



■ The approximately 23,000-square-foot Compassionate Care Center is Stark County's only inpatient hospice facility. Located on the Aultman Woodlawn campus in Jackson Township, the facility features 12 private rooms where patients will receive end-of-life care in a comfortable, peaceful environment.



■ Aultman held an open house and ribbon-cutting ceremony last month to dedicate the Compassionate Care Center. Pictured are (left, back to front) Medical Director of Aultman Hospice and Palliative Care Steven Grossman, M.D.; donors Tim and Sue Timken of the Timken Foundation; Compassionate Care Center Committee Chairs Norman Jackson and Candy Wallace; and (right, front to back) Aultman President and CEO Edward J. Roth III, Women's Board President Lisa Warburton-Gregory; Vice President of The Aultman Foundation Vicki Haines; CEO of Aultman Woodlawn Eileen Good; Vice President of Post-acute Care Linda Casey; and Executive Director of Hospice Cindy Marvin.



■ Each patient suite is decorated in pleasant, soothing colors.



■ Patient suites provide ample room for visitors and family, including a pullout couch and an eating area.



■ The spacious family room provides comfortable furniture and a fireplace where visitors can congregate.



■ The 12 inpatient hospice suites are named "Carole's Cottages," in loving memory of former Women's Board President Carole Jackson.



■ The guest kitchen offers every amenity of home with environmentally friendly features such as energy-efficient appliances and countertops made with recycled glass.



■ Each suite offers a private porch, so patients and families can enjoy the serenity of the Aultman Woodlawn campus.



■ The Mary Timken Support Center includes individual counseling rooms, support group meeting rooms and a children's activity area for Aultman Grief Services programming.



■ The Angel Auction logo pays tribute to the Women's Board of Aultman Hospital, whose members raised \$3.5 million for the Compassionate Care Center.



■ The nondenominational chapel provides a quiet place where guests can go for prayer and reflection.

Check out highlights from the Compassionate Care Center open house.



Donate to the Compassionate Care Center
Community donations of all sizes can be made at www.aultmanfoundation.org or by calling 330-363-4908. A paver tribute program offers a brick with a three-line message for \$100. Major contributions are being sought for naming rooms, gardens, benches and more.

AULTMAN: A CENTER OF EXCELLENCE FOR ...



COMPASSIONATE CARE

COMFORT CARE MYTHS: BARRIERS TO PAIN MANAGEMENT

- Good patients don't complain
- Pain is inevitable with aging
- Strong medicines only come in the form of injections
- Bearing the pain is better than bearing the effects of pain medications
- Addiction to pain medications is common
- Strong pain medications should only be for severe pain
- Morphine is a "last-ditch drug" to be used only when the patient is actively dying



DID YOU KNOW ... ?

In 2010, Aultman's Hospice and Palliative Care programs cared for more than 800 patients. In addition, about 3,000 community members turned to Aultman Grief Services for care and support.

AN OVERVIEW OF HOSPICE AND PALLIATIVE CARE

By Steven David Grossman, M.D., Medical Director of Aultman Hospice and Palliative Care

Much confusion exists regarding the terminology we use in medicine, none greater than in the realm of hospice and palliative care. Both services are available to help families understand the diagnosis and assist them in making sound, rational, common-sense decisions. Nowhere is our goal to withhold or promote care that is not desired. Rather, we aim to help patients understand that options always exist.

Sometimes the goal is for life at any cost ... often the choice when cancer is first diagnosed. Sometimes the only goal is to go home and die peacefully with dignity in the absence of pain or suffering. Regardless, comfort care should always be part of the treatment plan. Whether the choice is for a traditional model of care, experimental

therapy via clinical trials, complementary and alternative medicine or non-aggressive care, sound education is imperative. Understanding the patient's goals, and how their needs can best be matched with available options, is key. Just because a treatment is available does not obligate anyone to receive it.

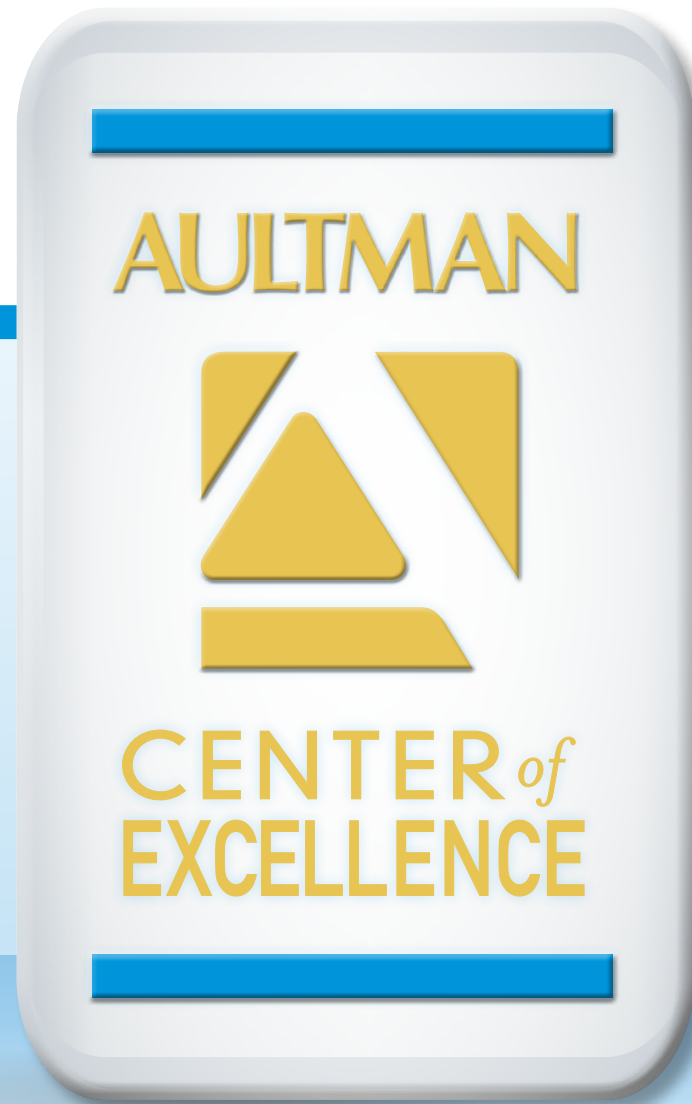
Both disciplines come into play when patients have acute or chronic diseases or illnesses that may ultimately cause an end of life. Additionally, both aim to provide compassion and comfort – while relieving symptoms of pain and distress. While hospice traditionally begins when the direction of care shifts from cure to comfort, anyone with serious illnesses such as cancer or organ failure qualifies for palliative care. Let's summarize. ...



■ Steven David Grossman, M.D.

Hospice Care	Palliative Care (PC)
Hospice affirms life and regards dying as a normal process that is neither hastened nor postponed. A patient in hospice care is not seeking curative treatment; our focus is on patient comfort.	PC is specialized medical care for people with serious illnesses. Care is focused on providing relief of symptoms, pain and stress no matter what the diagnosis.
Hospice care is appropriate when a patient's life expectancy is estimated at six months or less.	PC is appropriate at any age or stage of an illness, and it can be provided along with curative treatment.
The clinical goals are pain relief and symptom control.	The goal is improve quality of life for patients and their families, focusing on helping patients adjust to living with chronic illnesses.
Psychological or spiritual pain is as significant as physical pain and requires an interdisciplinary team approach (doctors, nurses, social workers, chaplains).	PC is provided by an interdisciplinary team that works with the patient's other physicians as partners to provide an additional layer of support.
Hospice care can be provided within the hospital, at a nursing home or in the patient's own home.	PC is usually provided in a hospital setting but may be provided at the patient's home or at a nursing home.
Bereavement care is critical to supporting surviving family members and friends.	Advanced Directives and the issue of who might serve as the patient's Durable Power of Attorney for Health Care (speak the patient's words when they are incapacitated) are often included.

When it comes to comfort care, one size may not fit all when you think about how physical, social and psychological needs can change during the course of an illness. The key is to always listen to what the patient is saying ... and then do what they are asking.



Orthopaedics

Many orthopaedic problems need more than one medical service. You may require emergency room treatment, medical treatment, surgery, therapy, medical equipment for the home or intense on-site rehabilitation.



Heart

Aultman Hospital has been named one of the nation's 50 Top Cardiovascular Hospitals by Thomson Reuters for 2011. At the Aultman Heart Center, prevention is a priority. Our education and risk factor identification programs can help you keep your heart healthy.



Cancer

The Aultman Cancer Center is a fusion of ideas, technology, talent and compassion. The physicians associated with Aultman Cancer Center evaluate and design individual treatment plans based on the type, stage and aggressiveness of the patient's disease.



Neurosurgery/Stroke

Trauma or illness involving the brain, spinal cord or nervous system can be a frightening experience for a patient and loved ones. Take comfort in knowing you are in the hands of some of the region's most skilled neurological experts, neurosurgeons and stroke specialists.



Women/Children

Together with our patients, the Aultman Birth Center is promoting and uniting families for life. We take a team approach to providing the best care for you and your baby – under one roof.



Emergency/Trauma

Aultman's Emergency/Trauma Center, staffed by board-certified physicians, is designed to allow the fastest access possible to the latest in emergency-care technology.



Critical Care Medicine

Going to an intensive care unit (ICU) can be a very emotional experience. Aultman patients receive specialized care from our Intensivist Program and our dedicated group of critical care nurses, critical care pharmacists, respiratory therapists and intensivists.

AULTMAN
Aultman is My Hospital™

Aultman Grief Services Offers Help and Hope

Death is something that touches every family. Although we all mourn differently, support during a death loss helps people work through the grieving process in a healthy manner.

Aultman Grief Services has expanded at the new Compassionate Care Center on the Aultman Woodlawn campus. New grief resources include a library, individual counseling rooms, support group meeting rooms and children's programming with an indoor activity room and outdoor playground.

Educational Classes and Support Groups

The Aultman Grief Services staff is available to speak free of charge at local schools, clubs, organizations, churches, synagogues and workplaces. Group meetings are offered for children, teens and adults who are coping with the loss of loved ones.

A "newly bereaved" support group for people who have experienced a loss within the last six months is offered the second and fourth Tuesday each month from 4:30-5:30 p.m. "After attending the newly bereaved group 3-4 times, many people transition to the ongoing grief support group," said Aultman Grief Services Director Brenda Brown. "The ongoing group meets the first and third Thursday of the month from 6-7 p.m. The majority of people have lost a spouse, while others are grieving the death of parents, siblings and friends."

New grief groups will include:

- Family Night with refreshments followed by separate discussions/activities for children, preteens, teenagers and adults.
- Caregiver support group for persons caring for chronically or terminally ill loved ones.
- Six-week support group for widows and widowers.
- Six-week support group for adults grieving the loss of a parent.
- Daytime ongoing grief group for persons grieving the loss of a spouse, sibling or friend.
- Pet loss group.

"It's critical to find a healthy outlet for your grief. It will eventually come out in a negative way if you try to cover it up," Brown explained. "Instead of turning to food, alcohol or other unhealthy ways to dull your pain, it's better to deal with a death loss by talking about it."

Children's Resources

According to Brown, few Stark County grief programs are designed especially for children. "Many children never receive the care they need to begin their painful recovery. It is believed if they are playing, they are fine," she said. "Children and teens experiencing a loss are actually at greater risk for symptoms of depression, withdrawal, anxiety, behavioral and social problems. It's important for them to receive proper support to assist in the healing process. Communication is a key to a healthy recovery."

Brown, who loves dogs, created a board game called "Doggone Grief" to help children communicate about the death of someone special. "Games are great ways to



■ Adding a personal touch to the dog mural, Aultman Grief Services Director Brenda Brown and mural artist Dave Kovach show the dogs he painted to look like their actual pets.

get children to talk about their feelings," she said. "Pets are a natural tie-in to grief because many children have pets – and the loss of a pet is often a child's first exposure to death."

The game focuses on emotions young children can understand and express: being sad, mad, happy and scared. The game includes 100 "emotion" cards with dogs pictured on the front. The back of each card includes a question for children to answer about themselves or the special person who died, encouraging the children to communicate their feelings and begin the healing process.

Aultman carried the Doggone Grief theme into the children's activity area of the new Compassionate Care Center. The room includes a colorful dog mural that is therapeutic in addition to adorable. "The dogs on the mural are showing different emotions," Brown explained. "We will have children stand by the dogs that look like how they're feeling and talk about those emotions."

The new grief center offers everything from art activities and books to support groups and counseling to help people of all ages. "When people are grieving, it affects their families, friends and everyone else who cares for them," Brown said. "We hope the new grief center will be a warm and welcoming place for everyone to learn and grow together."

Call 330-479-4835 to learn more about Aultman Grief Services.



Purchase Doggone Grief for \$35 at the Aultman Hospital Gift Shop or at www.aultmanmarketplace.com.