We are pleased to offer you this hospice booklet, which was made possible through the generous gifts of friends and families whose lives have been touched by the programs and services of FHN Hospice.
It is the hardest of all learning that the opposite of depression is not happiness—a radiant, receding goal—but vitality, to feel alive each minute you are given.

Then when sweetness comes it is most sweet, and when sorrow comes you know its name. In the aftermath of suffering, you chart each day as an explorer preceding map or compass, and what you find is shockingly alloyed. All happiness is dappled, and even bleakest tragedy has moments of strange praise.

—Nessa Rapoport

Each moment is mine to make as beautiful or as painful as I choose.

—Anonymous
After business hours and on weekends when your regular nurse is not available, the after hours nurse has information about you and will help problem solve over the phone or make a home visit. When you call after hours, the answering service will take your information and have the after hours nurse return your call within 15 minutes. If for some reason you do not receive a call within 15 minutes, please call again.

Please keep the telephone line clear so that the nurse can reach you as quickly as possible.

Reasons to call the after hours nurse:
• Increased shortness of breath or painful breathing
• Increased pain or new onset of pain
• Uncontrolled nausea or vomiting
• Sudden, unexpected change of consciousness
• If you need to talk to the nurse about something that you feel cannot wait until regular business hours
• If you have run out of pain medications, or medication you use as needed, or you don’t have enough to last the night
• If you are considering hospitalization, please call us first so we can help plan for your needs

Please wait until the next working day—Monday through Friday, 8:00 a.m. to 5:00 p.m.—if:
• You want to change the visit time of one of the Hospice Team (Chaplain, Social Worker, Home Health Aide, Volunteer, etc.)
• You want to know the time of the planned visit by your nurse or other team members
• You want to talk to your daytime nurse or social worker
• You are getting low on medications but it is not an emergency

My Hospice Team Members:

Nurse ___________________________________ Social Worker ___________________________

Home Health Aide __________________________ Chaplain ____________________________

Volunteer ________________________________ Other _________________________________

Important Names and Numbers:

Physician ___________________________ Phone ________________

Physician ___________________________ Phone ________________

Pharmacy _____________________________ Phone ________________

Equipment Supplier __________________ Phone ________________

Clergy _______________________________ Phone ________________

The FHN Hospice Program Philosophy

Hospice accepts death as a natural part of the life cycle. The purpose of the Hospice program is to serve persons with a life-threatening illness and those supporting them. The care available through the Hospice program includes skilled medical and nursing care and an interdisciplinary team approach to meeting medical, social, psychological, and spiritual needs.

The Hospice program is concerned with symptom management that maximizes patient comfort, enhances feelings of self-worth and well being, and encourages patient participation in decisions affecting his/her living and dying. The program supports both patient and family as their activities and relationships undergo change. The support continues into the period of grief and bereavement.

Based on this philosophy we make the following commitments to patients and families regarding the care we provide:

• You will have the best medical treatment, aiming to prevent exacerbation, improve function and survival, and ensure comfort.
• We will help you manage shortness of breath, pain or other symptoms in an effort to promote comfort.
• Your care will be continuous, comprehensive, and coordinated.
• You and your family will be prepared for everything that is likely to happen in the course of your illness.
• Your wishes will be sought, respected, and, whenever possible, followed.
• We will help you consider your personal and financial resources and will respect your choices about the use of your resources.
• We will do all we can to see that you and your family will have the opportunity to make the best of every day.
The FHN Hospice Vision:
Create an awareness and acceptance of death and bereavement as part of life's experience.

“A Special Way of Caring”

FHN Hospice is a concept of care providing non-curative, yet supportive service—We care for the physical, emotional, social, and spiritual needs of our patients and their families as they deal with this period of illness and bereavement. Our emphasis is to assist families who desire to care for their loved one at home during the final phases of life.

FHN Hospice is committed to providing sensitive, comforting care to terminally ill patients and their families in Carroll, JoDaviess, Ogle, Stephenson, and Winnebago counties.

Donations
Donations to FHN Hospice are accepted and very much appreciated. Contributions help provide staff education, meals, Life-Line, supplies, and much more...for patients and families in need. Donations may be directed to FHN Foundation, 1045 W. Stephenson Street, Freeport, IL 61032, 815-599-6900.

A program of FHN Memorial Hospital

Hospice can be reached 24 hours a day at
815-599-7240
Toll Free 877-873-3621

“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong—because someday you will have been all of these.”

—George Washington Carver

Patient and Family Guide to Hospice Care

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FHN Hospice