

In-home clinical care in Sisters

More and more people within the Sisters community are taking advantage of the personalized, in-home clinical care offered by Partners In Care. Whether someone is expected to make a full recovery following a surgery or recent hospitalization, or a loved one is entering their final stages of life, Partners In Care provides professional and personalized care within the home setting—wherever home may be. Patients receive support that is essential to improving their quality of life.

Partners In Care reports that rural communities such as Sisters, Black Butte Ranch and Camp Sherman have steadily increased in the use of home-health and hospice services over time. Outreach Director Lisa Hurley reports that more than 50 people a year are admitted to Partners In Care in Sisters alone.

Healthcare needs vary for each person depending on their diagnosis and prognosis. When recovering from an illness or surgery, the loss of independence can be one of the most difficult challenges a person faces. Home-health

services can include home safety and equipment evaluations, wound-care, intravenous antibiotic therapy, fall intervention, treatment for incontinence, patient and caregiver education, and medication management. Clinical case managers meet with patients and families, and communicate with the patient's physician to create a customized plan of care.

A patient's perspective and priorities often shift with a chronic medical condition or a terminal diagnosis. Partners In Care offers transitions support and palliative care consults to help navigate medical decisions, weigh treatment options, and make connections to appropriate community resources. Because navigating the healthcare system during a stressful time can be confusing and overwhelming, a team of highly qualified healthcare professionals provides patient-centered care honoring the dignity and needs of both patients and family caregivers.

Hospice care is available to those who wish to forgo further curative treatment and pursue comfort care. The

interdisciplinary care team focuses on symptom management, spiritual care, and end-of-life planning. This team is dedicated to the personal care of the whole patient—body, spirit, soul, and mind. They strive to support both the patient and family through a season of change and loss. Partners In Care also offers free bereavement services to adults and children throughout Central Oregon.

Partners In Care clinicians are advocates for the patient by supporting them through their very personal and unique journey. Highly qualified physicians, nurses, physical, occupational, and speech therapists, medical social workers, chaplains, volunteers, and home-care aides form the care teams providing support. Patients on Home Health services receive the care needed to heal and recover, while those within the Hospice service can have their symptoms managed and wide array of end-of-life needs met.

Hurley concludes, "There is no need to go through this alone or without support. Help is just a phone call away."

Mentoring is good for you

Social capital, an idea presented by Dr. Robert Putnam in his book "Bowling Alone," is a term used to define how connected one is to their community.

Social capital, like economic capital, is about how many people you have in your life — friends, family, and familiar faces. The greater one's social capital the more likely you are to be happy and healthy.

In the Sisters community social capital is as essential for thriving as any other aspect of one's health. Being connected to people, and a sense of greater purpose, contribute to the health benefits of social wellness.

This knowledge is one of the founding philosophies of the local nonprofit Circle of Friends. Circle of Friends matches local youth with an adult volunteer mentor. Yes, mentoring has huge short- and long-term health benefits for the youth. Yes, mentoring creates a stronger net

in our community. And yes, mentoring could be good for your health, too!

Connecting as a mentor with other volunteers, a young person and their family, and all of the community supports will not only increase your social capital but you may get more out of it than the child. Circle of Friends has families and couples who mentor together and allow friends to be co-mentors to one child. Consider what is possible for you and reach out to explore the options. Your connection to a child will serve you, them, and our greater community.

Circle of Friends is currently accepting applications for mentors.

Their new mentor training will be held on Saturday, October 22 from 9 a.m. to noon. Contact Kelly Davis Martin, associate director, for additional information at 541-588-6445 or Kelly@acircleoffriends.oregon.com.



Partners In Care

Partners In Care is committed to bringing compassionate care into the homes of hospice patients and their families throughout Central Oregon—including Sisters, Black Butte Ranch, Camp Sherman, Metolius, and surrounding areas. Our hospice volunteers are an important part of the patient care team.

Sisters resident Jennifer Boley is one such volunteer — along with her therapy dog Griffyn. As HosPet volunteers at Partners In Care, Jennifer and Griffyn visit patients together.

"Taking Griffyn on visits with me is a simple thing I can do, and yet his presence does so much for the patients as well as their families," said Jennifer. "I have seen over the years how a therapy dog can bring a smile and a bit of brightness into people's lives, especially people dealing with life-changing circumstances."

To become a hospice volunteer in your area, contact Partners In Care Volunteer Coordinator Jason Medina at 541-382-5882 or visit PartnersBend.org.



Partners In Care
brings our compassionate care to your home.

"When you are homebound due to a serious illness, a Home Health nurse like me can make a big difference in your recovery. You are not alone. We can help." —Laura

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Laura, RN Home Health nurse in Sisters



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