

# Palliative Post

Union Hospital

July 2017

[Edition 1, Volume 1]

## *Maiden Issue of Palliative Care Newsletter!* News and Happenings

### *Palliative and Supportive Care, What is that?*

Amber Manning, DNP, CRNP, FNP-C

Palliative care is fancy word for symptom management in patients with chronic illnesses. Here at Union Hospital, our team of two board certified nurse practitioners, a clinical coordinator, chaplain, healing touch therapist, and social worker care for not just the patient, but the entire unit the patient calls 'family'. The patients we see range from early 20s to nearly 100 years old! We not only see our patients in our outpatient clinic, across the street from the hospital, but also in the hospital and in patient's homes.

Our office is fully equipped with a relaxing environment including soothing music as you enter and a salt lamp which releases ions to promote relaxation and improved breathing, and energy. If you think you would like to know more, call to speak with our clinical coordinator, Jay Durrett, who can give you more information about our services.

*"Just like Moons and like suns, with the certainty of tides, Just like hopes springing high, still I rise.*

*Did you want to see me broken? Bowed head and lowered eyes?  
Shoulders falling down like teardrops. Weakened by my soulful cries.*

*You may shoot me with your words, you may cut me with your eyes,  
you may kill me with your hatefulness, But still, like air, I'll rise".*

*-Excerpt from Maya Angelou Poem, "Still I Rise".*

### *Chaplain's Corner* *Gene Manuel*

Poet Samuel Foss wrote, "Let me live by the side of the road and be a friend to man" (the House by the Side of the Road"). That's what we all should be – a friend of people. We should stand by the way, waiting for weary travelers. To look for those who have been battered and wronged by others, who carry the burden of a wounded and disillusioned heart. To nourish and refresh them with an encouraging work and send them on their way. We may not be able to "fix" them or their problems, but we can leave them with a blessing.

Information is not intended for medical advice.

Any questions or to reach us contact 443-245-3623

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## Staff Spotlight



Victoria Stewart, HTCP, HTACP is a healing touch therapist. Author of "The Divine Coordinator Manual" and "Mentees finding Mentors with Ease". She is available by appointment in Suite 309 Wednesdays and Thursdays.

### *Meet Victoria F. Stewart, HTCP, HTACP*

Victoria is a Healing Touch Certified Practitioner and Healing Touch for Animals® Certified Practitioner. I started my HT journey in 1997 and became a certified practitioner in 2002 becoming HTACP in 2007. Also serve as a Qualified Mentor for students seeking certification in HT.

My path to becoming a Healing Touch Practitioner started when my brother was dying from melanoma cancer 1997. I knew there was something out there to help him make a peaceful transition... my search led me to Healing Touch. Healing Touch brought new feelings into my life that opened my eyes and opened my heart. My first animal client was a 12 year old Australian shepherd named Mattie who was diagnosed with degenerative myelopathy. The owner, who had hoped to slow the progression of the disease, requested a Healing Touch for Animals® (HTA) treatment. After the first treatment with Mattie.... the owner called me to let me know that Mattie "played like a puppy and was able to go up and down the stairs in the house and even jumped up on the bed." She was delighted as apparently was Mattie!

I had spent 25 years in the corporate world, a cog in a machine... but now I was actually making a difference and helping people from all walks of life with their path to healing. I now have the opportunity to bring Healing Touch into the lives of everyday people.

Why had Healing Touch for Animals and Healing Touch coming into my life... was it to help our animals heal and others heal... or was it to offer me the opportunity to heal from the loss of my brother? Well it really doesn't matter... I am here now for anyone that wishes to bring Healing Touch for Animals and Healing Touch into their life. Also, Victoria is a member of the Healing Touch Professional Association.

My passion is to bring Healing Touch into the lives of everyday people.

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## What is Healing Touch?

Victoria F. Stewart,  
HTCP/I

Healing Touch is a compassionate energy therapy in which practitioners use their hands in a heart-centered and intentional way to support and facilitate your physical, emotional, mental and spiritual health and self-healing. Healing Touch uses gentle, light or near-body touch to clear, balance, energize and support the human energy system to facilitate and support healing for the whole person: mind, body, and spirit. Healing Touch is a complementary, integrative energy therapy that can be used in conjunction with traditional therapies, connecting and balancing the human energy



## PROVIDER NOTES

### Summer Smart!

Brenda McKenzie, MSN, FNP-C

Did you know that some chemotherapy can make you more sensitive to the sun and unprotected you could have a severe burn? Also did you know that patients who have had radiation therapy in the past are susceptible to a condition known as radiation recall? Radiation recall in when exposure to the sun can reproduce the same skin burning effect that was experience after completing radiation therapy.

Always include sunscreen or skin care products with an SPF of at least 30 in your daily routine, even if you're not a cancer patient and don't forget the back of your neck and ears when applying sunscreen. Avoid the sun during the known strongest time of the day between 2-4 pm, where hats, and consider enjoying the outside from a nice shady area with a tall glass of water.

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