

How Do You Define Comfort?



By Denise Stancill, Director of Business Development,
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One long-standing and coveted food item in our house growing up was my mom's blueberry pie. It was one of those favorite desserts that often came out for the traditional Sunday dinner, and these days continues to be the thing that gets requested most of her to bring when family gatherings are held. I don't know what it is about the pie that makes it so good. We often argue that it is the crust because she makes her own and it is impossible to duplicate, even with her recipe. I suppose it could also be the fresh blueberries, which for many years came from an aunt and uncle's blueberry farm, which sealed the deal. My guess is that the combination of her special touch, a dollop of whipped cream, and many memories, and slices, shared with family and friends are what continue to make it such a comfort. If there is one thing that can always be counted on, it is mom's blueberry pie.

I'm always amazed at the various forms comfort can take for everyone; the person who finds relaxation in nature, or a spiritual connection through song, or the simplicity of rest after a long work day. Knowing what brings you comfort is important as is creating space amidst the complexities of each day to achieve it. Without comfort, especially for long periods of time, the door opens for one's quality of life to diminish.

At the end of life, Hospice brings comfort. Similarly, at this time of life, the definition of comfort is unique to everyone. Many,

after struggling from symptoms associated with a complex medical condition, find comfort from relief of physical pain. Several find comfort in the peace they receive after time spent getting their personal affairs in order. Often, individuals find comfort after gaining understanding from their hospice caregivers who help them come to terms with their mortality while under their care.

Whatever the definition of comfort, the Hospice mission is to help its patients find it. Honoring the sacredness of human life and walking with others as they face their final days is the purpose of the Hospice care team. Ensuring each individual receives the best quality of life possible while helping patients and their loved ones live each day to their fullest is the center of how hospice care is delivered.

Hospice helps bring comfort and relief to both patients and their family members. An early referral to hospice minimizes the potential for some to say, after the fact, "I should have called hospice sooner." Instead, when it matters most, hospice gives many the opportunity to report, "Now, my loved one is more comfortable."

For more information about Hospice of Holland programs and services, to make a referral, or for answers to your questions about hospice care, please call 616-396-2972. View www.hollandhospice.org and hear from others why care from Hospice of Holland made a difference for their loved one.



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When the time comes I know my options.

Knowing your options for end-of-life care can help your family or caregiver fulfill your wishes. Take the time now to Understand Hospice, so that you and your family may live each day to its fullest.

Understand Hospice is a service of Hospice of Holland, whose mission is to provide end-of-life care to patients facing terminal illness and their caregivers. Contact us today at 616-396-2972 to learn how hospice can help.

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