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Hello, I'm Matt Cone, Community Outreach Liaison at Hospice of Humboldt.

The phrase I hear most often when I tell people I work at Hospice of Humboldt is, "Thank you. I am so grateful for <sup>the</sup> care and support the Hospice team gave to me and my family."

We have been providing end of life service to patients and their families since 1979. Hospice of Humboldt began as an all-volunteer organization, ~~as many hospices across the country did in those years.~~

In 1989 Hospice was certified as a Medicare provider and part of your Medicare benefit is quality end of life care, provided in your own home or wherever you live. With this revenue Hospice of Humboldt had the funding to pay for more staffing to serve ~~a large number of local~~ <sup>more local</sup> residents.

The Hospice team cares for the whole person, providing medical, social, and spiritual support. Our patients receive

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comfort care and expert symptom management. Patients have a doctor's oversight of medical care, ~~and~~ <sup>and</sup> a registered nurse who may visit once or twice a week and is available 24 hours a day.

Also visits from medical social workers ~~who~~ can help families with practical matters like insurance paperwork, finding ~~an~~ <sup>an</sup> ~~additional~~ caregiver, completing advance directives, or helping the family access ~~additional~~ community services. ~~When the patient~~ <sup>Upon request</sup> ~~or family requests~~ a spiritual ~~counselor~~ <sup>Spiritual Counselor</sup>, we provide a chaplain who can share solace and rituals from your own faith. Home health aides provide personal care for patients such as bathing and grooming. ~~Our~~ <sup>Our</sup> clinicians help teach family members how to care for their loved ones in their own familiar surroundings. All of ~~this~~ personal care, ~~plus~~ <sup>plus</sup> medications and medical equipment ~~related to the patient's terminal diagnosis~~ are available for free under the Medicare benefit and are also covered by Medi-Cal and most private insurances.

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Anyone can make a referral to Hospice for a free informational visit and have a conversation about your situation and our services. Patients with any terminal illness, ~~not just cancer~~, can enroll to receive Hospice benefits.

To be accepted to Hospice service, our patients must have a diagnosis of 6 months or less to live. Most patients and their families see the greatest benefits from our ~~compassionate~~ care when they sign up for Hospice earlier rather than later, ~~in their disease progression.~~

Because of the excellent care Hospice patients receive, it's been documented in a number of medical journals that Hospice patients have better symptom management, ~~which means~~ <sup>+ higher quality of life</sup> ~~higher quality of life, and often live longer than patients with the same diagnosis who are not on hospice care.~~ <sup>A</sup> ~~A~~ consistent response on Hospice family satisfaction surveys is "I wish we had enrolled sooner."

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As part of our mission to provide heartfelt end of life care ~~and~~  
~~grief support services to all who need them in northern~~  
Humboldt County, we built the Ida Emmerson Hospice House  
where patients who can no longer be cared for at home can live  
in a peaceful, home-like setting in the redwoods. This facility is  
also available for respite care, which allows caregivers to take a  
break while our staff provides care for the hospice patient.  
~~Those of us who work at Hospice are so pleased we can now~~  
~~provide this expanded level of care. We strive to always~~  
~~provide support when our neighbors and their families need it~~  
~~most.~~

Support for dealing with grief is available to family members  
throughout the patient's illness and after the patient's death. ~~An~~  
~~addition to providing heartfelt end of life care, we also~~ offer  
grief support services including drop-in support groups,  
workshops, and educational materials and referrals. These free  
services are available to loved ones of patients and to the  
entire community including children and teens.

All of our <sup>Mission-driven</sup> ~~mission-driven~~ services are part the shared vision of a  
community in which no one dies alone or afraid, and all who  
grieve are comforted.

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To learn more about services offered by Hospice of Humboldt, or to volunteer please call us at 707-445-8443. You can also visit us at [hospiceofhumboldt.org](http://hospiceofhumboldt.org) and follow us on Facebook.