

Seasons: Hospice and Sussman House Spring 2023 Updates



Our lives and stories are varied and diverse, but there comes a time when all our paths converge, and we face the common experience of living our final moments on this earth. Whether it is our own journey that draws to a close, or that of a loved one, each of us seeks peace, comfort, and care in the presence of family and friends. Through this shared experience, we can find strength and gratitude for each other in one of life's most difficult and significant moments.

Seasons, a quarterly newsletter created by the Pen Bay Waldo Healthcare Foundation and MaineHealth Care at Home, offers guidance and education on end-of-life services and support for families and caregivers. We are here to support you.

*Grief never ends. But it changes. It's a passage not a place to stay.
Grief is not a sign of weakness, nor a lack of faith. It is the price of love.
~Unknown*

Staying Connected

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*We cannot change the outcome, but we can affect the journey.
~Ann Richardson*

It's ok to ask for help

Caring for a loved one with a serious illness is one of life's most important roles. Caregiving is a rewarding and generous act of love, but there may be a point when the responsibilities become overwhelming, and more than one person can provide. This does not mean that you have failed or given up; this signals the time to consider partnering with hospice. By connecting with the MaineHealth Care at Home hospice team, you will receive support and guidance to help you make the most of the precious time that remains with your loved one. The hospice team will help you navigate community services, counseling, and emotional support resources. You will join a team of local healthcare professionals committed to providing your loved one with the highest quality care. For some patients, we will bring hospice care into the "home." For others, we will provide hospice services at the Sussman House. It's ok to ask for help, as we are here for you and your loved ones.



Care and Comfort at Home

For patients who desire and can remain at home, the MaineHealth Care at Home hospice team is ready to provide care that enhances quality of life by managing the pain and symptoms of serious illness. Our team includes physicians, nurses, social workers, volunteers, home health aides, and spiritual counselors who collaborate in a plan that addresses the medical, social, emotional, and spiritual needs.

"Hospice was there for us when we needed them and guided us through every step on our journey. I'll be forever grateful." Spouse of a hospice patient-Belfast Maine.

[Learn More About In-Home Hospice Care](#)



Sussman House: Care and Comfort of Home When It Matters Most

Entering the Sussman House in Rockport, you immediately feel the warmth and the comfort of this special place. Heidi McCafferty, Vice President of Hospice at MaineHealth Care at Home shares, “it is not just the excellent care and comfortable environment that families and patients remark on, but often the praise and gratitude for the kitchen.” Whether it is the welcoming smell of cookies baking in the oven, or the option to prepare a special meal, the kitchen offers a sense of home and place.

The kitchen is just one example of the home-like setting created at the Sussman House. Located on the Pen Bay Medical Center campus in Rockport, the Sussman House provides care for people whose symptoms are not well managed at home as well as providing respite care that allows primary caregivers to take a much-deserved break.

[Learn More About Sussman House](#)

*When someone you love becomes a memory.
The memory becomes a treasure.
~Unknown*

Compassionate Care Fund for the Sussman House

Since 2014, the Sussman House has had the privilege to serve our community by offering compassionate hospice care to patients, respite for caregivers, and support for families in a comforting, home-like setting. We have held to our commitment that all patients have the right to choose their end-of-life journey, regardless of their insurance status or ability to pay for care. To support this powerful mission, MaineHealth Care at Home is establishing a Compassionate Care Fund that will ensure that all hospice patients can live their final days with peace, dignity, and comfort at the Sussman House. To learn more about this program and how you can help provide a peaceful hospice journey to all our patients and their families, contact Eleanor Willmann by emailing Ellie.Willman@mainehealth.org or by calling (207) 301-6710.

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