

**ALPENGLOW  
HOSPICE  
FOUNDATION**

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# Alpenglow Quarterly

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## A Message from Our Medical Director - Mark Ngo, MD

The end of life can be seen by some as a time of great suffering. As our population grows and continues to mature, how we treat patients at the end of life is becoming more of a priority. Many physicians know that there are limits to what modern medical care can provide. Unfortunately, patients and families may not be fully aware of what to do or whom to turn to once those limits are reached. Hospice care focuses on improving quality of life and helping patients live their life to the fullest until death occurs.

There are many myths regarding how and where hospice care is administered. One myth is that hospice care can only be performed at a long term care facility. On the contrary, hospice care primarily is done at home with the support of family and close friends. One of the goals of hospice is to adapt to the needs of families and provide the patient with the most

comfortable environment. However, if a patient's care needs cannot be accomplished at home, other locations that hospice care can be provided are residential facilities, long term care facilities and skilled nursing facilities.

Oftentimes, there are questions about what treatments can be given while under hospice care. We strive to be very flexible and to be sensitive and respectful of the patient's and family's wishes. In general, any treatment or medication that will alleviate symptoms and improve quality of life is permitted. Chemotherapy for cancer patients and active treatments that may cause severe side effects are typically stopped prior to starting hospice. Alternative and non-traditional treatments which may realistically improve quality of life are allowed. Our staff will personally review any requests for specific treatments on a case by case basis.

Our mission at Alpenglow Hospice is to provide compassionate care and guidance with the goal of alleviating pain and suffering. To that end, our multidisciplinary team is available to meet your needs with the utmost of dignity and respect. We sincerely appreciate your continued support.



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## Alpenglow Hospice Joins ProHealth Multi-Specialty Network

In January 2011 Alpenglow Hospice became a member of ProHealth Multi-specialty Network ("PMN"). PMN is one of the most comprehensive and well-established networks of primary care physicians and specialists in the Greater Long Beach Area. As an institutional member, Alpenglow became one of only

two preferred hospice providers in PMN. "While Alpenglow had established relationships with a number of PMN physicians prior to joining the network, this formal participation enhances our visibility and credibility with existing and future PMN referral sources. We look forward to expanding the relationship and

broadening our association with this fine network of physicians" said Eric Lenore, Alpenglow's Director of Marketing and Finance. For more information on ProHealth please visit their website at [www.prohealthpartners.com](http://www.prohealthpartners.com)



## Alpenglow Staff Spreads Holiday Cheer

Led by our Director of Patient Care Services, Joan Pimentel, employees of Alpenglow Hospice spread holiday cheer last December with a night of Christmas caroling for our patients. The staff performed holiday classics during visits to a number of facilities and patient residences. They traveled together in a motor home bringing cheer to all who were present. This volunteer effort was an amazing success as evidenced by the smiles on the faces of our patients, their

families and their caregivers. While our employees give their hearts every day in caring for our patients, this group went well beyond the call of duty in order to spread holiday cheer to those who were most in need. The trip was so memorable for our staff and patients that it will likely become an annual event. Pictured at the right are some of the carolers as they prepared to hit the road. Thanks again to all those that participated.



## Alpenglow Hospice Community Education Gets a Boost

Alpenglow Hospice Foundation revisited its original mission recently in order to enhance our focus on community education. Our board concluded that while a large percentage of donations were being earmarked to help patients and/or families in need, we also wanted to focus on providing information and educational materials to families who many times do not understand hospice and its benefits. Beginning in March 2011, Alpenglow Hospice Foundation will earmark a more significant percentage of its budget to education of the community. The funds will be used to purchase, distribute and present literature on the role of hospice in our health care system. Further, AHF will fund in-services on a number of topics including "Myths and Misconceptions About Hospice" and "Care for the Care Giver". Please visit our hospice website at [www.alpenglowhospice.com](http://www.alpenglowhospice.com) in the coming months for more information about these in-services.

## Employee Spotlight - Barbara Allari

Barbara Allari has been with Alpenglow since the Company's infancy. In fact, she fulfilled a required discipline prior to Alpenglow Hospice competing its initial survey and taking its first patient. Barbara is a member of the American Dietetic Association, the National Hospice and Palliative Care Organization and the California State Hospice Association. Barbara is one of the most experienced dietitians in the hospice industry and has been around hospice patients since the early days of hospice care. Her insight into many disciplines of hospice makes her an invaluable asset to Alpenglow's management and a fantastic resource to her fellow staff members. While not every patient has a need for a specific meal plans designed by a dietitian, Barbara has educated our clinical staff on essential nutritional requirements of our hospice patients. She is always available to assess a particularly difficult case and deliver a solution that best addresses the patient nutritional needs. Barbara maintains a sincere and compassionate dedication to hospice and understands the critical role the service plays for patients and their families. So it is with great pride and honor that we present Barbara Allari as Alpenglow's Employee of the quarter.

