



SUNFLOWER CONNECTION

Taking the FEAR out of HOSPICE



July 2023

IMPORTANT OBSERVANCES

Chronic Disease Day: 7/10

International Self Care Day: 7/24

National Korean War Armistice Day: 7/27

National Hepatitis Awareness Week: 7/24-7/28

UV Safety Awareness Month

National Minority Mental Health Awareness Month

National Grilling Month



JULY DIAGNOSIS FOCUS: CVA/STROKE

As individuals age, the risk of serious health events like a stroke – or cerebrovascular accident (CVA) – increases. Stroke is the leading cause of disability and the fifth cause of death in the United States, yet with healthy living habits and routine medical care 80% of strokes are preventable (www.stroke.org). There are two types of strokes:

1. Accounting for 87% of all strokes - Ischemic stroke or cerebrovascular accident (CVA) occurs when a clot prevents blood from transporting oxygen and nutrients to parts of the brain. Mini strokes or transient ischemic attack (TIA) are temporary clots.
2. Hemorrhagic stroke – generally caused by uncontrolled high blood pressure - is the rupturing of a blood vessel, impeding blood flow to the brain. The two types of weakened blood vessels are aneurysms and arteriovenous malformations (AVMs).

Patients who experience stroke may exhibit:

- trouble speaking and understanding what others are saying.
- paralysis or numbness of the face, arm, or leg.
- problems seeing – blurred, blackened, or double-vision.
- sudden or severe headache.
- difficulty walking.

Either stroke and or complications from the illness can cause death. However, in many instances strokes are not fatal. Post-stroke, recovery and care are paramount. Colorado Palliative & Hospice Care provides comprehensive support for patients dealing with life-limiting illnesses like stroke, focusing not just on physical comfort, but also emotional and spiritual well-being. They extend clinical assistance, guidance, and education to families and caregivers helping everyone navigate this challenging journey with dignity and grace.

Kansas Palliative & Hospice Care is here to support the physician, patient, family, and caregivers. We will coordinate the individualized plan of care with the advice and consent of the patient's physician.



History of Hospice:

1982: Congress creates a provision to create a Medicare hospice benefit.

SPOTLIGHT: CRYSTAL SHOVLOWSKY



Hello! My name is Crystal Shovlowsky and I am the Executive Director for Kansas Palliative & Hospice Care. I have been part of the KPHC family since June 2021 starting as a Community Relations Representative and moving up into management. I have been part of the hospice family since September 2015.

I started my healthcare career with a durable medical equipment company in 2001 and spent 14 years in that segment.

My grandmother received excellent care on hospice in 2007 and it changed how I viewed hospice. I knew I wanted to be a part of this amazing work on some level. I finally got the chance in 2015 and I have never looked back.

I love seeing the relief a family shows when they hear how wonderful hospice is and what this incredible benefit entails. I also love watching our amazing clinical team in action and being able to support them along the way.

I have been married almost 22 years and we have 2 sons; Nathaniel is 19 and Noah is 15. Nathaniel is a Combat

Engineer in the Kansas Army National Guard. Noah is a sophomore and plays football. We also have a spoiled rotten Boxer name Knox.

I love to read, workout and catch some Padres baseball on TV in my free time. I enjoy spending time with my boys as much as I can.



OUR TEAM

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HOSPICE MYTHS AND FACTS

Myth: Hospice care is just for people with a cancer diagnosis.

Fact: Hospice services people of any age dealing with any life-limiting illness and is not limited to those with a cancer diagnosis.

There are a total of 11 primary hospice diagnoses. Cancer is one of them. The others are: Parkinson's, ALS, COPD, Heart Disease/CHF, Alzheimer's/Dementia, Liver Disease, Kidney/Renal Disease, Multiple Sclerosis, CVA/Stroke, HIV/AIDS.