

HospiceConnections

VOLUNTEER NEWS FROM HOSPICE OF THE CAROLINA FOOTHILLS



A Christmas Breakfast Feast!

Wow, what a turnout! This year, more than 225 people were served at the annual Volunteer Christmas Breakfast held at the First Baptist Church of Landrum. The Hospice staff donned their best smiles and helped out in the kitchen as "Master Chef" Paul Ayers, from Ayers Market in Landrum, along with his daughter Paula and son-in-law Terry, catered an authentic country breakfast.

What a wonderful way to start the holiday season - great food and great friends - together. A big thank you to the volunteers for all your hard work and to Paul and his family for a great meal. And to everyone, we will see you again next year!

INSIDE

2 DISEASE EDUCATION

3 DISEASE cont'd

CHRISTMAS BREAKFAST PICTURES cont'd

4 CALENDAR

BIRTHDAYS



DISEASE EDUCATION

GRIEF AND MOURNING

What is Grief?

Grief is normal, emotional response to a loss. Each person grieves in his or her own way. There is no right way to grieve. There is no specific timetable for completing the grief process. While grief is often associated with the death of a loved one, it may also be experienced at the time of other losses such as the loss of function due to illness, loss of a pet, losses such as divorce, the loss of future dreams, role changes and many other changes in life or health.

What is Mourning?

Mourning is the outward expression of grief and includes rituals and customs such as funerals, viewing of the body, cremation and other customs. Each religion, culture, ethnicity and even different parts of the same country may have different expressions of mourning.

What reactions may be expected during the grief process?

Grief affects a persons behavior, emotions, mental and physical well being. Among the physical experiences are such things as

- Tightness in the chest and throat, breathlessness
- Headaches and dizziness
- Exhaustion or weakness
- Dry Mouth
- Muscle aches

Among the thoughts that one has are

- Disbelief and shock
- Confusion and difficulty concentrating
- Hallucinations
- Preoccupation with the deceased

Some of the emotions that are most often felt include

- Sadness or Helplessness
- Anger, which may be directed at God, family, health care providers or the person who died
- Shock, guilt, and anxiety
- Numbness or ambivalence
- Yearning
- Shame
- Fear

Cont'd. on p. 3

Hospice Connections

A HOSPICE OF THE CAROLINA
FOOTHILLS PUBLICATION

Serving Polk County, North
Carolina, and
Upstate South Carolina

Jean H. Eckert
Executive Director

Garry Snipes, MD
Medical Director

Board of Directors
Ronald E. Smith
Chairman

Joseph Phayer
Vice Chairman

Jean L. Wright
Treasurer

Jacquelyn Wright
Assistant Treasurer

Callie Smith
Secretary

Kay Ennis
William P. Jenks
Jerry Johnson
Robert Earle Lee
William Miller
Jack Newton
Jennie Smith
Thomas P. Strader
William P. Wuehrmann
Dorothy Wyckoff

Mission Statement

Hospice of the Carolina
Foothills promotes and
provides compassionate
end-of-life care, meeting
the medical, emotional
and spiritual needs of
individuals and their
families.

Contact Information

TEL
828.894.7000

800.617.7132

FAX
828.894.2254

EMAIL
hocf@hocf.org

WEB
www.hocf.org

Newsletter Editor
Yvonne Gilliam

GRIEF AND MOURNING *Cont'd. from p. 2*

Changes in behavior may include

- Sleeping more or less
- Eating more or less
- Withdrawal from usual activities
- Crying
- Overacting/keeping busy
- Dreams of the deceased

What can be done to help one heal?

- Give yourself permission to grieve
- Get plenty of rest, exercise and eat a healthy diet
- Try to have one close person with whom you can share your feelings and from whom you can receive support
- Consider keeping a journal to write down your feelings
- Do not push yourself to make changes in your life too quickly
- Reminiscing and putting together a memory book provide an active way to heal
- Get information about the normal grief process
- Attend a community grief support group

What should be reported to team members?

- Persistent intense grief reactions months after the loss (not just occasional intense grief reactions)
- Thoughts of suicide or self-harm
- Social isolation
- Unplanned changes in weight
- Increase in use of alcohol or drugs

*The Hospice and Palliative Nurses Association
Board of Directors July 2006*

More pictures of the Volunteer Christmas breakfast to enjoy!

Cont'd. from p. 1





JANUARY

1 *Happy New Year!*

8 Grief Support Group
12 pm—1 pm
Hospice Center - Library

31 Grief Support Group
6 pm at
Hospice Center - Library



FEBRUARY

5 Grief Support Group
12 pm - 1 pm
Hospice Center - Library

28 Grief Support Group
6 pm - 7 pm
Hospice Center - Library

January Birthdays

Janice Russell	1
Alician Sprouse	1
Mary Ulmer	2
Clay Ayers	3
John Casey	7
James Metcalf	8
Jack Leon	12
Dave Halliday	14
Rosemary Smith	16
John Creech	17
Helen Tolerico	20
Barbara Halliday	22
Denis Dunlop	23
Hoyt Champion	26

February Birthdays

Marybeth Trunk	3
Polly Slater	4
George Wilhelm	5
Lou Odel	7
Patricia Sentell	9
Leona Seiler	10
Kay Ennis	14
Judy Woodham	14
Janet Connell	15
Brenda O'Shields	15
Ida May Parks	16
Kathy Wells	19
Shannon Carney	24
Ann Rose	28
Esther Boblit	29



Wishing you the best on your birthday!

Paperwork, Paperwork, Paperwork - We Need Yours!

Every year, the amount of service from the volunteer staff continues to increase. All of your hard work is truly appreciated and every effort is made to document your wonderful and caring service. That is why we need you to document the contacts with patients and their families, the delivering of supplies, the time spent assisting in the office, the help with mass mailings and all the services provided by the volunteers. All volunteers, patient companions and non-patient companions, are asked to submit their time sheets as soon as possible, and no later than the 5th day of the month following their service.

It is important that we have a clear picture of all the excellent services the volunteers provide, so keep the paperwork coming and let's make this the best year ever!



130 Forest Glen Drive
Columbus, NC 28722
828.894.7000
www.hocf.org