

# South Florida Hospital News<sup>TM</sup>

THE REGION'S MONTHLY HEALTHCARE NEWSPAPER

## ADVANCES IN MEDICINE

### New Applications of Centuries Old Practices



Massage Therapy is one of the many services provided through Harmony, a program of Hospice of Palm Beach County.

For the past three months, in the quiet sanctuary of her Delray Beach home, a hospice patient has looked forward to and welcomed visits from a Hospice of Palm Beach County Integrative Therapist. "She brings sunshine into my life," Maureen said. "Visits from her are a dream come true!"

The Integrative Therapist visits Maureen at least once a week - bringing with her a positive attitude, a gentle touch and that particular brand of caring for which Hospice of Palm Beach County staff are known. "The massage therapy is relaxing. It takes my mind off of things. For me, it is such a nice release from the pain in my life."

Throughout the centuries, people have used music, art, plants, herbs, imagery and touch to comfort and heal. Hospice of Palm Beach County combines these age old practices with clinical therapies to address the unique physical, social, emotional, spiritual and cognitive needs of our patients.

Massage therapy is one of the many services provided through Harmony Integrative Therapies, a program of Hospice of Palm Beach County. Integrative Therapists, who are Licensed Massage Therapists, bring comfort through gentle touch modalities. Harmony Integrative Therapies is one of several programs outside of the normal scope of hospice services that make Hospice of Palm Beach County a leader in hospice and palliative care.

"When someone is facing a life limiting illness, their bodies have become a battlefield - a war between the disease and often invasive treatments - throwing them completely off balance," said Integrative Therapies Manager Chelsea Johnson. "Integrative therapies, includ-

ing music therapy, palliative massage, aromatherapy, and Reiki, provide an effective way to not only give them back some control in their life but also to restore a sense of balance."

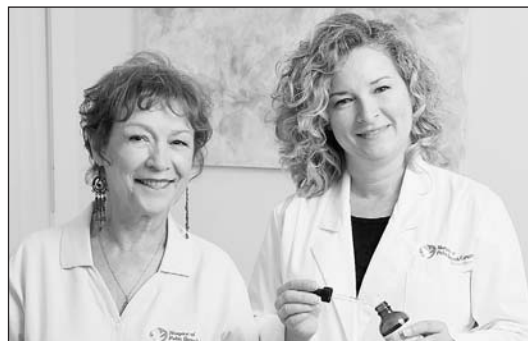
A music therapist offered her services to a patient, Emily, residing in a nursing home, who at first politely declined. But when Emily was asked if she would like to hear the music therapist play her harp, she replied, "Oh play a song- just so I can say I've heard it." Softness came across the patient's face, then a smile, and before too long she began singing along. "This reminds me of the time when I was a young woman, and ..." Emily shared as she related stories of her life with the therapist - and then asked for another song. At the end of the session Emily said, "Please come again. I really enjoyed that and feel much better." The staff reported that the patient was much brighter and more interactive than she had ever seen her.

Counselors with the John J. Brogan Horizons Bereavement Center also use music, art, imagery and life review to help children, teens and adults deal with their grief and loss issues. "Working through grief is a difficult process requiring hard work and dedication on the part of the bereaved," said Bereavement Manager Clarinda Shabazz. "We strive to provide the best type of environment for

each individual to express their feelings and heal. In order to do this we provide bereavement support to everyone in the community, school support groups, educational and informational workshops, Crisis Response Team, SHARE, SeaStar Retreat and Changing Horizons."

While the cost of many Hospice of Palm Beach County programs and services are covered through the Hospice Medicare, Medicaid or private insurance benefits, programs such as Harmony Integrative Therapies and services offered through the John J. Brogan Horizons Bereavement Center are funded through donated dollars. These programs make a difference in the lives of so many. Maureen's and Emily's praises for these services are echoed by so many patients, families and members of the community.

For more information, call (888) 848-5200 or visit [www.hpbcc.com](http://www.hpbcc.com).



Hospice of Palm Beach County Integrative Therapists Carol Black (left) and Timi Storms use aromatherapy, as one of many modalities, to reduce pain and provide comfort and relaxation for patients.

To say there is a need for these programs is an understatement. Last year, the John J. Brogan Horizons Bereavement Center provided grief and loss support to more than 6,800 people through individual and group counseling and workshop series. Open to patients' families, friends and the entire community, it is the one program offered in Palm Beach County that every child, teen and adult might use at some point in his or her lifetime. Last year:

- 42 support groups were conducted in area schools helping 300 children and teens
- SHARE pregnancy, infant and child loss counselors helped 200 parents, grandparents, siblings and caregivers heal from the loss of a child
- The Crisis Response Team was involved in 480 crisis situations ranging from supporting co-workers after a sudden death in the workplace to counseling police, fire and emergency departments' staff who witnessed the tragic death of a child
- Integrative therapists made over 1,000 visits
- Music therapists made nearly 6,000 visits