

January 2026

Newsletter



2026 Inservice Opportunities
If your organization would like a speaker to talk with your group

General Hospice Awareness –How to qualify under Conditions of Participation Hospice 101

Pain Assessment and Symptom Management with Hospice

Just one More Bite....Eating changes at end of life.

How to Talk to Those Who Are Grieving?

Phone: 319-622-3195

Email:

info@essencehospice.com



We have direct patient care and non-patient care opportunities available.

YOU CAN MAKE A DIFFERENCE!

If you are interested or have questions please contact

info@essencehospice.com

SUPPORT GROUP Amana

606 39th Ave 6-7pm

Dec 9 Grief and Holiday part 2

2026 Sessions AMANA

February 10th – The 5 Stages of Grief

March 10th – Rules at Impact: How to Survive Early Grief

April 14th – Effects of Grief: Recognize You're Not Going Crazy!

2026 Sessions SIGOURNEY

420 W Main St Sigourney

March 3rd – The 5 Stage of Grief

March 17th – Rules at Impact: How to Survive Early Grief

Positive effects of Music Therapy, especially in winter.



Music therapy for hospice patients provides significant benefits, including pain and anxiety reduction, improved mood, and enhanced emotional and spiritual expression, by using music to help manage physical symptoms like pain, reduce stress, and offer a means for life review, communication, and creating lasting memories for both patients and families. It can alleviate physical discomfort, calm agitation, improve respiratory function, and facilitate emotional processing through various techniques like songwriting, guided imagery, and listening to preferred music, leading to a better quality of life at the end of life. Music is used as a tool within interventions to address these non-musical goals to improve quality of life.

WELCOME

ADAM SUMMERS MT-BC to the Essence Team



Refer With Confidence

if you would like to make a referral for services, please call 319-622-3195
Staff are available 24hrs a day-7 days a week for referrals



**National Alliance
for Care at Home**

Essence of Life Hospice
606 39th Ave PO Box 333
Amana, IA 52203

Ph. 319.622.3195

Fax 319.622.3330

www.essencehospice.com



If you wish to be taken off this mailing, please call 319-622-3195 or email info@essencehospice.com

--	--