

If you or a loved one are facing the pain and stress of a serious illness, Hudson Headwaters can help. Our palliative care team offers an approach to illness that focuses on relieving pain and alleviating stress. Palliative care providers can see you in your home, at Glens Falls Hospital, in several area nursing homes and two Hudson Headwaters outpatient locations (West Mountain Health Services, Building 1A and Warrrensburg Health Center). Let us help you and your family navigate the journey through serious illness. Call today:

518-798-1859

PALLIATIVE CARE

**For Patients & Families
Facing Serious Illness**

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 www.hhcn.org/services/palliative-care/

 **Palliative Care Offices**
West Mountain Health Services,
Building 1A
161 Carey Road, Queensbury, NY



Hudson Headwaters Health Network is a Federal 330 Health Center Program grantee under 42 USC 254b, and deemed Public Health Service employee under 42 USC 233 (g)-(n).

Managing a serious illness is stressful but you don't have to go through it alone.

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online at www.hhcn.org**

What is Palliative Care?

Palliative care is specialized medical care for people with serious illnesses like COPD, congestive heart failure, kidney disease, cancer, Parkinson's disease or dementia and *is available to patients at any stage of an illness.*

Palliative care helps people live as well as they can for as long as they can.



The palliative care team: Top (l-r): Jill Couture, care coordinator; Brenda Stevens, RN, CHPN; Mary Stein, ANP; Alexis Mondella, FNP; Gail Aiken, RN; Dawn Dingman, care coordinator; Carrie Miron, PA-C; Gwen Morris-Dickinson, PA-C. Bottom (l-r): Patti Auer, FNP (retired); Suzanne Blood, M.D., Sharon Shannon, FNP. Not pictured: Glen Anderson, PA-C; Sean Campanie, NP; Abby Charter, PA-C; Wendy Steinhacker, PA-C; Noelle Stevens, M.D.



Palliative care specialists provide support based on your needs. Services might include:

- Managing symptoms like pain and anxiety that interfere with daily life
- Meeting with you and your family to discuss your disease and the benefits and risks of treatments and procedures
- Providing information about what to expect in the future so that you can decide what treatments are right for you
- Helping you manage the stress of serious illness
- Exploring your situation and recommending support services in your home
- Assisting you to complete advance directives such as a health care proxy and living will

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