

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.centerforloss.com

www.dougy.org

www.whatsyourgrief.com

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

As Iowans across the state are beginning to go back to work and communities are opening businesses, we at Essence of Life hospice continue to urge individuals to continue to take precautions to protect yourselves and those in our community who are at the highest risk for serious complications of this illness.

The best way to prevent illness is to avoid being exposed to this virus, there is no vaccine at this time. The main form of spread is person to person, through respiratory droplets produced when an infected person coughs, sneezes, or talks. If you are in close proximity you can inhale those droplets which leads to infection. For this reason, Social Distancing is of utmost importance. Everyone should follow the following steps to protect yourselves and others:

- Wash your hands OFTEN, use hand sanitizer when handwashing is not available.
- Avoid Close Contact with others, SOCIAL DISTANCING.
- Cover your mouth and nose with a cloth face cover when around others.
- CLEAN AND DISINFECT daily.

Essence of Life Hospice continues to be dedicated to patient care, the hospice philosophy, and above all else the safety and wellbeing of our patients and staff. **We are still available to treat patients wherever they are and are prepared to do so in the safest way possible.**

Essence of Life Hospice remains vigilant in our efforts to stop the spread of COVID-19. Social distancing is practiced whenever possible and the use of Telehealth and telephone visits is preferred when able and appropriate.

For the most up to date information and changes please visit <https://www.coronavirus.gov>

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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