

## Hospice delivers on promise of “Care on your terms”

February 11, 2016



**Sandra Cowgill, a resident of the Caroline Hospice Home in Denton**

Sandra Cowgill, formerly of Greensboro, likes to share her personal experience about the care she has received from Compass Regional Hospice.

Cowgill began her journey with Compass Regional Hospice when she enrolled in the Bridges pre-hospice program. Individuals who have been diagnosed with a

life-limiting illness and who are not yet ready for hospice receive care and support from a nurse, who helps identify the medical and emotional needs of the patient and family members. The Bridges team also provides support from specially trained volunteers, social workers, and grief and spiritual counselors.

When Cowgill was eligible for hospice, she transferred from a nursing home to one of the three private patient rooms at the Caroline Hospice Home in Denton. She now receives care around the clock from a team of hospice aides, nurses, social workers, a chaplain, a physician and nurse practitioner. She described this transition as, “Not giving up, but gaining more control.”

Compass Regional Hospice helps patients live on their own terms with a wide range of care options and support to meet their needs. For Cowgill a choice as simple as being able to decide when she wants to eat was important to her. She explains, “I told my son that I have cancer in many places and that it’s not going to disappear. I am comfortable here. I’m still in charge and

would like to be for a long time. I am able to do that here because I get to make my own choices.”

Cowgill selflessly took care of both of her parents when they became sick. At the same time, she began to wonder who would take care of her when the time came.

“After my dad passed away, I said to my mom, ‘You know I helped take care of dad and you the best I could, but there will be nobody to take care of me,’” Cowgill remembers. “I would get frustrated, but my mother said that she knew there would be someone to take care of me. And here I am.”



**Pictured with Sandra Cowgill (center) are Jodi Miles and Karen Bryant, two of the Compass Regional Hospice aides who provide around-the-clock patient care at the Caroline Hospice Home in Denton.**

Commenting on her time at the Caroline Hospice Home, Cowgill

adds, “My hospice experience has been so special. It’s just very comforting to be here and all the ladies here are excellent and seem to love each other.”

Compass Regional Hospice provides hospice care and grief support in Queen Anne’s, Kent and Caroline Counties. For more information, call 443-262-4100 and visit [www.compassregionalhospice.org](http://www.compassregionalhospice.org).

### ***About Compass Regional Hospice***

*Compass Regional Hospice headquartered at 255 Comet Drive in Centreville is a non-profit organization founded in 1985 by a group of volunteers dedicated to bringing hospice services to*

*Queen Anne's County. Today the organization is a regional provider of hospice care and grief support in Queen Anne's, Caroline and Kent Counties. The staff and volunteers help people of all ages as they face the challenges of living with a life-limiting illness and learn to live following the death of a loved one.*

*"Care on your terms" is the promise that guides Compass Regional Hospice staff and volunteers as they care for patients in private residences, nursing homes, assisted living facilities and the residential hospice centers in Centreville and Denton. The Bridges program offers resources for people who have been diagnosed with a life-limiting illness and are not yet ready for hospice. Compass Kids specializes in hospice and palliative care for the youngest, medically frail patients along with support programs and counseling for their families. The Hope & Healing Center hosts the annual grief retreat Camp New Dawn and a collection of support groups, individual counseling and school-based programs designed to help children, teens and adults live beyond the grief of a significant losses.*

*As a non-profit organization, Compass Regional Hospice relies on financial support from the community to provide services not covered by Medicare, Medicaid and private insurance.*

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