



# Hospice Headlines

Fall 2018

## Alzheimer's On The Rise

Alzheimer's Disease is the 6th leading cause of death in the United States. It takes more lives each year than breast cancer and prostate cancer combined. The number of patients with this diagnosis that Hospice Circle of Love has served over the last several years has significantly increased as well. We cared for 468 Alzheimer's patients in the past year alone.

The Alzheimer's Association is hoping their groundbreaking research will one day lead to a cure of this devastating disease. Until that day arrives, groups like the Alzheimer's Association and Hospice Circle of Love will be here to help support patients and families. Some of the ways, hospice benefits the Alzheimer's/ Dementia patient & their families include:

- 24/7 support of an on-call nurse
- Decreased ER visits
- Rechanneling family funds that would have gone to medications & equipment (hospice covers these)
- Hospice takes care of such tasks as getting prescriptions & supplies
- Pain & symptom management & extra monitoring
- Emotional, spiritual & bereavement support
- The support of a social worker, volunteers for respite and Music and Pet Therapy



Enid's second annual Walk to End Alzheimer's took place in August. Hospice Circle of Love was one of 26 teams that participated. Altogether the walkers raised \$75,624.00 for the fight.

### Caring For the Caregiver

#### SEE THE DOCTOR

- At the very least, for an annual check-up
- When your body is telling you there is a problem
- To get your annual flu shot

#### GET MOVING TO HELP RELIEVE STRESS & FEEL BETTER

- Pull out the yoga mat when your loved one is napping
- Have a friend stay with him/her while you exercise
- Exercise with the patient

#### Walk

Do seated exercises in the home

#### Dance

#### Garden

#### TAKE A BREAK

- Many nursing homes will let your loved one stay for 5 days of respite
- Take advantage of offers of help

#### CONNECT WITH COMMUNITY RESOURCES

- Go to ALZConnected or the Care Team Calendar on the Alzheimer's Association website, alz.org.
- Search for local support groups

#### TRY RELAXATION TECHNIQUES

- Visualization
- Meditation
- Breathing exercises
- Progressive muscle relaxation

## 5.7 MILLION

Americans are living with Alzheimer's

## 16.1 MILLION

Family members provide unpaid care for people with Alzheimer's or other dementia

## Fall Into a Great Book

Fall into a great book this October. Be transported to the wild west, a WWII battlefield or some other place and time. There are so many benefits to reading and the Circle of Love sale is the perfect place to pick up any genre of reading material that interests you. There are plenty of mysteries, westerns, children's books, history and war books, religious works, religious fiction and cookbooks. In addition, there will be audio books, puzzles and CDs.

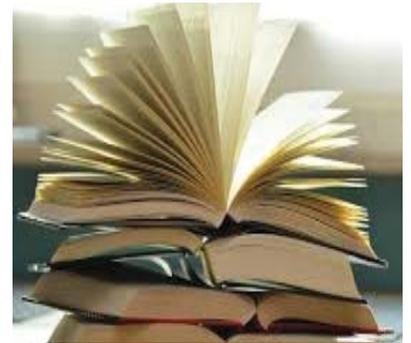
There will be thousands of book titles to choose from. Hardbacks are \$1.00 and paperbacks are just \$.50. Baked goods will be available by donation. Customers can also enjoy a free cup of coffee while they browse and will receive a free bookmark with purchase.

### Fall Book Sale

Friday, October 12th - 9 to 7  
Saturday, October 13th, 9 to 5  
@ Circle of Love (314 S. Third)

If your daily reading habits consist of scrolling Facebook or reading the back of a cereal box, you might try upping your game. Below are 10 great reasons to pick up a good book.

1. Stress Reduction
2. Mental Stimulation
3. Increased Knowledge
4. Vocabulary Expansion
5. Memory Improvement
6. Stronger Analytical Thinking Skills
7. Improved Focus and Concentration
8. Tranquility
9. Free Entertainment
10. Better Writing Skills



## Get Protected Flu Season is Here

It's time for us to get our annual flu shots. The Centers for Disease Control says it's best to get vaccinated before the virus hits hard in your area. They also say it takes about 2 weeks for your antibodies to build up and protect you.

You may remember last year's season was a particularly bad one, ranking a high severity level across all age groups. It was one of just 3 seasons ranked in that category since 2003. The infamous H3N2 strain that was responsible for a 1968 pandemic that killed about a million worldwide was the same strain that caused so much havoc during the 2017/2018 flu season. Let's hope this season is nothing like it.

Over time vaccines have been updated to better combat circulating viruses. However, developing flu vaccine is difficult, mainly because the types of influenza that infect us are moving targets. They change and mutate often. Scientists are getting closer to making universal flu vaccines that would

protect against many flu strains over more than one season. In the meantime, our best protection is to get the shot every year. Evans and Hospice Circle of Love are teaming up to offer vaccines at clinics to be held at Evans on Willow from 9:00 AM to 1:00 PM over three Thursdays in October, 10/4, 10/18 & 10/25.



*RN Stevie Powell gives a flu shot at one of last year's shot clinics.*

## Clay Shoot Is a Success

Days of rain and muddy roads didn't stop Hospice Circle of Love's annual clay shoot from taking place September 8th. The bad weather held off while participants made their way around the 10 station course.

Larry Jantzen received a perfect score of 50. Mike Sparks came in second with a 48 and Marty Meyer hit 47 clays.

The clay shoot is one of 5 annual fundraisers Circle of Love holds to help off-set the cost of the patients they care for that don't have a Medicare or insurance benefit for hospice.



*A team of participants from KC Electric take their turn on the course.*

*Top: Deloris Castor shoots clays at one of the stations. Above: Participants make their way to the next stop on the course.*

## Circle of Love Named Best Hospice

Hospice Circle of Love has been named Enid's Best Hospice as part of the Enid News & Eagle's Reader's Choice survey. According to Dee McCants, the paper's Director of Advertising, "This is the one time of year, when the citizens of Enid get to make their unedited voices heard regarding their opinion of the companies, restaurants, events and more that they feel deserve recognition among their peers, as the cream of the crop, the top of the heap, and the absolute best at what they do each day."

This is the 12th year in a row that Hospice Circle of Love has received the award for Best Hospice Care in the survey. "We would like to thank all of those who voted for us," commented Patient Care Coordinator Jennifer Boydston. "Our entire staff strives to do the

best job we can to make our patients as comfortable as possible."



*Enid News & Eagle's Paula Deterding presents the award for Best Hospice Care to Circle of Love's Julie Nelson.*

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## *Celebrate Your Loved One for Christmas*

Hospice Circle of Love families and staff will be remembering loved ones at an annual Christmas celebration of life in mid-December.

All the names of Circle of Love patients who passed away in the last year will be printed on tags and placed on silver bells that will adorn a trio of Christmas trees at the event. There will be no cost to the family.

Any family members with patients who passed away in year's past or anyone in the community who has a loved one they would like to remember at the event, is invited to participate as well. A \$25.00 tax deductible donation is requested to participate. Duplicate ornaments with the same name can be purchased for \$10.00 each.

Details regarding the date and location of the celebration will be announced soon. The event will include a reading of the names of those being remembered, Christmas music, a brief spiritual message and a cookie and punch reception. This

event is also a time when families can reconnect with Circle of Love staff members who cared for their loved one.

Invitations with order forms and more details will be sent out in early November. If you do not receive one, but would like to participate, please call us at 580-234-2273 or stop by the office at 314 S. Third in Enid.



*Circle of Love staff members enjoy reconnecting with families of patients they served at Tree of Life each year.*