

# Lighting the Path Through the Final Days of Life



Lighting the Path Through the Final Days of Life by Deborah Sigrist, BSN, RN, CHPN

- A supportive and educational guide families and other caregivers rely on.
- Used as a resource by families cared for by **Visiting Nurse Hospice**.
- This 32-page booklet is now being made available to hospices and health care professionals **for just \$5** (postage included).

**Deborah Sigrist** has been a hospice nurse in the inpatient hospice facility setting since 1989, today working at the Palliative Center for Caring at The Heritage, St. Ann's Community in Rochester, NY. Deborah gives presentations on the dying process, teaches end-of-life care to hospice workers, and facilitates bereavement support groups. She is certified in hospice and palliative nursing.

**This booklet addresses the questions many families ask:** *What should I know? What can I hope for? Who will walk this path with me?* In a gentle, compassionate tone, Deborah describes the physical signs and symptoms of the dying process, and spirals out to the mental, emotional and spiritual aspects. This booklet shares information instilled in the belief that knowledge can help diminish fear of the unknown. Comfort measures are included so the reader can safely provide care. Deborah also discusses the difference between pain and suffering, healing and curing, "giving up" and yielding. This booklet is grounded in knowledge and lightened with hope. The facts of approaching death are tempered by Deborah's belief that there is a part of the dying person that cannot be touched by disease.

---

## ORDER FORM

Please send me \_\_\_\_\_ copy/copies of Lighting the Path at \$5 per copy (shipping included).

Total enclosed \$ \_\_\_\_\_

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City/State Zip \_\_\_\_\_

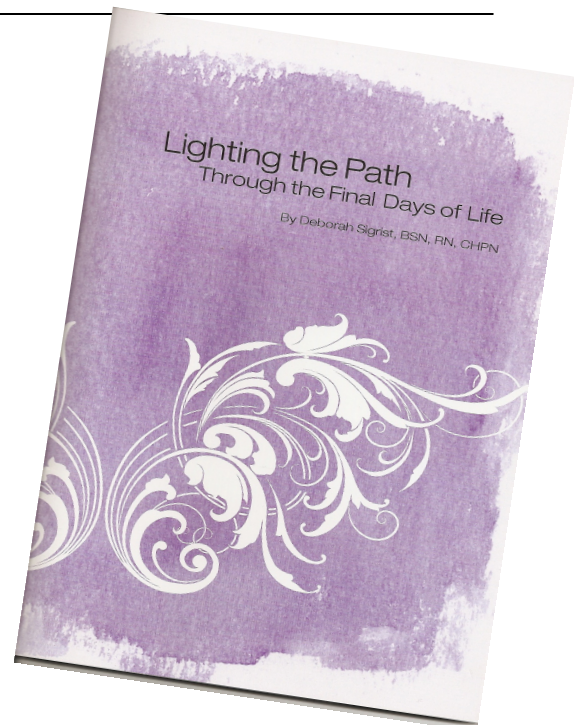
Complete this form and mail it with your check payable to

Lighting the Path to:

Visiting Nurse Service of Rochester and Monroe County, Inc.

2180 Empire Blvd.

Webster, NY 14580



Endorsed by the Hospice and Palliative Nurses Association: HPNA has reviewed and approved this product. While this Mark of Endorsement validates the quality of the content of this program/product, the Hospice and Palliative Nurses Association does not wish to confer medical advice.