

ABUNDANT CARE
COMPASS: SPRING INTO
COMFORT, CARE, AND
CONNECTION



Abundant

Hospice

VOLUME 4

From the Editor

Dear Readers,

As we welcome a new season, this edition of Abundant Hospice Magazine is rooted in the power of choice, clarity, and compassionate care. Whether you're navigating the complexities of advanced kidney disease, facing difficult decisions with cancer, or supporting a loved one through late-stage Parkinson's, this issue was created with your journey in mind.

Each article explores the emotional, physical, and spiritual sides of hospice care—because we know that end-of-life care is about so much more than symptoms. It's about honoring dignity, preserving connection, and making space for peace. From understanding when hospice becomes the next step to the often-overlooked role of mental health in caregiving, our goal is to empower you with support, information, and heart.

We hope these pages offer a sense of comfort and serve as a reminder that you do not walk this path alone. At Abundant Hospice, we are here to guide you and your loved ones with grace, understanding, and unwavering care—every step of the way.

With Compassion,
Lexus Robinson



From the Owner

Dear Readers,

As we enter this new season, I find myself reflecting on the growth, resilience, and compassion that continue to define who we are at Abundant Hospice. Spring reminds us that even in the most challenging seasons of life, there is room for renewal, connection, and peace. Our work is rooted in that belief—that every individual deserves to be seen, heard, and comforted as they navigate life’s final chapters.

At Abundant Hospice, we are guided not only by clinical excellence but by the human spirit. From helping families make difficult decisions with confidence to supporting patients through deeply personal moments, our team brings heart and purpose to every interaction. Each story in this edition reflects the intentional care we provide, the dignity we protect, and the love we extend to those we serve.

This season, may we continue showing up with open hands and open hearts. Let us keep leading with compassion, lifting each other up, and making every moment count—for our patients, their families, and one another. I am continually inspired by the work we do and the impact we make together.

With heartfelt gratitude,

Denise Jaworski



Letter from Clinical Director

Dear Families,

At Abundant Hospice, we understand that saying goodbye to a loved one is one of the most difficult experiences a family can face. Our commitment to you, however, does not end with the passing of your loved one. Bereavement care is a vital part of our hospice services, and we want to ensure that you continue to receive the support you need as you navigate this challenging journey.

Grief can feel overwhelming, and there is no “right” way to grieve. Everyone’s experience with loss is unique, which is why our bereavement services are designed to offer flexible, compassionate support tailored to your needs. We believe that emotional care should extend beyond the time of hospice care, and we are here for you in the months that follow.

Why Bereavement Care Matters

The grieving process doesn’t end with the funeral or memorial service. In fact, it is often in the weeks and months after the loss when many individuals need additional support. At Abundant Hospice, we recognize the importance of providing ongoing care to help you cope with the emotional, physical, and mental toll that grief can bring.

Our bereavement services are designed to help you understand and process your emotions in a safe, supportive environment. Whether through one-on-one counseling, support groups, or educational resources, we are here to walk alongside you as you heal.

Our Commitment to You

Grief can be a long and difficult process, but please know that you are not alone. Our bereavement team is here to support you at every stage, whether it’s through regular check-ins or simply being a source of comfort when you need it most. We are here for you and your family, offering the same care and compassion you received during your loved one’s time with us.

If you have any questions or would like to learn more about our bereavement services, please do not hesitate to reach out. You can contact our team at 210-608-0081 and we will be happy to assist you.

Warmly,

Lisa Elliot, RN
Clinical Services
Director
Abundant Hospice



From the Director of Marketing

Dear Readers,

In these difficult and uncertain times, Practicing self-compassion allows us to navigate challenges without burning out or letting guilt take over. Self-compassion takes practice, it involves treating yourself with kindness and understanding, acknowledging your struggles, and reminding yourself that everyone experiences hardship; some key elements include mindfulness to be aware of your emotions, self-Kindness to speak to yourself with compassion, and recognizing the shared human experience of suffering. Here are a few ways to practice self-compassion in tough times

- Mindfulness
- pay attention to your thoughts and feelings without judgment, noticing when you're being overly critical yourself.
- Kind self-talk
- Use positive affirmations like "this is hard, but I can handle it" or "its okay to feel this way."
- Acknowledge your emotions:
- Don't suppress your feelings, instead validate them and allow yourself to feel them.
- Perspective -taking:
- Remind yourself that everyone faces challenges, and your current difficulties are apart of the human experiences.
- Physical self-care
- Engage in activities that soothe your body, soul and mind like deep breathing, meditation, exercise, or spending time in your happy place.

Remember, its not about being perfect, Self compassion doesn't mean denying your mistakes but rather treating yourself with understanding when you make them.

Warmest regards,

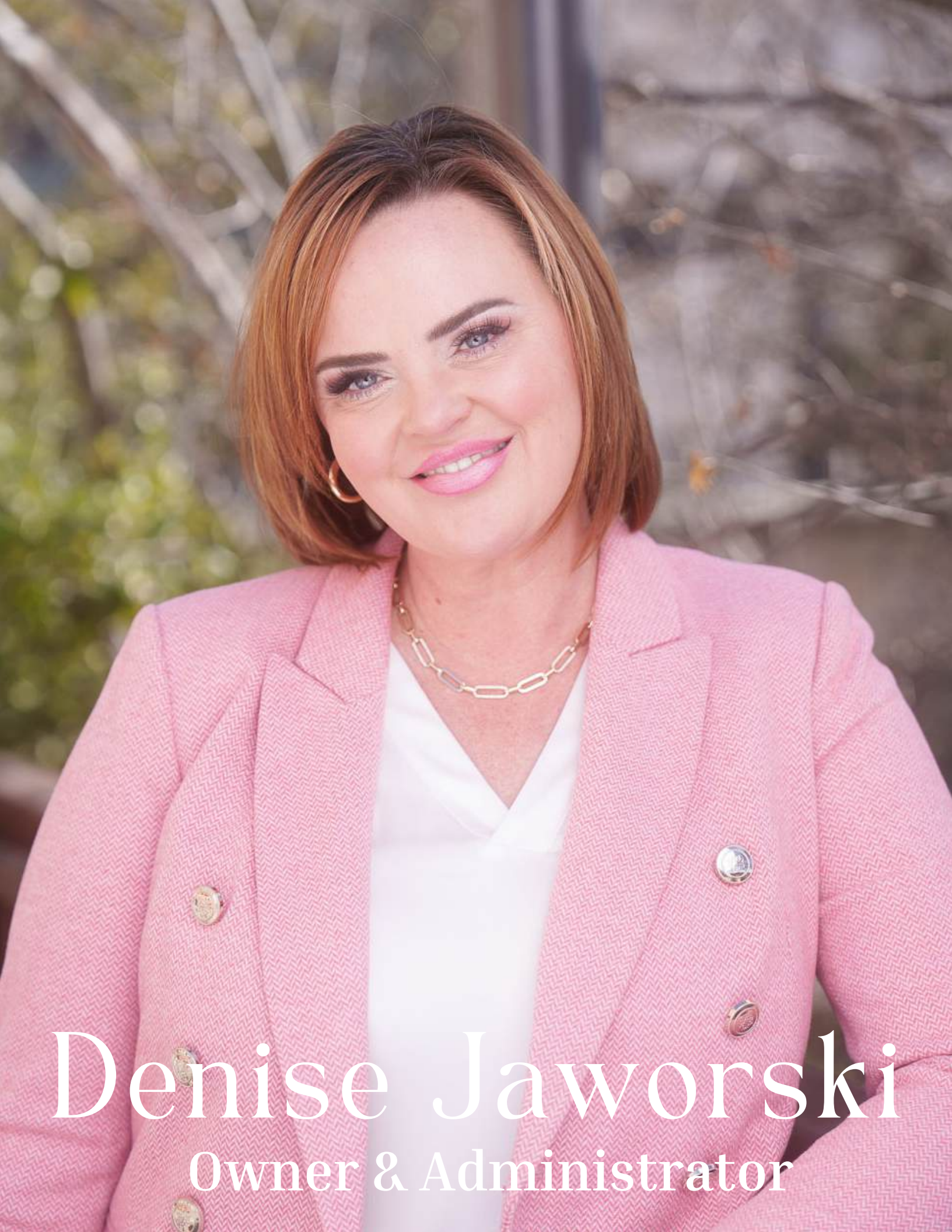
Christine Dica



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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



Christine Jones

Assistant Director of Nursing

Meet The *Clinical Director*

Lisa
Elliot

Lisa Elliot serves as the Clinical Director at Abundant Hospice, where her dedication to end-of-life care is deeply rooted in personal experience. At just twenty years old, she witnessed the profound impact of hospice care when a nurse provided extraordinary support for her grandmother. This moment ignited Lisa's passion for hospice, inspiring her to pursue a career where she could offer the same level of compassionate and comprehensive care. She began her nursing career on a medical-surgical floor, gaining valuable experience before fully embracing her calling to hospice, where she could provide holistic support that addresses not only medical needs but also the emotional and spiritual well-being of patients and families. As Clinical Director, Lisa oversees clinical operations, ensuring that every patient receives personalized, high-quality care. She leads a team of dedicated professionals who share her commitment to creating a compassionate and supportive environment. Her leadership emphasizes individualized care plans, recognizing that each patient and family has unique needs and wishes. Beyond her professional role, Lisa is a devoted mother to two boys, balancing her time between work, school activities, rugby, and football. She finds great fulfillment in both her career and family life, believing that her experiences as a parent enhance her ability to connect with and support the families she serves.

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.





Christine Rico

Director of Sales and Marketing



Crissi Gonzalez

Community Liaison



Jasmine Banda

Community Liaison

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 work is rooted in a deep commitment to improving quality of life for patients and supporting families during difficult times. Known for her resilience, strong work ethic, and patient advocacy, she builds trusted relationships with those she serves. Christine has received extensive sales training, including Best in Class Client Focus Sales Training through Odyssey Hospice, and is a two-time Pinnacle Award recipient. She is currently leading the restructuring of the Abundant Hospice brochure to better showcase their services and specialties. Christine is also passionate about community education and raising awareness about hospice care.

Meet The *Community Liaison* Crissi Gonzalez

Crissi is a dedicated hospice professional with over two years of experience in marketing and business development within the healthcare sector. She focuses on identifying opportunities, building strong referral relationships, and ensuring patients and families receive exceptional care. Her compassionate approach and strategic mindset have helped expand hospice awareness and support families during life's most challenging moments. Driven by a passion to make a meaningful impact, Crissi remains committed to providing care marked by dignity, empathy, and excellence. She continues to seek new ways to grow professionally and elevate the standard of hospice care in the communities she serves.

Meet The *Community Liaison* Jasmine Banda

Jasmine is a Community Liaison who recently began an exciting new chapter at Abundant Hospice Care. She is eager to contribute to the community and grow both personally and professionally along the way. Outside of work, Jasmine enjoys trying new restaurants, spending time with her son, and going on nature walks with their dog, Sasha. Family time is especially important to her, and she values every moment—whether relaxing at home or out exploring. Her warmth and enthusiasm shine through in both her professional and personal life. Jasmine is passionate about building meaningful connections and making a positive impact on the families she serves. She looks forward to growing with the Abundant team and being part of a mission that truly matters. Jasmine brings a fresh perspective and a genuine heart to her role, always striving to uplift others. With her compassionate nature and drive, she is excited to help spread awareness about the value of hospice care.





Ashlea Barr

Intake Coordinator



Lori Hedgecoth

Human Resources



Luke Jaworski

Intern



Lexus Robinson

Director of Project Management

Meet The *Intake Coordinator* Ashlea Barr

Ashlea is a skilled and compassionate Intake Coordinator who ensures a smooth and professional intake process. She specializes in coordinating referrals and handling insurance matters, making clients feel supported from the start. Her attention to detail and commitment to exceptional service make her an invaluable resource in her field. Outside of work, Ashlea enjoys family movie nights, outdoor adventures, and cheering on her kids in sports. Her love for family and dedication to her career drive her passion for creating positive experiences both at work and at home.

Meet The *Intern* Luke Jaworski

Luke Jaworski is an intern at Abundant Staffing, where he focuses on creating marketing materials such as shirts and mousepads. He helps ensure the office is always stocked with supplies, keeping everything in order. Luke also runs various errands to support the smooth and efficient operation of the office. His role allows him to support the team and contribute to the overall success of the company. Through his tasks, he has learned a great deal about organization and teamwork. He enjoys being able to assist in different ways and sees this opportunity as a valuable way to gain experience while helping the business thrive.

Meet *Human Resources* Lori Hedgecoth

Lori Hedgecoth is a dedicated human resources professional who values kindness, service, and fostering a supportive workplace culture. She is committed to ensuring employees feel valued while creating meaningful connections within her organization. Outside of work, Lori enjoys life on a small farm with her family, embracing a simple and fulfilling lifestyle. She loves cooking from scratch, gardening, and preserving food, finding joy in providing for her family and sharing meals with others. Her passion for nature, self-sustainability, and helping others reflects the values that guide her both personally and professionally.

Meet The *Director of Project Management* Lexus Robinson

Lexus Robinson is the Director of Project Management and Social Media Manager, overseeing operations and digital outreach. She works closely with the owner to ensure efficiency and seamless execution across the organization. Passionate about delivering educational content, she enhances engagement and visibility through social media. A devoted wife and mother, Lexus finds motivation in her family and values a simple, fulfilling lifestyle. Whether managing projects or curating impactful content, she brings dedication, precision, and passion to everything she does.





Ashton Balyeat
Lead RN Case Manager



Kimberley Smith
RN Case Manager



Cynthia Cantu
RN Case Manager

Meet The *Lead Rn Case manager* Ashton Balyeat

As an RN Case Manager, Ashton Balyeat oversees a caseload of patients, ensuring they experience comfort and dignity throughout their hospice journey. Passionate about educating families, he helps them understand the various stages their loved ones may go through while also addressing physical, emotional, and spiritual stresses. His dedication to nursing is deeply personal, shaped by his own health experiences—having undergone two kidney transplants and survived cancer twice, Ashton brings a profound level of understanding and compassion to his patients. These challenges have fueled his purpose and drive to provide the highest level of care, ensuring his patients feel supported and understood. Outside of his professional life, Ashton enjoys spending time with his family, working out, and gaming. Affectionately known as "Tow Mater" within the company after an accident required two tow trucks to recover his vehicle, he carries a sense of humor and resilience that complement his compassionate approach to patient care.

Meet *RN Case Manager* Kimberley Smith

Kimberley is a dedicated and compassionate nurse who finds joy in caring for others, especially the geriatric population. She has always had a deep appreciation for the wisdom and experiences of older adults, which fuels her passion for providing them with the highest quality of care. She began her medical career as a Certified Medical Assistant and EMT, later continuing her education to become a Registered Nurse. Passionate about patient education and mentorship, she believes that informed patients make better health decisions and enjoys guiding others who share her dedication to care. Her calm demeanor and attention to detail help put patients and their families at ease, ensuring they feel valued and supported. Kimberley's commitment to providing compassionate, dignified care makes a meaningful impact on the lives of her patients and their families. She continuously strives to expand her knowledge and skills, always seeking ways to enhance the care she provides.

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. She has demonstrated expertise across various specialties, including Women's Specialty and Oncology at Methodist Health Care, as well as Hospice Care at Abundant Hospice. Now serving as a Case Manager Registered Nurse, Cynthia is known for embodying "The True Essence of a Hospice Nurse," possessing a unique blend of compassion, bedside manner, and storytelling skills that enhance patient care. Her goal is to provide love and servanthood in honor of God, striving to be His Hands and Feet at the bedside, offering end-of-life care to patients and support for their families. Cynthia holds a Bachelor of Science in Nursing, an Associate of Applied Science in Nursing, and an Associate of Arts in Liberal Arts. She is a member of the Phi Theta Kappa Honor Society Psi Kappa Chapter and remains a dedicated part of Abundant Hospice, where she continues to provide compassionate and comprehensive care.





Donna Valenzuela

RN Case Manager



Anna Morris

RN Case Manager

Meet *RN Case manager*

Donna Valenzuela

Donna has been a registered nurse for over 38 years, dedicating her life to providing compassionate and skilled care across a variety of settings. Early in her career, she had the privilege of working in ICU and CCU, where she spent 12 years refining her critical care skills and supporting patients and families during some of their most vulnerable moments. Her journey then led her into case management, a role she embraced for 23 years, helping patients navigate complex healthcare systems and ensuring continuity of care. Most recently, she found her true calling in hospice care, where she has spent the past two years. This role has brought all her experiences and skills full circle, allowing her to provide comfort, dignity, and peace to patients at the end of life—a stage she considers to be the most meaningful chapter of her nursing career.

Outside of work, she is an avid animal lover and proud pet parent to a vibrant household of pets: 10 cats, 2 dogs, and 5 parakeets. Interestingly, her dogs are generally smaller than her cats, adding to the charm of her lively home. Her deep love for animals brings her daily joy and serenity, especially after long days of caregiving. She has been happily married to her beloved husband for 10 years, and together they share a fulfilling life filled with laughter, love, and shared passions. She is also a proud mother of two adult children, both of whom continue to make her proud in their own life journeys. Her nurturing spirit extends beyond her patients and into every part of her life, making her a caregiver at heart, both professionally and personally.

Meet *RN Case Manager*

Anna Morris

Anna Morris brings over 30 years of diverse medical experience to her role in hospice care, a field she entered in October 2018 and now calls her professional home. Her journey through healthcare has taken her through several specialties, including roles as a Transplant Nurse and in Ophthalmology, but it was hospice where she found her deepest sense of purpose and connection. What began as an unexpected path has become the most meaningful chapter of her nursing career.

Anna recently retired from travel nursing to focus more closely on her personal mission: supporting her aging parents in remaining safe, comfortable, and independent at home. This shift has given her a renewed appreciation for the kind of care she provides through hospice—care that honors both independence and dignity.

At Abundant Hospice, Anna is surrounded by a team that shares her deep compassion for patients and families. She values the flexibility, collaboration, and shared heart that define their care approach. Every day, the team adapts to meet patients where they are, and Anna finds fulfillment in being part of a workplace that allows her to utilize her education, experience, and talents in a supportive and professional environment.

Her commitment to patient-centered care and her empathetic spirit make her an invaluable part of the Abundant Hospice family. For Anna, hospice isn't just a job—it's a calling, and one she embraces with grace and gratitude.





Sedric Hatnot

Chaplain



Maria Rocha

Chaplain

Meet The *Chaplain*

Sedric Hatnot

Sedric Hatnot, a native of San Antonio, Texas, was inspired by his father's devotion to ministry and developed a deep love for faith and service from an early age. A graduate of Wayland Baptist University, he holds degrees in Christian Ministries and Business, equipping him to lead and serve effectively. For over two decades, Sedric has been actively involved in community ministry, making a meaningful impact on those he serves. As a dedicated Chaplain, he provides spiritual support and guidance, offering comfort and care to individuals and families in need. His ability to connect with people from all walks of life allows him to bring hope and encouragement in even the most difficult times.

Beyond his ministry, Sedric and his wife, Tiffany, have shared a loving marriage for over 21 years and are proud parents to three children. He finds great joy in balancing family life with his professional and spiritual commitments. His passion for extreme sports adds a dynamic and adventurous aspect to his life, reflecting his energetic personality. Whether he is offering words of wisdom, providing emotional support, or engaging in community outreach, Sedric's presence is a source of strength and reassurance. Through his unwavering faith, compassion, and dedication, he continues to make a lasting impact in his community, embodying the principles of service and love in all that he does.

Meet The *Chaplain*

Maria Rocha

With extensive experience in Law Enforcement and a desire to serve others, Maria Rocha continues to passionately serve, advocate, and fulfill her calling in the Hospice industry as a Chaplain and Bereavement Coordinator.

A native San Antonian and Texan—always courageously willing to confront the unknown and ready to provide compassionate, spiritual care—Maria is known for her kindness and genuine love and encouragement to friends, family, colleagues, strangers, patients, and their families.

Maria has served on many boards and held numerous positions in ministry over the past 20 years, while also volunteering in the community, advocating for the elderly, being a public speaker, poet, counselor, wedding officiant, fostering children, coaching youth sports, caring for her mother, raising her “Wonder Twins,” John & Joy, and being married for nearly 30 years to Peter, an accomplished safety driver/instructor and fisherman.

While battling a rare illness, she has also proudly maintained Blessed Union Ministry, SA and Every Heart Counts.

Maria is far from shy in sharing her faith, love of God, or her humor and has witnessed many miracles in her life and the lives of others.

She has written many books and poems for her children and hopes to publish her most recent collection of poetry to comfort those in need of hope.

Reverend Maria Rocha has supported many ministries, both local and abroad.

She has succeeded professionally and academically, but her most fulfilling role is unequivocally being who God has called her to be—for His honor and glory. Reverend Rocha often says “whatever-when-ever,” a phrase she humorously believes God has fully embraced in her life.





Angela Sanchez

Social Worker



Devoun Robles

Social Worker

Meet The *Social Worker*

Angela Sanchez

Angela Sanchez is a dedicated social worker at Abundant Hospice, where she provides compassionate care and essential support to patients and their families. With a strong foundation in social work, she ensures each patient receives personalized care that addresses their emotional, psychological, and practical needs. Angela's ability to connect with patients on a personal level allows her to offer meaningful guidance, helping individuals and their loved ones navigate the challenges of end-of-life care with dignity and understanding. Her empathetic approach fosters a sense of trust and comfort, allowing families to feel supported during difficult transitions.

Beyond her direct patient support, Angela collaborates closely with the multidisciplinary team at Abundant Hospice to develop comprehensive care plans tailored to each individual. She is also actively involved in community outreach, raising awareness about the benefits of hospice care through workshops and events. Passionate about empowering families, she provides resources and education to help them make informed decisions about their loved one's care. Her unwavering commitment to advocacy and education makes her an invaluable asset to the hospice team, ensuring that every patient receives the highest level of comfort and support during their final journey.

Meet The *Social Worker*

Devoun Robles

Devoun Robles is the new part-time social worker. This is Devoun's 6th year as a medical social worker for hospice. Ms. Devoun will work alongside Angela to help families with the emotional support to navigate the end-of-life journey for our patients and their families. Devoun has a passion for working with the elderly and their families to help with this transition. She also has four years' experience with inpatient mental health. Devoun is a 2015 graduate from Lubbock Christian University with a bachelor's degree in social work. She is excited to be joining the team at Abundant Hospice. Her calm presence and compassionate heart make her a wonderful addition to our care team. Devoun is committed to creating a safe and supportive environment for those facing difficult times. She believes in meeting patients and families where they are, with empathy, respect, and understanding. In her free time, Devoun enjoys reading, spending time outdoors, and volunteering in her community. She finds joy in connecting with others and being a source of comfort and guidance. Devoun looks forward to making a meaningful impact in the lives of the patients and families she serves.





Vanessa Cantu

Lead CNA



Lacy Mauricio

CNA



Ana Luna

CNA

Meet The *Lead CNA* Vanessa Cantu

Vanessa Cantu is a certified nurse aide with over eleven years of experience in various medical settings, including nursing homes, trach units, and hospice care. She currently serves as the lead aide at Abundant Hospice, where she supervises, schedules, and trains field aides to ensure high standards of patient care. Vanessa is passionate about helping others and finds deep fulfillment in providing compassionate, high-quality care. Her dedication extends beyond hospice, as she also supports Abundant Staffing when available. Motivated by her children and family, she hopes to return to school to complete her nursing degree.

Meet *CNA* Lacy Mauricio

Lacy has proudly served in the healthcare industry for over 18 years. As a Certified Nursing Assistant (CNA), she brings compassion, dedication, and exceptional bedside care to every patient she works with. Patients often express their appreciation for her warm and caring approach, and she takes pride in building genuine connections that make others feel valued and supported. She believes every patient deserves kindness, respect, and the highest quality of care, and she strives to embody these values each day. Lacy is a proud wife, mother of three, and grandmother to one amazing granddaughter who is the light of her life. Her family inspires her to give her very best in all she does, both personally and professionally.

Meet *CNA* Anna Luna

Ana M. Luna has been working as a Certified Nursing Assistant at Abundant Hospice for two years. During her time with the company, she has been grateful for the opportunity to grow and serve others with compassion and dedication. Ana finds deep gratification in helping others, believing it brings a sense of fulfillment as a human being. In her free time, she enjoys spending time with her family, gardening, creating floral arrangements, watching movies, and listening to music. She values Abundant Hospice as a company that treats its staff with professionalism and provides strong support. Ana is proud to be part of the team and looks forward to continuing her journey with them. She brings warmth and empathy to each patient interaction, always striving to provide comfort and dignity. Ana is known among her peers for her gentle spirit and willingness to lend a hand whenever needed. Her dedication to both her work and her personal growth reflects the heart of hospice care.





Misty Alloy
CNA



Rachel Lopez
CNA

Meet *CNA*

Misty Alloy

Misty Alloy has been a dedicated Certified Nursing Assistant (CNA) since 2012, bringing over a decade of experience to the healthcare field. For nine years, she has worked in hospice care, providing compassionate and personalized support to patients and their families during their most challenging times. Misty's unwavering empathy and commitment to patient care have earned her the trust and gratitude of many, as she brings comfort and dignity to those in need.

Outside of her professional life, Misty cherishes her time with her two teenage daughters, often attending dance competitions and making lasting memories together. An avid traveler, she enjoys exploring new places and embracing the adventure that comes with each journey. She also finds peace in nature and enjoys quiet moments that allow her to recharge. Misty believes that kindness, patience, and presence are at the heart of meaningful care, and she brings those values into every interaction. She takes pride in being a steady, compassionate presence for both patients and their families. Misty is honored to be part of the Abundant Hospice team, where her passion for caregiving continues to grow each day.

Meet *CNA*

Rachel Lopez

Rachel Lopez has been a dedicated Certified Nursing Assistant since 2005. What drew her to this career was the desire to care for her own family when the time came—and she fulfilled that goal with love and devotion. Over the years, she has worked in nursing facilities, home health, and hospice, but her heart is truly in hospice care. Rachel finds great purpose in supporting patients and their loved ones during life's most delicate moments. She is honored by the trust families place in her and takes pride in delivering compassionate, dignified care.

Being part of someone's final journey is a responsibility she holds with deep respect. Rachel believes that even the smallest acts of kindness can offer peace and comfort. Her calm presence, strong work ethic, and heartfelt dedication make her a valued member of the Abundant Hospice team. She continues to find joy in her work and strives to make every patient feel seen, heard, and cared for. Rachel is passionate about creating meaningful moments and helping families feel supported every step of the way.



NAVIGATING HOSPICE WITH KIDNEY DISEASE



Finding Comfort and Clarity with Late-Stage Kidney Disease

Kidney disease is a progressive condition that affects nearly every system in the body. When it reaches its final stages—commonly referred to as End-Stage Renal Disease (ESRD)—patients often face increasing discomfort, emotional distress, and complex care needs. At this point, many families begin to wonder if continuing aggressive treatments is helping or hurting. This is where hospice care can make a powerful difference.

Hospice is designed for individuals with a life-limiting illness who are no longer seeking curative treatment. For those with ESRD, hospice offers an approach centered on comfort, quality of life, and dignity. Instead of hospital visits and invasive procedures, the focus shifts to managing pain, easing symptoms, and supporting both patients and their families emotionally and spiritually.

Many patients with advanced kidney disease are undergoing dialysis treatments multiple times per week, which can become exhausting. Some may reach a point where dialysis is no longer effective or aligned with their goals. Hospice care allows patients to either discontinue dialysis or continue it under certain circumstances, depending on their insurance coverage and comfort preferences.

HA common misconception is that hospice means “giving up.” In truth, it’s about choosing how you want to live. Hospice supports individuals in making the most of the time they have left—on their terms. It provides a specialized care team that visits wherever the patient lives, bringing medical expertise and emotional care straight to the doorstep. Late-stage kidney disease can cause a range of difficult symptoms, such as shortness of breath, fatigue, swelling, confusion, and muscle cramps. These symptoms can be overwhelming, especially for families who are trying to care for their loved one at home. Hospice professionals are trained to manage these symptoms with comfort-focused medications and supportive therapies.





NAVIGATING HOSPICE WITH KIDNEY DISEASE CONTINUED

In addition to nurses and aides, hospice teams include social workers and chaplains who address the emotional and spiritual aspects of care. Patients often grapple with fear, sadness, or regret during this time. Having professionals who can listen, provide guidance, and offer peace of mind is a gift not just for the patient but for the entire family.

Caregivers carry an immense burden in these situations. They may be helping with bathing, toileting, medication administration, and medical decisions—all while juggling their own responsibilities. Hospice helps lighten that load by offering scheduled visits, respite care, and education so caregivers feel less alone and more empowered.

Hospice also supplies essential equipment such as hospital beds, oxygen machines, and bedside commodes—often delivered the same day. Having these tools available at home allows for better comfort and reduces the need for emergency interventions or hospital admissions. As kidney function declines, patients may experience changes in appetite, cognition, and physical mobility. Hospice teams anticipate these shifts and help families prepare for what's to come. This proactive approach reduces anxiety and promotes peace in the home environment. Caregivers carry an immense burden in these situations. They may be helping with bathing, toileting, medication administration, and medical decisions—all while juggling their own responsibilities. Hospice helps lighten that load by offering scheduled visits, respite care, and education so caregivers feel less alone and more empowered. Hospice also supplies essential equipment such as hospital beds, oxygen machines, and bedside commodes—often delivered the same day. Having these tools available at home allows for better comfort and reduces the need for emergency interventions or hospital admissions. As kidney function declines, patients may experience changes in appetite, cognition, and physical mobility. Hospice teams anticipate these shifts and help families prepare for what's to come.

This proactive approach reduces anxiety and promotes peace in the home environment. Another benefit of hospice care is its 24/7 on-call support. If symptoms suddenly change or the family has concerns, a nurse is just a phone call away—ready to respond, offer guidance, or even visit in person when needed. This around-the-clock availability provides tremendous peace of mind.

Beyond physical care, hospice encourages legacy-building activities. Patients may wish to write letters to their children, create memory books, or simply share stories they've never told. These acts can bring deep healing and help families cherish the moments they have left together.

For patients with strong spiritual beliefs, hospice chaplains are available to pray with them, help them find peace, or simply listen. This spiritual care can offer profound comfort as patients face their final days, and it's always offered with sensitivity and respect for all faiths and beliefs. After a patient passes, hospice support doesn't end. Bereavement services are provided to the family for up to 13 months, helping them work through grief, process their loss, and move forward with hope. This ongoing care is often one of the most appreciated aspects of the hospice journey. At Abundant Hospice, we believe that patients facing kidney disease deserve comfort, dignity, and a circle of care that honors who they are. We don't just treat symptoms—we care for the whole person, body and soul, with compassion and grace.

If you or a loved one is living with end-stage kidney disease, hospice may be the next right step. We're here to walk beside you, answer your questions, and provide the care you need—when comfort matters most.



CANCER AND HOSPICE CARE – KNOWING YOUR OPTIONS

"Hospice doesn't take away the fight—it simply changes what we're fighting for: comfort, dignity, and peace in the time that remains."

Understanding the Transition

When someone is diagnosed with cancer, the first instinct is to fight. Treatment often includes surgeries, chemotherapy, radiation, and experimental medications. But when those treatments begin to take more than they give—when they no longer improve quality of life or come with unbearable side effects—many patients and families start to consider a different approach. This is where hospice can make a meaningful difference. Hospice care is not about giving up; it's about shifting the focus. Instead of chasing a cure, it emphasizes comfort, dignity, and support. It's about helping patients live fully in the time they have, surrounded by peace and loved ones—not machines, hospital walls, and constant procedures.

When Is It Time for Hospice?

Knowing when to begin hospice care can be difficult, but there are signs that suggest it may be time. These include frequent hospital visits, increased fatigue, unmanaged pain, or a noticeable decline in physical function. Patients may begin sleeping more, eating less, or withdrawing from activities they once enjoyed. Doctors often recommend hospice when curative treatments are no longer effective or when a patient chooses to discontinue them. In these moments, hospice provides an opportunity to reclaim control—by focusing on how a person wants to spend their remaining time.

What Hospice Provides

Hospice offers a team-based approach to care that includes a nurse, social worker, chaplain, aide, and physician. This team works together to manage pain, ease symptoms, provide emotional support, and ensure that the patient's wishes are honored. Services are delivered wherever the patient lives—at home, in an assisted living facility, or in a skilled nursing center. One of the most powerful benefits of hospice care for cancer patients is pain management. Hospice nurses are experts in tailoring medications and treatments to help relieve pain without causing excessive drowsiness. This allows patients to remain as alert and comfortable as possible.

Supporting the Whole Person

Cancer doesn't just affect the body—it affects the mind and spirit. Hospice recognizes this and offers emotional and spiritual care for both patients and families. Social workers can help with advance directives, caregiver stress, and navigating difficult conversations, while chaplains provide faith-based or non-religious spiritual support. As patients face the emotional weight of terminal illness, they may want to explore legacy projects—such as writing letters to loved ones, recording stories, or creating memory books. Hospice teams help facilitate these moments of meaning and connection.

At Abundant Hospice, we understand that the journey through cancer is difficult and deeply personal. Our mission is to provide compassionate, individualized care that respects each patient's values and gives families peace of mind.



The Role of Mental Health in Hospice Care – Supporting the Mind and Spirit

More Than Medical Care

Hospice is often thought of as a response to physical decline, but the end-of-life journey is also deeply emotional, spiritual, and psychological. Patients face not only pain or fatigue—but fear, grief, and uncertainty. Hospice recognizes this and offers a holistic approach that addresses mental health as a vital component of comfort care. Mental health in hospice isn't just about treating depression or anxiety. It's about seeing the whole person, understanding their life story, and honoring their emotional needs. When patients are given space to process their experiences and emotions, they often feel more in control, more at peace, and more connected to their loved ones.

Emotional Support for Patients

Facing terminal illness can bring waves of emotions—sadness, anger, guilt, even relief. Patients may struggle with feelings of being a burden, unresolved conflicts, or fear of the unknown. Hospice social workers offer a safe, non-judgmental space for these emotions to be expressed and validated.

In addition to one-on-one counseling, patients may benefit from legacy activities that help them find closure. Writing letters, recording life stories, or creating memory books can provide a sense of purpose and ease the emotional burden during this stage of life.

Support for the Family

Families, too, go through their own emotional journey. Watching a loved one decline can bring anticipatory grief, anxiety, and stress. Hospice helps loved ones feel seen and supported through family counseling, caregiver guidance and compassionate presence during the most difficult moments.



Hospice also assists families in navigating tough conversations—whether it's about final wishes, forgiveness, or preparing for the patient's passing. With the help of trained professionals, families often find clarity and connection even in the midst of sorrow.

Addressing Depression and Anxiety

It's not uncommon for terminally ill patients to experience clinical depression or anxiety. Hospice teams are trained to recognize these signs and offer treatment, whether through medication, therapy, or meaningful engagement. The goal is not to suppress emotion, but to ease suffering.

Depression in hospice care is not a failure—it's a natural response to an overwhelming situation. Treating it with compassion and understanding allows patients to focus on meaningful connection instead of being consumed by distress.

The Role of Spiritual Care

Spiritual care is another essential part of hospice's mental health support. Patients often begin to ask deeper questions about life, legacy, and what comes next. Hospice chaplains meet patients where they are—whether they belong to a particular faith or not—and offer support that is reflective, respectful, and comforting. Spiritual care isn't about religion; it's about helping patients and families find peace, resolve internal conflicts, and feel a sense of completion. Sometimes that comes through prayer. Other times, it comes through silence, storytelling, or simply being heard. At Abundant Hospice, we believe mental health is essential at every stage of life—and especially at the end. Our team walks beside you to ensure that your heart, mind, and spirit are cared for with the same dedication as your body.



COMFORT OF CHOICE – TRANSITIONING FROM TREATMENT TO HOSPICE

"Transitioning to hospice isn't about giving up—it's about choosing how you want to live, right to the very end."

A Crossroads of Care

The decision to transition from curative treatment to hospice is deeply emotional. It often follows months or years of trying every possible medical option. When those treatments begin to cause more harm than benefit—or when the body can no longer handle them—it's time for a different kind of care: one rooted in comfort, dignity, and peace.

Redefining Hope

Hospice doesn't mean giving up hope—it means redefining it. Instead of hoping for a cure, patients begin to hope for better sleep, fewer side effects, less pain, and more meaningful time with loved ones. Hospice gives families a chance to shift from survival mode to being present for precious final moments.

Recognizing When It's Time

There are signs that suggest a transition to hospice may be appropriate: frequent ER visits, rapid decline, loss of mobility, or when a patient expresses, they no longer want aggressive treatment. Hospice professionals help assess the situation and guide families toward the best timing for support.

Personalizing the Plan

Hospice care is centered on the individual. Each plan of care is developed based on the patient's symptoms, personal goals, and spiritual beliefs. Whether it's pain relief, time outdoors, or attending a special event, hospice teams strive to make those moments possible.

Physical and Emotional Relief

The physical toll of ongoing treatment can be immense—nausea, fatigue, loss of appetite. Hospice addresses these symptoms with targeted medication and therapies, aiming to improve comfort. Emotional care is also essential, and social workers are available to support patients and families through this transition.

Empowering the Patient

Choosing hospice is empowering. It allows patients to reclaim control over how they spend their remaining time. Instead of frequent hospital stays, they can stay home or in a familiar setting, surrounded by loved ones and guided by a care team that listens to their needs.

Supporting the Family

Families often feel overwhelmed when navigating end-of-life decisions. Hospice provides education, 24/7 support, and respite care to ease the weight of caregiving. Families are not alone in the process—they are supported and included every step of the way. Preserving Dignity Hospice prioritizes dignity in all aspects of care. From assisting with bathing to ensuring a quiet, peaceful space, the team focuses on creating a respectful environment where the patient feels seen and honored.

Moments That Matter

This phase of life can be filled with connection, storytelling, laughter, and goodbyes. Hospice allows time for these meaningful moments—moments that can bring healing even amid loss. For many families, it becomes a season of unexpected peace.

A Choice Guided by Love

At Abundant Hospice, we walk beside families as they make this powerful decision. Choosing comfort care is not the end—it's a beginning. A beginning of peace, presence, and love shared freely during the time that remains.



SUPPORTING LATE-STAGE PARKINSON'S DISEASE – HOW HOSPICE HELPS



Understanding Late-Stage Parkinson's

Parkinson's disease is a progressive neurological disorder that affects movement, coordination, and cognition. In its late stages, symptoms become more severe—patients may experience frequent falls, difficulty swallowing, rigid muscles, and even speech loss. For many, daily life becomes a struggle, and the emotional and physical toll on both patients and caregivers can be overwhelming.

When Hospice Becomes Appropriate

While Parkinson's itself isn't typically viewed as terminal, its complications—such as pneumonia, infections, or progressive weight loss—can lead to a terminal prognosis. When a patient is no longer able to walk, speak clearly, eat independently, or when their quality of life significantly declines, it may be time to consider hospice care.

Managing Symptoms with Dignity

Hospice provides expert management of the complex symptoms associated with late-stage Parkinson's. This includes relief from stiffness, tremors, and pain, along with help managing constipation, sleep disruptions, and breathing difficulties. Hospice teams use a gentle, comprehensive approach tailored to each patient's needs.

Emotional and Cognitive Support

In addition to physical symptoms, late-stage Parkinson's often involves cognitive decline. Patients may struggle with memory loss, confusion, or emotional shifts like depression or anxiety. Hospice professionals offer counseling, companionship, and meaningful support to help patients and families process these changes with compassion.

Safety and Mobility at Home

As falls become more frequent and mobility declines, hospice helps make the home safer. Equipment like hospital beds, wheelchairs, and grab bars can be delivered, and aides assist with daily care like bathing and turning. These adjustments allow patients to remain comfortable in familiar surroundings. Anticipating the Final Stages Hospice teams help families understand what to expect during the final stage of Parkinson's. They offer education on signs of decline, changes in breathing or alertness, and how to provide comfort without fear. This preparation eases anxiety and promotes a more peaceful experience for everyone involved.

Preserving the Person

Even when speech and movement are lost, the person remains. Hospice professionals are trained to interact with patients respectfully, recognizing their identity, personality, and history. Gentle touch, music, and presence become powerful ways to affirm dignity and connection.

A Journey of Compassion

At Abundant Hospice, we know that late-stage Parkinson's is challenging—but it doesn't have to be faced alone. Our team surrounds patients and families with compassionate, specialized care that brings relief, peace, and moments of grace to even the most difficult days.



Hospice and Colorectal Cancer – Awareness, Support, and Compassionate Care

Understanding Colorectal Cancer

Colorectal cancer—affecting the colon or rectum—is one of the most common cancers in the United States. While early detection offers a high chance of survival, many patients are diagnosed at an advanced stage or face recurrence after treatment. When curative options are no longer effective, hospice care offers a different path—one focused on comfort, dignity, and quality of life.

When to Consider Hospice

Advanced colorectal cancer can cause symptoms like severe pain, fatigue, nausea, bowel complications, and loss of appetite. When treatments such as chemotherapy, radiation, or surgery stop offering relief—or when patients decide to stop aggressive treatment altogether—it may be time to explore hospice. Hospice provides a full support team to help patients live as comfortably and meaningfully as possible.

Personalized Pain and Symptom Management

Hospice professionals specialize in managing the specific symptoms associated with colorectal cancer. From abdominal discomfort and digestive issues to wound care and medication management, care plans are personalized to meet each patient's needs. The goal is to ensure every moment is as pain-free and peaceful as possible.



Supporting the Whole Person

Hospice is about more than medical care—it supports the emotional, mental, and spiritual needs of both patients and families. Social workers and chaplains help patients cope with fears, grief, and life closure. For many, this holistic care brings more peace than any treatment ever could.

Dignity at Home

Hospice enables patients to remain in the comfort of their home or chosen residence, surrounded by the people and memories that matter most. With regular visits from nurses and aides, as well as access to supplies like hospital beds or hygiene products, families can focus on connection rather than coordination.

Caregiver Relief and Education

Caring for a loved one with colorectal cancer is physically and emotionally demanding. Hospice provides education on symptom management, guides families through the dying process, and offers respite care to allow caregivers the rest and support they need.

Dispelling the Myths

Some believe hospice is only for the final days, but patients can benefit from hospice care for months. Earlier involvement means better symptom control, more time for meaningful experiences, and stronger emotional support for the family. Hospice isn't about giving up—it's about embracing life, even at the end.

Colorectal Cancer Awareness Month

March is National Colorectal Cancer Awareness Month—a time to educate, advocate, and support those impacted by this disease. By spreading awareness, encouraging screening, and promoting hospice education, we help families make informed, compassionate choices when it matters most.

At Abundant Hospice, we're committed to providing expert, heart-centered care for patients with colorectal cancer and all life-limiting conditions. If you or someone you love is facing this journey, know that you're not alone. We are here to offer guidance, comfort, and unwavering support every step of the way.





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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