

Grief Support

As we are taking all necessary precautions for the health and safety of those we serve, our monthly support group and spring support group have been cancelled at this time.

Although we cannot meet in groups, we want you to know we are still available to support and guide you in a variety of ways. Our staff is available to provide 1:1 grief support in person, via telephone, or virtually. We also offer a lending library of books and resources regarding grief and loss. If you are interested in receiving any literature from our library, please contact the bereavement coordinator.

Options for support are also available online- recommended resources for grief information are www.whatsyourgrief.com and www.grief.com. Facebook also offers many options for group support- a recommended group can be found at www.facebook.com/groups/DavidKessler or you can search in your group section- Grief: releasing pain, remembering the love and finding meaning.

Please contact Bereavement Coordinator- Sara Wade, LMSW with any questions.
sara@essencehospice.com or (319) 622-3195.



We have direct patient care and administrative opportunities available. YOU CAN MAKE A DIFFERENCE!
If you are interested or have questions please contact
kailynda.davis@essencehospice.com
or melyse.sparks@essencehospice.com
or call Kailynda or Melyse at
(319)622-3195

COVID-19 Updates – What to know.

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19.

Although this is a scary and uncertain time, there are many things you can do to help curb the spread of this virus. Steps you can take: **Stay home, Wash your hands** often, **Avoid close contact – Social Distancing** (6 feet, which is about two arm lengths) with other people, **Clean and disinfect** frequently touched services, **Avoid all cruise travel** and non-essential air travel, **Call your healthcare professional if you have concerns** about COVID-19 and your underlying condition or if you are sick.

Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions. Things you can do to support yourself: **Take breaks from watching, reading, or listening to news** stories and social media. Hearing about the pandemic repeatedly can be upsetting, **Take care of your body**. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs, **Make time to unwind**. Try to do some other activities you enjoy, **Connect with others**. Talk with people you trust about your concerns and how you are feeling, **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row. **If you, or someone you care about, are feeling overwhelmed** with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call **911** or the **Substance Abuse and Mental Health Services Administration’s (SAMHSA’s)** Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

For more information on COVID-19, Novel Coronavirus visit:
<https://www.cdc.gov/coronavirus/2019-ncov/>

Refer With Confidence

If your organization would like a speaker to talk with your group on end of life care topics or if you would like to make a referral for services please call 1-319-622-3195
Staff is available 24hrs a day-7 days a week



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