

# The Herald-Advocate

Hardee County's Hometown Coverage

109th Year, No. 50  
4 Sections, 32 Pages

46¢  
plus 4¢ sales tax

Thursday, November 19, 2009

## Letter To The Editor

# November Is National Hospice Care Month

Dear Editor:

Hardee and Highlands counties can be thankful for many blessings. We live in a beautiful area of the country with friendly residents who value the many opportunities that this wonderful community offers.

But as we go about our daily routines, some of our friends, our neighbors, and our loved ones are in a vulnerable place confronting a frightening scenario — they have received a terminal diagnosis. But fortunately, we again are blessed to have compassionate hospice care available in Hardee and Highlands counties with dedicated caregivers who are ready to help.

November is National Hospice Month — a time to reflect on the types of care accessible when comfort measures are now a desired plan of care. While thinking about end-of-life care can be overwhelming, not thinking about it can lead to unnecessary pain and unwanted suffering.

Being on the Good Shepherd Hospice Board of Directors has given me tremendous insight into the specialized, patient-centered care that hospices provide. Many people are unaware that hospice care addresses the physical, emotional, social and spiritual challenges that can go hand and hand with end-of-life issues.

With professional healthcare staff and trained volunteers providing a circle of support, patients and their loved ones can focus on making the most of the time they have remaining together.

I know that a terminal diagnosis is crushing. But I encourage you to contact hospice as soon as possible if you or a loved one are in this place. You will come to find out that with hospice care, you can start to worry less and live more.

Sincerely,

Jane Hancock, Esquire  
Good Shepherd Hospice  
Board of Directors  
Sebring