

The road ahead

HOSPICE AND PALLIATIVE CARE NEWS AND INFORMATION



ROY ROGERS: A PERSONAL STORY



Whether he's showing off his collection of Roy Rogers memorabilia, or doing his magic with a hair dryer (that only looks like a six-gun), Rogers is all about making people look good and feel better about themselves.

When people know they're in their final days, they often have a request that might seem a little strange: They want a haircut.

To Roy Rogers, it makes perfect sense.

"It's like a piece of unfinished business before dying. Or they know their family is coming, and they want to look their best," said Rogers, who has been cutting hair for Hospice of the Central Coast for more than two decades, and always at no charge.

Once or twice a week, sometimes more, the Carmel hairdresser travels throughout Monterey County with his kit, typically to private homes.

Rogers, who opened his salon in 1975 and still works full-time, said the trips are well worth it.

"Sometimes I'll have worked for 10 hours in my shop, and I'll be so tired, and I'll think, 'What am I doing this for?'"

"But I'll spend some time with the person and then it doesn't matter. When I leave, I'm not tired anymore."

It all began 23 years ago when his own father was dying and using hospice services in Hollister: "They were so wonderful to my family," said Rogers. That got him interested. But what really got

him motivated was the barber who came to the Rogers home to give his dad a final haircut — and charged for the visit.

Rogers pledged to give back to hospice, and took the training soon after. He started off doing a little bit of everything, but now strictly provides hair care.

Rogers was honored for his service in September at the annual meeting of the California Hospice and Palliative Care Association.

Although he appreciates the recognition, Rogers said his greatest rewards come simply from meeting and helping hospice patients.

He recalled a recent visit to a young woman in Salinas who'd had surgery for a brain tumor and had had part of her head shaved. Although it was a bold move, he recommended taking off the rest of her long, dark hair. She finally agreed.

"After it was done she was so happy and so thrilled," he said. "She felt so much better about the way she looked."

"Working with hospice has changed my life," said Rogers. "Being around these brave and courageous people is really wonderful."

PALLIATIVE MEDICINE CONSULT SERVICE

Easing a patient's journey through chronic or terminal illness is the whole idea behind palliative care. For Sylvia Hayden, a certified hospice and palliative care nurse, it's what makes her days fulfilling and challenging.

Hayden, who is part of Palliative Medicine Consult Services at Community Hospital of the Monterey Peninsula, says her job is two-fold: helping the patient as well as assisting the family through the final stages of life.

"We provide support as the disease progresses, and help people start planning," said Hayden.

She recently aided a terminally ill stroke patient making decisions regarding her husband, who has mid-stage Alzheimer's disease.

With Hayden's help, family members were able to talk out the situation and weigh options for

the man's care after his wife passed away.

"No two situations are alike, and you never know what it's going to be like," said Hayden, who worked for Hospice of the Central Coast before coming to Community Hospital eight years ago. "Working with families is the biggest challenge."

Palliative Medicine Consult Services works both with hospice and with hospital staff in providing the best care for patients. Hayden says she acts as an advocate for the patient, helping develop plans for pain and symptom management. She also aids families in finding transitional care and handling other end-of-life issues.

"It's important to initiate a dialogue," said Hayden. "It's all about helping people."



Sylvia Hayden comforts her patient and discusses his options for the future.

For more information about Palliative Medicine Consult Services, please call (831) 624-5311, ext. 4277.

November is National Hospice and Palliative Care Month.

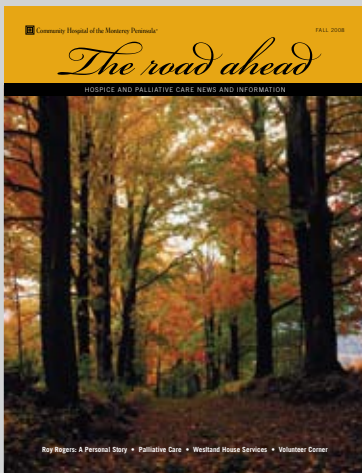
WESTLAND HOUSE OFFERS HIGH-QUALITY SERVICES

SKILLED NURSING — For patients who have completed their hospital stay but aren't quite ready to return home. This interim care promotes independence and confidence for these patients once they're home.

HOSPICE — Around-the-clock, end-of-life care, including pain management and emotional support, for patients and their families who are faced with a terminal illness. This service is for patients enrolled in Hospice of the Central Coast or another local hospice program who can't be cared for at home.

REHABILITATION CARE — Physical, occupational, and speech therapy designed for patients recovering from surgery — such as hip replacement — to provide maximum independence and improvement in daily living skills.

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is published by Community Hospital of the Monterey Peninsula's Hospice of the Central Coast. The information in this newsletter is intended to educate readers about hospice services, palliative medicine, the Community Health and Hospice Resource Center, and other services offered by Community Hospital. If you wish to have your name added to or removed from this mailing list, or if you have comments or suggestions about this newsletter, please call 649-7750.

VOLUNTEER CORNER



Our volunteer chaplains, (from left) Jim McLean, Dee Myers, and Brian Kelly, help meet the spiritual needs of our patients, five days a week, as part of Hospice Support Services. For more information, please call 649-7755.

Resource Line for Grief and Loss

(831) 622-2745 or
toll-free **(888) 985-0550**

This referral service can assist in finding grief support groups, counseling services, professional therapists, and help for individuals and families. The resource line is available Monday–Friday, 9 a.m. to 5 p.m.

