

HOSPICE & PALLIATIVE

Companion

OPIOPHOBIA AT END OF LIFE

A Concerning Consequence of the Opioid Crisis Intervention

OPIOIDS ARE A FREQUENT topic in the news these days. They include commonly known drugs such as morphine, oxycodone, hydrocodone and fentanyl. They are used to treat pain and shortness of breath among other things in cancer patients and those under hospice and palliative care. But, as the national opioid overdose crisis escalates, so do challenges in administering this care with regulators, doctors and patients becoming averse to prescribing or using them in doses necessary to achieve effective results.

These fears are genuine.

The Centers for Disease Control (CDC) reported that in 2016, 115 people in the US died from opioid overdose each day. By 2017, that number had increased to 134 per day for a total of 49,000 reported deaths contributed to opioids. According to Dr. Tom Putnam, medical director at Chautauqua Hospice and Palliative Care, "A growing number of patients are now coming into hospice care with prior habits of misuse. Patients, as well



as some staff, may also feel pressured into selling, trading or giving away medicines to outside sources."

As a result, reliable pain medications are harder to acquire and even then, supplies are limited. In response to the overdose crisis, the Drug Enforcement Agency (DEA) has ordered a 20% reduction in the manufacturing of prescription pain medicine, and most hospitals have experienced significant shortages of intravenous opioids critical to controlling severe pain. Insurance companies have also limited coverage on the amount of pain medicines that can be prescribed to their subscribers.

"Physicians are increasingly reluctant to prescribe opioids to control pain as doctors prescribing daily doses above 90 mg of morphine equivalent have come under increasing scrutiny," adds Dr. Putnam. "For perspective, cancer and some palliative care patients require up to 1000 mg per day to be able to walk, talk and sleep." While the CDC exempted treatment of cancer and palliative patients from the 90 mg daily maximum, physicians fear

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Dear Friends and Family,

Our collaborative partnerships continue to expand CHPC's role in the community. From reducing opioid availability on the street, to education on ethical issues facing people with a serious illness and their loved ones, CHPC is committed to Chautauqua County. Cummins Engine, Chautauqua Institution, area churches and others are working beside us to get information out on important issues surrounding end-of-life and serious illnesses.

If you drove by our Lakewood office in late August or early September, you may have noticed we had a construction mess. The work is now complete and we look forward to a rainy Spring with a dry basement!

Outreach is becoming increasingly involved in local schools, churches and community events. Through the nationally organized, "Project Hello" this fall we hope to learn ways to better serve some of our community.

New support groups for those with English as a second language are due to begin this fall. We are determined to provide services to everyone in Chautauqua County that could benefit!

In this era of rapid regulatory transformation and our desire to grow and serve all the eligible people in the county, I believe the Greek Philosopher Heraclitus said it correctly, "The only thing that is constant is change." So let's hear it for change as we move forward!

Shauna Anderson

CHPC Welcomes New Employees



Brooke Hnatyszyn
RN Case Manager- Palliative



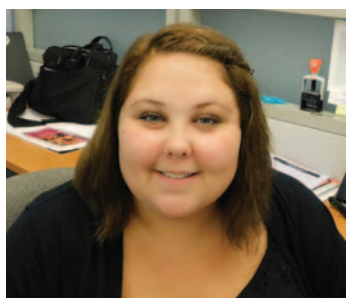
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RN On-Call



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Supportive Art Appreciation
Facilitator



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Home Health Aid



Brooke McIlvain
RN Case Manager

Our Tanzania Partnership

CHPC'S 8-YEAR RELATIONSHIP WITH THE KARATU Lutheran Hospital is alive and well. This Spring four CHPC clinicians visited our Tanzanian peers to further our mutual understanding of palliative medicine. Jamie Probst, Bereavement Director, Cora Monroy, Community Outreach Coordinator, Debra Przepiora, LPN, and Rebecca Smouse, RN visited the rural African community to assist with patient care, share best practices and establish systems for directing vital supplies to the hospital.

The medical needs in this region are many, and CHPC is working to support the care of this community's most seriously ill patients. However, the relationship has many benefits for CHPC.

"We are better practitioners from working with their team," said Shauna Anderson, President & CEO of CHPC. "We learn from their strengths and struggles. Ultimately, people are the same no matter where they live or the color of their skin."



Care to help? CHPC seeks the involvement of community members who can bring resources to bear to advance this unique collaboration. Contact Jamie Probst at 716-338-0033, x212 if you would like to become involved.

Volunteer Spotlight



MY NAME IS BONNIE BOWEN AND I AM RETIRED FROM MY WORK AS A crisis counselor. I volunteer currently at Audubon and at Hospice. When I tell folks I volunteer at Audubon they smile and tell me how they love Audubon. When I tell folks I volunteer for Hospice, often they furrow their brow and ask me how I can do such a thing. They perceive it as scary or sad, though many tell stories of how Hospice provided such good care for loved ones. My step mom tells me I am polishing my halo. Perhaps it is all that at times, but most of the time it is profoundly rewarding to be of service. I often develop a relationship with patients and families. There is a lot of joy in a life well lived and, if you take the time to listen, it comes through.

Matching volunteers to hospice families isn't always easy. Volunteers each have their own skillsets and family needs aren't always crystal clear. When clients can no longer do yardwork, I put on my old clothes and tackle the weeds. When the kitties need care, I am there. What I find myself doing most is offering respite to family members and companionship to clients. I am a new face, a change of scenery and, I hope, a comfort.

In my experience Hospice embodies the concept of compassion, and not only for the clients. Volunteers are welcomed and supported. Policies are clear. We are given training and recognition. The nurses and social workers take time to share information with us and listen to our concerns. And efforts are made to address our own grieving over clients who have passed.

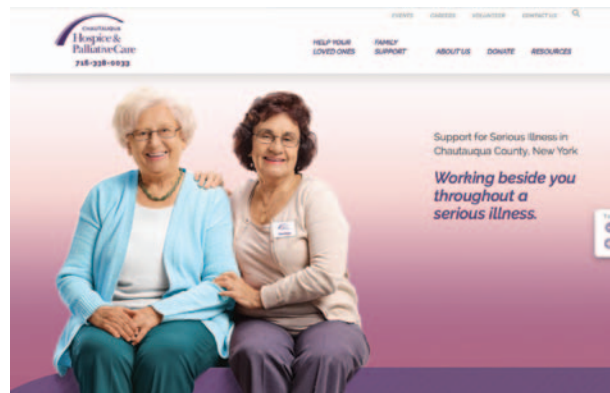
We come alone and we leave alone, but we meet many on our journey. I hope to be a comfort to a fellow traveler.

New Marketing Program Launches

BY THE TIME YOU RECEIVE THIS NEWSLETTER, YOU will likely hear or see our new marketing program. Billboards, newspapers, radio stations, Facebook and the internet will be promoting our services to the residents of Chautauqua County.

Why should we spend valuable resources on advertising? Because we need to serve more patients and we need to serve them sooner. We presently serve about 500 patients every year. We need to reach 700 a year to reach the national average. Too many people are not taking advantage of the care and support we offer patients, caregivers and families. In addition, one third of our patients die within 7 days of admission; we need to begin caring for them sooner.

The marketing program will help us be the best we can be. It will allow us to reach out to those who are “hospicious” and those who don’t understand how much help we can be for families facing serious illness, as well as groups of underserved residents.



Community Outreach

CHPC IS DEPLOYING MANY STRATEGIES TO REACH MORE PATIENTS AND families in Chautauqua County. Besides our new advertising campaign, we are working to break down barriers to underserved populations and collaborate with community partners.

Cora Monroy, Community Outreach Coordinator, is developing new collaborations with churches, schools and agencies which serve different populations. Cora, who is fluent in Spanish and who helps CHPC with translation in patient care and publications, is beginning a bereavement support group in the Jamestown area for Spanish-speaking residents. Another collaboration includes the Blackwell Chapel AME Church, which is hosting

a community event to promote advance care planning with the new conversation game, “Hello.”



Cora Monroy, Community Outreach Coordinator



September 2018 Charity Auction

Still another unique collaboration that Events Coordinator BJ Bounaiuto and Bereavement Director Jamie Probst helped bring about resulted in over 400 butterfly art submissions from area school students. The art project, which provides joint financial support to CHPC and area art departments, is the centerpiece of CHPC’s Fall Charity Auction and helps draw younger audiences closer to the CHPC mission.

HOSPICE HEROES



Don't Know Your Partner Charity Bowling Tournament

The 13th annual "Don't Know Your Partner" bowling tournament, organized by the men's and ladies' auxiliaries of the Chautauqua Lake VFW Post No. 8647 was held on April 14 at Lucky Lanes in Fredonia. Each bowler is matched with a partner who isn't announced until the scores are tallied to determine the winners. Chairman Shannon Larson expressed appreciation to everyone who helped and for their support of this year's tournament. There were 89 bowlers participating. Everyone had a great time! The event raised \$7,800, bringing the 13-year total to \$62,200!



Moniuszko Social Club

The Moniuszko Social Club has supported Chautauqua Hospice and Palliative Care for many years. This year's contribution of \$2,000 brings the Club's total support for the agency to \$20,735.



Hoops for Hospice

The Falconer girls basketball team has rallied for a cause with their annual "Hoops for Hospice" event. This year's game was dedicated to "Rosie" Billquist, who was a former volunteer for CHPC. Rosie's husband, Jamie was a graduate of Falconer Central School. This year's event raised \$2,400 from proceeds including tickets, basket raffle, bake sale and T-shirt sales.



Kids Can Make a Difference

Seventh grader, Jacob Werner from Springville-Griffith Middle School chose CHPC as the recipient of his "Kids Can Make a Difference" service project. Jacob collected \$800 in bottle deposits to present to CHPC. He wanted to express his appreciation for the care of a family member. It was a touching tribute!

Save the Date

For more information on future events, visit our website at www.chpc.care

October 5, 6, 12, & 13

Ain't Missin' Dinner!

Jamestown and Fredonia performances

October 25

Designer Bag Bingo

Lakewood Legion

November 24

Light A Life Service of Remembrance and Memorial Tree Lighting Ceremony

CHPC 20 W. Fairmount Ave,
Lakewood NY

February 9

CHPC Gala

Chautauqua Suites, Mayville NY

Butterfly art created by Madison DeKoning, a student at Sherman Central School



Light a Life

Memorial Tree Lighting Ceremony
Saturday, November 24, 2018, 6pm
Gloria Dei Lutheran Church
35 West Fairmount Ave, Lakewood, NY

Each holiday season Chautauqua Hospice & Palliative Care presents our Light A Life Memorial as a tribute to loved ones who are no longer with us. This is a time of remembrance not just for the families we have served; we invite all community members to participate regardless of whether or not we cared for their loved one. There are several ways to participate- pick the one that's right for you:



Memorial Tree Star

Memorial Tree Stars

As we did last year we will be decorating our Memorial Trees with beautiful, three-dimensional reflective stars. A suggested \$10 contribution will reserve an ornament in memory of your loved one and their name will be included in our printed program and Light Towers.

Porcelain Ornaments

Keepsake porcelain ornaments are available for purchase. \$50 round hand-cast "Candle & Holly" ornaments are hollow and made of translucent porcelain that glow beautifully when a small tree light illuminates it. \$25 porcelain heart-shaped "Transforming Lives" ornaments can hang on your tree or make a beautiful stand-alone memorial display. Those memorialized with the purchase of these ornaments will also be remembered with a reflective star on the Memorial Trees, as well as in our printed program and on Light Towers.



"Candle & Holly" ornament



Light Towers

Beautiful light towers in the yard of our offices will be illuminated with the names of all those individuals memorialized in our Light A Life program. The towers will be revealed and illuminated at the Memorial Service and remain illuminated through the holiday season for individual reflection.



"Transforming Lives" ornament

Memorial Service and Tree Lighting Ceremony

On Saturday November 24th at 6pm we will hold our Light A Life Memorial Service at the Gloria Dei Lutheran Church across from our offices on Fairmount Avenue in Lakewood. Following this service we will move across the street for our Memorial Tree and Light Tower lighting ceremony. Music and light refreshments will allow additional time for reflection and fellowship.

Your contribution of...

\$10 \$25 \$50 \$100+

•	•	•	•	A star on the Memorial Trees in memory of your loved one
•	•	•	•	Your loved one included in the Memorial listing and light tower
	•		•	A heart-shaped keepsake porcelain ornament
		•	•	A round keepsake porcelain ornament

Orders must be received by Nov. 14th to be included in the Memorial Program and Light Towers. Orders received after Dec. 1 may not arrive before Christmas. Walk-in purchases are welcome at our offices or they may be purchased on our website at www.chpc.care. Ornaments will be mailed to you; Memorial Stars are hung on our Memorial Trees.

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repercussions that would compromise their ability to care for all their patients.

Finally, patients themselves are less likely to accept opioids at a time when they need them. Many are concerned about addiction, though the benefits of treatment far surpass the risks. Seriously ill or dying patients rarely develop a compulsion to misuse opioids or suffer a decline in function associated with addiction. Rather, proper use of opioids at the end of life with careful attention to pain and skillful administration of medication improves normal daily function and quality of life.



According to Dr. Tom Putnam, “Most patients with serious illness are not so much afraid of dying as they are afraid of pain and suffering.” He suggests some people may want to address this fear in an advance directive (living will, MOLST form). These documents allow the individual to make a directive such as, “I want my doctors to administer enough medicine to assure I am pain-free.”

In addition to the challenges of prescribing medications for end-of-life care, the disposal of unused or expired prescription medications is a public safety issue and can lead to accidental poisoning, abuse, overdose, and sometimes even death. To address this issue, Chautauqua Hospice and Palliative Care is participating in a program with HOPE Chautauqua and several other partners to combat prescription drug misuse. CHPC Nurse

Case Managers use Deterra Medication Destruction Bags in patient homes to promote the destruction of unused or left-over medications.

In a recent article on prescribing opioids, the American Academy of Hospice and Palliative Care states that “although our purpose remains clear—to relieve the pain and suffering of patients with serious, advanced, or life-threatening illnesses—hospice and palliative care prescribers need to be aware of these larger currents in society and consider harm reduction strategies in how they prescribe opioid analgesics. The goal is to balance harm prevention with the imperative for relieving suffering.”

Pardon the Mess

Our basement water remediation project is complete. Drainage was added to the entire perimeter of our foundation. Thank you, Hultquist Foundation, for helping make it happen.



In Memory Of...

The following individuals (bold) were memorialized with contributions between January 1 and June 30, 2018 by the listed donors:

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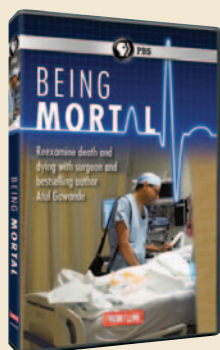
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Cummins Engine recently invited CHPC to facilitate ACP discussions with its employees.



Being Mortal is a thought provoking documentary that inspires meaningful conversations.

Advance Care Planning

Who's your healthcare proxy?

CHPC is working to make sure Chautauqua County residents are documenting their wishes and values related to end-of-life care. Too many people are unprepared for this eventuality and healthcare providers are unanimous in their agreement that advance care planning is something we should all do regardless of our age or health status.



CHPC presents one-hour workshops on this important subject. The faith community, employers and civic organizations are all potential sponsors of an advance care planning program. We have several program formats related to advance care planning including “Hello,” “Being Mortal” and open discussion.

If you or your organization would like to sponsor one of these free programs, call CHPC’s Community Engagement Office.

Above: “Hello” is a fun game that gives participants the opportunity to consider their values and wishes.