

## Cordt Kassner

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## January 14th, 2024

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### Headlines

#### [Sunday Newsletters](#)

*Top read stories of the last month (in order) is the focus of Sunday newsletters - enjoy!*

## Rosalynn Carter's impact on caregivers

*Kevin MD Blog, by R. Lynn Barnett; 12/25/23*

... As caregivers, we are the voice for others, but we also need to be a voice for ourselves. ... I wasn't prepared, as many people aren't, for the fiscal and physical aspects of caregiving. ... The toll that caregiving can take is often underrated, understated, and under-appreciated. ... Rosalynn Carter was known as a "Steel Magnolia," showing the same inner fortitude and mettle, combined with grace, of the main characters in the film of the same name. I think all of us caregivers become steel magnolias. It's not that we deserve a medal for our actions; we just deserve a little peace. ***[Editor's Note, Joy Berger for Hospice and Palliative Care Today: Rosalynn Carter founded the Institute for Caregiving 35 years ago, preparing for the surge of Baby Boomers' aging and caregiving needs. Her memorable quote lives on: "There are only four kinds of people in the world-- those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." Visit [www.rosalynncarter.org](http://www.rosalynncarter.org) for more information.]***

## Top 5 'hidden gem' palliative care news stories from 2023

*Hospice News, by Holly Vossel; 12/18/23*

1. 'This Is Different': Building a Sustainable Palliative Care Workforce
2. Providers Hit Obstacles to Scaling Palliative Care
3. Earlier Palliative Care Yields Higher ROI
4. U.S. Patients Have Unequal Access to Palliative Care
5. Pediatric Palliative Care Providers Seek to Improve Parental Engagement



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## **Hospice patient enjoys fishing adventure**

*Hickory Daily Record; 12/30/23*

Carolina Caring's compassionate hospice and palliative care empowers patients to make the most of each day as they navigate serious illness. One patient, Barbara, has been under hospice care with Carolina Caring and has shared ... with her nurse, Kelly Avery, and social worker, Megan Elmore ... that her fondest memories were of fishing with her family on Lake Hickory. After being diagnosed with chronic obstructive pulmonary disease and chronic heart failure, Barbara's symptoms were getting increasingly harder to manage. She went from fishing once a week to once a month, to not having fished in over two years. ... Thanks to multiple visits a week from her Carolina Caring care team, Barbara was able to build the confidence to once again cast her line and enjoy the great outdoors. ... Kelly and Megan coordinated with the Carolina Caring Volunteer and Foundation Departments to secure fishing licenses and gather together a spread of Barbara's favorite foods at Dallas Park & Recreation ponds. For just the second time in the past year, Barbara left the house.

## **What do people dream about before they die? Doctors mention this one common detail**

*24/7 News Agency, 12/25/23*

A study from 2020 confirms that patients who experienced such symptoms became stronger and mentally stronger. There was peace coming from them. The family and relatives of the dying person claimed that being aware of this information helped them go through the mourning process more smoothly. Christopher Kerr, a cardiologist and director of the Hospice and Palliative Care Center in Buffalo, as well as the author of the book "Death is Just a Dream", is one of the first people who decided to explore the topic of dreams occurring just before death.

## **CDC map shows dramatic increase in illness nationwide: See where it's worst**

*Nexstar Media Wire News / The Hill, by Alix Martichoux; 1/5/24*

What a difference a week can make. New data released by the Centers for Disease Control and Prevention Friday shows an 18% jump in people testing positive for influenza last week. The number of people going to the doctor

with symptoms of respiratory illness — whether it be the flu, COVID, RSV, or none of the above — also continues to trend upward. Now, according to the CDC, 21 states and New York City are experiencing “very high” levels of sickness.



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### **Care planning issues top lists of hospice survey deficiencies**

*Hospice News, by Jim Parker; 1/4/24*

Amid rising regulatory scrutiny, issues related to care planning continue to top lists of the most common survey deficiencies among hospices. The most frequently cited deficiency is the requirement that each patient should have a customized care plan developed by the interdisciplinary team with involvement from a physician as well as the patient and family, the Accreditation Commission for Health Care (ACHC) reported. The noncompliance rate was 66% for 2022.

### **What is palliative care?**

*Money, by Bianca Rodriguez Rojas; 1/4/24*

Palliative care is a healthcare approach that aims to provide comfort and improve the quality of life of people diagnosed with a serious or life-threatening disease such as cancer, heart failure or Parkinson's.

*Editor's note: Interesting this appeared in Money magazine...*

### **Provider partnerships driving palliative care growth**

*Hospice News, by Holly Vossel; 1/8/24*

An increasingly diverse base of health care providers have taken an interest in the palliative care space, a trend that could be indicative of how strategic growth is taking shape in the field. ... A range of palliative care joint ventures, care collaborations and partnerships have evolved in recent

years as more health care providers work to address the needs of a swelling aging population.



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## Today's Encouragement

**The next best thing to being wise oneself is to live in a circle of those who are. ~C.S. Lewis**

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