



The Seasons of Life

Life is a gift of four seasons.

In the **spring**, everything is fresh and new. We begin to grow, and our hearts are filled with the promise of things to come.

As we reach **summer**, our expectations change. We have faith in ourselves and those dear to us and accomplish many things.

In the **fall** of life, we mature. We realize that the love we share with others helps us to be strong.

By **winter**, we must prepare for many changes. Some happy. And some of great sorrow. Still, we can and must have hope in our hearts that the memories and love will never fade.

- PJM '05

Conemaugh Regional Hospice & Memorial Medical Center's Palliative Care Unit

Providing comfort, care and quality of life in all seasons.

Your gifts to Conemaugh Health Foundation directed to the Conemaugh Regional Hospice and Memorial Medical Center's Palliative Care Unit help ensure comfort, care and quality of life for patients moving through the final or most difficult season's of life's journey.

Each moment spent with loved ones is precious. The caring, compassionate healthcare professionals of our Regional Hospice and Palliative Care Unit understand and are specially trained to help patients make the most of that time together with family and friends. They offer hope to the hopeful and precious help to the hopeless. **Your donations** will make sure they are fully equipped with the resources necessary to help make a difference during a difficult time. To ensure Excellence. Every Patient. Every Time.



"It is not the end of the physical body that should worry us. Rather our concern must be to live while we're alive."

-Elisabeth Kubler-Ross

Hospice Care



Conemaugh Regional Hospice specializes in providing exceptional care to patients in their own homes. These patients are near the end of life's journey, and the multi-disciplinary hospice team – which typically includes the patient's physician, hospice medical director, hospice nurse, social worker, counselor, hospice volunteer, and pastoral caregiver – works hard to join with the family in delivering care in the comfort of home .

The little things can make the biggest difference to patients and their families. The Conemaugh Health System turns no patient away based on ability to pay. Our staff see many unmet needs and have a very strong desire to do their best to serve each and every patient, enhancing their quality of life in every possible way.

Although hospice care is typically home-based, there are times when patients must be admitted to the hospital, and the Palliative Care Unit is ready. Here, patients and their loved ones can share time together in a restful, comfortable, welcoming setting. Our goal is to maintain a high quality of life and ensure that patients are treated with dignity and compassion.

"Life's a voyage that's homeward bound."

-Herman Melville

Palliative Care

The Palliative Care Unit offers patients and loved ones a warm and serene environment.

The Palliative Care Unit specializes in providing relief of the pain, symptoms and stress associated with serious illnesses including cancer, cardiac or respiratory disease, kidney failure, Alzheimer's disease and ALS. Each of the rooms in the Palliative Care Unit is private with adjustable lighting, soothing colors and adequate space that promotes tranquility.

Overnight accommodations are available for family members and loved ones and each room includes a couch that can be converted to a bed. Two family rooms are available for small gatherings, one room has internet access as well as an aquarium and the other has a massage chair. Diversional resources are available to help lift patients' spirits and redirect their thoughts away from their illness while helping them stay connected to the people they love most. Some of the tools available to patients and families are DVD players/DVD movies, inspirational music, games, puzzles and books.

Palliative care may be provided at any time during a person's illness, even from the time of diagnosis. Patients receiving palliative care can be seeking curative treatments, while those receiving hospice care are terminally ill patients who are no longer seeking a cure.



CONEMAUGH HEALTH SYSTEM

Won't you please contribute today?

Please consider making a contribution to the Conemaugh Regional Hospice or Palliative Care Unit in memory of someone special in your life. When contributions totaling \$1,000 have been given in memory of an individual, the individual's name will be placed on a plaque on the Seasons of Life Memorial Wall at Memorial Medical Center, located bedside the Chapel on the Ground Floor, Good Samaritan...a lasting legacy. A tribute for generations to respect and admire.

Conemaugh Health Foundation would be glad to discuss planned giving options, such as charitable gift annuities that pay you interest for life. And please consider naming the Foundation as a charity of choice in your will.

To donate, call 814-534-3133 or mail checks, made payable to Conemaugh Health Foundation, to: Conemaugh Health Foundation
1086 Franklin Street, Johnstown, PA 15905

Donate Online at our secure website:
www.conemaugh.org/foundation.
We accept MasterCard, VISA, Discover and American Express.

On behalf of all those who benefit from your generosity, thank you!



1086 Franklin Street
Johnstown, PA 15905-4398
www.foundation.conemaugh.org

CONEMAUGH HEALTH SYSTEM

Conemaugh Health Foundation Seasons of Life



Memorial Wall

Supporting
Conemaugh Regional Hospice
& Memorial Medical Center's
Palliative Care Unit