

# How Do You Reach RMR Palliative Care Services?

**For more scheduling**, please contact Medical Support Assistant at 720-723-6388

**To contact physicians**, call the non-urgent palliative care voicemail at 720-723-7823

- » David Bekelman MD MPH
- » Scott De La Cruz MD
- » Cari Levy MD PhD
- » Elizabeth Somes MD
- » Morgan Unruh DO MA

## **Nurse Practitioners**

- » Outpatient, Jill Steagall, NP  
720-723-6371
- » Inpatient, Gerry Synnott, NP  
720-723-3441

## **Psychologist**

- » Elizabeth Holman, PsyD and Facility Dog, Tootsie, 720-723-3166

## **Chaplain Service**

- » 720-723-6700

## **Social Workers**

- » Outpatient Social Worker  
720-723-6471
- » Sarah Osani, LCSW  
720-723-3440

## **Telehealth Social Worker**

- » Stephanie Hartz, LCSW  
720-425-6773

**Learn more about VA Palliative Care Services by scanning the QR Code**



**VA**



U.S. Department of Veterans Affairs

Veterans Health Administration  
Eastern Colorado Health Care System



# PALLIATIVE CARE CLINIC



# What Is Palliative Care?

- ➔ Palliative care is an extra layer of support for people living with serious illness.
- ➔ We are a team of medical providers, social workers, psychologists, pharmacists, and chaplains. We work alongside the other medical teams who are treating you.
- ➔ Palliative care can start at the time of diagnosis and can be combined with treatment aimed at curing or controlling your illness.
- ➔ Palliative care supports you AND your loved ones. We help you cope with all the challenges that serious illness can bring.
- ➔ We get to know you and what's important to you. We help you make health care decisions that honor your values and goals, and we advocate for you.
- ➔ We work to reduce symptoms like pain, nausea, fatigue, shortness of breath, and constipation, among others.
- ➔ Our team can help you access VA resources such as caregiver support, extra help in the home, and other benefits
- ➔ Palliative care at the VA can be provided in both the clinic and the hospital setting.
- ➔ In the clinic, we can see patients in person or via tele-health (phone or video).
- ➔ We see patients when they are referred to us by other providers (such as primary care providers, oncologists, etc.)
- ➔ Palliative care can help you live well, even with serious illness



## Palliative Care Can Help with Making Medical Decisions

Palliative Care can help you and your loved ones make decisions that are right for you. We can help with decisions about:

- » Medical advance directives that explain your health treatment wishes
- » Resuscitation and breathing support preferences
- » Medical power of attorney
- » Memorial and burial planning services

You may not be ready for these decisions right now, but we encourage you to think about your wishes and goals. Explore your options with your family and your health care provider.

Making decisions now will help make sure that your family and health care providers know your wishes.