

ABUNDANT CARE COMPASS:  
EMBRACING COMFORT AND  
PEACE DURING THE  
HOLIDAY SEASON



# Abundant

Hospice

VOLUME 2



# From the Editor

Dear Readers,

As the leaves begin to change and we embrace the crisp air of fall, we're reminded of the cycles of life—how each season brings its own beauty, challenges, and opportunities for reflection. In this issue of the Abundant Hospice Magazine, our goal is to offer you comfort, guidance, and warmth as we navigate this season together.

We've thoughtfully curated articles that we hope will resonate with you, whether you're facing the holiday season with a heavy heart, supporting a loved one through their hospice journey, or simply looking for a bit of inspiration. Our team is dedicated to providing you with the support and resources you need, and we're honored to be a part of your journey.

Thank you for letting us into your homes and hearts this fall. We're here for you, every step of the way.

Warmest regards,

*Lexus Robinson*



# TABLE OF CONTENTS



---

# Overcoming Grief During the Holidays: A Journey of Healing and Hope

---

The holiday season is often painted in bright, joyful colors—images of families gathered around tables filled with food, children eagerly opening presents, and laughter echoing through homes. Yet, for many, the holidays can be a stark reminder of what's been lost. When a loved one is no longer there to share in these moments, the season can feel overwhelmingly painful, a time where joy seems out of reach, and grief looms large.

It's important to acknowledge that if you're feeling this way, you're not alone. Grief is a natural and deeply human response to loss, and it doesn't take a break for the holidays. The pressure to be cheerful, combined with the sharp contrast of your inner world of sorrow, can make this time of year particularly difficult. While others may be caught up in festivities, you might find yourself grappling with memories of past holidays, the empty chair at the dinner table, and the traditions that no longer feel the same.



This sense of loss can bring about a wide range of emotions—sadness, anger, loneliness, and even guilt for not feeling the way you think you're “supposed to” during this time. It's crucial to remember that there's no right or wrong way to feel. The experience of grief is as unique as the relationship you had with the person who has passed. The holidays, with all their emotional weight, can magnify these feelings, making it hard to navigate the season.

In this article, we'll explore how to approach the holidays while grieving.

We'll discuss how to navigate holiday traditions, whether by maintaining cherished rituals, adjusting them, or creating new ones that honor your loved one's memory. We'll also explore the importance of seeking support from family, friends, and communities during this challenging time. Grief is a part of love, a testament to the bond you shared. And while the holidays may be difficult, they can also be a time to reflect on the love that endures, even in the absence of those we've lost. As we navigate this complex emotional landscape, let's take it one step at a time, with compassion for ourselves and a recognition that healing, though slow, is possible—even during the holidays.







# ACKNOWLEDGING THE PAIN

Creating a safe space for your emotions is essential. This might involve setting aside specific times of the day to reflect on your feelings, such as during a morning meditation or while sipping a warm cup of tea. You could also consider keeping a journal where you write down your thoughts and feelings as they arise. Journaling can be a powerful tool to help you process complex emotions, giving you a private outlet for your sorrow, anger, or even guilt.

Another way to acknowledge your pain is by talking about it. Whether it's with a trusted friend, a family member, or a counselor, sharing your feelings can be incredibly healing. You might be surprised to find that others are also struggling with similar emotions, and opening up can foster a sense of connection and mutual support. Sometimes, simply saying the words out loud—"I'm struggling"—can release some of the weight you've been carrying. It's also important to understand that everyone's grief is unique.

What works for one person may not work for another. Some people might find comfort in sticking to their usual holiday routines, while others might feel the need to completely change how they celebrate—or even to forgo celebrations altogether. Give yourself permission to do what feels right for you, without pressure to conform to others' expectations.

During this time, it's common to experience a range of emotions, including anger, sadness, and even relief. These emotions can ebb and flow, sometimes catching you off guard. You might feel relatively okay one moment and then suddenly be overwhelmed by a wave of grief. This is normal, and it's important to be gentle with yourself as you navigate these ups and downs. Remember, it's okay to have moments of happiness, too. These moments don't diminish your love for the person you've lost.

By acknowledging your pain and giving yourself the freedom to feel, you're taking an important step in the healing process. Grief is not something you get over, but something you learn to live with. It's a journey that requires patience, self-compassion, and the understanding that it's okay to not be okay, especially during the holidays.

The first and perhaps most crucial step in dealing with grief during the holidays is to fully acknowledge your pain. It's important to recognize that it's okay to not feel festive, and it's okay to let others know that you're not in the holiday spirit. Pretending to be cheerful when you're not only adds to the emotional burden. Allow yourself to experience your emotions without judgment or expectation. Grief is not something that can be neatly tucked away for the holidays; it's a process that must be felt and worked through.





Grieving during the holidays can feel incredibly isolating, especially when the world around you seems to be filled with joy and celebration. However, it's important to remember that you don't have to navigate this difficult time alone. Embracing the support of others can provide immense comfort and strength as you journey through your grief.

## EMBRACING THE SUPPORT OF OTHERS

One of the most valuable forms of support can come from family and friends who understand your loss. These are the people who can offer a listening ear, a comforting presence, or a shoulder to cry on when the weight of grief feels too heavy to bear alone. Don't hesitate to reach out to them, whether to share your feelings, ask for help with holiday tasks, or simply to spend time together in a way that feels supportive to you. Your loved ones may be unsure of how to help, so letting them know what you need can guide them in providing the right kind of support.

Spiritual or religious communities can also be a source of comfort and support. Many people find that their faith provides a sense of hope and peace during difficult times. Attending holiday services, participating in prayer groups, or simply spending time in meditation can help you feel connected to something larger than yourself. If spirituality is a part of your life, leaning into it during the holidays might provide the strength and solace you need.

It's also important to recognize that accepting support doesn't mean you're burdening others. Often, loved ones and community members want to help but don't know how. By allowing them to support you, you're giving them the opportunity to show their love and care. Accepting help can also alleviate some of the pressure to "hold it all together," allowing you to focus more on your emotional well-being.

In summary, embracing the support of others during the holidays can significantly ease the burden of grief. Whether it's through family, friends, community groups, or professional counseling, allowing others to walk alongside you during this time can provide comfort, understanding, and a sense of shared strength. Remember, you don't have to go through this alone—there are people who care deeply about you and are ready to support you in your journey through grief.





# NAVIGATING TRADITIONS AND CREATING NEW ONES

One approach is to evaluate which traditions still feel meaningful and which ones might need to be adjusted or even set aside this year. For some, keeping certain traditions alive can be a way of honoring the past and maintaining a sense of normalcy. For example, you might continue to decorate the tree with ornaments that hold special memories or bake the favorite holiday treats that your loved one enjoyed. These small acts can bring a comforting sense of continuity, even in the midst of change.

However, it's also perfectly okay to let go of traditions that feel too overwhelming or painful. If certain activities bring more sorrow than solace, it's important to give yourself permission to skip them. This might mean not attending a particular event, changing the way you celebrate, or even deciding to spend the holidays in a different location. Flexibility is key; what feels right this year might change as time goes on, and that's okay. Creating new traditions can also be a powerful way to navigate grief during the holidays.

New traditions can serve as a fresh start, helping you to build a holiday experience that acknowledges your loss while still allowing space for joy and connection. For instance, you might decide to volunteer at a local charity, host a holiday gathering with friends, or take a trip to a place you've never been before. These new experiences can help you forge a path forward, honoring both your grief and your capacity for healing.

Ultimately, navigating traditions during the holidays after the loss of a loved one is a deeply personal process. By thoughtfully choosing which traditions to keep, which to modify, and which new ones to create, you can honor both your grief and your loved one's memory in a way that feels right for you. The holidays will undoubtedly be different, but they can still hold moments of connection, love, and healing.

The holidays are often steeped in traditions that have been passed down through generations, and these rituals can bring both comfort and pain after the loss of a loved one. While some traditions may feel too painful to continue without the person who has passed, others may provide a sense of connection and continuity. Deciding how to navigate these traditions—and whether to create new ones—can be a significant part of coping with grief during the holiday season.





---

# The Sandwich Generation: Navigating Caregiving and the Holidays

---

As the holiday season approaches, families everywhere prepare to celebrate, often with a mix of joy and stress. For the Sandwich Generation—those who find themselves caring for both aging parents and their own children—this time of year can be particularly challenging. The demands of caregiving don't pause for the holidays; instead, they often intensify, adding another layer of complexity to an already full plate.

At Abundant Hospice, we understand the unique struggles faced by the Sandwich Generation, especially during this festive yet demanding season. Balancing the needs of elderly parents, children, and other family members while trying to maintain holiday traditions can feel overwhelming. The holidays, a time traditionally associated with togetherness and joy, can instead become a period of exhaustion, guilt, and stress for caregivers caught in the middle.



## **A Time for Compassion: Caring for Yourself While Caring for Others**

One of the most important things to remember as a caregiver is the need for self-compassion. The holidays often come with societal expectations of perfection—perfect meals, perfect gifts, perfect family moments. But for those in the Sandwich Generation, perfection can be an impossible standard. It's okay to acknowledge that you're doing the best you can in a very difficult situation.

This holiday season, give yourself permission to set boundaries. It's okay to say no to certain activities or traditions if they add too much stress. Prioritize what matters most to you and your family, and let go of the pressure to meet everyone's expectations. Your emotional well-being is crucial, not only for your own sake but also for those you care for. Remember, it's not selfish to take care of yourself; it's necessary.







## FINDING JOY IN SMALL MOMENTS

*"Sometimes the smallest things take  
up the most room in your heart."*  
— Winnie the Pooh

While the holidays can be a time of stress, they can also offer moments of connection and joy. For the Sandwich Generation, these moments might look different than they used to, and that's okay. Instead of focusing on large gatherings or elaborate events, consider finding joy in simpler, quieter moments. This could mean sharing a favorite holiday movie with your children, baking cookies with your parents, or even just enjoying a cup of tea in the quiet of a winter morning.

Abundant Hospice encourages you to look for opportunities to create new traditions that fit your current reality. These traditions don't have to be grand; they can be as simple as a daily walk with your loved ones, a holiday story shared by the fire, or a family video call to include those who can't be physically present. The key is to find ways to celebrate the season that bring you peace and connection, rather than additional stress.

### Support and Resources

One of the greatest challenges of being in the Sandwich Generation is the feeling of being alone in your struggles. However, it's important to remember that you are not alone. There are resources and support systems available to help you navigate this challenging time. Abundant Hospice offers various services that can provide relief, whether through respite care, counseling, or simply offering a listening ear. During the holidays, don't hesitate to reach out for help. This might mean asking a friend or family member to help with caregiving duties, or it could involve seeking professional support from hospice services. The holidays are a time for giving, but they're also a time for receiving support and care when you need it most.

As the Sandwich Generation, you are often pulled in many directions, trying to meet the needs of everyone around you. This holiday season, give yourself the gift of presence—both with others and with yourself. Embrace moments of joy and connection, even if they are fleeting, and extend grace to yourself when things don't go as planned. At Abundant Hospice, we believe that by focusing on what truly matters, seeking support, and accepting imperfection, you can create a holiday season that honors both your loved ones and yourself, even amidst caregiving challenges.



---

# CARING FOR THE CAREGIVER: PRIORITIZING SELF-CARE DURING THE HOLIDAYS



The holiday season is often a time of joy, celebration, and togetherness, but for caregivers, it can also be a time of heightened stress and overwhelming responsibilities. As someone who dedicates so much of your energy and time to caring for others, it's easy to put your own needs on the back burner. However, self-care is not a luxury—it's a necessity, especially during the holidays.

## Recognizing the Importance of Self-Care

As a caregiver, you are the backbone of support for your loved ones. But to continue providing that care, it's essential to recognize that you need to take care of yourself too. The holidays can add extra layers of pressure with expectations of festive activities, family gatherings, and maintaining traditions. Without proper self-care, this time of year can quickly lead to burnout, making it harder to care for those who rely on you.

Self-care doesn't mean you have to carve out large chunks of time or make dramatic changes. It's about finding small, meaningful ways to recharge and nourish yourself amidst the busyness. Whether it's taking a few minutes each day for a quiet cup of tea, going for a short walk, or simply allowing yourself to say "no" to one more holiday obligation, these moments can make a significant difference in your well-being.

## Setting Boundaries: It's Okay to Say No

The holidays often come with a sense of obligation—feeling the need to attend every event, cook elaborate meals, and make everything perfect for everyone else. But as a caregiver, your time and energy are already stretched thin. It's crucial to set boundaries and prioritize what truly matters to you and your loved ones.

Give yourself permission to say no to activities that add unnecessary stress. Instead, focus on what brings you and your loved ones the most joy and comfort. This might mean simplifying holiday plans, delegating tasks to others, or even creating new, less demanding traditions. Remember, it's okay if your holidays don't look like everyone else's. What matters most is that they feel manageable and meaningful to you.







## SEEKING SUPPORT: YOU DON'T HAVE TO DO IT ALONE

The holiday season can intensify feelings of isolation, especially for caregivers who may feel alone in their responsibilities. It's important to remember that you don't have to do it all by yourself. Reaching out for support is not a sign of weakness; it's a vital part of maintaining your health and well-being.

Consider reaching out to friends, family members, or professional support services like Abundant Hospice for help. This might mean asking someone to help with caregiving duties, or simply having a trusted person to talk to about your feelings and experiences. Sharing the load can alleviate some of the pressure and give you the breathing room you need.

### **Embracing Imperfection**

Lastly, embrace the idea that it's okay for things to be imperfect. The holidays don't have to be flawless to be meaningful. Let go of the pressure to meet every expectation, and instead focus on what brings you peace and happiness.

By accepting that not everything has to be perfect, you can create a holiday experience that is more manageable and enjoyable for both you and your loved ones.

Remember, the most important gift you can give this holiday season is a healthy and happy version of yourself. By prioritizing self-care, setting boundaries, finding moments of peace, seeking support, and embracing imperfection, you're not only caring for yourself, but also ensuring that you can continue to care for those you love.

As a caregiver, your well-being is the foundation of the care you provide to others. When you take the time to nurture yourself, you're better equipped to face the challenges that come with caregiving, especially during the holidays. It's not just about surviving the season—it's about finding ways to thrive, even in the midst of your responsibilities.

At Abundant Hospice, we recognize the incredible strength and dedication it takes to be a caregiver, and we're here to support you in every way possible. This holiday season, we encourage you to lean into the resources available to you, to be kind to yourself, and to allow yourself the grace to enjoy the small moments of joy that this time of year can bring. You deserve care, compassion, and a holiday season filled with peace.



---

# Quality vs. Quantity at the End of Life: Choosing What Matters Most

---

As we journey through life, we often find ourselves measuring our time by quantity—how many years we live, how many milestones we reach, how much we can accomplish. But when faced with the reality of end-of-life care, the focus often shifts. Suddenly, the question isn't just about how much time is left, but about the quality of that time. For patients and families navigating these difficult decisions, the choice between quality and quantity becomes deeply personal, touching every aspect of their lives.

At Abundant Hospice, we believe that the time we have should be filled with as much comfort, dignity, and meaningful experiences as possible. Quality of life at the end of life means different things to different people, but it often centers around maintaining control, minimizing pain, and finding peace in the final chapter of life. For some, this might mean prioritizing comfort over aggressive treatments. For others, it might involve a combination of medical care and personal choices that reflect their values and wishes.



## Understanding Quality of Life

Quality of life is a term that encompasses a range of factors, including physical comfort, emotional well-being, social connections, and the ability to engage in activities that bring joy or fulfillment. At the end of life, maintaining a high quality of life often involves focusing on symptom management, pain relief, and emotional support rather than extending life at all costs.

For many patients, this means choosing hospice care over continued curative treatments that may be invasive or burdensome. Hospice care prioritizes comfort, dignity, and the patient's wishes, allowing them to spend their

final days in a supportive environment that respects their choices. It's about living each day as fully as possible, surrounded by loved ones, and supported by a team that understands the importance of compassionate care.

## The Emotional Journey

Choosing quality over quantity of life is not just a medical decision—it's an emotional journey for both the patient and their loved ones. It involves confronting fears, accepting the reality of mortality, and finding peace with the choices that align with the patient's values. This journey can be challenging, but it can also be incredibly empowering when guided by compassion and understanding.







## THE EMOTIONAL JOURNEY CONT.

At Abundant Hospice, we see families grappling with these decisions every day. We know that choosing to focus on quality of life doesn't mean giving up—it means choosing to live more fully in the time that remains. It's about creating moments of joy, comfort, and connection, even in the face of a terminal illness. Our team is here to provide the support and guidance needed to navigate this difficult terrain, ensuring that both patients and families feel heard, respected, and cared for.

### The Role of Hospice Care

Hospice care is often misunderstood as simply a service for the final days of life, but it is much more than that. It is a holistic approach to end-of-life care that prioritizes the patient's quality of life at every stage. Whether a patient has weeks, months, or more, hospice care focuses on pain management, emotional support, and the fulfillment of the patient's wishes. By choosing hospice care, patients can avoid the often stressful and painful experience of aggressive treatments that may offer little benefit. Instead, they can focus on spending meaningful time with loved ones, engaging in activities that bring them joy, and experiencing as much comfort as possible. Hospice care also provides vital support to family members, offering counseling, respite care, and assistance with navigating the complex emotions that arise during this time.

### Choosing What Matters Most

Every patient's journey is unique, and so are their wishes for the end of life. Whether it's pursuing treatments or spending time at home surrounded by loved ones, what matters most is honoring those choices. At Abundant Hospice, we help patients and families navigate these decisions with clarity and care, focusing on what truly matters—quality time spent together.

### A Call to Compassion

If you or a loved one is facing a terminal illness and are unsure of the next steps, we encourage you to reach out to Abundant Hospice. Our team is here to support you, help you explore your options, and ensure that the final chapter of life is lived with comfort, dignity, and peace. Contact us today to learn how we can support you and your family during this time.

As you contemplate the balance between quality and quantity at the end of life, remember that these decisions are deeply personal and should be guided by what feels right for you and your loved ones. At Abundant Hospice, we are committed to walking alongside you on this journey, providing the care, support, and compassion needed to ensure that every moment is meaningful. The end of life is not just about counting the days but about making each day count. Let us help you create a final chapter filled with peace, love, and the dignity that every person deserves.



# ADAPTING YOUR HOME FOR HOSPICE CARE: CREATING A SPACE OF COMFORT AND PEACE



When a loved one enters hospice care, the focus shifts from curing an illness to providing comfort and quality of life. For many families, this means bringing care into the home—a place filled with memories and love. Transforming your home to meet the needs of a hospice patient can feel overwhelming, but at Abundant Hospice, we're here to offer guidance to help make your home a place of peace and comfort.

One of the first steps in adapting your home for hospice care is creating a comfortable environment that meets your loved one's physical and emotional needs. This may involve rearranging furniture for medical equipment and ensuring that commonly used areas are easily accessible. Consider setting up a room on the main floor if stairs are an issue, and make sure caregivers have enough space to move around safely. Comfort goes beyond physical arrangements; it's also about creating a space that feels warm and familiar. Surround your loved one with personal items that bring them joy, such as family photos, favorite books, or a cozy blanket. Soft lighting, soothing music, and familiar scents can help create a calming atmosphere, making the space inviting and serene. Safety is crucial when adapting your home for hospice care. Assess potential hazards and make adjustments to prevent falls and other accidents, such as installing grab bars in the bathroom and removing loose rugs. For mobility issues, consider adding a ramp for wheelchair access or a lift chair to make getting in and out of bed easier.

In addition to physical safety, emotional safety is just as important. Hospice care can bring a range of emotions, from fear and anxiety to sadness and frustration. Creating a space where your loved one feels secure and supported can help alleviate some of these feelings. Open communication and a caring presence are key to ensuring your loved one feels understood and not alone. Balancing caregiving with daily life is another challenge families face when adapting their homes for hospice care. It's important to establish a routine that allows you to care for your loved one while also taking care of yourself. This might mean setting up a schedule with other family members or hiring professional caregivers to share the responsibilities.







## ADAPTING YOUR HOME FOR HOSPICE CONT.

At Abundant Hospice, we encourage families to seek support during this time. Caring for a loved one at home can be emotionally and physically draining, and it's okay to ask for help. Our team can provide guidance on setting up your home for hospice care, offer respite care services, and connect you with resources to help manage caregiving challenges. Remember, you don't have to do this alone.

While hospice care brings changes, maintaining a sense of normalcy in your home is important. Continue with daily routines and activities that bring comfort and joy to your loved one. Whether it's watching a favorite show, enjoying a meal together, or spending time with family, these moments can provide stability and peace.

Incorporate your loved one's preferences and routines into the care plan. If they enjoy spending time in a particular room or engaging in a specific activity, honor these preferences as much as possible. Maintaining a connection to the things that make life meaningful can greatly enhance your loved one's quality of life.

Adapting your home for hospice care is about more than making physical changes—it's about creating a space where your loved one can find comfort, connection, and peace. This space should reflect the love and care you have for them, offering a sanctuary where they can spend time with family, share memories, and experience the warmth of home. At Abundant Hospice, we're here to support you as you navigate this transition. We believe that every home can be a place of healing, and our team is dedicated to helping you create an environment that meets your loved one's needs while supporting you in your caregiving journey.

If you're preparing to bring hospice care into your home, we encourage you to reach out to us for guidance, resources, and compassionate care that will help make this time as meaningful and peaceful as possible.

As you take the steps to adapt your home for hospice care, remember that this journey, while challenging, is also a profound expression of love and devotion. Each adjustment you make is a testament to the care and comfort you wish to provide for your loved one. At Abundant Hospice, we are honored to support you in creating a home that not only meets your loved one's physical needs but also nurtures their spirit during this significant time. Reach out to us—we're here to walk this path with you, ensuring that every moment is filled with the dignity, peace, and compassion your loved one deserves.



---

# Honoring Loved Ones During the Holidays: Memorial Ideas to Keep Their Memory Alive

---

The holiday season is often filled with joy, celebration, and the warmth of togetherness. However, for those who have lost a loved one, this time of year can also bring a profound sense of loss and longing. The absence of someone dear can make the holidays feel incomplete, and the traditions that once brought happiness may now evoke bittersweet memories. At Abundant Hospice, we believe that finding ways to honor and remember those who have passed can bring comfort and a sense of connection during this challenging time. Here are some meaningful memorial ideas to help keep your loved one's memory alive during the holidays.

## Create a Memorial Space in Your Home

One way to keep the memory of your loved one close during the holidays is to create a special memorial space in your home. This could be a small table or shelf adorned with photographs, candles, and items that remind you of them. Adding holiday decorations that they loved or that hold special meaning can make this space feel even more connected to the season. This area can serve as a place of reflection where you can spend quiet moments remembering your loved one and feeling their presence in your home.



## Light a Memorial Candle

Lighting a candle in memory of your loved one is a simple yet powerful way to honor them during the holidays. You might choose to light the candle during family gatherings, on special days like Christmas Eve, or whenever you feel the need to connect with their memory. The soft glow of the flame can symbolize the light they brought into your life and serve as a gentle reminder that their spirit continues to shine.

**Share Stories and Memories**  
The holidays are a time for storytelling and reminiscing, and sharing stories about your loved one can be a comforting way to keep their memory alive. Encourage family and friends to share their favorite memories, whether it's around the dinner table, during a holiday gathering, or in a more intimate setting.

These stories can bring laughter, tears, and a sense of closeness, helping to weave your loved one's presence into the fabric of your holiday celebrations.

## Cook Their Favorite Holiday Dish

Food has a unique way of connecting us to memories, and preparing your loved one's favorite holiday dish can be a heartfelt tribute. Whether it's a special dessert, a beloved family recipe, or a dish that they always requested, cooking and sharing this meal can evoke warm memories and create a sense of continuity. You might even consider making it an annual tradition, passing down the recipe to future generations as a way to keep your loved one's spirit alive.







## CREATE A MEMORY ORNAMENT

Another meaningful way to honor your loved one is by creating a memory ornament for your holiday tree. You can purchase a blank ornament and decorate it with their name, a favorite quote, or an image that reminds you of them. Alternatively, you could use a photo ornament with a picture of your loved one. Hanging this ornament on your tree each year can become a cherished tradition, reminding you of the love and joy they brought into your life.

### Incorporate Their Traditions

If your loved one had specific holiday traditions they cherished, consider incorporating them into your celebrations. Whether it's watching a favorite holiday movie, attending a religious service, or engaging in an activity they enjoyed, these traditions can help you feel connected to them. By continuing these rituals, you're honoring their memory and keeping their spirit alive within your holiday celebrations.

### Donate or Volunteer in Their Honor

The holidays are a time of giving, and one meaningful way to honor your loved one's memory is by donating to a cause they cared about or volunteering in their honor. This could involve supporting a local charity, contributing to a holiday food drive, or spending time at a community service event. By giving back in their name, you're not only honoring their values but also spreading kindness and goodwill in their memory.

### Create a Memory Book

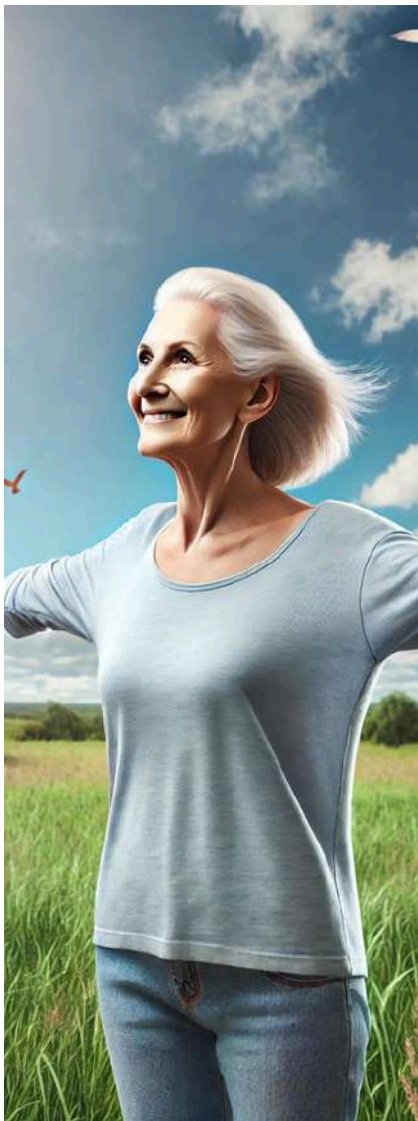
A memory book or scrapbook dedicated to your loved one can be a beautiful way to preserve their legacy during the holidays. You can fill the book with photos, letters, and mementos that capture their life and the special moments you shared. Encourage family members to contribute their own memories and reflections. This book can become a cherished keepsake that you revisit each year, providing comfort and a tangible connection to your loved one.

### Hang a Memorial Stocking

If your family hangs stockings during the holidays, consider adding a special memorial stocking for your loved one. You can fill it with notes, letters, or small items that remind you of them. On Christmas morning, take a moment to read the notes or reflect on the memories these items represent. This gesture can help include your loved one in the holiday festivities, even if they're no longer physically present.

As you navigate the holiday season without your loved one, remember that their memory lives on in the traditions you continue, the stories you share, and the new ways you find to honor them. At Abundant Hospice, we understand the profound impact loss can have during this time of year, and we're here to support you in finding meaningful ways to remember and celebrate the life of your loved one. Whether through small gestures or new traditions, their spirit remains with you, bringing comfort and peace during the holidays.





When it comes to healthcare, few things are as important as the freedom to choose how you receive care, especially as you approach the end of life. At Abundant Hospice, we believe that understanding your rights and options is crucial to ensuring that your care aligns with your values, needs, and wishes. The ability to make informed decisions about your care is a powerful expression of your autonomy, and we are here to support you in exercising that right.

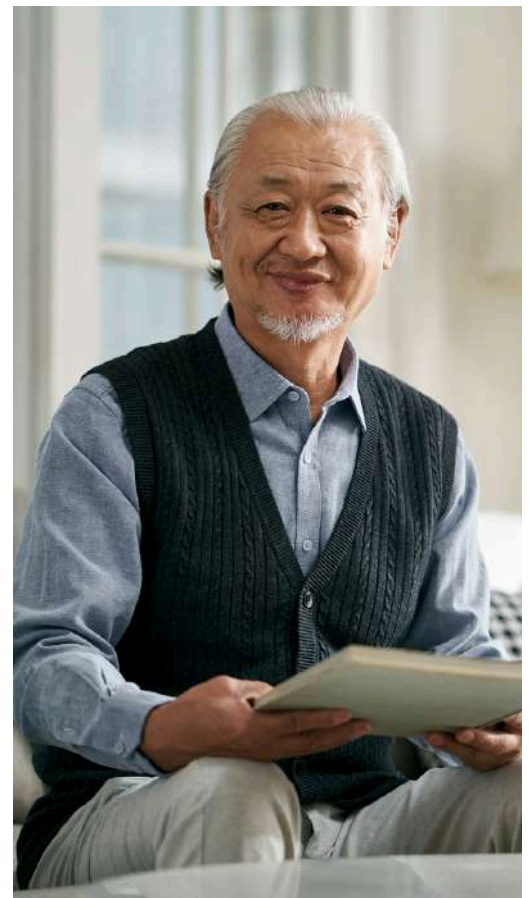
## EMBRACING FREEDOM OF CHOICE: YOUR RIGHTS IN END-OF-LIFE CARE

When faced with a life-limiting illness, the decision to shift focus from curative treatments to hospice care is deeply personal. Hospice care is designed to enhance the quality of life when traditional treatments are no longer effective, prioritizing comfort and dignity. At Abundant Hospice, we respect and support your right to make this choice. We understand that this decision is not about giving up, but about choosing to live the time that remains in a way that brings peace and fulfillment.

### Understanding Your Rights in Hospice Care

One of the most empowering aspects of healthcare is the ability to make informed decisions. When considering hospice care, it's essential to know that you have the right to choose your provider. This decision is entirely yours, and it's important to select a hospice provider that aligns with your needs and values. At Abundant Hospice, we are committed to providing compassionate care tailored to each individual's unique circumstances.

When selecting a hospice provider, specificity is key. Asking for a provider by name ensures that you receive the care you desire from the team you trust. At Abundant Hospice, we encourage you to be vocal about your choice, whether you're discussing options with your physician, family members, or other healthcare professionals. Your voice and preferences should always guide your care.







## ADVOCATING FOR YOUR LOVED ONES

In addition to making choices for yourself, you also have the right to advocate for your loved ones. If you believe that someone close to you could benefit from hospice care, you can take the initiative to contact a hospice provider directly. At Abundant Hospice, we're here to help you navigate these conversations, providing information, support, and guidance as you explore the best options for your loved one.

It's important to remember that hospice care is not limited to those in their own homes. If your loved one is residing in a nursing home, assisted living facility, or another care setting, hospice care can be provided there as well. At Abundant Hospice, we collaborate with these facilities to ensure that your loved one receives comprehensive care, enhancing their quality of life wherever they are. **Choosing Hospice Care: A Right, Not a Requirement** The decision to opt for hospice care is a right, not an obligation. It's a choice that reflects a shift in focus—away from aggressive treatments and toward comfort, dignity, and the preservation of quality of life. At Abundant Hospice, we believe in empowering individuals and families to make this decision with confidence, knowing that they are choosing a path that honors their values and wishes. Hospice care is often misunderstood as a last resort, but it's important to view it as a proactive choice. It's about taking control of your care, deciding how you want to spend your remaining time, and ensuring that your needs are met with compassion and respect.

By choosing hospice care, you're making a powerful statement about the importance of living your final days on your terms.

### **Celebrating Your Freedom to Choose**

The freedom to make choices about your healthcare is a vital aspect of maintaining your dignity and autonomy at the end of life. At Abundant Hospice, we're committed to supporting you in exercising this freedom, ensuring that your end-of-life care reflects your values and desires. Choosing hospice care is not about relinquishing control—it's about embracing the power to live your final days with intention and grace. The decision to enter hospice care is a significant one, and it's a choice that deserves careful consideration and support. At Abundant Hospice, we're here to provide that support, offering a compassionate, personalized approach to care that honors your freedom to choose. Whether you're considering hospice for yourself or a loved one, know that you have the right to make this decision with confidence and peace of mind.

At Abundant Hospice, we honor your right to choose the care that's right for you. If you or a loved one is facing a serious illness, we invite you to reach out to us. Our team is here to provide the guidance, support, and compassionate care you need to navigate your options with confidence. Celebrate your freedom to choose, and let us help you make the choices that matter most for your health and well-being.





We would like to extend our deepest gratitude and recognition to our esteemed Medical Directors, Dr. George Wilcox and Dr. Orlando Kypuros. Their unwavering dedication, expertise, and compassionate care have been instrumental in guiding our team and providing exceptional support to our patients and their families. We are truly grateful for their commitment to enhancing the quality of life for those we serve. Thank you, Dr. Wilcox and Dr. Kypuros, for being an invaluable part of our hospice community



*Dr. Wilcox*



*Dr. Kypuros*



# Recipes from the Heart: Sharing Our Family Traditions with Yours

The recipes shared in this collection hold profound personal connections for those who have lovingly contributed them. For Lisa, the sugar cookies and macaroni and cheese recipes from her grandmother are more than just comfort foods—they are symbols of the love and care that shaped her upbringing. These cherished dishes, prepared countless times in her grandmother's kitchen, are what inspired Lisa to pursue a career in hospice, where she could bring that same warmth and compassion to others during their most vulnerable moments. The apple cake recipe from Lexus's grandmother and Denise's mother, along with the pumpkin muffins from Lexus's grandmother and Denise's stepmother, carry the sweet nostalgia of family gatherings and the comforting presence of loved ones. These recipes are woven into the fabric of their families' lives, representing not just meals shared, but the lasting legacy of love and tradition passed down through generations.

In the next section, you'll find more recipes contributed by our employees, each one a piece of their personal history and a reflection of the traditions they hold dear. We invite you to bring these recipes into your own kitchen, sharing our traditions with your family and creating new memories around the table. Just as these dishes have brought comfort and joy to our families, we hope they do the same for yours.



## Macaroni & Cheese

1/2 lb. macaroni

1 t. butter

1 egg beaten

1 c. milk

1 t. salt

1 t. dry mustard

3 cup grated cheese

Sharp

Boil macaroni in water until tender & drain thoroughly. Stir in butter & egg. Mix mustard & salt with 1 t. hot water & add to milk. Add cheese, leaving

enough to sprinkle on top. Pour into buttered casserole, add milk, sprinkle with cheese. Bake at 350° for about 45 min. or until custard is set & top is crusty.

Pres. Reagan's favorite

1981



# Sugar cookies

400 oven  
6 to 8 minutes.

3 cups flour - 2 teaspoons. Baking  
1 scant teaspoon soda powder  
Cut in 1 cup shortening butter or Ole

Mix together 2 beaten eggs - Add  
1 cup sugar, 4 tablespoons sweet milk  
or you can use half & half-milk.  
1 teaspoon Vanilla or Lemon flavor  
Add to the above mixture. Chill in  
refrig.

over

## Half the recipe

1  $\frac{1}{2}$  cups flour -  
1 Teas baking powder  
 $\frac{1}{2}$  teaspoon soda.  
Mix all together

## Frosting

Powdered sugar  
2 teas soft butter  
milk to mix.

## Mix

1 egg beaten  
Add  $\frac{1}{2}$  cup sugar  
2 tablespoons sweet  
milk  
or half & half.  
 $\frac{1}{2}$  teas Vanilla or  
Lemon -

Add this to the above.  
Mix well.  
Chill the dough in  
the refrig before  
rolling out.



Very Good-

## Fresh Apple Cake

Pre heat oven  
325

- 2 cups sugar
- 1 1/2 cups oil
- 2 eggs
- 1 tsp. salt
- 2 tsp. vanilla
- Juice of 1/2 lemon
- 3 cups All purpose flour
- 1 1/4 tsp. baking soda
- 1/4 tsp. Nutmeg
- 1/2 tsp. Cinnamon
- 3 cups Fresh peeled and chopped apples
- 1 cup nuts (pecans)
- 1/2 cup dates
- 1/2 cup flaked coconut

Combine sugar, oil, eggs, salt, vanilla, and lemon juice in a bowl beat well. Add flour, soda, nutmeg, cinnamon and beat. Add fruit, nuts, dates and coconut stir well. Pour into a 10 inch Bundt pan - Bake at 325 for 1 1/2 hours


### Glaze

- 1 cup sugar
- 1 Tbsp Karo Syrup
- 1/2 tsp Soda
- 1 stick Margarine
- 1/2 cup buttermilk

Combine the glaze ingredients in sauce pan. Bring to boil and cook for 3 minutes. Pour glaze over the hot cake before removing the cake from pan.

*My Favorite Recipe for* **Pumpkin Muffins** *Serves*

*By* Mix well: 1 C. Sugar 2 eggs; beaten  
1 1/2 C. canned pumpkin  
3/4 C. Wesson oil  
In another bowl, add:  
1 1/2 C. flour 1 teas. cinnamon  
1 C. raisins 1/2 C. walnuts  
(rinse raisins & walnuts in hot water, drain; add to flour) Combine all ingredients, mix well, place in muffin tins. Bake 350° for 20 mins.







From the kitchen of: Viola Smith

Recipe for: Sweedish Meatballs

Ingredients: 2 LBS. Ground Beef      2 Tsp. Salt  
1 Cup Bread Crumbs      1/4 Tsp. Pepper  
1 Cup diced Onion

Brown Meatballs in Oven at 350°

Sauce - 1 LB. Jellyed Cranberry Sauce  
3 Tbsp. Brown Sugar  
1 Tbsp. lemon Juice  
1 12 oz. Bottle Chili Sauce

Mix all Together & Simmer with Meatballs until warm  
or cook in Crock Pot for 2-3 hours on low.



# Rosa's Sweet 'N' Easy Pecan Candy

## Ingredients

- 2 cans sweetened condensed milk
- 2 cans evaporated milk
- 2 cups crushed pecan halves

## Directions

1. Prepare Your Workspace: Line a large plate or baking sheet with parchment paper or a silicone baking mat. This will be where you drop the candy to cool and set when ready.
2. Combine Ingredients: In a non-stick wok or deep saucepan, combine the 2 cans of sweetened condensed milk and the 2 cans of evaporated milk.
3. Cook the Mixture: Place the pan over medium heat and stir the mixture. Continue to cook, stirring constantly, until the mixture reaches a soft pasty-dough consistency. Note: when cooking, toward the end, the mixture will stick to the non stick pan and appear toasty and yellow- golden in color ; this is expected! Continue to fold all the toasty bits it into itself for approximately another 5 mins or until the mixture reaches a candy ball appearance.
4. Add Pecans: Remove the saucepan from the heat and quickly stir in the pecans. Stir the mixture vigorously until it begins to thicken and becomes creamy.
5. Drop the Candy: Using a spoon, drop spoonful's of the candy mixture onto the prepared baking sheet. Spread it out quickly (or form patties), as the mixture will start to set as it cools.
6. Cool and Set: Allow the pecan candy to cool completely at room temperature until they are firm and set.
7. Store: Once cooled, spoon it up and eat or store in an airtight container and refrigerate. Mamas nutty treats make a delightful snack or gift.



In Memory of  
**Rosa V. Estrada**  
Born: Tuesday November 9, 1943  
Died: Saturday August 16, 2003

God looked around His garden  
and He found an empty place,  
He then looked down upon this  
earth, and saw your tired face.  
He put His arms around you and  
lifted you to rest.

God's garden must be beautiful,  
He always takes the best.  
He knew that you were suffering,  
He knew you were in pain.  
He knew that you would never get  
well on earth again.

He saw the road was getting rough  
and the hills were hard to climb.  
So He closed your weary eyelids,  
and whispered, "Peace be thine."  
It broke our hearts to lose you but

You didn't go alone.  
For part of us went with you  
the day God called you home.

TREVINO FUNERAL HOME







# Corn Casserole



Recipe Provided by  
Lexus Robinson

## Ingredients

- 1 can of corn, drained
- 1 can of creamed corn
- 1 cup of sour cream
- 1 stick of melted butter (½ cup)
- 1 box of Jiffy Cornbread mix



## Instructions

- Preheat the oven to 350°F. Spray an 8×8" baking pan with cooking spray.
- In a bowl, mix the dry jiffy mix, drained corn, cream corn, sour cream and melted butter together and pour into a the prepared baking dish. 1 box of Jiffy Corn Muffin mix, 15 ounces whole kernel corn, drained, 15 ounces creamed corn, 1 cup sour cream, ½ cup melted butter
- Cook uncovered for 45-50 minutes or until lightly golden brown.
- Add salt and black pepper, to taste. Garnish with fresh parsley or sliced green onion if desired.




# Fall Recipe




## Slow Cooker Apple Cider

### Ingredients :

- 
- 2 - 64 oz bottles of Apple Juice
  - 1/3 cup of light brown sugar
  - 1/2 tsp of Cinnamon
  - 1/2 tsp of All Spice

Recipe provided by Lori  
Hedgecoth

### Procedure :

- 
1. Put all of these ingredients into a slow cooker or crock pot that is 6 quarts or larger, stir until combined, and cover.
  2. Put on high for 1 1/2 hours stirring occasionally. Then move to the low setting for 1 hour stirring occasionally. Then move to the warm setting, stirring occasionally.
  3. Leave it on the warm setting until it is all gone or you are finished entertaining, which ever comes first.
  4. As you are serving be sure to stir the mix since the spices settle, there will be sediment in the bottom of the cup as well.







# recipe card

● ○ ○ ○ ○  
DIFFICULTY

NAME OF DISH

## Recipe for Happiness

Recipe provided by  
Chaplin Hatnot

### INGREDIENTS

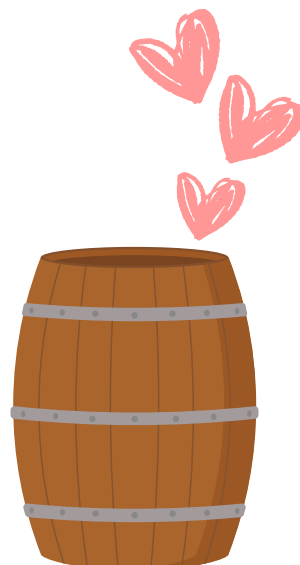
4 Cups of Love  
2 Cups of Loyalty  
3 cups of Kindness  
4 Cups of understanding  
1 cup of friendship  
2 spoons of hope  
1 mustard seed of faith  
1 barrel of laughter

### directions

Take love and loyalty mix  
thoroughly with faith.  
Blend it with tenderness,  
kindness and  
understanding. Add hope  
and friendship. Sprinkle  
abundantly wit laughter.  
Bake with sunshine. Serve  
daily with generous  
helpings

### *notes*

Happy is that people, whose  
God is the Lord.  
Psalm 144:15



**This recipe page was  
eaten by Ashton**

**Fun Fact about  
Ashton:  
He loves food,  
any food.**







While we're busy enjoying the warmth of the season and indulging in our favorite fall treats, let's not forget our furry companions!

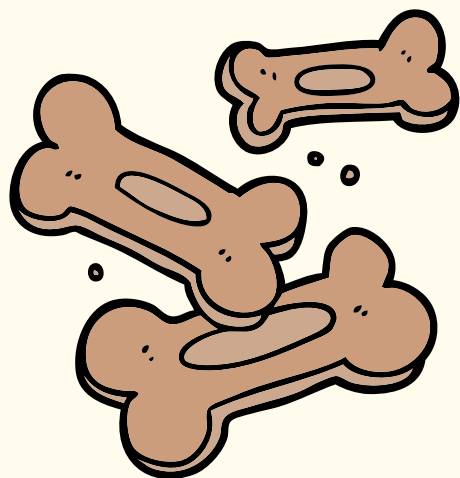




## Pumpkin & Peanut Butter Dog Treats

### Ingredients:

- 1 cup canned pumpkin (unsweetened)
- 1/4 cup natural peanut butter (ensure it's xylitol-free)
- 2 1/2 cups whole wheat flour (or oat flour for a grain-free option)
- 1/2 teaspoon cinnamon
- 1/2 cup water (add more if needed)



### Instructions:

- Preheat your oven to 350°F (175°C).
- In a large bowl, mix together the pumpkin, peanut butter, and cinnamon until well combined.
- Gradually add the flour, mixing until a dough forms. If the dough is too dry, add water a tablespoon at a time until it reaches the right consistency.
- Roll out the dough on a floured surface to about 1/4-inch thickness.
- Use cookie cutters to cut the dough into fun shapes (bone shapes are always a hit!).
- Place the treats on a parchment-lined baking sheet.
- Bake for 20-25 minutes, or until the edges are golden brown.
- Allow the treats to cool completely before serving to your furry friend.

Store in an airtight container for up to a week or freeze for longer shelf life. Enjoy watching your pet savor these delicious fall treats! 🐾🎃🍂





ABUNDANT  
HOSPICE

# 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.

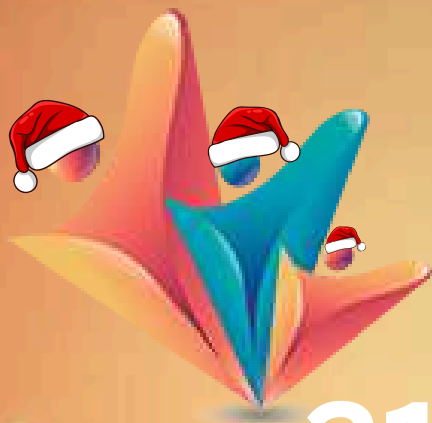
We invite you to stay connected with us and access valuable educational content by liking, following, and sharing our Facebook page. We post hospice educational content weekly to keep you informed and empowered.

**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.**



ABUNDANT  
HOSPICE

210-608-0081



ABUNDANT  
HOSPICE

210-608-0081