

HAVEN HOSPICE MARKETING AND COMMUNICATIONS DEPARTMENT

8/19/10 - FOR IMMEDIATE RELEASE

Contact: Jenni Williams

Phone: 352-271-4655

E-Mail: jlwilliams@havenhospice.org

Fax: 352-379-6286

Haven Hospice physician Andrea Findlater: *Honoring her patients' need to make their own choices*

(PALATKA, Fla.)— Even at the end of life, pride, intellect and the desire to live by one's own terms are as strong as ever, and Haven Hospice physicians are prepared to honor those terms.

When Haven Physician Dr. Andrea Findlater meets Lucille Redd, she visits her where Lucille is most comfortable—at her home in Melrose. For the next hour to 90 minutes, she sits and talks quietly with Lucille, getting acquainted with her symptoms and the medications she is taking. Findlater also asks about her family relationships and her spiritual beliefs.



Lucille answers Dr. Findlater's questions as best she can. "If at any time you're tired, just tell me," Findlater assures her, taking her hand. "I don't mind," Lucille replies. "You're trying to help me. I appreciate it."

Lucille, 95, even apologizes for talking too much. "Not at all," Dr. Findlater replies. "It's important that I get to know you."

She listens as Lucille explains that she doesn't like to take medicine, can't see or hear well, and takes Tylenol to relieve her arthritis pain. Lucille tells Dr. Findlater she knows how to take care of herself. "I know when I'm feeling bad to do something about it. If I'm hungry, I can fix something to eat."

Dr. Findlater advises Lucille and her daughter Carlene, who is visiting from Jacksonville, how she and the other members of Lucille's patient care team can help support them during this time, as well as honor Lucille's wishes.

"Visiting patients in their homes offers many benefits," says Dr. Findlater, who also cares for patients in skilled nursing facilities and at the Haven Hospice Roberts Care Center. "Home visits are convenient for our patients if they are unable to travel, and they also encourage family members like Lucille's daughter to be involved in her care."

Lucille, who lives alone, understands that her daughter wants to do all she can for her mother. But at the same time, Lucille doesn't want to burden Carlene. She tells Dr. Findlater she wants to continue living alone and taking care of herself, supported by a health care aide who visits her. "Carlene helps me decide things," she says, "but I have to care for myself the best I can." Dr. Findlater assures Lucille that she understands. "What we can do is work out a plan based on what you need and what we can provide," she says. "You want to be independent for as long as you can, right here."

Lucille's strength comes from her upbringing, during which she had no mother and had to raise her siblings. "The men worked from daylight to dark," she says. Proud of her Cherokee heritage, she notes that her father walked The Trail of Tears, which refers to the time many Native Americans were forced to leave their homeland and

relocate to Indian Territory now known as Oklahoma. Lucille's intellect is strong as well. "I love to read about ancient history and Florida," she adds. Dr. Findlater is impressed. "You have an inquisitive mind," she tells Lucille. "Do you have any more questions for me?"

"Not right now," Lucille says with a wink and a smile. "I'm saving them up."

For information about Haven Hospice's services, call 1-800-727-1889.

PHOTO CAPTION: Dr. Andrea Findlater with her patient, Lucille Redd.

About Andrea Findlater, M.D.

Dr. Findlater, medical director of Haven's services in Palatka, cares for patients throughout Putnam and portions of Clay and St. Johns counties. Board-certified in internal medicine and hospice and palliative medicine, Dr. Findlater earned her medical degree at the University of West Indies and served a residency at the Harlem Hospital Center, Columbia University Affiliate. She joined Haven in 2002.

About Haven Hospice

Haven Hospice is North Florida's expert in end-of-life and palliative care and is one of three 2008 Circle of Life Award® winners nationwide to be recognized as leaders in improving the care of patients near the end of life or with life-threatening conditions. Haven Hospice has also been recognized as a Florida Pacesetter for its leadership in promoting living wills. Haven Hospice has served more than 45,000 patients and families since 1979 and has been licensed in Florida as a not-for-profit hospice since 1980. For more information, visit www.havenhospice.org or call 800-727-1889.

###