

HARBOR GRACE HOSPICE

"A safe harbor in your time of need"

Harbor Grace Offers:

- A 22-bed Inpatient Facility to provide 24-hour care
- Home Care with a full staff of professionals including Nurses, Social Workers, and Chaplains

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Editorial Staff:

Jodi Wrenn
Bert Gary
Natalie Clark

OUR MEDICAL DIRECTOR

BOARD CERTIFIED IN HOSPICE AND PALLIATIVE CARE



Dr. Torey B. Clark has been the Medical Director of Harbor Grace Hospice since 2005. Prior to this position, she has held many key appointments which have enhanced her qualifications as Medical Director. Dr. Clark is one of the few physicians in Metro Atlanta who is Board Certified in Hospice and Palliative Medicine. She also maintains board certifications in Oncology/Hematology and Internal Medicine. These certifications uniquely qualify her as a specialist in end of life care.

Dr. Clark earned her Bachelor of Arts from New York University, and her Doctor of Medicine from the University of Medicine & Dentistry of New Jersey and Robert Wood Johnson Medical School in Piscataway, New Jersey.

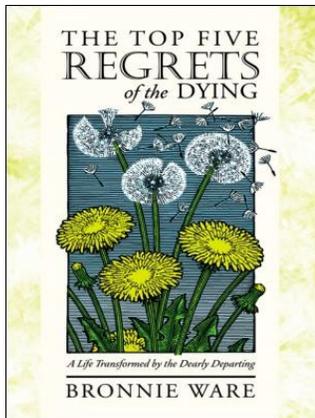
Prior to her current appointment as Medical Director for Harbor Grace Hospice, Dr. Clark was actively involved in end of life care:

- **1995 - 2000** - Chief of Hematology/ Oncology- Department of Internal Medicine at Georgia Baptist Medical Center, Atlanta, Georgia.
- **1995 - 1997** - Physician of Hematology/ Oncology at the Harris Cancer Center of the Georgia Baptist Health Care System and Medical Director of Hospice

Services for Georgia Baptist Health Care Systems.

- **1997 - 2002** - Physician of oncology with Georgia Cancer Specialists.
- **1998 - 2004** - Medical Director of Portsbridge Hospice.
- **2002 - 2005** - Assistant Professor in the Department of Medicine with Emory University School of Medicine.

Dr. Clark is a member of many Professional Societies, including: The American Academy of Hospice and Palliative Medicine, The American Society of Clinical Oncology, The Georgia Society of Clinical Oncology, and The American Medical Associates.



“I wish I'd had the courage to live a life true to myself, not the life others expected of me.”

—Bronnie Ware

Well-meaning friends and family may rush you to “get on with your life,” but it is often not that easy.

THE TOP 5 REGRETS OF THE DYING

What do the dying really regret about their lives? According to a hospice nurse who published a book about it, here are the TOP FIVE:

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.
2. I wish I hadn't worked so hard.
3. I wish I'd had the courage to express my feelings.
4. I wish I had stayed in

touch with my friends.

5. I wish that I had let myself be happy.

It is easy to let others' expectations keep you from living freely. Letting one's self get lost in busy-ness, hiding one's true feelings, losing touch with friends, and resisting the impulse to be happy plague us all.

Why do things have to be this way? They don't. But living true to one's self is not always easy. Fear of rejection often leads to isolating behaviors like

over-working, avoiding feelings, and neglecting relationships.

What if Bronnie Ware's "Top Five" do not have to be end-of-life regrets, but could lead us to live life more true to ourselves, to be less busy, to express our true feelings, to stay in touch with friends, and to let ourselves be happy? From the dying perhaps we can learn how to be more present and alive here and now.

Rev. Bert Gary, Home Care Chaplain

WEEKLY GRIEF RECOVERY MEETINGS “The Healing Heart”

Grief is a powerful yet normal experience brought on by loss, and we all go through it many times in the course of our lives. And no one should go through it alone.

Well-meaning friends and family may rush you to “get on with your life,” but it is often not that easy. Grief is a deep and expected human emotion that, like a river, simply must run its own natural course. Some may tell you to “be strong” when they see your tears, but there is real strength in tears for those who have the courage to fully grieve, grow, and live.

Through the office of our Bereavement Coordinator,

we offer a weekly grief recovery meeting called “The Healing Heart.” There you will find that you are not alone.

At the same time, our Bereavement Coordinator can help you to understand the grief process and your own unique way of

healing from loss. There is a way to honor your cherished memories, to feel deeply both the love and the loss, and to experience newfound grace and strength for living.

You may choose to attend at any time, at your convenience, and at no cost.

The Healing Heart

Place: Harbor Grace Inpatient Unit
4th Floor
320 Parkway Drive
Atlanta, GA

Time: Wednesdays 2:00 pm – 3:30 pm

Information: Corporate Office (678) 962-5850
Inpatient Unit (404) 941-1700
harborgracehospice@gmail.com

NOT YOUR TYPICAL CHAPLAIN

BY NATALIE B. V. CLARK

Many people might be surprised by how reflective the conversation can be between a dying person and a compassionate stranger. A patient may be from almost any faith tradition; a patient's interaction with their Hospice Chaplain can be profound, spiritual, or casual; so the Chaplain must be accepting and adaptable.

Jenna Strizak, the Resident Chaplain at the Harbor Grace Hospice Inpatient Unit, mainly listens and observes when beginning a relationship with a new patient. Her encounters may mean reading passages from the Bible, but also may include retrieving a glass of water or discussing the significance of dreams. She may assist them with reflection on the meaning of life, feelings of loneliness, unresolved conflicts, past regrets, past loves, current loves, cherished friends, favorite pets, or even favorite movies and television shows. The patient is the guide and Jenna is very happy to follow, to counsel, and to befriend.

Hospice services are aimed at a diverse population, so it is no surprise that Harbor Grace Hospice employs a diverse group of professionals. Jenna, affectionately called "Bootsie" by her co-workers, is known for wearing dresses and

brown, cowboy boots. But do not let the cowboy boots fool you. She grew up in a Jewish household in East Brunswick, New Jersey—a long way from being an Episcopalian Deacon and Hospice Chaplain in Atlanta.

The transition from Judaism to Christianity was "a natural progression," Jenna said. Though once the nervous Jewish girl sitting in the back of a church, she is now preparing to be a Priest while serving as Deacon at The Episcopal Church of the Good Shepherd – a small, country parish in Covington, Georgia. Jenna reads the gospel and serves communion at weekly services, preaches once a month, leads the youth group, teaches the adult education class, and makes pastoral visits to members at home, in hospitals, and in nursing homes.

Jenna's parish church work easily translates into her role as a Chaplain at Harbor Grace. She feels privileged to spend time with patients and their families, describing Harbor Grace as "a very holy space filled with people doing very holy work."

"As a hospice worker," said Jenna, "we only get a glimpse of the richness of patients' lives, since we only know them for a tiny sliver of the life they've lived. Family members

and loved ones help us to get a fuller picture. We hospice professionals are helping them through these very out-of-the-ordinary moments in their lives, these sort of periods of disruption. And that's why it's so important that we do such a good job."

Jenna is no stranger to losing a loved one. When Jenna was a senior in high school, her mom died from an aortic aneurism. Jenna remains close with her younger sister, even though she lives all the way in North Bay, Ontario, Canada. Jenna's father lives and works in Zurich, Switzerland, but she still manages to see him a couple of times a year.

Jenna realizes that there are pre-conceived ideas of what it means to be a Chaplain or a Deacon or a Priest. That is why she feels passionately about broadening people's understanding of what Christians and clergy look like and act like. For instance, Jenna has a nose ring, an unhealthy addiction to Netflix, and a radically diverse group of friends. She believes that her faith has made her more socially liberal and politically progressive. Jenna is deeply thankful to Harbor Grace Hospice for "appreciating the gifts of my ministry and of who I am."



Chaplain Jenna Strizak pictured with Community Liaison Natalie Clark and Administrator Mary Jo Wilson, RN

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Chaplain Jenna Strizak

Harbor Grace Hospice
Corporate Office
500 Lanier Ave. W., Suite 401
Fayetteville, GA 30214
Phone: (678) 962-5850
Fax: (678) 962-5855

Harbor Grace Hospice
Inpatient Unit
320 Parkway Dr., 4th Floor
Atlanta, GA 30312
Phone: (404) 941-1700
Fax: (404) 941-1711

We're on the web!

www.harborgracehospice.com

A safe harbor in your time of need



Volunteers in hospice tell us they find it personally gratifying, intellectually stimulating, and emotionally meaningful to assist those in need at such a critical point in their lives.

SERVING AS A HOSPICE VOLUNTEER

The 468,000 plus hospice volunteers at work in hospices throughout the U.S. are an essential part of the hospice philosophy of care that recognizes dying as not just a medical event but a personal one as well. These volunteers are important members of an interdisciplinary team working to “de-institutionalize” the dying experience and provide a more humane system of care for the dying and their loved ones. In fact, Medicare requires that at least 5% of all patient care hours be provided by volunteers. Hospice is the only Medicare benefit with such a re-

quirement.

Volunteers in hospice tell us they find it personally gratifying, intellectually stimulating, and emotionally meaningful to assist those in need at such a critical point in their lives. Many of these volunteers

were introduced to hospice through the death of a family member and understand firsthand the value of hospice care, but nearly 20% of volunteers are new to hospice. Volunteers consistently report that helping the terminally ill through hos-

pice is not about dying but about living.

Wherever you live, a local hospice will have opportunities for volunteers. While volunteer opportunities can vary greatly

Contact Harbor Grace Hospice at 404-941-1700 for more details on becoming a Hospice Volunteer.

from one hospice to another, all hospices strive to constructively utilize the time and talents of those who answer the call to serve. Some volunteers may have professional skills or specialized expertise, but most are just people who want to serve the community by helping their friends and neighbors.