



Mark your calendars for upcoming event:

**Support Group**

We will be offering a support group in the spring for anyone interested in attending whether you have had a recent loss or past loss. We will be offering it at the Marengo Public Library

DATES: TUESDAY APRIL 19<sup>TH</sup>  
TUESDAY APRIL 26<sup>TH</sup>  
TUESDAY MAY 3<sup>RD</sup>  
TUESDAY MAY 10<sup>TH</sup>

We encourage anyone to attend whether you have used our services or not. Questions, please feel free to contact Sara at 319-622-3195.

Our social workers are available for grief support at any time outside of these support groups also. Please contact Erin or Sara for support at 319-622-3195.

**Needing: People To Sew**

We are currently looking for some volunteers to help out with some sewing needs. No time commitment, this can be as much or as little time as you would like to offer.



If you are interested or have additional questions please contact Erin

Folkmann, Volunteer Coordinator, at 319-622-3195 or

[erin@essencehospice.com](mailto:erin@essencehospice.com)



If you wish to be taken off this mailing, please email [erin@essencehospice.com](mailto:erin@essencehospice.com) or call 319-622-3195

**Now is the time for the discussion with your loved ones**

Making time to have discussions about Advance Care can be difficult, but having them with your loved ones before a crisis occurs can make a difficult situation a little easier. Advance care planning is making decisions about the care you would want to receive if you become unable to speak for yourself. These are your decisions to make, regardless of what you choose for your care, and the decisions are based on your personal values, preferences, and discussions with your loved ones. If you are in an accident or have an illness that leaves you unable to talk about your wishes, who will speak for you? You can tell your family, friends and healthcare providers what your wishes and personal beliefs are about continuing or withdrawing medical treatments at the end of life. Advance care planning includes:

- Getting information on the types of life-sustaining treatments that are available.
- Deciding what types of treatment you would or would not want should you be diagnosed with a life-limiting illness.
- Sharing your personal values with your loved ones.
- Completing advance directives to put into writing what types of treatment you would or would not want should you be unable to speak for yourself.

Advance directives are documents that enable you to make decisions now about your medical care in the future. They offer guidance to your family and doctors when you cannot speak for yourself, and help to assure that your values and important wishes are carried out. There are two advance directive documents recognized legally in Iowa: A Living Will and Durable Power of Attorney for Health Care

Communicating Your End-of-Life Wishes

Decisions about end-of-life care are deeply personal, and are based on your values and beliefs. Because it is impossible to foresee every type of circumstance or illness, it is essential to think in general about what is important to you. Conversations that focus on your wishes and beliefs will relieve loved ones and healthcare providers of the need to guess what you would want. Now is the time to have those discussions and get them in writing to honor your wishes in the future.

ESSENCE OF LIFE HOSPICE has resources about making those decisions in our lending library. Our library has resources about many difficult decisions. Contact us today about viewing our library.

**Essence of Life Hospice**  
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