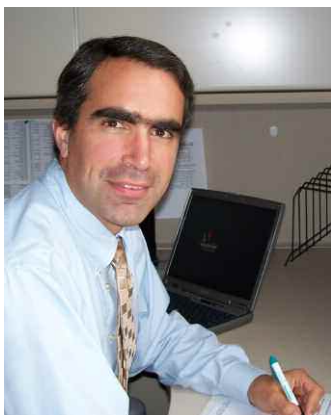


HospiceConnections

Happy Holidays

VOLUNTEER NEWS HOSPICE OF THE CAROLINA Foothills

Dr. Andrew Kamell Joins HoCF Staff as Medical Director



As we sadly say goodbye to Dr. Garry Snipes, we simultaneously welcome Dr. Andrew Kamell as our new Medical Director and Palliative Care Physician. Dr. Kamell began a part-time schedule on November 16, and will be working closely with Dr. Snipes during the next month.

Dr. Kamell most recently served as the Medical Director for the Palliative Care Program at Mission Hospital through CarePartners Health Services in Asheville, and before that as the Medical Director for Wellmont Hospice and Bristol Regional Medical Center in Tennessee. He is a fellowship-trained Hospice and palliative care physician who is board certified by both the American Board of Hospice and Palliative Medicine and the American Board of Family Medicine. He loves learning and teaching and looks forward to sharing discussions with all of you!

Dr. Kamell is married and has two young children, who bring him great joy. He and his family are excited about becoming a part of the Carolina Foothills community, though his 5-year old is most excited about the number of lizards he can catch here. They are currently in the midst of house-hunting in the two Carolinas.

Families are grateful for Hospice Volunteers!

“Thank you so much for all that your nurses and volunteers did to make the last few months of my mother’s life better. May God bless you always.” — *A grateful daughter in Inman SC*

“Please know how much we all here at the Foothills Humane Society appreciate what you have done for us. By allowing us to bring animals to showcase at your store, we’ve been able to find good homes for many. We are so grateful to you and your welcoming staff.” (at the Thrift Barn, staff = volunteers!) — *FHS*

Dr. Kamell explains his commitment to hospice and palliative care this way:

I find it very rewarding to be part of a team assisting both the family and the patient in this challenging phase of life. My father received both palliative care and home hospice care before he died last year, so I know personally and professionally how helpful these are.

This phase of life is often associated with uncertainty, confusion, and both physical and emotional suffering. At the same time, however, it is also an opportunity for healing, growth, and to live fully. I consider it an honor to be a part of people’s lives at such time, as well as to be a part of the team of wonderful people who are helping to care for them.

In my experience, volunteers not only play a critical role in hospice, but they tend to be a great group of people with fascinating stories. I have already heard wonderful things about the volunteers at HOCP, and I look forward to meeting you.

Volunteer Commitment is a National Pastime ...

“and our HoCF volunteers are way above the national average,” says Executive Director Jean Eckert. In 2008, 6% of all clinical staff hours in the 4850 hospice programs across the country were provided by volunteers. At YOUR HOSPICE, volunteers provided 10% of all clinical staff hours. That computes into Medicare cost savings of \$137,955.

Hospice is unique in that it is the only provider whose Medicare Conditions of Participation requires volunteers provide at least 5% of total patient care hours.

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From the Bereavement Department

As the holidays approach, embracing the memory of deceased loved ones may be comforting to families. Listed below are some ideas to remember those still close in heart:

- have a photo album on the coffee table for family and friends to share
- write a letter remembering your loved one — it may be a holiday letter to send out, or a private opportunity for you to write to your loved one, sharing your thoughts and feelings
- make a favorite food dish that your loved one used to make or enjoy
- decorate an outside tree for the birds in memory of your loved one
- purchase a gift or make a donation to a charity in memory of your loved one
- visit a nursing home
- light a candle
- have a table set aside for remembering, and invite family and friends to bring items that remind them of your loved one ... photos, postcards, something he/she made, a favorite hat, etc.
- tell stories, remember time spent together
- wear something that reminds you of your loved one — a pin, a scarf, a hat, a sweater
- give members of your family mementos of your loved one — a tool, a piece of jewelry, something he/she made
- hang a stocking for your loved one, and ask family to write notes to put in the stocking — a remembrance or something they want to tell him/her. This is particularly good to do with children
- go through photos with your family and make a collage

Shannon Slater Runs for Hospice



On January 2, 2010, Shannon Slater, our bereavement care coordinator, will participate in a 30 kilometer benefit trail run in the Nantahala National Forest. Her run will honor and remember her grandparents, and it will benefit Hospice of the Carolina Foothills. We are honored to be the beneficiaries of such kindness. If you'd like to support Shannon on her run, please call Diane or Maureen in the Development Office. Thank you.

The Hospice Thrift Barn ...

... is working hard to help support the hospice, palliative care, and bereavement services provided to individuals and families in our North and South Carolina communities. Thrift Barn Manager Lindsey Moore says the special current needs are: DONATION AREA VOLUNTEERS, working in the newly-upgraded warehouse area. Call for more information: 864-457-7348.



Hospice Connections
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Hospice Thrift Barn
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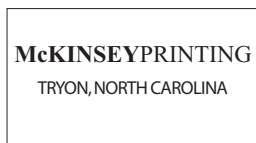
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Yvonne Gilliam
Newsletter Editor

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Help! People are Asking me Questions I can't Answer!

Hospice Care ... *how do I explain it in 2 or 3 sentences?*

Palliative Care ... *I can hardly pronounce it and am not sure exactly how it is different from Hospice.*

Smith Phayer Hospice House ... *is it only for hospice patients? And does it cost to stay there?*

Bereavement Care ... *can anybody in the community get all the services we offer?*

As a volunteer, you aren't expected to know all the answers to all the questions that family members, friends, neighbors, and your fellow church members might ask you.

That's why we have **GOOD NEWS & HELP** for you! You aren't expected to know all the answers. Communicate what you're sure of, and then give the person a Hospice Card imprinted with our Administration Center phone number and web site address. Have them ask for "The Information Desk" where they will get all their questions answered. You can get your own supply of Hospice Cards from



Yvonne, Tracey, or Jackie in Landrum and Columbus. Write your name on the cards and stick them in your wallet or purse, ready to be of help to others!



Volunteers Needed!!!

Do you like to bake? If so, we need your help!

We are asking volunteers to bake cookies for the staff at the facilities we serve. The cookies are to be delivered to the "brick house" next to the Smith Phayer Hospice House on December 14 from 9 a.m. – 11 a.m. We also need volunteers to package the cookies. If you can help, please call Tracey Brannon at 828-894-7000.

Welcome new Volunteers!

Our volunteer team is growing and we need you! HoCF welcomed 99 new volunteers — 89 Thrift Barn volunteers, 7 patient companions and 3 administrative volunteers. Welcome to the Hospice of the Carolina Foothills Team!

- | | | | | |
|------------------|---------------------|------------------|---------------------|------------------|
| Taylor Armstrong | Margie Derwort | Ryan Herbst | Jessie Miller | Olivia Skellie |
| Callie Barnes | Kaitlyn Dill | Danielle Higgins | Rodney Mooney | Chelsea Smith |
| Briana Bateman | Elizabeth Edmondson | Morgan Hodges | Jason Morrow | Savanna Smith |
| Alisha Belue | Megan Edwards | Holly Horton | Jessica Murriel | Kelsey Spicer |
| Anna Belue | Lindsey Elswick | Savanna Houle | Justin Murriel | Evalyn Stephens |
| Gabrielle Biggs | Lisa Epley | Logan House | Savannah Murriel | Hope Stewart |
| Kayla Boiter | Charles Fain | Katie Huff | Andy Nhung | Trey Talley |
| Alexis Brannon | Bridget Fowler | Kenneth Human | Rhonda O'Conner | Dakota Thomas |
| Veronica Bright | Nadirah Fowler | Jordan Jenkins | Ashley Pack | Sheila Umlauf |
| Haley Burns | Ann Fritschner | Jonathan Jones | Julia Parris | Chloe Walters |
| Heather Burrell | Teresa Gaddy | Jenna Joslin | Rosaruth Parton | Richard Wheeler |
| Becca Burress | John Germano | Sandy Kelly | Ashley Peace | Ricky White |
| Nancy Cann | Chris Gilbert | Marissa Kreismer | Audrey Peace | Valerie Wiley |
| John Carruth | Lydia Givins | Sue Anne Lang | Lucille Quattrocchi | Judd Wilkins |
| Heather Cash | Ashleigh Grigson | Angelina Lilly | Kayla Ravan | Chelsea Williams |
| Madison Chaney | Casey Hammitt | Virginia Lisella | Denise Riske | Tiffany Wilson |
| Rachel Cleveland | Cynthia Hammitt | Brittany Mahler | Juan Santana | Janita Wingo |
| Jessica Cothran | Rebecca Hardin | Lee Major | Scott Scruggs | Kathy Wright |
| Randall Cummings | Chelsey Hayes | Jerrica Medley | Beth Siegfried | Abbie Yandle |
| Leigh Denton | Jennifer Henson | Dyesha Miller | Gurtej Singh | |

VOLUNTEER BIRTHDAYS

*Wishing you a
Happy Birthday!*

December

Andy Nhung	2
Julia Parris	2
Jean Pettigrew	2
Regina Burgess	4
Jacque Brown-Williams	6
Ann Curtis	8
Tiffany Wilson	8
Haley Burns	12
Patrick Fowler	12
Morgan Hodges	13
Leo Tarpley	13
Janita Wingo	13
Virginia Lisella	15
Beverly Purdy Brunson	16
Cynthia Hammitt	16
Holly Horton	17
Meredith Carroll	18
Katie Huff	18
Caroline Schulz	19
Karla King	20
Heidi Mendez	20
Betsy Zeek	20
Ruth Cook	22
Christa Powell	22



Linda Wulff	22
Eugene Wyckoff	25
Marianne Apple	26
Elizabeth Beam	26
Hugh Youngers	26
Millie Bordyn	28
Ben Ellington	28
Charles Leister	28
Jessica Cothran	30
Jeanie Daniel	31



CALENDAR

December 7

Holiday Stress Workshop
6:30 – 7:30 pm
Landrum Library

December 8

Tree of Life Celebration
5 – 6 pm
Hospice Center, Columbus

December 10

Bereavement Support Group
8:30 – 9:30 am
Dutch Plate, Campobello, SC

December 24 & 25

*Happy Holidays &
Merry Christmas!*
Office is closed.

December 30

Bereavement Support Group
6 – 7 pm
Hospice Center, Columbus

January 1, 2010

Happy New Year!
Office is closed.



CHRISTMAS PARADES

HoCF is scheduled to participate in the following parades and would love to have volunteers join us.

December 3rd

Landrum at 5:30 pm

December 5th

Inman at 10 am

December 9th

Tryon at 5 pm

December 12th

Columbus at 4 pm

If you are interested in participating, please call Tracey Bran-non at 828.894.7000.

You're Invited

To drop in and give **Dr. Garry Snipes** a nice send-off on **Friday, December 11, 4 to 6 pm**, Hospice Center in Columbus. Enjoy refreshments and conversation with staff and volunteers as we bid Dr. Snipes a bittersweet farewell!



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