

ABUNDANT CARE COMPASS:
GUIDING YOU THROUGH
HOSPICE



Abundant

Hospice



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Discover Abundant Hospice: Compassionate Care for Every Step

Established in 2020 Abundant Hospice is a family-owned agency that embraces the philosophy that each patient and family is unique, requiring a specialized team approach to develop truly individualized care plans. Our mission is to provide compassionate, high-quality care to individuals facing life-limiting illnesses, ensuring comfort, dignity, and peace for both patients and their families.

Our services address physical, emotional, social, and spiritual needs. Our skilled medical team is dedicated to alleviating pain and managing symptoms to ensure patients are as comfortable as possible. Emotional and spiritual support is a cornerstone of our care, with counseling and spiritual services available to help patients and families navigate the challenges of end-of-life care. Each patient receives an individualized care plan tailored to their specific needs and preferences, created by our interdisciplinary team of healthcare professionals.

Family support is integral to our approach, offering respite care, grief counseling, and assistance with caregiving duties. Our dedicated volunteers provide companionship, practical assistance, and emotional support. Our comprehensive bereavement program supports families for up to a year or more after the loss of a loved one, offering counseling and support groups.



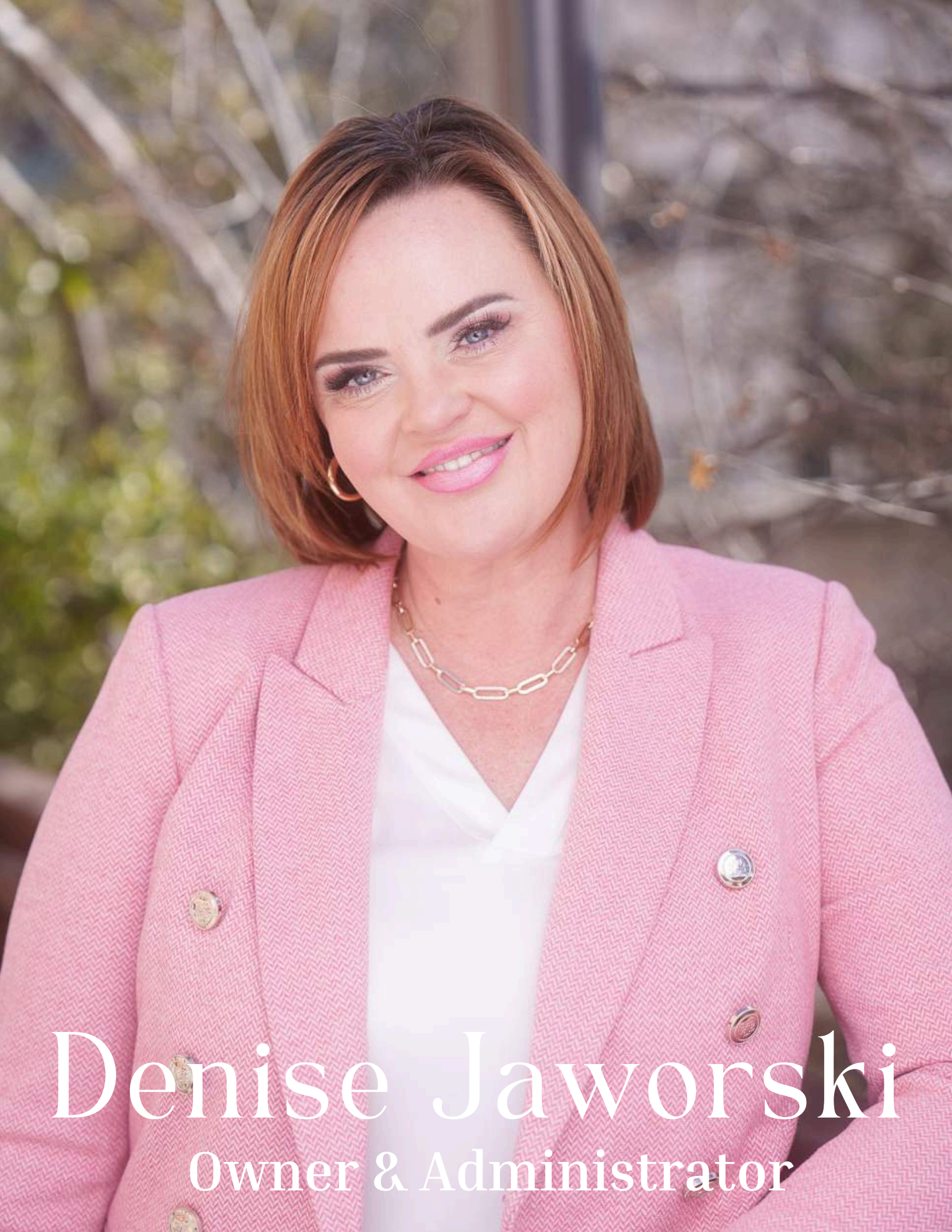
At Abundant Hospice, our reputation is built on our desire to do more than what is required or expected. We pride ourselves on listening and placing our patients' and families' needs and wants first and foremost. Our dedicated and experienced team of healthcare professionals strives to provide the best in hospice care to people of all ages living with end-stage illnesses.

The best time to learn about hospice care is before you need it. At any time during a life-threatening illness, it is appropriate to discuss all of your healthcare options, including hospice care. While we recognize that most hospice agencies share a similar philosophy, not all hospices are the same. Choosing your hospice agency is a very important decision that should not be taken lightly.

Abundant Hospice is here for you and your loved ones 24 hours a day, 7 days a week, to answer any of your hospice needs or questions. We see you, not just your diagnosis. For more information about our services or to learn how we can support you or your loved one, please contact us or visit our website.
210-760-0892

“Honoring your mother and father is what we do everyday, and when its all said and done isn't that what really matters?”





Denise Jaworski
Owner & Administrator

Meet The *Owner* Denise Jaworski

In 2020, Denise Jaworski established Abundant Hospice, driven by her deep-seated passion for assisting others, especially seniors. The motivation behind this venture was her desire to create an organization that values its employees and fosters a culture where everyone feels they are contributing to something meaningful. Denise envisioned a place where compassion, care, and community converge, enabling both the staff and those served to experience the profound impact of truly heartfelt service. Denise's journey into the medical industry was profoundly influenced by her upbringing. With a father who served as a pastor and a mother who was a dedicated nurse in skilled nursing facilities, Denise spent many of her childhood days visiting the ill and elderly, trying to bring joy and comfort to their lives. This early exposure instilled in her a profound love and passion for caring for others, particularly the elderly. Over 20 years in the medical industry, working in assisted living communities, she supported families navigating the complexities of senior care. This experience solidified her commitment to making a difference in people's lives, emphasizing the importance of companionship and ensuring that no one has to face life's challenges in isolation.

Having facilitated many families through the hospice process professionally, she found herself in uncharted territory when the conversation about hospice care needed to happen within her own family. The experience with hospice was profoundly impactful, providing tremendous support and easing the burdens of transition for her mother and family. Pops passed away peacefully, leaving them with a beautiful and cherished experience. This personal encounter underscored the importance of having a compassionate hospice service in San Antonio, inspiring Denise to establish Abundant Hospice in his honor. Abundant Hospice stands distinct in the compassionate care landscape for several pivotal reasons. At the core of its ethos is a deeply personalized approach to care, recognizing and honoring the unique needs and wishes of each patient and their families. The company is committed to creating an environment where employees feel valued and part of a meaningful mission. This dedication to the staff fosters a culture of genuine care and empathy that directly translates to the quality of service provided to patients. Additionally, the foundation of Abundant Hospice is built on firsthand experiences with the power of hospice care, inspired by personal stories like that of 'Pops.'





This personal connection fuels their drive to ensure every family experiences the support, dignity, and peace they deserve during one of life's most challenging transitions. Community involvement and education are also prioritized, aiming to demystify hospice care and advocate for the best possible quality of life for the terminally ill and their families.

Abundant Hospice is powered by a dedicated team of 30 extraordinary employees, each integral to shaping the compassionate and high-quality care they are known for. Annually, they serve approximately 150-200 patients, a number that continues to grow as they extend their services and support to more individuals and families in need. Their hospice care is uniquely adaptable, designed to meet patients wherever they call home, whether it's in their own home, a personal care home, or a skilled nursing facility. This flexibility allows them to tailor care to the specific needs and preferences of each patient and their loved ones, ensuring a personalized and holistic approach to end-of-life care.

One major misconception is that hospice care signals giving up hope or is only appropriate in the final days of life. In reality, hospice enhances the quality of life and provides comfort, dignity, and peace to patients with life-limiting illnesses, often much earlier than many realize. Hospice care also encompasses emotional, spiritual, and psychological support for both patients and their families, ensuring a comprehensive and compassionate end-of-life experience. Another misconception is that hospice care takes away from the patient's autonomy or is only available in hospitals or hospice centers. One of hospice care's primary goals is to honor the patient's wishes, including where they want to spend their final days.

Leading in a male-dominated industry presents unique challenges for Denise, requiring resilience, adaptability, and a steadfast commitment to her values and vision. Overcoming preconceived notions and biases about female leadership capabilities and navigating networking dynamics in historically male-tailored environments are among these challenges. Denise champions policies and practices that support work-life balance, equal opportunities, and a respectful and supportive workplace for everyone, fostering a culture of empowerment and mentoring other women in their professional growth.

The hospice industry faces challenges such as the highly competitive market and ethical concerns surrounding care providers' motivations. Recruitment and retention of high-quality staff who embody the true spirit of hospice care is increasingly difficult. The nature of hospice work demands a unique blend of strength, compassion, and resilience, making staff support and wellness essential components of their operational focus.

Finding reward in her work comes effortlessly to Denise, as every aspect of what she does fills her with a profound sense of purpose and fulfillment. She is committed to instilling the legacy of compassion and service in her children, contributing positively to the Abundant team, and influencing and mentoring others, especially women, to achieve their best selves. Denise's journey is a testament to the power of faith, the strength of familial bonds, and the impact of a united team, striving to embody and advance a vision where care, compassion, and excellence lead the way, making every moment count for those in their care.





Lisa Elliot
Clinical Director

Meet The *Clinical Director* Lisa Elliot

Lisa Elliot serves as the Clinical Director at Abundant Hospice, where her dedication to supporting individuals and families during the end-of-life journey is evident in everything she does. Her passion for hospice care was ignited at the young age of twenty, when she witnessed a hospice nurse provide extraordinary care for her grandmother. This nurse's compassion and dedication left an indelible mark on Lisa, inspiring her to pursue a career where she could offer the same level of empathetic and comprehensive care.

Lisa began her nursing career on a medical-surgical floor, where she honed her skills and gained valuable experience in patient care. During these formative years, her calling to hospice care grew louder, driven by a desire to provide holistic support that addresses not only the medical but also the emotional and spiritual needs of patients and their families. She believes that our response to extreme vulnerability during end-of-life care is crucial, and she is committed to offering unwavering support, compassion, and understanding to those she serves. As Clinical Director at Abundant Hospice, Lisa oversees the clinical operations and ensures that every patient receives the highest standard of care. She works closely with a dedicated team of healthcare professionals, all of whom share her commitment to compassionate care.

Lisa's leadership is characterized by her emphasis on personalized care plans, recognizing that each patient and family has unique needs and wishes. Her approach fosters a supportive environment where both staff and patients feel valued and understood.

Outside of her professional role, Lisa is a devoted mother to two growing boys. Her evenings and weekends are busy with schoolwork, rugby, football, and family activities. Despite her demanding schedule, she finds immense joy and fulfillment in her role as a mother. Lisa values the balance between her professional and personal life, believing that her experiences as a parent enrich her ability to empathize with and support the families she works with.

Lisa is profoundly grateful for the opportunity to work alongside exceptional colleagues at Abundant Hospice. Together, they strive to create a positive impact on the lives of their patients, their families, and the broader hospice community. Lisa's journey is a testament to her unwavering dedication to compassionate care, driven by a deeply personal connection to the profound impact of hospice services. She continues to be inspired by the memory of her grandmother and the remarkable care that sparked her lifelong commitment to this vital field.





Christine Rico
Director of Sales and Marketing

Meet The *Director of Sales and Marketing* Christine Rico

Christine Rico is a highly motivated and compassionate sales professional with over 17 years of experience in the hospice industry. Her career in hospice care has been driven by a deep commitment to improving the quality of life for patients and supporting their families during some of their most challenging times. Known for her dedication, resilience, and strong work ethic, Christine consistently faces challenges head-on and achieves remarkable results. Christine's passion for hospice care is reflected in her professional achievements and her approach to work. She is recognized for her efficiency and effectiveness, always striving to exceed expectations. Her open and honest nature allows her to build strong relationships with patients, families, and colleagues, fostering a supportive and trusting environment. A strong advocate for patients' rights and well-being, Christine ensures that their needs are always prioritized. Throughout her career, Christine has demonstrated exceptional sales skills and a client-focused approach. She has received extensive sales training, including Best in Class Client Focus Sales Training through Odyssey Hospice, where she was honored with the Pinnacle Award for two consecutive years.

Her dedication and hard work have also earned her top sales recognition in the region. Bilingual in English and Spanish, Christine connects with a diverse range of clients, providing support to a broader community. Christine's commitment to professional growth is unwavering. She continually seeks opportunities to stay updated on the latest practices in hospice care, ensuring that she provides the highest standard of service. Currently, she is focused on restructuring the Abundant Hospice brochure to streamline their products, services, and specialty offerings, highlighting what sets them apart from the competition. Additionally, Christine is dedicated to promoting Abundant Hospice through community education, partnering with Loss of Life advocates to conduct workshops and raise awareness about the importance of hospice care. Christine Rico's career in hospice care has been characterized by a passion for helping others, a dedication to professional excellence, and a relentless drive to advocate for patients' rights and well-being. She is committed to continuing this journey, making a positive impact on the lives of those she serves, and contributing to the ongoing success and growth of Abundant Hospice.





Christine Jones

Assistant Director of Nursing



Ashton Balyeat

Lead RN Case Manager

Meet The *Assistant Director of Nursing* Christine Jones

Christy Jones is the Assistant Director of Nursing (ADON) at Abundant Hospice, bringing with her five years of experience in case management and admissions. She is enthusiastic about contributing to Abundant Hospice's growth and establishing it as the hospice of choice in San Antonio and the surrounding areas. Christy graduated with an Associate of Applied Science (AAS) in Nursing in 2018, following her Licensed Vocational Nurse (LVN) certification from Career Point College in 2014.

Originally from New Jersey, Christy has been a Texas resident since she was two years old. She takes great pride in her role at Abundant Hospice and is dedicated to providing compassionate care to patients and their families. Her personal life is equally fulfilling, with two wonderful sons who are her heart and joy.

Outside of work, Christy enjoys spending time outdoors, playing with her two energetic dogs, and indulging in her passion for crafting. Additionally, she has a love for shoe shopping, which adds a fun and personal touch to her dynamic and well-rounded personality.

Meet The *Lead RN Case Manager* Ashton Balyeat

As an RN Case Manager, Ashton Balyeat oversees a caseload of patients, helping to facilitate a comfortable journey towards the end of life. Ashton is passionate about educating families, explaining the many facets of the experiences that patients may go through during their hospice journey. Beyond education, Ashton takes on multiple roles, including alleviating physical, emotional, mental, and spiritual stresses for both patients and their families.

Ashton's dedication to nursing is deeply personal, shaped by his own health experiences. Having undergone two kidney transplants and survived cancer twice, he has a profound understanding and compassion for his patients. These experiences have given him a purpose and drive to provide the highest level of care and support to those he serves, ensuring they feel understood and cared for during their most vulnerable times.

Outside of his professional life, Ashton enjoys spending quality time with his family, working out at the gym, and gaming during his downtime. Known affectionately as "Tow Mater" within the company, he earned this nickname after an accident at work required two tow trucks to rescue his vehicle. This fun fact highlights his resilience and good humor, adding a personal touch to his dedicated and compassionate professional persona.





Cynthia Cantu
RN Case Manager



Kimberley Smith
RN Case Manager

Meet The *Rn Case Manager* Cynthia Cantu

After a 20-year career as a Certified Medical Assistant in a lab, Cynthia Estrada Cantu began her nursing journey at 43, quickly discovering that nursing was her true calling. Throughout her career, she has demonstrated key roles and responsibilities across various nursing specialties, including Women's Specialty and Oncology at Methodist Health Care and Hospice Care at Abundant Hospice.

Cynthia Estrada Cantu, currently a Case Manager Registered Nurse with Abundant Hospice, is known for embodying "The True Essence of a Hospice Nurse." She possesses a unique blend of qualities and skills essential for hospice care. Her compassionate nature, bedside manner, and storytelling skills enable her to provide excellent patient care. Cynthia's goal is to demonstrate love and servanthood to honor God. Her greatest desire is to be the Hands and Feet of God at the bedside, providing end-of-life hospice care to patients and support for their families.

Cynthia's educational background includes a Bachelor of Science in Nursing from the Baptist Health System School of Health Professions (2014), an Associate of Applied Science in Nursing (2012), and an Associate of Arts in Liberal Arts from St. Philip's College (2010). She also holds a Registered Nurse Licensure from the Texas Board of Nursing (2013) and is a member of the Phi Theta Kappa Honor Society Psi Kappa Chapter. Cynthia Estrada Cantu's dedication and exceptional skills make her a vital part of Abundant Hospice, where she continues to provide compassionate and comprehensive care to patients and their families.

Meet The *Rn Case Manager* Kimberley Smith

Kimberley is a dedicated and compassionate nurse who seeks joy in caring for others. Her calm demeanor and attention to detail put her patients and their families at ease. She has an abundance of love for the geriatric population, which has always been near and dear to her heart. Kimberley believes that every patient deserves to be treated with dignity and respect, and she strives to ensure that each individual feels valued and heard.

From a young age, Kimberley always took part in caring for others. She began her medical career as a Certified Medical Assistant and also became an EMT during that time, volunteering for her local town. With the support of family and friends, Kimberley continued her educational journey and became a Registered Nurse. She enjoys sharing her knowledge by mentoring others who share the same passion as her and continues to strive in furthering her education each day. Kimberley is also an advocate for patient education, believing that informed patients can make better health decisions.

Kimberley looks forward to becoming a part of your family by bringing joy and compassionate care to you and your loved one. Her dedication to providing excellent care and her continuous effort to improve her skills make her an invaluable member of the healthcare community. Kimberley's commitment to her patients and her love for the geriatric population truly set her apart. She finds great satisfaction in making a positive difference in the lives of her patients and their families.





Stephanie Hartman
RN Case Manager



Caitlin Schuch
RN Case Manager

Meet The *Rn Case Manager* Stephanie Hartman

Stephanie Hartman earned her Bachelor of Science in Nursing from the University of Texas Health San Antonio. Her journey into healthcare began early, working as a CNA in a nursing home during high school, inspired by caring for her grandmother. This experience ignited her passion for serving the elderly and those in the final stages of life.

Throughout nursing school, Stephanie balanced her studies with roles in both healthcare and customer service industries. As an RN, she gained invaluable experience as a Float Nurse at University Hospital, working across various specialties. However, Stephanie discovered her true calling in the intimate and personalized environment of home care. Here, she thrives on providing focused, one-on-one attention to patients in the comfort of their own homes, fostering deep connections with individuals and their families.

Stephanie's empathy and advocacy are further strengthened by her personal health challenges, including overcoming a bout with cancer. These experiences have deepened her understanding and compassion, making her a dedicated advocate for her patients. They have also strengthened her faith, leading her to integrate holistic care, including spiritual support, into her nursing practice.

In her role as a hospice nurse, Stephanie brings a wealth of clinical expertise and a heartfelt commitment to enhancing the quality of life for her patients during their final journey. Her dedication to compassionate, personalized care makes her an invaluable member of the Abundant Hospice team.

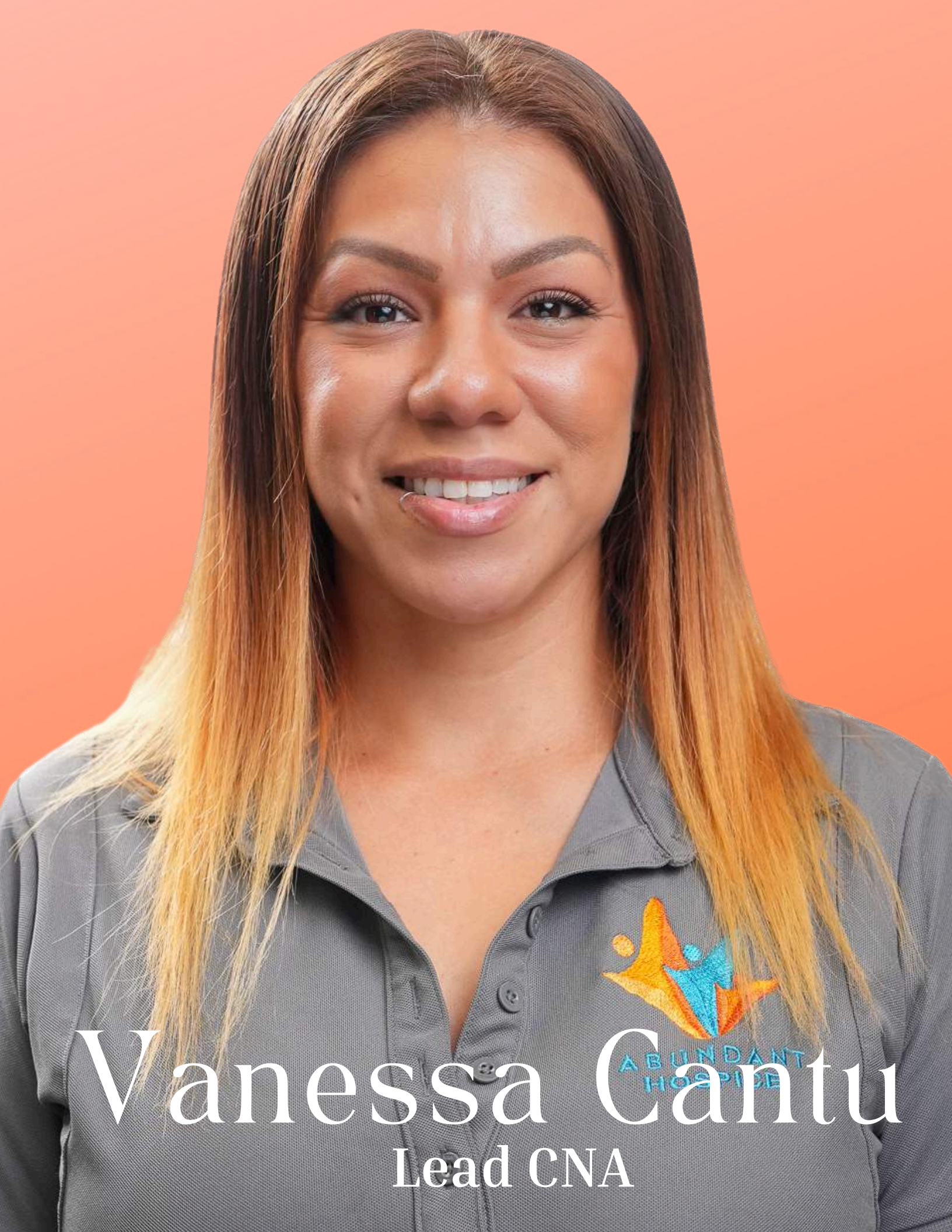
Meet The *Rn Case Manager* Caitlin Schuch

Caitlin is a lover of God, wife, mother, and professional PB&J maker. Born and raised in West Texas, she made her way to San Antonio as quickly as she could. Caitlin began her nursing career in 2011 and has been growing and learning ever since. She brings an intense loyalty and conviction for patient advocacy to Abundant Hospice. Her holistic approach to care is a passion for her, and she is always smiling, bringing joy and positivity to everyone around her.

Outside of her professional life, Caitlin is a devoted wife and mother. She has three children, a dog, a cat, and two hermit crabs, making for a lively and loving household. Her family is her greatest joy, and she finds immense satisfaction in creating a nurturing and happy home environment. Caitlin's personal experiences as a mother have further enriched her empathetic nature and her ability to connect with patients and their families on a deeper level.

Caitlin is excited to bring her skills and compassion to Abundant Hospice, where she looks forward to caring for others and making them feel abundantly loved. Her unwavering dedication to her patients, combined with her holistic approach and positive attitude, make her an invaluable member of the Abundant Hospice team. Caitlin's passion for patient advocacy and her holistic care philosophy ensure that each patient receives the highest level of care and support, reflecting her commitment to making a meaningful difference in their lives.





Vanessa Cantu
Lead CNA

Meet The *Lead CNA* Vanessa Cantu

Vanessa Cantu is a highly experienced certified nurse aide with over eleven years of dedicated service in various medical settings, including nursing homes, trach units, lockdown units, COVID units, and home health care. Her extensive background has equipped her with a broad range of skills and knowledge, making her an invaluable asset in the field of healthcare.

Helping people is not just a profession for Vanessa; it is her passion. She finds immense fulfillment in caring for others and believes that her role has made her a better person. Throughout her career, Vanessa has consistently demonstrated a commitment to providing compassionate and high-quality care, always striving to enhance her skills and knowledge. She hopes to return to school in the future to complete her nursing degree, further expanding her ability to serve and support those in need.

Currently, Vanessa specializes in hospice care, serving as the lead aide at Abundant Hospice. In this role, she is responsible for supervising, scheduling, and training other field aide employees. She ensures that her team is well-versed in communication procedures, activities of daily living (ADL) performances, and other essential tasks required in various workplace environments.

In addition to her work at Abundant Hospice, Vanessa also contributes her expertise to Abundant Staffing on her days off, when available. This additional role highlights her versatility and commitment to the healthcare field, demonstrating her willingness to go above and beyond to support her community and colleagues.

Vanessa's compassion and dedication are deeply motivated by her children and family. She draws strength and inspiration from her loved ones, channeling this motivation into her work. Her ability to balance her professional responsibilities with her personal life is a testament to her resilience and dedication.

Vanessa Cantu's journey in the healthcare field is marked by her unwavering commitment to caring for others, her continuous pursuit of knowledge, and her leadership in hospice care. At Abundant Hospice, she exemplifies the values of compassion, excellence, and dedication, ensuring that every patient receives the best possible care during their most vulnerable moments. Vanessa's contributions to both Abundant Hospice and Abundant Staffing make her a cornerstone of her community, embodying the true essence of a dedicated healthcare professional.



Our Compassionate Caregivers: The CNAs of Abundant Hospice



Danielle
Campos



Aquarius
White



Quen
Nyembe



Ashlea
Barr

The Vital Role of *CNAs* in Hospice Care

Certified Nursing Assistants (CNAs) play a crucial role in hospice care, providing essential support and compassionate care to patients and their families during one of the most challenging times of their lives. At Abundant Hospice, our dedicated CNAs are the backbone of our care team, ensuring that our patients receive the highest quality of care and comfort. They assist with activities of daily living (ADLs) such as bathing, dressing, grooming, and toileting, ensuring that patients maintain their dignity and comfort.

CNAs also help with mobility, assisting patients with transfers from bed to chair, helping with walking, and ensuring that patients are positioned comfortably to prevent bedsores and other complications. Monitoring patients' vital signs and reporting any changes to the nursing staff ensures timely medical interventions when necessary. Their role in emotional support is significant, offering a listening ear, comfort, and companionship to patients and their families, helping to alleviate the emotional and psychological stresses associated with end-of-life care.

Nutritional support is another critical area where CNAs contribute, assisting with feeding and ensuring patients receive proper nutrition and hydration. They maintain a clean and safe environment by helping with light housekeeping tasks, such as changing bed linens, cleaning patient areas, and ensuring a hygienic living space. Moreover, CNAs provide respite for family caregivers, allowing them to rest and take breaks while offering guidance and support in caring for their loved ones and coping with the emotional challenges of hospice care.

At Abundant Hospice, we are incredibly proud of our team of CNAs, who go above and beyond to provide exceptional care and support. Vanessa is known for her unwavering compassion and meticulous attention to detail, consistently providing top-tier care and comfort to our patients. Ana, with her warm and empathetic nature, has a remarkable ability to connect with patients and families, offering invaluable emotional support.

Danielle's dedication and resilience shine through in her work, ensuring that every patient receives personalized and respectful care. Ashlea's positive attitude and thoroughness make her an essential part of our team, always ready to lend a helping hand and provide excellent care. Aquarius, known for her patience and kindness, excels in providing gentle and compassionate care, making a significant impact on the lives of our patients. Rachel's commitment to her role is evident in her proactive approach to patient care.

Quen, with a strong sense of duty and empathy, is dedicated to improving the quality of life for our patients, offering both skilled care and emotional support. Our CNAs are the heart and soul of Abundant Hospice, and their contributions are invaluable. Their hard work and dedication make a profound difference in the lives of our patients and their families, embodying the true spirit of hospice care. We are grateful for their service and proud to have them as part of our team. In closing, we extend our heartfelt thanks to Vanessa, Ana, Danielle, Ashlea, Aquarius, Rachel, and Quen. Your dedication, compassion, and tireless efforts are deeply appreciated and make Abundant Hospice a place of care and comfort. Thank you for your exceptional service and for making a profound difference in the lives of those we serve.





Crissi Gonzalez
Community Liaison

Meet The *Community Liaison* Crissi Gonzalez

Crissi is a dedicated and highly skilled hospice professional with over two years of experience in managing marketing and business development activities within the healthcare sector. She has honed her expertise in identifying market opportunities, crafting effective strategies, and building robust relationships with key referral sources. Crissi's primary focus is on understanding and addressing customer needs while ensuring the delivery of exceptional service. In her role, Crissi consistently demonstrates a deep commitment to the well-being of her clients. Her compassionate approach is particularly evident when she guides families through some of the most critical decisions they need to make for their loved ones' next journey. Her ability to provide clear, empathetic guidance during these challenging times has earned her a reputation for excellence in the hospice community. Families often rely on Crissi's expertise to navigate the complexities of hospice care, and she takes this responsibility to heart. Crissi's work is driven by a genuine passion for making a positive impact on the lives of those she serves. She takes great pride in offering support that not only meets but exceeds the expectations of patients and their families.

Through her dedication and expertise, Crissi continues to contribute significantly to the field of hospice care, ensuring that each client receives the highest level of care and compassion. Her innovative marketing strategies and strong relationships with referral sources have been instrumental in expanding the reach and impact of her hospice organization.

Her professional journey is marked by a relentless pursuit of excellence and a heartfelt commitment to service. Crissi remains steadfast in her mission to support families and their loved ones during one of the most critical phases of life, providing them with the guidance and care they need to navigate this journey with dignity and grace. Her dedication to continuous improvement is evident in her approach to professional development, always seeking new ways to enhance her skills and knowledge in the ever-evolving healthcare landscape.

As Crissi continues to advance in her career, she remains focused on her overarching goal: to make a lasting, positive difference in the lives of those she serves. With Crissi at the helm, patients and their families can trust that they will receive the highest standard of care, marked by genuine compassion and a commitment to their well-being.





Angela Sanchez
Social Worker

Meet The *Social Worker* Angela Sanchez

Angela Sanchez serves as the dedicated social worker at Abundant Hospice, where she has significantly impacted patients and their families with her compassionate care and commitment. With a strong foundation in social work, Angela brings a wealth of experience and expertise to her role, ensuring every patient receives comprehensive and personalized support.

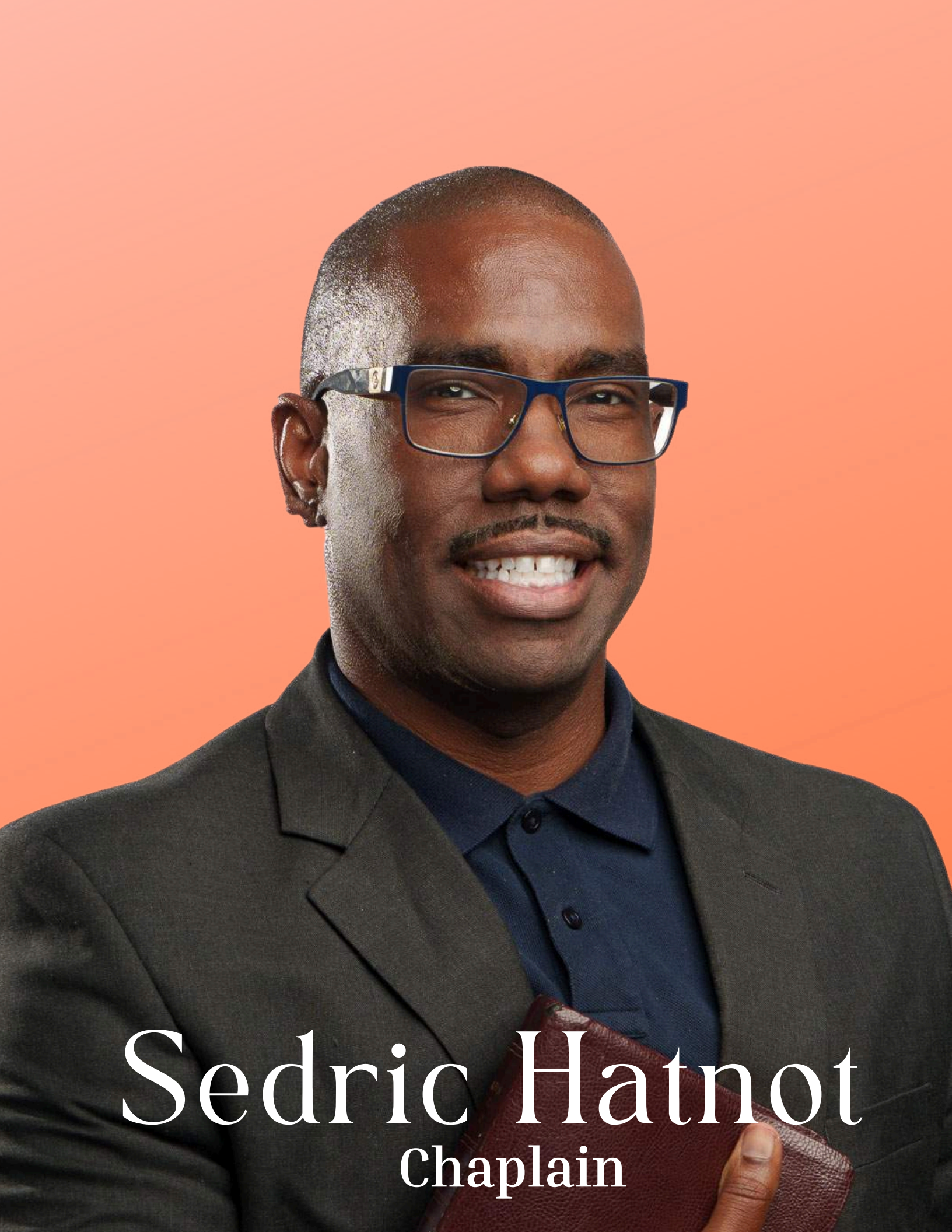
Angela's journey into social work was driven by her passion for helping others. She pursued her education in social work with the goal of making a tangible difference in the lives of those facing challenging circumstances. Her educational background has equipped her with the skills and knowledge necessary to excel in the demanding field of hospice care, where empathy and understanding are crucial.

At Abundant Hospice, Angela plays a pivotal role in providing emotional and psychological support to patients and their families. She addresses the complex emotional needs that arise during end-of-life care, offering counseling and guidance to help individuals navigate their feelings and find comfort. Her ability to connect with patients on a personal level ensures they feel heard and valued during their most vulnerable moments.

In addition to her counseling services, Angela coordinates various aspects of patient care. She works closely with the multidisciplinary team at Abundant Hospice, including doctors, nurses, and other healthcare professionals, to develop and implement comprehensive care plans tailored to each patient's unique needs. This collaborative approach ensures that all aspects of a patient's well-being are addressed, from medical care to emotional and spiritual support.

Beyond her immediate responsibilities, Angela is actively involved in community outreach and education. She works to raise awareness about the benefits of hospice care and the importance of early intervention through workshops, presentations, and community events. Angela's dedication to her role and proactive community involvement make her an invaluable asset to the hospice team, ensuring that every patient at Abundant Hospice receives the support they need to navigate their end-of-life journey with dignity and comfort.





Sedric Hatnot
Chaplain

Meet The *Chaplain* Sedric Hatnot

Sedric Hatnot, a native of San Antonio, Texas, is the youngest son of Della and Floyd Hatnot. Inspired by his father's devotion to the Lord and ministry, Sedric developed a deep love for faith and service from an early age. At 20, he met his wife Tiffany, and they married shortly after. By the grace of God, they have maintained a loving and supportive marriage for over 21 years.

A graduate of Wayland Baptist University, Sedric holds two degrees: one in Christian Ministries and the other in Business. This unique combination of education has equipped him with the skills and knowledge to effectively lead and serve in various capacities. Sedric's passion for outreach has driven him to be actively involved in community ministry for more than two decades, making a significant impact on the lives of those he serves.

Sedric and Tiffany are proud parents to three amazing children: Jaimauria (26), Sedric Jr. (17), and Naylia (16). Balancing family life with his professional and spiritual commitments, Sedric finds great joy and fulfillment in his role as a father. His love for extreme sports adds a dynamic and adventurous aspect to his life, reflecting his energetic and enthusiastic personality.

As a dedicated Chaplain, Sedric has found his true calling in caring for others while fulfilling God's work. His compassionate nature and deep faith enable him to provide spiritual support and guidance to those in need, making a profound difference in their lives. Sedric's ministry is marked by his unwavering commitment to serving others with love and dedication.

Sedric Hatnot's journey is a testament to his faith, resilience, and passion for ministry. His contributions to his community, coupled with his strong family values and love for adventure, make him an inspiring figure. Sedric continues to make a lasting impact through his work as a Chaplain, embodying the principles of faith, service, and compassion in every aspect of his life.





Hospice care is a specialized form of medical care designed to provide comfort and support to individuals with life-limiting illnesses. It focuses on enhancing the quality of life for patients and their families during the final stages of life. At Abundant Hospice, we believe in delivering compassionate, patient-centered care that addresses physical, emotional, social, and spiritual needs.

What is Hospice Care?

Hospice care is not about giving up hope; rather, it is about shifting the focus from curative treatments to comfort care. It is designed for patients who are expected to have six months or less to live if the illness runs its natural course. The goal is to ensure that patients live their remaining days with dignity, free from pain, and surrounded by their loved ones.

UNDERSTANDING HOSPICE CARE

Pain and Symptom Management:

Effective pain control and symptom management are central to hospice care. Our medical team works diligently to alleviate discomfort and improve the quality of life for our patients. This includes managing symptoms such as pain, nausea, breathlessness, and fatigue.

Emotional and Psychological Support:

Hospice care includes comprehensive emotional support for both patients and their families. This involves counseling services, support groups, and providing a compassionate presence to help families navigate the emotional challenges of end-of-life care.

Spiritual Care:

Recognizing the importance of spiritual well-being, our hospice team includes chaplains and spiritual advisors who offer support in accordance with the patient's beliefs and values. This aspect of care provides comfort and helps address existential questions and fears.

Family Support:

Families are integral to the care process. Hospice care provides training and support to family members, helping them care for their loved one at home. Respite care is also available to give family caregivers a much-needed break.

Interdisciplinary Team Approach:

Hospice care is delivered by a multidisciplinary team that includes doctors, nurses, social workers, counselors, chaplains, and trained volunteers. This team collaborates to create and implement a personalized care plan tailored to the patient's and family's needs.

When to Consider Hospice Care

Deciding when to seek hospice care can be challenging. It is appropriate when curative treatments are no longer effective or desired, and the focus shifts to quality of life. Early referral to hospice can provide more comprehensive support, allowing patients and families to make the most of their time together.

Benefits of Hospice Care

- **Enhanced Quality of Life:** By managing symptoms and providing holistic support, hospice care allows patients to spend their remaining time in comfort and with dignity.
- **Support for Families:** Families receive extensive support, including counseling, respite care, and assistance with caregiving duties.
- **Personalized Care Plans:** Each patient receives a care plan tailored to their specific needs and wishes, ensuring that all aspects of their well-being are addressed.
- **Holistic Approach:** Hospice care encompasses physical, emotional, social, and spiritual support, providing comprehensive care that addresses all facets of a patient's needs.

At Abundant Hospice, we are committed to delivering the highest standard of care with compassion and respect. Our goal is to ensure that every patient and family we serve feels supported, understood, and cared for during this important phase of life. If you or a loved one is considering hospice care, please reach out to us for more information and support. We are here to help you navigate this journey with compassion and expertise.





NAVIGATING THE CONVERSATION: HOW TO DISCUSS HOSPICE WITH A LOVED ONE

Choose the Right Moment

Timing is key when discussing hospice care. Look for a moment when your loved one is comfortable and relaxed. Avoid times of high stress or discomfort. It might be helpful to have this conversation after a medical appointment when information about their condition is fresh.

Be Prepared and Informed

Before talking to your family member, educate yourself about what hospice care entails. Understanding the services, benefits, and what to expect can help you answer questions and address concerns more effectively. You can find information through reputable sources such as healthcare providers, hospice organizations, and educational materials.

Start with Compassion

Begin the conversation with empathy and compassion. Acknowledge their feelings and fears about their illness and the future. Use phrases like, "I know this is a difficult time," or "I want to talk about something important because I care about your comfort and happiness."

Use Open-Ended Questions

Encourage dialogue by asking open-ended questions. This allows your loved one to express their thoughts and feelings. Questions such as, "How are you feeling about your current treatment?" or "What are your thoughts on the care you are receiving?" can open the door to discussing hospice care naturally.

Focus on Quality of Life

Emphasize that hospice care is about improving the quality of life rather than giving up. Explain that hospice care provides support to manage symptoms, reduce pain, and offer emotional and spiritual support. Highlight that the goal is to make them as comfortable as possible and to support their wishes and dignity.

Address Misconceptions

Many people have misconceptions about hospice care, thinking it means giving up hope or that it's only for the final days of life. Clarify that hospice care can be started early and that it focuses on living as fully and comfortably as possible. It's about enhancing life, not hastening death.

Involve Healthcare Professionals

Sometimes, it can be helpful to have a healthcare professional present during the conversation. Doctors, nurses, and hospice care coordinators can provide expert information and reassurance. They can explain the medical aspects and benefits of hospice care, which might be more readily accepted by your loved one.

Offer Emotional Support

Reassure your loved one that you will be there for them every step of the way. Emphasize that hospice care also provides support for family members, helping everyone navigate this challenging time together. Let them know they are not alone in this journey.

Approaching the subject of hospice care with a family member can be a delicate and emotional process. It's a conversation filled with sensitivity, empathy, and the need for clarity. Here are some strategies to help you navigate this important discussion with compassion and understanding.

Understanding the Need

Before initiating the conversation, it's crucial to understand why hospice care may be beneficial for your loved one. Hospice care focuses on providing comfort and support to patients with life-limiting illnesses. It aims to enhance the quality of life, managing pain and symptoms while offering emotional and spiritual support. Recognizing the signs that it might be time for hospice care can help you approach the topic more confidently.



NAVIGATING THE CONVERSATION CONTINUED



Highlight Benefits of Hospice Early On

One of the benefits of starting hospice care early is that it allows for a more comprehensive and tailored approach to symptom management. Patients can enjoy a better quality of life for a longer period, surrounded by their loved ones. Early hospice care also offers extended emotional and spiritual support, which can significantly enhance the well-being of both the patient and their family.

Discuss Practical Support

Hospice care provides a wide range of practical support services that can relieve the burden on family caregivers. This includes help with daily activities, medical equipment, and 24/7 availability of hospice professionals for emergencies. Highlighting these practical benefits can help your loved one see hospice as a positive step towards better overall care.

Share Personal Stories

Sometimes, sharing personal stories or examples from others who have benefited from hospice care can make the concept more relatable and less intimidating. Hearing about positive experiences and the comfort that hospice care provided to others can help your loved one feel more at ease with the idea.

Highlight the Team Approach

Explain to your loved one that hospice care involves a team approach, where healthcare professionals, including doctors, nurses, social workers, chaplains, and volunteers, work together to provide comprehensive care. This multidisciplinary team ensures that all aspects of the patient's needs are addressed, offering a holistic approach to care that can significantly improve their quality of life.

Emphasize Pain and Symptom Management

One of the primary benefits of hospice care is effective pain and symptom management. Assure your loved one that hospice care specialists are skilled in providing comfort through advanced pain management techniques and therapies. This focus on alleviating discomfort can help them live more comfortably and with dignity during their remaining time. Discuss the Continuity of Care Highlight that hospice care is designed to provide continuous support, meaning that care does not stop once it begins. Hospice services are available 24/7, ensuring that help is always just a phone call away.

Respect Their Wishes

It's important to respect your loved one's wishes and autonomy. They may need time to process the information and come to a decision. Be patient and give them the space they need. Continue to offer support and revisit the conversation as needed, ensuring they feel in control of their care decisions.

Follow-Up

After the initial conversation, follow up with your loved one. Answer any new questions they might have and provide additional information if needed. Keep the lines of communication open, and ensure they know that their comfort and wishes are your top priority.

Conclusion

Talking about hospice care with a loved one is never easy, but it's a crucial step in ensuring they receive the best possible care tailored to their needs and wishes. By approaching the conversation with empathy, patience, and informed guidance, you can help your loved one navigate this transition with dignity and comfort.





MANAGING PAIN & SYMPTOMS

Effective management of pain and symptoms is a cornerstone of hospice care, ensuring that patients live their remaining days with the highest possible quality of life. At Abundant Hospice, we prioritize comprehensive symptom management to provide comfort and dignity to our patients.

Personalized Pain Management Plans

Each patient experiences pain differently, necessitating personalized pain management plans. Our team conducts thorough assessments to understand the nature and intensity of the pain, developing individualized plans that include medications, therapies, and non-pharmacological interventions to address pain effectively.

Medication Management

Medications play a crucial role in controlling pain and other distressing symptoms. We use a variety of pain relievers, including opioids and non-opioids, adjusting dosages and combinations to minimize side effects and maximize comfort. Additionally, we manage symptoms such as nausea, breathlessness, and anxiety with appropriate medications to ensure comprehensive relief.

Non-Pharmacological Interventions

Beyond medications, we incorporate non-pharmacological interventions like massage therapy, acupuncture, physical therapy, and relaxation exercises. These holistic approaches are tailored to meet the unique needs and preferences of each patient, providing significant relief and improving overall well-being.

Emotional and Psychological Support

Pain often has emotional and psychological dimensions. Our team includes counselors and social workers who provide emotional support to patients and families, addressing fears and anxieties. This holistic approach helps create a more effective pain management strategy, ensuring patients feel supported in every aspect of their care journey.

Regular Monitoring and Adjustments

Managing pain and symptoms is an ongoing process requiring regular monitoring and adjustments. Our team conducts frequent evaluations to assess the effectiveness of pain management strategies, making necessary changes to ensure consistent and effective relief from pain and symptoms.

At Abundant Hospice, we are committed to managing pain and symptoms with personalized, compassionate, and holistic approaches. Effective symptom management profoundly impacts a patient's quality of life, and we strive to provide the best possible care. If you have any questions or need support, please reach out to us. We are here to help you navigate this journey with care and expertise.





At Abundant Hospice, we understand that emotional and spiritual support is as crucial as managing physical symptoms in providing comprehensive end-of-life care. Our approach is holistic, addressing the needs of the whole person—mind, body, and spirit.

Chaplain Sedric: A Beacon of Spiritual Support

Our dedicated chaplain, Sedric, plays a pivotal role in offering spiritual care to our patients and their families. Sedric provides compassionate guidance and support, helping individuals navigate the spiritual and existential questions that often arise during end-of-life care. His presence offers comfort and reassurance, ensuring that spiritual needs are met according to each patient's beliefs and values.

EMOTIONAL AND SPIRITUAL SUPPORT

Grief Support

Grief is a natural response to loss, and at Abundant Hospice, we are committed to supporting individuals through this challenging time. Our grief support services are designed to help patients and their families cope with the emotional pain of losing a loved one. We offer one-on-one counseling, support groups, and resources to assist individuals in understanding and processing their grief. Our goal is to provide a safe space where feelings can be expressed openly and where healing can begin.

Bereavement Support

Bereavement support is an integral part of our care continuum. We extend our services beyond the life of the patient, recognizing that the journey of grief continues for family members and loved ones. Our bereavement program includes regular follow-ups, counseling sessions, and support groups tailored to the needs of the grieving. We are here to offer guidance and support as families navigate their new normal, helping them find solace and hope in the midst of loss.

Holistic Emotional Care

In addition to spiritual and grief support, our hospice care includes comprehensive emotional support. Our team of counselors and social workers provides empathetic listening, counseling, and practical advice to help patients and families manage the emotional challenges of end-of-life care. We understand that facing a terminal illness can evoke a range of emotions, including fear, anger, sadness, and anxiety. Our team is here to provide a compassionate presence, helping to alleviate emotional distress and fostering a sense of peace and acceptance.

Personalized Support Plans

At Abundant Hospice, we believe in personalized care plans that reflect the unique needs and wishes of each patient and family. Our approach to emotional and spiritual support is flexible and adaptive, ensuring that our services align with the individual's preferences and beliefs. By collaborating with patients and families, we create a supportive environment that honors their journey and provides the necessary tools for emotional and spiritual well-being.

In conclusion, emotional and spiritual support is a cornerstone of the care we provide at Abundant Hospice. Through the dedicated efforts of Chaplain Sedric, our grief support services, and our comprehensive bereavement program, we strive to offer holistic care that nurtures the mind, body, and spirit. We are here to support you and your loved ones every step of the way, ensuring that no one faces this journey alone.

If you have any questions or need support, please reach out to us. We are here to provide the guidance, care, and compassion you need during this time.





Being a caregiver is one of the most rewarding and challenging roles one can undertake. The emotional fulfillment of caring for a loved one is immense, but it also comes with significant physical and emotional demands. At Abundant Hospice, we understand the complexities of caregiving and are here to provide support and practical tips to help you navigate this journey.

Prioritize Self-Care

Caring for yourself is crucial when you're a caregiver. It's easy to become so focused on the needs of your loved one that you neglect your own health and well-being. Make sure to:

- **Rest and Recharge:** Ensure you get enough sleep and take regular breaks. Even short moments of rest can significantly impact your energy levels and emotional resilience.
- **Eat Healthily:** Maintain a balanced diet to keep your energy up and your body strong. Don't skip meals, and stay hydrated.
- **Exercise Regularly:** Physical activity can reduce stress and improve your overall health. Even a short daily walk can make a big difference.



CAREGIVER TIPS:

BALANCING REWARD & CHALLENGE

Seek Support

You don't have to do it all alone. Seeking support from others can lighten your load and provide much-needed emotional relief.

- **Join Support Groups:** Connecting with other caregivers can provide a sense of community and understanding. Sharing experiences and advice can be incredibly comforting.
- **Utilize Respite Care:** Take advantage of respite care services to give yourself a break. Abundant Hospice offers respite care to allow caregivers time to rest and recuperate.
- **Ask for Help:** Don't hesitate to ask family members, friends, or neighbors for help. Whether it's running errands, preparing meals, or providing companionship, others are often willing to assist.

Stay Organized

Keeping track of medications, appointments, and daily care routines can become overwhelming. Staying organized can help manage these tasks more efficiently.

- **Create a Schedule:** Develop a daily and weekly schedule that includes all caregiving tasks, medical appointments, and personal activities. This can help ensure nothing is overlooked.
- **Use Tools and Apps:** There are various tools and mobile apps designed to help caregivers manage medications, track symptoms, and organize schedules. Find the ones that work best for you.
- **Maintain a Care Journal:** Keep a journal to note important information about your loved one's condition, treatments, and any changes you observe. This can be helpful during medical appointments and for tracking progress.

Communicate Effectively

Effective communication is key to providing the best care possible.

- **Listen Actively:** Pay attention to your loved one's needs and concerns. Listening can provide emotional support and help you understand their preferences and comfort levels.
- **Express Yourself:** Share your feelings and challenges with trusted friends, family, or a counselor. It's important to express your emotions and seek advice or comfort when needed.
- **Coordinate with Healthcare Providers:** Maintain open communication with your loved one's healthcare team. Ask questions, share observations, and ensure you understand the care plan and any changes that occur.

Take Time for Yourself

Finding time for personal activities and relaxation is essential for maintaining your well-being.

- **Pursue Hobbies:** Engage in activities you enjoy, whether it's reading, gardening, or watching a favorite show. Hobbies can provide a mental break and reduce stress.
- **Practice Mindfulness:** Techniques such as meditation, deep breathing exercises, or yoga can help you stay grounded and manage stress.
- **Stay Connected:** Maintain social connections with friends and family. Social interactions can provide emotional support and reduce feelings of isolation.

At Abundant Hospice, we are committed to supporting caregivers through the rewarding yet challenging journey of caregiving. We offer resources, support groups, and respite care to help you maintain your health and well-being while providing the best care possible for your loved one.



THANK YOU FOR READING

At Abundant Hospice, we pride ourselves on providing comprehensive hospice education to support our patients and their families. We believe that informed decisions are the foundation of compassionate care.

We invite you to stay connected with us and access valuable educational content by liking, following, and sharing our Facebook page. We post hospice educational content weekly to keep you informed and empowered.

Scan the QR code below to join our online community. Together, we can spread awareness and provide the best possible care for those in need. Thank you for being part of our journey.



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