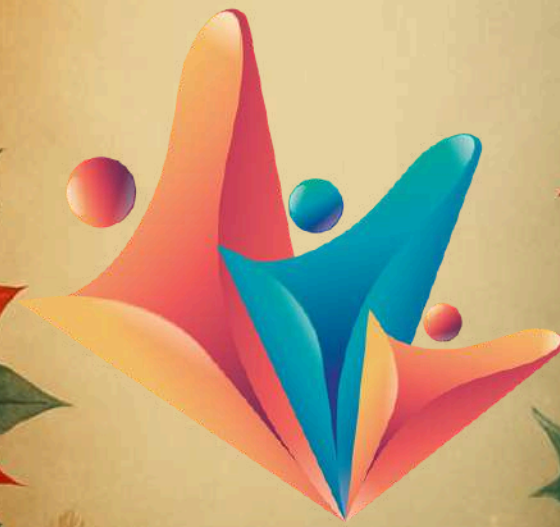


ABUNDANT CARE COMPASS:
FINDING JOY, REFLECTION,
AND CONNECTION THIS
HOLIDAY SEASON



Abundant

Hospice

VOLUME 5



From the Editor



Dear Readers,

As the holiday season approaches, this edition of Abundant Care Compass is rooted in reflection, remembrance, and the gift of time. The holidays can be a season of light and warmth, but they can also bring unique challenges for families navigating hospice or experiencing their first holiday without a loved one. That's why this issue was created—to walk alongside you with comfort, clarity, and compassion.

Inside these pages, you'll find guidance on navigating grief during the holidays, the importance of advance care planning, and ways to balance holiday cheer while keeping patient comfort at the center. We explore how hospice helps families create lasting memories, provide coping strategies for caregivers, and even share practical tips like holiday gift wrapping ideas and festive recipes. Each article is designed to remind you that hospice is not just about care—it's about connection, dignity, and honoring life in meaningful ways.

We hope this edition brings you encouragement and gentle reassurance, whether you are caring for a loved one, remembering someone special, or simply seeking to better understand the journey of hospice care. At Abundant Hospice, our mission is to remind you that no matter the season, you are never alone. Our team is honored to support you with grace, compassion, and unwavering care—this holiday season and always.

Lexus Robinson

Warmest regards,





From the Owner



Dear Readers,

As the holiday season approaches, I am reminded of the profound mix of emotions this time of year can bring. For many, the holidays are filled with joy, tradition, and togetherness. For others, especially those walking through the journey of hospice or grieving the loss of a loved one, the season can feel heavy and different. At Abundant Hospice, we are honored to walk alongside families in both the joy and the sorrow, ensuring that no one has to navigate this season alone.

This edition of Abundant Care Compass reflects that commitment. Inside, you will find guidance on navigating the first holiday without a loved one, the importance of advance care planning, and ways to balance cheer with patient comfort. You'll also discover stories of how hospice helps families create lasting memories, resources for support, and even holiday touches like recipes, gift-wrapping tips, and a space to honor those we have lost. Each page is a reminder that hospice is not only about care—it is about connection, dignity, and love.

As we celebrate this season, my hope is that we hold tightly to what matters most: presence, compassion, and the memories we create with one another. May we enter the holidays with open hearts, extending grace to ourselves and others, and finding peace in knowing that love endures.

With gratitude,

Denise Jaworski



From The Clinical Director

Dear Readers,

In the work we do—and in life—stress is something we all encounter. It can creep in quietly or hit us all at once, but either way, it impacts our bodies, our minds, and even our relationships. What matters most is not avoiding stress altogether, but learning how to manage it in healthy and meaningful ways.

For some, stress relief may look like stepping outside, feeling the ground beneath your feet, and taking in fresh air. For others, it may be found in exercise, whether that's lifting weights at the gym, going for a walk, or stretching your body in ways that release tension. Sometimes, stress is eased by doing something simple and cathartic, like cleaning, organizing, or completing a task that's been weighing on your mind. Each of these moments of action and release allow us to reset, breathe, and come back to our responsibilities with clarity and peace.

In hospice care, we talk so often about comfort, and it's important to remember that includes caring for ourselves, too. By finding healthy ways to manage stress, we give ourselves the strength to keep showing up with compassion and patience—for our patients, our families, and one another. My hope for you is that you discover what outlets bring you peace and make them a regular part of your life. After all, small, intentional practices can make a big difference in how we carry the weight of each day.

With care,

Ashton Balyeat



From The Spiritual Care Director

Dear Readers,

As the Director of Spiritual Care at Abundant Hospice, it is my privilege to walk alongside patients and families during one of life's most profound journeys. In hospice, we recognize that the end-of-life experience is not only a medical or physical process but also a deeply emotional and spiritual one. For many, questions of meaning, hope, forgiveness, and connection become especially vivid during this time.

Our team is passionate about ensuring that no one navigates this journey alone. Spiritual care is an integral part of our commitment to delivering comprehensive hospice care, encompassing physical, emotional, and spiritual support. We provide comfort, affirmation, and a safe space for reflection, regardless of faith tradition, cultural background, or personal belief.

Why does spiritual care matter? Because it honors the whole person. It helps ease emotional burdens, fosters reconciliation, and creates opportunities for healing even in the midst of grief. When patients and their families feel spiritually supported, they often experience greater peace, clarity, and resilience. This support also extends to staff and volunteers, sustaining the compassionate presence that hospice requires.

At Abundant Hospice, we believe that every individual's story and spirit are unique and worthy of respect. Our chaplains and spiritual care counselors collaborate with the entire interdisciplinary team to ensure that spiritual and emotional needs are met with sensitivity and dignity, in a way that is unique to each person and their beliefs.

It is truly an honor to serve in this sacred work. We are deeply grateful for the trust and partnership you have extended to us, allowing us to share in these moments with you and your loved ones.

With compassion

Jack Ruffin





From the Director of Marketing



Dear Readers,

As we step into this holiday season, I want to take a moment to share a message about something close to my heart: the power of storytelling in healthcare. In healthcare, statistics may inform, but stories transform. When patients and families share their experiences, they breathe life into services like hospice, showing the community what compassion, dignity, and comfort truly look like. A single story can ease fears, spark trust, and inspire referrals more powerfully than any brochure ever could. Families who feel supported often become advocates, carrying the message forward in a way no advertisement ever will. At Abundant Hospice, we believe that with consent and care, storytelling honors lives while connecting hearts—reminding us all that healthcare is never just about treatment; it's about people. Each story reflects the impact of love, comfort, and presence in life's most meaningful moments. As you read through this issue of Abundant Care Compass, I hope you are touched by the voices, memories, and lessons shared within these pages. May these stories inspire you, just as they inspire us every day.

With gratitude,

Christine Rica



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When Holidays Feel Different: Navigating the First Season Without a Loved One

The holidays are often described as a season of joy—bright lights, festive gatherings, and cherished traditions. But for families facing their first holiday without a loved one, the season can feel very different. Instead of joy, there may be an empty seat at the table, a missing laugh in the room, or a tradition that feels incomplete. Grief has a way of reshaping how we experience the holidays, and it's important to recognize that these feelings are both natural and deeply human.

Understanding the Grief Journey

Grief does not follow a straight path. For some, the holidays may stir feelings of sadness, anger, or even guilt for enjoying moments of celebration. For others, grief may come in unexpected waves—one day filled with tears, the next with treasured memories that bring a smile. Everyone's journey looks different, and it's important to give yourself grace as you move through it.



Coping Strategies for the Holiday Season

- **Give Yourself Permission:** Allow yourself to feel what you feel. There is no right or wrong way to grieve.
- **Create New Traditions:** Light a candle in your loved one's honor, share a favorite memory at dinner, or make their favorite holiday dish.
- **Lean on Support:** Don't be afraid to accept help from family, friends, or your community.
- **Take Care of Yourself:** Even small moments of rest and reflection can bring comfort during a busy season.

How Hospice Continues to Care
At Abundant Hospice, our support does not end when a patient passes. Our bereavement team walks alongside families through the difficult days and months that follow. We offer counseling, support groups, and resources designed to help families navigate grief, especially during the holidays.

Holding Space for Both Grief and Joy
It is possible to grieve and still find moments of joy. Celebrating the holidays while missing someone you love doesn't mean you've forgotten them. It means their memory is woven into the fabric of your life, carried forward as you continue to live and love.





HOSPICE & THE HOLIDAYS: WHAT FAMILIES CAN EXPECT



The holiday season is often a time of celebration and togetherness, but for families with a loved one in hospice, it can bring unique challenges and emotions. Balancing traditions with the realities of end-of-life care may feel overwhelming, yet hospice exists to provide comfort, support, and guidance through every step.

Care That Doesn't Pause for the Holidays

Hospice care continues around the clock, even during the busiest times of year.

Patients and families can count on nurses, aides, chaplains, and social workers to be available for visits, phone calls, and urgent needs. While many people worry that services may slow down during holidays, hospice teams remain committed to providing the same level of care and attention.

Keeping Loved Ones Involved

Hospice helps families adapt traditions so patients can still feel included in the season. This might mean arranging visits in shorter, quieter moments, preparing favorite meals that meet dietary needs, or creating simple activities like decorating a small tree at the bedside. These adjustments ensure that patients are part of the joy without becoming overwhelmed.

Supporting Families Through Emotions

The holidays can intensify feelings of grief, stress, and guilt. Hospice social workers and chaplains are there to listen, counsel, and offer coping strategies for both patients and caregivers.

Families are encouraged to honor their loved one's wishes while also taking care of themselves during this busy season.

Honoring What Matters Most

For many families, hospice becomes a reminder to slow down and focus on what truly matters—time together. By shifting energy away from perfect meals and elaborate plans, families often discover that the most meaningful moments are the simplest ones: holding hands, sharing a story, or sitting quietly together.

Beyond the Holiday Season

The support hospice provides during the holidays doesn't end when the decorations come down. Grief and transition continue into the new year, and hospice teams remain a source of comfort, connection, and guidance well beyond the season. Families can lean on bereavement counselors, volunteers, and staff who are dedicated to walking alongside them for as long as needed.

A Gift of Presence

While gifts, decorations, and traditions matter, the greatest gift hospice helps preserve is presence—cherishing the time families have together. Hospice allows loved ones to focus less on medical details and more on creating meaningful holiday moments filled with peace, dignity, and connection.





The holidays often remind us of the importance of family, traditions, and meaningful moments. For families with a loved one in hospice, the season can take on an even deeper significance. While the journey of hospice care comes with its challenges, it also creates opportunities to focus on what matters most: time together, memories made, and love shared.

HOW HOSPICE HELPS FAMILIES CREATE LASTING MEMORIES

The Heart of Hospice: Making Every Moment Count

One of the most powerful aspects of hospice is its emphasis on quality of life. Hospice teams help ensure patients are comfortable so families can focus less on medical tasks and more on meaningful time. Whether that means managing pain effectively or providing emotional support, hospice allows space for families to create memories without the constant stress of medical details.

Legacy Projects and Storytelling

Hospice often introduces families to activities that preserve a loved one's story. This might include recording memories, writing letters, creating photo albums, or assembling memory boxes filled with keepsakes. These projects not only honor the patient's life but also give families something to hold onto for generations to come.

Celebrating Traditions in New Ways

Even when health challenges limit what patients can do, hospice helps families adapt traditions so their loved ones can still be included.

Decorating a small holiday tree in the bedroom, baking a favorite recipe together, or listening to seasonal music are simple yet powerful ways to celebrate. These moments become lasting reminders that love is present, even in times of change.

Supporting Families in Emotional Connection

Beyond medical care, hospice provides guidance for conversations that matter. Chaplains, social workers, and nurses often encourage families to share words of love, gratitude, and forgiveness. These exchanges can be deeply healing and leave behind a legacy of peace for both patients and families.

Beyond the Holidays

The memories made during hospice care extend far beyond the holiday season. Families often look back and treasure the small, intentional moments—the laughter shared, the stories told, the quiet times of simply being together. Hospice ensures that these final chapters are filled not just with care, but with connection and meaning.

A Gift That Lasts

While gifts and celebrations come and go, the memories created during hospice care become lasting treasures. Hospice helps families focus on presence over perfection, making room for love, dignity, and meaningful connection. In doing so, it gives families a priceless gift: memories that live on in their hearts long after the season has passed.





The holidays are a season of giving, filled with thoughtful gestures and meaningful tokens of love. While the gifts themselves carry heartfelt messages, the way they are wrapped can make the moment even more special. A beautifully wrapped present shows care, creativity, and attention to detail—it's a small act that carries a big impact.

Wrapping as an Expression of Love

Gift wrapping is more than paper and ribbon—it's an opportunity to add a personal touch.

THE ART OF GIVING: HOLIDAY WRAP GUIDE

From choosing colors that reflect the recipient's personality to adding a handwritten tag, each detail is a way to say, you matter to me. For families experiencing the holidays while navigating hospice care, these small touches can bring extra warmth and joy.

Simple Tips for Beautiful Wraps

Creating elegant holiday packages doesn't require expensive supplies. Brown craft paper paired with twine and greenery offers a timeless look. Layering ribbons or mixing textures can elevate even the simplest box. And for a quick personal touch, tuck in a sprig of pine, a candy cane, or a photo memory tied to the bow.

Bringing Joy Without the Stress

We know the holiday season can feel overwhelming, especially for caregivers balancing many responsibilities. That's why Abundant Hospice is offering a special service this year: if you bring your gift and wrapping supplies to our office, our team will wrap your Christmas gift for you. It's our way of spreading cheer, easing a little holiday stress, and giving back to the families and community we serve.

A Gift to Remember

Gift wrapping is not about perfection—it's about love, thoughtfulness, and the joy of giving. Whether you wrap it yourself or let us help, your present becomes more than just a gift; it becomes a memory. For families touched by hospice, these little acts of giving and receiving often carry even greater meaning.

Beyond the Ribbon

What makes a gift truly unforgettable is the care behind it. When paired with compassion and presence, even the simplest present becomes a lasting treasure. This season, let your wrapping reflect the heart of the holidays—love, dignity, and the joy of connection.



Balancing Holiday Cheer with Patient Comfort

The holidays bring gatherings, traditions, and celebration, but for families with a loved one in hospice, those moments often require balance. Joy and comfort can still be found—it just may look different than in years past.

Adjusting Traditions with Care

Patients may not have the energy for large events, but smaller, quieter celebrations can be just as meaningful. Sharing a favorite holiday meal, decorating a bedside tree, or listening to seasonal music together allows loved ones to be part of the joy without being overwhelmed. Hospice teams can guide families in adjusting traditions so that patients remain included in ways that feel safe and manageable.



Comfort as the Priority

Hospice care ensures that comfort always comes first. Nurses and aides work to manage symptoms so patients can enjoy the season with dignity and peace. By coordinating visits, providing guidance on safe foods and activities, and offering emotional and spiritual support, hospice allows families to focus more on making memories and less on worrying about medical needs.

Finding Joy in Simplicity

Sometimes the most cherished memories come from the simplest traditions—reading a holiday story aloud, watching a favorite movie, or reminiscing over family photo albums. These gentle moments help patients feel connected while giving families the gift of meaningful time together.

The Heart of the Holidays

Balancing celebration with patient comfort is not about doing less—it's about focusing on what matters most. When love, peace, and presence guide the season, families discover that even in times of illness, the holidays can still shine with warmth and meaning.



ADVANCE CARE PLANNING BEFORE THE HOLIDAYS



The holidays are a time when families gather to share meals, traditions, and memories. For many, it's also one of the few times when everyone is under the same roof. While it may not be the easiest subject to bring up, the holidays can provide the perfect setting to talk about advance care planning—an act of love that ensures your wishes are known and honored.

Why Planning Matters

When a serious illness progresses, families are often left to make difficult decisions in moments of stress and uncertainty. Advance care planning removes some of that burden. It allows patients to clearly express their wishes regarding treatment, comfort, and quality of life before a crisis occurs.

These conversations help prevent confusion, reduce conflict, and give families confidence that they are honoring their loved one's voice.

How Hospice Guides the Process

Hospice teams are trained to walk families through these sensitive discussions. Nurses and social workers can explain what different care options look like in everyday life, while chaplains offer support for spiritual or emotional concerns. They also assist with important documents like advance directives, medical power of attorney, or POLST forms. Having these plans in writing ensures decisions are respected by both families and healthcare providers.

Holidays as a Natural Time to Talk

Though it may feel uncomfortable at first, the holidays create a rare opportunity for these conversations. Surrounded by love, tradition, and reflection, families can use this time to talk about what matters most—values, wishes, and the kind of care a loved one wants. These conversations often bring families closer, helping them focus on connection rather than uncertainty.

Approaching the Conversation with Care

Advance care planning is best approached with compassion and openness. Choose a quiet moment during the holiday season, perhaps after a meal or while sharing stories, to gently introduce the subject. Begin with questions like, “What matters most to you if you get really sick?” or “How would you want to spend your time if it became limited?” Simple, heartfelt questions often lead to meaningful and healing discussions.

A Gift of Peace

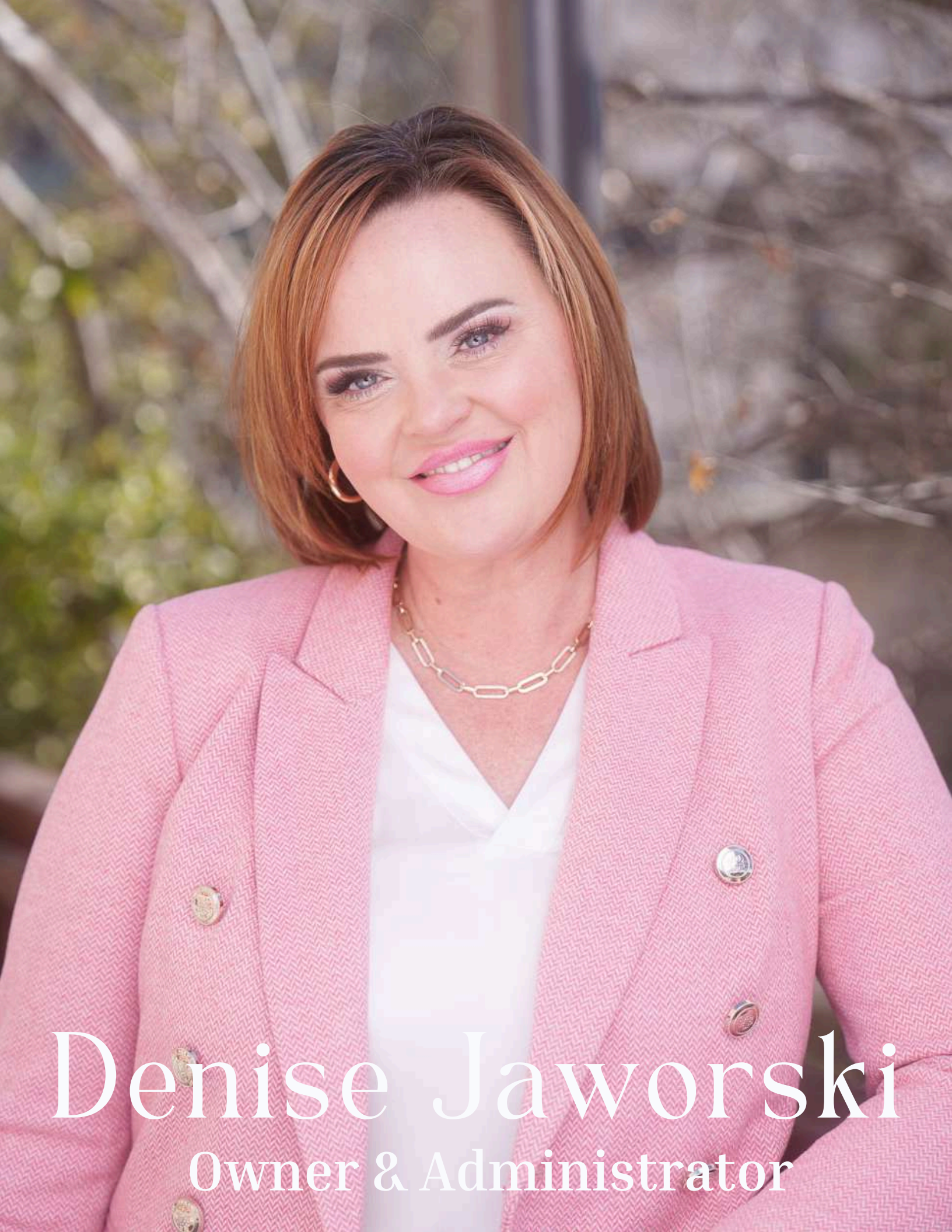
Ultimately, advance care planning is a gift—for both the patient and their family. It reduces the weight of decision-making during an already difficult time and allows loved ones to spend more energy on what truly matters: creating memories, sharing love, and finding comfort together. With the support of Abundant Hospice, families can enter the holiday season with a sense of peace, knowing that their choices reflect their loved one's voice and values.



THE HEART BEHIND ABUNDANT HOSPICE



ABUNDANT
HOSPICE



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.





Ashton Balyeat

Director of Clinical Services



Erick Beccera

ADON



Melissa Simons

ADON

Meet The *Director of Clinical Services* Ashton Balyeat

Ashton Balyeat serves as the Director of Clinical Services at Abundant Hospice, where he leads the clinical team with compassion and dedication. In his role, he ensures patients and families receive the highest quality of care while also providing education to help them navigate the stages of hospice with understanding and peace. Passionate about both patient comfort and family support, Ashton brings a unique empathy shaped by his own health journey—having undergone two kidney transplants and surviving cancer twice. These personal experiences drive his purpose to deliver care that is not only clinically excellent but also deeply compassionate.

Outside of work, Ashton enjoys spending time with his family, working out, and gaming. Known affectionately as “Tow Mater” after an accident required two tow trucks to recover his vehicle, he carries humor and resilience into his role, complementing his commitment to serving others.

Meet The *ADON* Erick Beccera

Erick Becerra is a Registered Nurse with more than a decade of experience in acute and post-acute care. He began his nursing journey at the Baptist School of Health Professions, later earning his Bachelor of Science in Nursing from Texas Tech University Health Sciences Center. Erick spent five years in intensive care before moving into Case Management and eventually serving seven years as a Director at a Post-Acute hospital in San Antonio. Now the Assistant Director of Nursing at Abundant Hospice, he combines his clinical expertise and leadership experience to guide teams, support families, and ensure patients receive compassionate, quality care during life’s most meaningful moments. His dedication to excellence and heart for service make him an invaluable part of the Abundant team.

Meet The *ADON* Melissa Simons

With over 30 years of nursing experience, Melissa Simons serves as both a Hospice RN Case Manager and the Assistant Director of Nursing at Abundant Hospice. Throughout her career, she has remained dedicated to providing comfort, compassion, and dignity to patients and families during life’s most challenging moments. For Melissa, it is a true honor to serve, ensuring every patient’s care is guided not only by clinical excellence but also by empathy and respect. As a leader, Melissa is passionate about mentoring nursing staff, fostering professional growth, and creating an environment where collaboration and compassionate care thrive. Her goal is to support both patients and caregivers by balancing the human side of hospice with the highest standards of practice.

Grounded in faith and family, Melissa finds her greatest joy outside of work in spending time with her loved ones—especially her three grandchildren, who remind her daily of the importance of compassion, connection, and cherishing life’s moments.





Cynthia Cantu

RN Case Manager



Donna Valenzuela

RN Case Manager

Meet The *RN Case manager* Cynthia Cantu

After a 20-year career as a Certified Medical Assistant in a lab, Cynthia Estrada Cantu began her nursing journey at 43, quickly discovering that nursing was her true calling. 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.

Outside of her professional role, Cynthia treasures time spent with her family and draws strength from her faith, which serves as the foundation of her nursing practice. She believes that every patient encounter is an opportunity to extend grace, compassion, and dignity, leaving a lasting impact on the lives she touches.

Meet The *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.





Jose Quintero Tracy Whitehead
RN Case Manager RN Case Manager



Raven Phelps
RN Case Manager

Meet The *RN Case Manager* Jose Quintero

Jose Quintero was born in the border town of Brownsville, Texas, where his love for community and service first began. He went on to serve four years in the United States Army as a 19D Cavalry Scout, an experience that shaped his resilience, discipline, and compassion. After his military service, he earned his Bachelor of Science in Nursing and became a Registered Nurse in Charlotte, North Carolina, where he continues to dedicate his skills to serving others. Guided by his faith, Jose sees hospice as a true calling—an opportunity to bring comfort, dignity, and peace to patients and families. His combined background in the Army and nursing has prepared him to provide care with both strength and grace. As an RN Case Manager at Abundant Hospice, Jose is honored to walk alongside families during life's most meaningful moments, ensuring every patient feels supported and valued.

Meet The *RN Case Manager* Tracy Whitehead

Tracy Whitehead is a Registered Nurse with 23 years of experience across hospice, ICU, ER, home health, and nursing leadership. A graduate of the University of South Alabama, she began her career in the NICU before expanding into adult care and serving as Director of Nursing for both hospice and skilled nursing facilities.

Her passion for hospice is deeply personal—having cared for her mother during her battle with stage 4 lung cancer, Tracy brings both clinical expertise and a daughter's perspective to her role. A proud mother of four, she carries the same compassion, strength, and dedication into her work at Abundant Hospice, where she is honored to support patients and families during life's most meaningful moments.

Meet The *RN Case Manager* Raven Phelps

Raven Phelps serves as an RN Case Manager at Abundant Hospice, bringing more than 21 years of diverse nursing experience to her role. Her background spans ICU, STAT dialysis, wound care, Med-Surg, and postpartum care, giving her a broad foundation to provide patients and families with skilled, compassionate support during life's most meaningful moments.

Outside of nursing, Raven is a dedicated wife and proud mother of six—three boys and three girls—who inspire her daily. She is also an entrepreneur at heart, leading a thriving youth football and cheer organization that serves over 70 children with the help of a committed staff. In addition, she owns and operates a successful catering business that has been running strong for six years.

In her spare time, Raven enjoys exploring the world of stocks and Forex trading, as well as reading and pursuing continuous learning. Her blend of professional expertise, family devotion, and entrepreneurial spirit reflects her passion for growth and her heart for service, both within Abundant Hospice and in her community.





Christine Rico

Director of Sales and Marketing



Crissi Gonzalez

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. In her role at Abundant Hospice, Christine is leading the restructuring of the organization's brochure to better showcase services and specialties, ensuring that families and referral partners alike understand the full scope of care available. She is also passionate about community education and raising awareness about hospice, frequently engaging with healthcare professionals and community groups to dispel misconceptions and highlight the true value of hospice care. Beyond her professional work, Christine finds purpose in mentoring colleagues and empowering others to grow in their careers. She embraces a collaborative approach that encourages innovation, consistency, and integrity in every aspect of her work. Her passion for hospice care, coupled with her drive to educate and advocate, continues to make a lasting impact within the community and at Abundant Hospice.

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. Her ability to combine professionalism with genuine compassion has earned her the trust of both colleagues and community partners alike. Outside of her professional role, Crissi enjoys connecting with her community and finding balance through time spent with family and loved ones. She believes that the heart of hospice care is not only in the services provided but also in the meaningful relationships built along the way. This philosophy continues to guide her work and her commitment to the mission of Abundant Hospice.





Jasmine Banda

Community Liaison



Amanda Jones

Community Liaison

Meet The *Community Liaison* Jasmine Banda

Jasmine is a Community Liaison who recently began an exciting new chapter at Abundant Hospice Care. In her role, she is passionate about building meaningful connections, spreading awareness about the value of hospice care, and making a positive impact on the families she serves. With a fresh perspective and genuine heart, Jasmine approaches her work with warmth and enthusiasm, always striving to uplift others.

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 treasures every moment—whether relaxing at home or out exploring. Her personal experiences shape the compassionate approach she brings to her role, reminding her daily of the importance of presence and connection.

Jasmine looks forward to continuing her growth alongside the Abundant team, embracing opportunities to develop both personally and professionally. Guided by her drive to serve and her compassionate nature, she is excited to help carry forward Abundant Hospice's mission of care, dignity, and love for patients and families.

Meet The *Community Liaison* Amanda Jones

Amanda Jones brings both energy and heart to her role as Community Liaison at Abundant Hospice. Born in Alabama at the Helen Keller Hospital and raised in Texas, she grew up with a deep love for the outdoors and animals—shaped in part by unique childhood experiences like being placed on a Brahma bull across the street from her family's log cabin. Her Texas roots run strong, and she is grateful to call the Lone Star State home.

Amanda's passion for music has been a defining part of her life since she began singing at 13 years old. She has had the honor of performing the National Anthem at events across the country, and it was during one of these performances in 2019 that she met her husband, Ty, who was fighting bulls at a rodeo while she was singing. Today, they share life with their energetic son, Ruslan, and together they embrace a family-centered lifestyle grounded in faith, joy, and adventure.

Outside of her professional work, Amanda loves spending time with Jesus, family, and friends. She thrives in the outdoors—especially in the mountains—and enjoys the simple pleasures of good company and great Mexican food. Her warmth, enthusiasm, and love for people shine through in her work, making her a valued member of the Abundant Hospice team and a compassionate advocate for the families she serves.





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 Hospice, 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.





Jack Ruffin

Spiritual Care Director



Moriah Flores

Chaplain



Angela Sanchez

Social Worker

Meet The *Spiritual Care Director*

Jack
Ruffin

A native of Birmingham, Alabama, Jack Ruffin is a retired U.S. Army veteran with a lifelong passion for service and a heart for people. He holds a Bachelor's degree in Christian Ministry from Wayland Baptist University, a Master of Divinity, four units of Clinical Pastoral Education, and certifications in Palliative Care training. Deeply rooted in faith, he remains active in his church and brings that same commitment to his role as Spiritual Care Director at Abundant Hospice. Jack views hospice as a sacred calling, providing guidance, comfort, and dignity to patients and families during life's most tender moments. Outside of ministry, he enjoys fishing, which offers him peace, reflection, and balance in life.

Meet The *Chaplain*

Moriah
Flores

Moriah Flores is a Chaplain at Abundant Hospice, where she provides compassionate care and spiritual support to patients and families navigating the end-of-life journey. Having walked through her own hospice experience with her late husband, Jesse, Moriah brings both professional training and lived empathy to her role, allowing her to connect deeply with those she serves. She works closely with the hospice team to create holistic care plans that honor each patient's story, faith, and family values. Active in her community, she also volunteers in churches and provides grief support to families facing loss. Guided by faith, Moriah is dedicated to bringing dignity, peace, and comfort to every life she touches.

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. She ensures that each patient receives personalized care that addresses emotional, psychological, and practical needs, while offering meaningful guidance through end-of-life transitions. Angela collaborates closely with the hospice team to create comprehensive care plans and empowers families with resources and education to make informed decisions. She is also active in community outreach, raising awareness about the value of hospice care through workshops and events. Her empathetic approach and strong advocacy make her an invaluable part of the Abundant Hospice team.





Vanessa Cantu

CNA



Lacy Mauricio

CNA



Ana Luna

CNA

Meet *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.

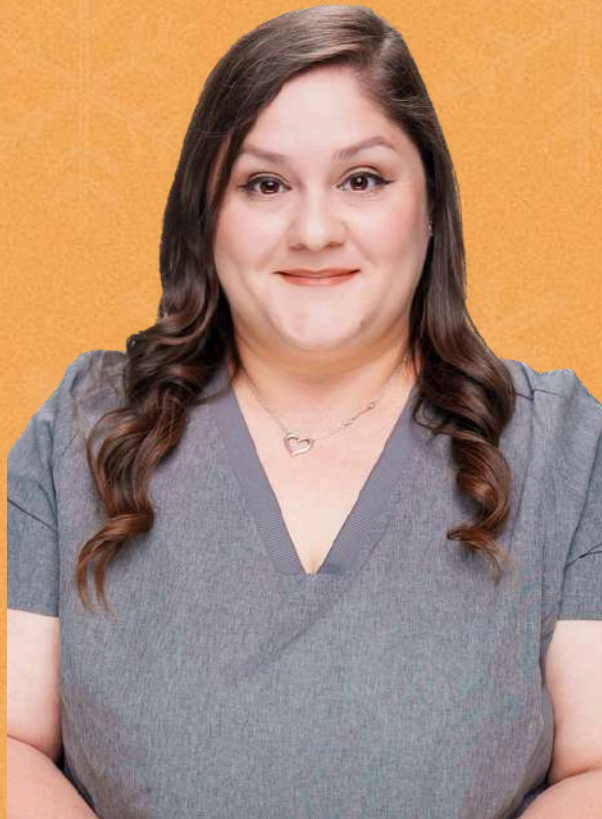
Meet *CNA* Ana Luna

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.



Recipes from the Heart: Sharing Our Family Traditions with Yours

Food has a way of connecting us to the people we love and the memories we hold most dear. The recipes in this year's collection are more than dishes—they are stories, traditions, and reminders of family ties that continue to shape who we are.

In these pages, you'll find Denise's Aunt Rema's famous Hershey Cake, Lori's grandmother's spoon rolls and Old World Pie, Lexus's grandmother's Three Cities of Spain Cheesecake, Cindy's family's beloved stuffing, Moriah's comforting pumpkin bars, Jack's thoughtful "recipe" for handling life's moments, and Crissi's aunt's fresh apple cake—and many more recipes shared from our team's homes to yours. Each recipe carries with it the history of family gatherings, the comfort of holidays, and the love of those who passed them down.

These recipes are cherished reminders of time spent around the table, where laughter and love were just as essential as the food itself. Together, they represent the beauty of sharing tradition and the lasting legacies created through meals prepared with care.

We invite you to bring these recipes into your own home this holiday season, creating new memories with your family while honoring the traditions that have brought joy to ours.

Just as they have nourished and comforted us, we hope they do the same for you.



Town of Oakdale

Oakdale, Tennessee 37829

Hershey Syrup Cake

Cream: 1 stick butter
1 C. Sugar

Add: 4 eggs, one at a time, beating well.
1 C. Flour - Add alternately with
1 Can Hershey Syrup

Bake about 30 min. in 8x12x2 pan.
Leave in Pan

Sauce:
1 Stick Margarine
 $\frac{1}{3}$ C. evaporated milk
1 C. sugar

Bring to boil -
Cook 2-3 min., stirring constantly.

Turn off heat -
Add: $\frac{1}{2}$ C. (or more) Hershey Choc. Chips
Stir until Chips melt.

Add: 1 t. Vanilla
Pour over cake while warm

Spoon ROLLS

1 pk dry yeast - 2 cups lukewarm water
 4 cups self rising flour -
 1/4 cup sugar
 3/4 cup melted shortening or lard
 1 Egg
 Mix yeast + water - Add other ingredients and beat together. Store in ref. or Bake 425° until brock.
 To Ozeal Bay, Dec.



Memoranda

"Old world Jee" (Apple) (Patsy)

2 cups finely chopped apples
 3/4 cup sugar
 2 tablespoons flour
 1/2 ± salt
 1 egg beaten
 1/2 ± vanilla extract
 1 cup sour cream
 unbaked Pie Shell
 Topping

1/3 cup flour
 1/3 cup Brown sugar
 1/2 cup butter
 Chop apples & set aside.
 Combine sugar, flour, salt.
 Add eggs, vanilla & cream.
 beat until smooth. add apples
 & mix well. Bake for 30 min.
 Remove from stove & sprinkle with
 the topping mixed together well.



Syrup

Boil 1 or 2 lemons slowly, abt. 15 min.
Cut in two & extract juice.

Put in glass: add 2 T. glycerine
Stir well. Fill glass (102.)
with honey. 1 T. when needed.

To Induce Sleep:

3 T. apple cider vinegar

1 C. pure honey - mix well.

Take: 2 T. at bedtime.

Sore Throat

1 T. apple cider vinegar

To 1 glass of water.

Take 1 mouthful every hr.
gargle & swallow.

Three Cities of Spain Cheesecake

Preheat oven to 350 Degrees

Crumb crust

1 1/2 cup ground graham crackers

5 Tablespoons of Butter melted (Margarine)

1/3 cup sugar

1/8 teaspoon salt

Mix together and press onto bottom of 1" upside of a Buttered 24 Centimeter or 9 inch springform pan fill right away or chill up to 2 hours.

Cheesecake:

3 - 8oz Cream cheese softened

4 large eggs

1 Teaspoon vanilla

1 cup sugar

Beat cream cheese until fluffy - add eggs one at a time, then vanilla and sugar, beating well.

Put in springform pan on cookie sheet

Pour filling into crust bake at 350 degrees for 45 minutes

Take out of oven and let cool for 5 minutes - Run knife around cake let cool completely - Chill cake at least 4 hours before serving.

Enjoy

Dellie Trudy

Stella / Cindy

Ingredients: Stuffing

- 1 Package (cornmeal) yellow or white 1 1/2 lbs A
32 oz / 226 bag
- milk
- Eggs
- onion (1/2)
- Bell pepper (1/2)
- Celery (4-5 sticks)
- Gizzards (meat section) "Small Peck"
- (2 boxes) "Turkey Stove Top Stuffing"
- (2 sticks) of butter / margarine
- (2 cans) Chicken Broth

Buy these

Instructions: (MAKE DAY "before" needed)

① make corn bread according to corn meal instructions (x 3) times

Note: Copy corn bread instructions 3 times for a larger amount of stuffing (Cindy Chapa ^{LARGE TURKEY / PAN} make it 10x over)

② while corn bread is cooking

Chop the veggies w/ chopper

* (when chopped) put in a covered bowl

Refrigerate it overnight.

③ Put gizzards in crockpot on (low) overnight

Wednesday

Do

* Don't forget to Rinse Turkey inside and out because of (old) blood; Don't forget to
* TAKE out the NECK & gizzards from Turkey

Thursday morning

Boil neck
on low 4 hrs - 5 hrs
- throw away package
that's in the turkey!

350°

④ "Crumble" ^{"cooked"} Cornbread in a large bowl (all of it)

⑤ Add the ^(Chopped) Veggie's to the bowl of Cornbread; mix in

⑥ ADD the (2) boxes stove TOP Spice / bread (all of it)

⑦ Pull gizzards out of Crock pot, and Chop "tiny" (not mushy) w/ mini Chopper

⑧ ADD 2 sticks butter NOW ^{MIX IN}

⑨ ADD 2 Cans Chicken broth ^{MIX IN}

⑩ ADD ^{"Some"} water from gizzard juice (careful it may be hot) add as much water from the gizzards until the mixture is "extremely" Mushy & moist

⑪ ADD SALT / Pepper to mixture

⑫ ADD 2-3 table spoon MAYONNAISE (ANY KIND)
MAKES it Creamy

NECK AND BODY AREA

COOK 4-5 hours @

stuff Turkey

⑬



YUMkin Bars

Ingredients

- 2 cups whole grain flour
- $\frac{3}{4}$ cup brown sugar or sucanat
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon sea salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 4 eggs
- 16-ounce can pureed pumpkin
- 1 cup melted coconut oil

Instructions

Mix together flour, sugar, baking powder, salt, cinnamon, and cloves.

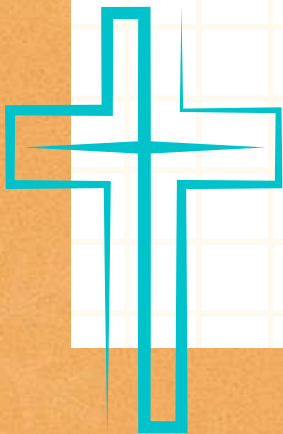
Add eggs, pumpkin, and oil, stirring until batter is smooth.

Pour batter into a 9×13 inch baking dish.

Bake in a 350 degree oven for 30-40 minutes or until a toothpick inserted in the center comes out clean.

Recipe for Handling Moments

Happy Moments: Praise God
Difficult Moments: Seek God
Quiet Moments: Worship God
Difficult Moments: Trust God
Every Moment: Thank God





Fresh Apple Cake



In Loving Memory of Maria Alvares

Ingredients

- 2 cups sugar
- 1 ½ cups Mazola oil
- 3 eggs
- 1 teaspoon vanilla
- 3 cups plain flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg (optional)
- 3 cups finely chopped fresh apples
- 1 cup chopped pecans

Topping:

- 1 stick oleo or butter
- ½ cup brown sugar
- ¼ cup milk

Instructions

1. In a large bowl, mix sugar, oil, eggs, and vanilla; set aside. Sift together flour, baking powder, salt, baking soda, cinnamon, and nutmeg (if using). Add dry ingredients to the wet mixture. Stir in apples and pecans.
2. Pour batter into a 9x13-inch pan and bake at 350°F for 55-60 minutes, or until cake pulls away from the pan.
3. For the topping: In a saucepan, mix oleo or butter, brown sugar, and milk. Bring to a boil, then pour over the hot cake.
4. Chill before serving. Cut into squares. Cake will keep in the refrigerator for several weeks when covered.



Fluffy Pistachio Pudding

Ingredients:

- 1 large box pistachio instant pudding mix
- 1 large container Cool Whip (regular or light)
- 1 large can crushed pineapple in heavy syrup (undrained)
- 1 cup crushed pecans

Instructions:

- In a large mixing bowl, combine the pistachio pudding mix with the crushed pineapple (including the syrup). Stir until well blended.
- Gently fold in the Cool Whip until the mixture is fluffy and evenly green.
- Sprinkle in the crushed pecans and stir lightly to incorporate.
- Cover and refrigerate for at least 2–3 hours before serving.

✦ *Tip: This simple, sweet, and creamy dessert is perfect for holiday gatherings or potlucks. Garnish with extra pecans or a cherry on top for a festive touch!*





One Pot Lasagna Soup



Recipe Provided by
Ashlea Barr

Ingredients

- 1 lb ground beef or Italian sausage
- – 1 medium onion, chopped
- – 2 cloves garlic, minced
- – 1 (28 oz) can crushed tomatoes
- – 4 cups chicken or vegetable broth
- – 1 teaspoon dried oregano
- – 1 teaspoon dried basil
- – 1 bay leaf
- – 8 oz lasagna noodles, broken into pieces
- – 2 cups ricotta cheese
- – 1 ½ cups shredded mozzarella cheese
- – ½ cup grated Parmesan cheese
- – Salt and pepper to taste
- – Fresh basil for garnish (optional)

Instructions

1. Brown the meat: In a large pot over medium heat, add the ground beef or Italian sausage. Cook until browned, breaking it up with a spoon.
2. Sauté onions & garlic : Add the chopped onion to the pot and sauté for about 3-4 minutes until softened. Stir in the minced garlic and cook for another minute.
3. Add tomatoes & soup: Pour in the crushed tomatoes and broth. Stir to combine.
4. Season the soup: Add oregano, basil, and bay leaf. Season with salt and pepper. Bring the mixture to a boil.
5. Cook noodles: Once boiling, add the broken lasagna noodles. Reduce heat and simmer for about 10 minutes, or until the noodles are tender.
6. Add cheese: Stir in the ricotta cheese until fully combined and creamy. Mix in half of the mozzarella and Parmesan cheeses until melted.
7. Taste & adjust: Taste the soup and adjust seasoning if necessary, adding more salt and pepper as desired.
8. Serve: Remove the bay leaf and ladle the soup into bowls. Top with the remaining mozzarella, Parmesan cheese, and fresh basil for extra



CHORIZO CHEESE DIP RECIPE



PREP TIME
10 MIN



COOK TIME
2-4 HOURS

Instructions

1. In a skillet, brown and cook the chorizo until fully done. Drain if needed, then add to a crockpot.
2. Add the cubed Velveeta cheese into the crockpot with the chorizo.
3. Stir in either the Rotel or the Salsa Roja.
4. For a thinner, more liquid consistency, add additional Rotel or Roja Sauce.
5. Cover and cook on high for 2-4 hours, stirring occasionally, until melted and smooth.
6. Serve warm with chips, tacos, pizza, or your favorite dish.

Notes:

This recipe works perfectly for holiday parties, game days, or family gatherings. Keep it warm in the crockpot on the “low” setting for serving.

Ingredients

- 1 package (12 oz) Chorizo de San Manuel (Substitutions not allowed)
- 1 block (32 oz) Velveeta Cheese, cubed (white or yellow, depending on preference)
- Choose one:
 - 1 can (10 oz) Rotel
 - OR 1 jar (12 oz) H-E-B Mi Tienda Salsa Roja Para Enchiladas
- Optional: Diced jalapeños (for extra spice)



CAJUN RICE & GRAVY



Instructions

Prepare the meat and gravy

1. Season the meat. Generously season the chuck roast or pork ribs on all sides with Cajun seasoning, salt, and pepper.
2. Sear the meat. Heat the vegetable oil in a heavy-bottomed pot, such as a Dutch oven, over medium-high heat. Sear the meat until it develops a dark, crusty brown layer on all sides. Do not be afraid to get it very dark, as this creates the foundation for the gravy. Remove the meat and set it aside.
3. Sauté the holy trinity. Reduce the heat to medium. Add the chopped onion, bell pepper, and celery to the pot, scraping up the flavorful brown bits from the bottom. Sauté for 20-25 minutes, or until the vegetables are very soft and browned. Add the minced garlic and cook for another minute until fragrant.
4. Deglaze and build the gravy. Return the meat to the pot. Add 4 cups of beef broth or water, ensuring the liquid almost covers the meat.
5. Simmer. Bring the mixture to a high simmer, then reduce the heat to low, cover the pot, and cook for 2-3 hours. Stir every 20-25 minutes and add more water or broth as needed to keep the gravy at your desired consistency.
6. Shred the meat. Once the meat is very tender and easily falls apart, remove it from the pot. Shred the meat with two forks and return it to the gravy.
7. Adjust seasoning. Taste the gravy and add more salt, pepper, or Cajun seasoning as needed.

Cook the rice

1. While the meat is simmering, prepare the rice. In a separate pot, bring 6 cups of water and a pinch of salt to a boil.
2. Stir in the white rice, then cover the pot and reduce the heat to a low simmer. Cook for about 20 minutes, or until the water is absorbed and the rice is tender.
3. Fluff the rice with a fork and cover the pot to keep it warm until you are ready to serve.

Serve

1. Spoon a generous portion of the fluffy white rice into a bowl.
2. Top with the tender meat and rich, dark gravy.

Ingredients

- 3-4 lbs chuck roast or country-style pork ribs
- 2 tbsp vegetable oil
- 1 large yellow onion, chopped
- 1 large green bell pepper, chopped
- 2-3 stalks celery, chopped
- 3-4 cloves garlic, minced
- 4-5 cups beef broth or water, plus more as needed
- 2-3 tbsp Cajun seasoning, to taste
- Salt and black pepper, to taste
- 3 cups uncooked long-grain white rice
- Water for cooking rice





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.



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!

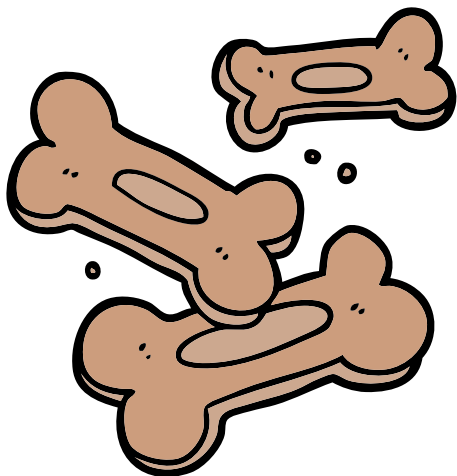




Ingredients:

- 2 cups oat flour (you can make your own by blending rolled oats)
- 1 cup rolled oats
- ½ cup unsweetened dried cranberries (chopped finely)
- 1 egg
- ½ cup unsweetened applesauce
- 2 tablespoons coconut oil (melted)
- 2–3 tablespoons water (as needed for dough)

ll



ll



Instructions:

- Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
- In a large bowl, combine oat flour, rolled oats, and cranberries.
- Stir in egg, applesauce, and coconut oil until well mixed. Add water a little at a time until dough holds together.
- Roll out dough on a lightly floured surface to about ¼-inch thickness.
- Cut into fun shapes using holiday cookie cutters (bones, trees, stars).
- Place biscuits on the prepared baking sheet and bake for 20–25 minutes, or until golden brown and firm.
- Cool completely before serving.

🎄 **Holiday Tip:** Package a few biscuits in a small bag tied with ribbon for the perfect stocking stuffer—for dogs!

Horizon

Oxygen and Medical Equipment Inc.

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Contact Us

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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 210-608-0081
HOSPICE



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