

News Column for Use Week of 01/31/2022  
Jordan Schuette, Adult Development & Aging Agent  
River Valley Extension District  
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### **Understanding Hospice and Advanced Directives**

If you have questions about advance directives or what hospice care provides? Plan to attend the upcoming program, Understanding Hospice and Advanced Directives on Tuesday, February 22, 2022, at 6:00 p.m. at the Clay Center Extension Office in the River Valley Extension District (322 Grant Ave, Clay Center, KS 67432). Presented by Meadowlark Hospice Director, Amy Burr. Sponsored by K-State Research and Extension-River Valley District and Meadowlark Hospice.

Hospice care is more than caring for a patient in their last moments of life. It focuses on improving the quality of life for persons and their families faced with a life-limiting illness. The primary goals of hospice care are to provide comfort, relieve physical, emotional, and spiritual suffering, and promote the dignity of terminally ill persons. Hospice can help ease the burden on families in those final days, but when initiated early enough hospice can also help the patient and family prepare for the road ahead. Hospice is about living and making moments last when faced with a terminal illness.

Discover answers to your questions at this presentation about hospice care ranging from how it works, how it's paid for, and how you get started. It will provide an understanding of how hospice can ease the burden when a patient is faced with the decision of how to spend their last moments.

The presentation will also discuss advanced directives and the importance of having this critical conversation with your loved ones. Tools will be provided to help navigate those conversations. Advanced directives can help ease the burden your loved ones face when they have to make decisions for you. They will be confident they are following your wishes and not left trying to determine what your wishes are.

This program will be held in person at the River Valley Extension - Clay Center Office meeting room. Please RSVP to the River Valley Extension District Clay Center Office by calling 785-632-5335. For more information, contact Jordan Schuette at [jschuette@ksu.edu](mailto:jschuette@ksu.edu) or call her at the Washington Office at 785-325-2121.

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