Care Connection

November 2026



PALLIATIVE CARE ISN'T GIVING UP. IT'S ADDING A LAYER OF SUPPORT, AT ANY STAGE OF A SERIOUS ILLNESS.

5 Things to Know about Palliative and Hospice Care

1. They Provide Two Different Types of Services.	Palliative care can begin at diagnosis, alongside treatment. Hospice is for when the focus shifts from cure to comfort.
2. Inquiring Earlier Is Usually Better.	Families often wish they'd asked sooner. Early support can mean fewer hospital trips and less crisis decision-making.
3. Hospice Is a Part of YOUR team.	Hospice usually comes to wherever the person lives, whether that's their own house, assisted living, or a nursing facility, and it supports the whole family.
4. You Can Change Your Hospice Choice.	You can suspend hospice services to seek treatment for a non-hospice admission diagnosis. You may also change hospice providers.
5. The Conversation Matters Most	Know their goals, wishes, and healthcare decision-maker before a crisis forces the question.

BENTLEY BROUGHT THE LOVE: A STORY ABOUT PURPOSE



By Katrina Kepf, RN, Registered Nurse Case Manager

Sometimes, when caring for older adults, we become so focused on what they've lost that we forget to recognize everything that still lives inside them.

This week, I witnessed something I will never forget. I've been trying to find the words to describe this visit, but I'm not sure words can truly capture what I saw.

I have a client who has experienced significant personal losses and has struggled to adjust to her new living environment. So much of the life she once knew has changed, and with those changes, much of her joy, enthusiasm, and desire to engage with others seemed to have faded away. (Click to continue...)

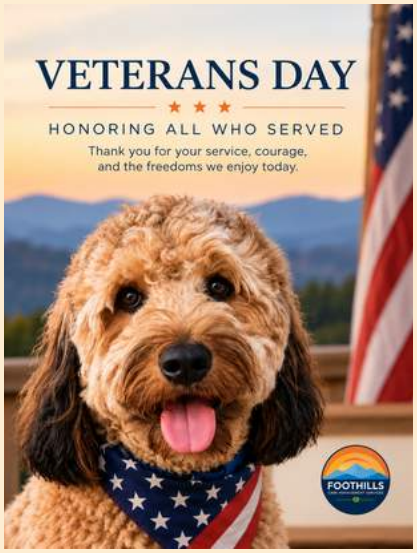
FOOTHILLS CARE MANAGEMENT SERVICES

Tips for this Month

November is National Family Caregivers Month, when we recognize the dedication of those who provide essential care for loved ones. Here are some gentle reminders for caregivers:

- Remember the airline rule: put on your own oxygen mask first.
- Ask before you're in crisis. People want to help. Give them a specific job, like meals, rides, or an afternoon visit.
- Get connected. Your local Area Agency on Aging and caregiver support groups can help.
- Drop the guilt. There's no perfect caregiver.
- Plan breaks. Respite care and adult day programs give you time to recharge.
- Watch for burnout: poor sleep, irritability, or exhaustion.

Caregivers need care too.



Veterans Day is November 11th. Download the free planning booklet: "Planning Your Legacy, VA Survivors and Burial Benefits Kit." Thank you for your service.

RN CARE MANAGER'S CORNER

FIVE WISHES: A GIFT TO THE PEOPLE YOU LOVE

One of the hardest moments I see as a nurse is a family standing in a hospital hallway, trying to guess what their loved one would want. Five Wishes helps take that guesswork away.

Five Wishes is a simple advance directive, recognized in Tennessee when properly signed. It covers more than medical treatment. It asks five questions:

1. Who should make healthcare decisions for me if I can't?
2. What medical treatment do I want, or not want?
3. How comfortable do I want to be?
4. How do I want people to treat me?
5. What do I want my loved ones to know?

You check boxes, circle choices, and write a few sentences in your own words. It's for anyone 18 or older, not just people who are ill.

One important note: signing a new Five Wishes replaces any living will or health care power of attorney you already have, so tell your family and your doctor.

Contact us if you'd like additional information.

CARING FOR SOMEONE YOU LOVE?

As an RN, I've walked alongside many families. If you're feeling guilty or exhausted, you're not failing. You're human, and asking for help is a strength. This Family Caregivers Month, we're here to help with:

- **In-home Safety Assessments** by a *Certified Aging-In-Place Specialist* help identify current concerns, potential risks and available resources.
- **Comprehensive Care Assessments** look at health, medications, safety, function, support systems and care needs.
- **Active RN Care Management:** Ongoing coordination, advocacy, healthcare navigation and oversight.

You don't have to carry this alone. Let's talk.

BENTLEY'S PAWSITIVE THERAPY

October was a busy month for Bentley! He attended the Aging Life Care Conference in Charleston, SC, dropped by the Maryville College Chili Dawg Festival, and visited seniors at Brookdale, Northshore, and Parkview Senior Living facilities.

Details and pictures on our Facebook page.

If you'd like to invite Bentley to visit your facility, contact us (woof!).

FOOTHILLS CARE MANAGEMENT SERVICES

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