



Hospice Highlights

Terrace Hospice is pleased to offer a cozy Book Nook which is intended to help enlighten people on a variety of topics regarding both life and death. It is so important to live your best life, but it is equally important to have a good death.

There is much fear and trepidation surrounding the subject of death and dying. We don't **know** what comes after we take our last breath. We don't **know** what it feels like to die. Is there going to be pain? Am I just going to go to sleep and not wake up? Will I be afraid?

We may not be able to answer these questions, but many Nurses, Doctors, and Hospice workers have written about their experience with people who are dying. Becoming familiar with the dying process can ease the discomfort about a topic that few of us understand and even fewer want to discuss.

The Terrace Hospice resource library contains many books, videos, CD's and DVD's which focus on self-care, coping skills, and how to navigate through grief and loss. We also have a selection of Room 217 cd's. These are used as gentle

background music and can provide peace and comfort.

Our library covers a broad range of topics.

- Grief and grief recovery
- Self-care and empowerment
- Pain management
- Spirituality
- Suicide
- Teen grief and recovery
- Loss of a child
- Cultural differences in expressing grief
- Specific illness – cancer, Alzheimer's etc.
- Caregiving

We also have several ipads available to loan out so that shut-ins are assured a way to communicate with loved ones. This is more important than ever with covid keeping us isolated. These were graciously supplied by the wonderful people at Kimmunity Angels.

Whether you are grieving, anticipating the loss of a loved one, or simply want to learn more, the resources we have available will start you on your way to

feeling more comfortable talking about a difficult topic.

To improve accessibility, there are no library fees and we allow an extended borrowing time due to our clients special circumstances. The library is available to all members of the community. Terrace Hospice is open Monday to Friday 9:00 to noon.

We have new books coming in regularly so stop in and check out the Book Nook.



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Terrace Hospice Society <http://terracehospice.org/>

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