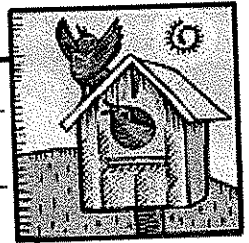




TO YOUR HEALTH



Volume 14, Number 5

May 2009

PALLIATIVE CARE AND HOSPICE CARE: SIMILARITIES AND DIFFERENCES

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Palliative Care Coordinator

What do these words mean to you? In our society, the end of our lives is generally not something we want to face, think about or talk about. Though we may not be able to have a say in our fate, we can make choices about the kind of care we would want. We can express our wishes to loved ones and caregivers, so they will be able to make more informed decisions if we become unable to communicate.

Chances are, you may have heard of Palliative Care or Hospice Care. To understand their similarities and differences, let's look at their definitions. The word *palliate* comes from the Latin word *palliare* which means "to cloak." The definition of *palliate* is to reduce the violence of (a disease); also: to ease (symptoms) without curing the underlying disease. The definition of *hospice* is a facility or program designed to provide a caring environment for meeting the physical and emotional needs of the terminally ill, (*Merriam Webster's Dictionary*).

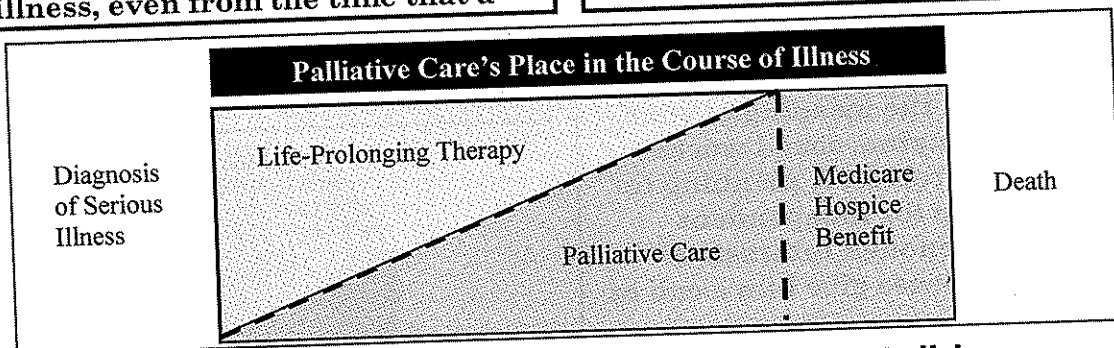
The goals of Palliative Care are to reduce people's pain, bring them comfort and allow them to focus on living fully. Palliative Care can be provided at any time during a person's illness, even from the time that a

terminal diagnosis is made. It may be given along with curative treatment.

Hospice care provides palliative care. However, hospice care is focused on terminally ill patients who are expected to live for about six months or less and who no longer seek curative treatments. Hospice can provide support services that allow patients to retain their peace and dignity through the course of an illness, the dying process and death.

Both Palliative Care and Hospice Care can guide and assist patients and their family in making decisions about their goals during whatever time they have remaining. Members of an interdisciplinary team may include professionals from medicine, nursing, social work, chaplaincy, nutrition, rehabilitation, pharmacy, complementary therapies and other related disciplines.

In the Living Fully, Dying Well program at Carleton-Willard Village, we strive to improve the quality of life of patients facing life-threatening illness. In partnership with Hospice of the North Shore, we treat pain and other physical problems, address psychosocial issues, provide comfort through complementary therapies, and offer support to patients and their families in the areas of spirituality and faith.





JIN SHIN JYUTSU

Jin Shin Jyutsu is now offered at the Clinic by Kate Smyers, RN and certified Jin Shin Jyutsu practitioner. Jin Shin Jyutsu, an ancient Japanese form of gentle healing through touch, moves the life energy past blockages in the body. It can:

- Reduce the effects of stress
- Facilitate our healing capacity
- Promote optimal health

Jin Shin Jyutsu has been helpful in treating fatigue, anxiety and depression, pain, side effects of chemotherapy and radiation and before & after surgery, as well as other conditions. As a complement to Western medicine, Jin Shin Jyutsu works on all depths of the body, bringing a feeling of peace and tranquility by correcting disharmony within the mind, body and spirit. For more information, see Kate's website is www.katesmyers.com

Appointments are available at the Clinic on Tuesday and Thursday afternoons.

COMING ATTRACTION

On May 20, the health education talk will be "*The Hospitalist: A New Role in Hospitals.*" Presented by Dr. Bagchi, Director of Hospital Medical Services at Emerson Hospital, the program will explain about the new breed of doctors who, instead of primary care doctors, now care for in-patients. Center Auditorium at 10:30 a.m.

DREAM INTERPRETATION GROUP

Are you interested in the meaning of your dreams? Jim Worthington, social worker and Ross Worthen Director, is planning to offer a monthly group for independent residents if there is enough interest. If you are interested, please give him a call at extension 1318.

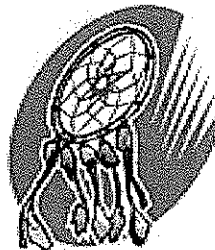
BOSTON UNIVERSITY ALZHEIMER'S DISEASE CENTER HOPE STUDY

It's a pleasure to announce that the Health Outreach Program for the Elderly (HOPE) study has moved from the Bedford VA to Carleton-Willard Village. Twice a month, staff from Boston University will be at CWV conducting the study. The HOPE study is an on-going program funded by the National Institute of Aging. It is committed to:

- Identifying risk factors for prevention of memory loss and Alzheimer's disease;
- Investigating cutting edge new treatments for Alzheimer's disease;
- Providing education to older adults and families about brain aging and Alzheimer's disease.

Participants who are 60 years of age or older attend one visit each year and undergo a health interview, physical and neurological examinations, and tests of memory and thinking. A study partner is also interviewed regarding their perceptions of the participant's memory. The information collected is used by many researchers to advance their knowledge about Alzheimer's disease with the ultimate goal of finding effective treatments. Study participants also are alerted to exciting research opportunities and educational events in the community.

The HOPE study staff is available to answer questions about the study, Alzheimer's disease or memory impairment. They can be contacted at 617-414-1078.



Native American
Dream Catcher