

SENIOR LIFESTYLES

In equal measure

Like Judaism, Houston Solari Hospice Care stresses quality of life

By SARAH PELLEGRINO

"My G-d, the soul You gave to me is pure. You created it, You shaped it, You breathed it into me, You guard it within me, and someday You will take it from me and restore it to me in the Time to Come."

In this passage taken from morning *tefillah* prayers, G-d plans a time for death, and it is unavoidable. G-d's power to give and take away life is the message, but that message also makes clear that life and death share equal importance in Judaism. Death is a part of life, and life is a part of death.

The hospice philosophy embraces this message. Compassionate hospice-care providers, such as those at Houston Solari Hospice Care, strive to improve quality of life for patients and their loved ones until the terminally ill take their last breath.

The basic goals of hospice parallel Jewish values. Quality of life is of upmost importance at the end of life, with an emphasis on "whole-person"

care that nurtures body, mind and spirit. The Jewish vision of healing, *refuah shleimah*, or "complete healing," is consistent with Solari Hospice Care's vision of healing.

Jewish owned and operated, Solari is committed to providing end-of-life care and support to not just the "whole" patient but to the patient's entire family, through an interdisciplinary approach that promotes comfort and dignity. Life is celebrated.

Jewish tradition values life above all else and preserves life at all costs. However, Judaism also is firm in the belief that death is a natural process and that, no matter through what circumstance, death is inevitable. According to the "Jewish Principles of Care for the Dying," by renowned Rabbi Amy Eilberg, Halakha (Jewish law) always has recognized the terminally ill and imminently dying as separate and under special laws.

Rabbi Eilberg states, "Contemporary Judaism, from its liberal to Orthodox denominations, generally permits the termination

of treatment when it is clear that treatment is no longer effective and only prolongs suffering." She argues that electing a pain-management program, over aggressive treatments, is the most "life-affirming decision we can make." Likewise, this is a founding principle of hospice.

At Houston Solari Hospice Care, the most important aspect of hospice care is not the state of death, but the quality of life, the comfort and freedom for patients to live out their last days in a peaceful environment – whether at home or, when symptoms

cannot be safely managed at home, at Solari's home-like inpatient center.

In addition to the highest quality palliative care, Solari offers spiritual and bereavement services to help patients and their loved ones work through questions of life, and issues concerning the spirit and peace of mind.

If you or a loved one is considering hospice care, let quality of life guide your decision. For more information on Houston Solari Hospice Care, go to solarihospice.com or call 713-664-7120. □

Respiratory Care • Oxygen Supplies • Scooters
• Wheelchairs • Variety of Walkers
• Lifts & Ramps • Decorative Canes
Home Health Aids • Used Equipment
BIPAP/CPAP & Supplies • Braces
• Compression Stocking



MULTI-MEDICAL
Equipment & Supplies
Your Mobility and
CPAP Specialist

Sales • Service • Rental

