Caring Tree Teen Night
Call Eman at 878-5310 ext 749
- April 16
9:00 am
New Volunteer Orientation
Call Ginny at 878-5310 ext 196
- April 18
6:30 pm
Volunteer Inservice - News and Reviews
Call Ginny at 878-5310 ext 196
- April 19
6:00 pm
Suicide Loss Grief Support
Call Wendy at 878-5310 ext 704
- April 21
6:00 pm
New 6 Week Grief Support Group
Call Wendy at 878-5310 ext 704
- April 26
6:00 pm
Caring Tree Children's Night
Call Caitlin at 878-5310 ext 706
- April 28
6:00 pm
Quincy Music Theatre Benefit Performance of Wizard of Oz
Call Travia at 556-1786
- April 28
6:00 pm
Spring Fling: Under a Spanish Moon at Tallahassee Nurseries
Call Connie at 878-5310 ext 735

FEBRUARY

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

MARCH

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MARK YOUR CALENDARS FOR CAMP WOE-BE-GONE "GRIEF ODYSSEY"

May 21 from 9:00 AM - 4:30 PM at the Challenger Learning Center in Tallahassee.

Space is limited; registration required. Youth ages 6-12 from Leon and surrounding counties are welcome to join us for this special day of grief support in a fun setting. Contact Caitlin Burns at 878-5310 x 706 or Caitlin@bigbendhospice.org for more information or to register a camper.

NATIONAL HEALTH CARE DECISION DAY IS APRIL 16, 2011

National Healthcare Decisions Day is observed annually on April 16th and is aimed at increasing the number of Americans who have completed an advance directive ("living will"), in which they name the person who will make medical decisions for them in the event they are seriously ill and can't speak for themselves. Experts say only about 20% of Americans have completed an advance directive even though all people age 18 and older should have one. Not only do people need to make these important health care decisions before it is a critical conversation in a medical waiting room, but they need to have a discussion with family members to let them know their wishes. Too often without those conversations, families can be resistant to the wishes of the patient.

Plans are under way now to find a creative way to talk about Advance Directives with as many people as possible during Healthcare Decision Day. Watch our website www.bigbendhospice.com or follow our Facebook page to see where we will be this year.