



YOUR LEGACY. YOUR COMFORT.

Serenity First Hospice Newsletter

May 11, 2022



Letter from the President

This month we are celebrating the One-Year Anniversary of Serenity First Hospice! Congrats to all involved in reaching this milestone, and a huge thanks to all of RVA for the love, trust, and support this past year. We love serving the city of Richmond with expert and innovative hospice care, and this milestone is only the beginning of our enormous growth!

We are also celebrating the week of the nurse this week, and want to extend a special thanks to all the incredible nurses of the world!

Our Foundation, Serenity Saints, continues to do amazing work for those in end-of-life care. Thanks to all who have supported Serenity Saints, providing special programs such as art, music, massage, and pet therapy, as well as granting very special "Bucket List Wishes" for the patients in our care. We invite all to consider supporting the special work of Serenity Saints. We have a fun-filled "Elvis and Friends" event coming up at the Broadberry on May 19 at 7:30 p.m., and all proceeds will benefit Serenity Saints. Learn more in the events section of the newsletter, and get your tickets today at bit.ly/ElvisAndFriends5-19. See you there!

Sincerely,

President
Serenity First Hospice

Update from the COO

This month we are excited to welcome new members to our Serenity First family. Join us in welcoming Norma Santiago to the role of office coordinator. Norma comes to Serenity with years of experience in the hospice field, and we are thrilled to have her share her knowledge and skills with our team. We are also excited to welcome Bobby Johnson to the team as our volunteer coordinator. Bobby comes to us with many years of experience in Human Resources, and we are excited for all the ways he will benefit Serenity First.

As Serenity First continues quick and steady growth, we are welcoming a variety of wonderful new staff members. We encourage anyone interested in a nursing position to consider joining our team. If you or someone you know is interested, please fill out the contact form at serenityfirsthospice.com/careers. As a locally-owned and operated company, Serenity First aims to support and give back to the Richmond area with great services provided by a great team.

Wade Williams-Diggs

COO

Serenity First Hospice

Upcoming Events

Grieving with Serenity

No one should ever have to grieve alone.



Serenity First Hospice Grief Support

FOR THOSE WHO ARE GRIEVING

When: 1st & 3rd Tuesday of every month

Time: 3 PM – 4 PM

Where: 4915 Fitzhugh Ave
Richmond, VA 23230
(804) 562-5777

Join via Zoom:

<https://us02web.zoom.us/j/6899051932>
Meeting ID: 689 905 1932

Come and bring a friend to listen, share or learn.

“The reality is that you will grieve forever. You will not ‘get over’ the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to.”

— ELISABETH KUBLER-ROSS

I will never leave you, nor forsake you. - Hebrews 13:5

RSVP TO GREG JONES AT GJONES@SFHOSPICE.COM OR 804-584-6964

Upcoming Events

THURSDAY, MAY 19TH, 2022

7:30PM THE BROADBERRY



ELVIS & FRIENDS

BENEFIT SHOW



OPENING COMEDIAN
MICHA "BAM-BAMM" WHITE

STARRING
MICHAEL FALCONE
AS ELVIS

MC SAM KAUFMAN

2729 W. BROAD STREET, RICHMOND, VA 23220

CLICK FOR TICKETS GENERAL ADMISSION \$50 DOORS OPEN 6:30PM

ALL PROCEEDS GO TO SERENITY SAINTS HOSPICE FOUNDATION

THANK YOU TO OUR SPONSORS



OWEN & OWENS
EVERY CLIENT MATTERS



Stephen Gould

JOHN & LIBBY LEWIS

Special Recognition

Our very own President and CEO, Debbie Johnston, was picked as a finalist for the 2022 RVA Power Women Awards! We are excited to celebrate this special recognition of Debbie, and of the important work we are doing here at Serenity First.

Finalists Announced!

Debbie Johnston, Healthcare Finalist

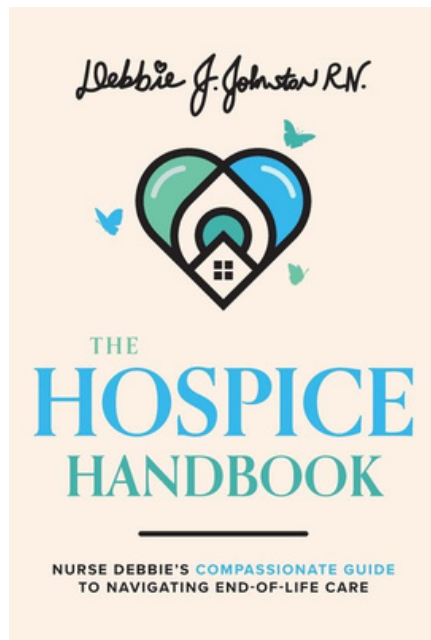


From a pool of 500 nominees, Richmond BizSense and presenting sponsor Brown Edwards are proud to present the 30 finalists for the inaugural RVA Power Women awards.



Book Release Announcement

Announcing the new release of Debbie Johnston's book, *The Hospice Handbook*! This is a must-read book for all, and will empower patients, families, and other caregivers with the tools they need to navigate the complicated world of hospice care. Order yours today from Barnes & Noble, Amazon, Target, or anywhere books are sold.



Letter from our Medical Social Worker



May is Mental Health Awareness month, a critical time to gain a bigger understanding of the caregiver's hospice journey. The pressure can adversely impact their mental and emotional wellness, as well as physical health, over time.

Admitting a loved one to hospice is a major development for everyone involved. In many cases, the patient receives medical treatment at home. No matter the setting, it is very likely that someone close has been acting as a caregiver for some time. In the context of hospice at home, there is still someone doing direct care, largely 'round the clock, to ensure that the patient's needs are being met. Over time, the prolonged strain can be devastating to caregivers due to lack of self-care options for them. Lack of sleep, a constant state of heightened awareness, and decreased nutrition (eating meals quickly due to caring for the patient) can wreak havoc on the caregiver's mental and physical health. Our Serenity First staff works tirelessly to manage patient care and stay in touch with the ongoing needs of their respective families.

Simply telling caregivers that they need to meet their own needs to be here for the patient is an oversimplification of the challenges they face. There is isolation, as many people do not understand what they are going through. Caregivers often feel guilty if they put themselves first (even basic needs like sleeping or eating). This is a complex setting in which they juggle many duties, all the while bracing for a devastating loss when their loved one passes. Many people do not realize that hospice is more than medical care. Spiritual counseling and social work services are integral as well.

Read more from the Family Caregiver Alliance - Caregiver Health at caregiver.org/resource/caregiver-health/

Jennifer Jones

Medical Social Worker
Serenity First Hospice

Article shared from our Chaplain

Visit [caregiver.org/resource/caregiver-health/](https://www.caregiver.org/resource/caregiver-health/) to read the following article from Heathline.

The Grief of Losing a Parent Is Complex — Here's How to Start Navigating It

[Validate your feelings](#) | [Fully experience it](#) | [Care for yourself](#) |

[Share memories](#) | [Honor their memory](#) | [Forgive them](#) | [Accept help](#) |

[Embrace family](#) | [Consider support groups](#) | [Talk to a therapist](#) | [Takeaway](#)



Greg Jones
Chaplain
Serenity First Hospice

Letter from our Community Liaison

The Personal Touch!

Serenity First Hospice strives to deliver an exceptional one to one experience that really resonates with our families and communities, we serve. This starts at the very beginning, from the time our families or communities reach out, to the ongoing and continued support given even after a loved one passes. Our approach aligns with our goal of developing a far deeper relationship with families, focused solely on delivering, all of our compassionate promises. Ensuring that each interaction with a staff member from Serenity First Hospice, exemplifies a strong commitment to our mission.

Let's take a moment and realize the impact the power one person can make on someone, not to mention the power of one team. Families don't need one more thing on their plate, isn't it nice to know that with Serenity First Hospice they have a second family. What a great feeling it is to laugh, cry and make unforgettable memories with the families, as we care for their loved ones. Sometimes, it may only takes an extra five minutes, to pick up the phone and make that call, not just text or email, or to personally, sit by in silence in the home of a grieving family member. We couldn't have helped them at more meaningful time. The power of our Personal Touch may change someone's life forever!

Daphne Marshall
CDP- Community Liaison
Serenity First Hospice

Letter from our Clinical Director

A decision to provide nutritional care and support requires an understanding of and respect for patient's wishes. The patient, his or her family and healthcare professionals should openly discuss and agree the goals of nutritional care and support at an early stage, rather than waiting until patients are unable to discuss their preferences. It is important to take a look at where a patient is in their disease progression and determine the best avenue for intake. As a patient declines, it becomes more difficult for the patient to properly consume food increasing the risk of aspiration which may lead to pneumonia. When an individual is in the later stages of the dying process, the body can't handle a lot of food or liquids. All the body systems are starting to slow down and they are unable to process and handle the intake. If foods and liquids are pushed, this could cause adverse side effects such as nausea, vomiting, fluid overload, and aspiration.

It is so important for the discussion of nutrition to be an on-going conversation between all those involved. Support and encouragement are needed because it is very hard to have someone not eating. Family and caregivers feel like the individual is starving when this is actually a natural biological process. The body is shutting down and can't handle the intake of food.

What we can do as caregivers is offer the patient what they want to eat when they want to eat. Be flexible and open minded. When an individual is not eating, mouth swabs with cool water or a favorite beverage are a good idea.

Leslie Hobson
Clinical Director
Serenity First Hospice

