

A PLUS HOSPICE CARE

Winter Newsletter:

**Please Check Our Website for Ongoing Information:*

<http://www.aplushospicecare.com>

“IN THE MIDDLE OF
EVERY DIFFICULTY
LIES
OPPORTUNITY.”

ALBERT EINSTEIN

After a loss there are new beginnings and growth. Be sure to check out our Step Out to Grow Classes. These monthly classes are free and introduce fun and interesting new things to try. Sometimes, after a loss, it's hard to re-engage with life and even for some, to leave the house. These classes are an engaging way to re-connect and learn something new. Plus, there are others who are also grieving that you might be able to encourage!

A Plus Hospice Care. 227 Vine St. Reno. NV. 89503 .775-329-0900

Milestones:

It's been over three years since the dream of A Plus Hospice Care became a reality. In the two years since our Medicare accreditation we have had the privilege of serving over 250 families!

Our clinical staff of five has grown to eleven Nurses, seven CNAs, two Social Workers, three Spiritual Care workers and a wonderful group of Volunteers. And wonderful group of Administrative Staff to keep us all moving forward.

We've also expanded our area of service to Carson City which is a quickly growing part of our A Plus Family.

Bereavement News:

Our monthly *Step-Out-to-Grow* classes have been a hit. Join us on the second Thursday of each month at 4:00pm at our office and learn something new. We've done some writing, some painting, some cooking and more. Check on our website for upcoming classes.

NEW: *Books & Burritos* will start the last Thursday of each month at 5:30. This month we will read the short book, *Life After Loss: The Lessons of Grief* by Vamik D. Volkan, M.D. get your copy and join us. We'll bring the burritos!