

HospiceConnections

VOLUNTEER NEWS FROM HOSPICE OF THE CAROLINA FOOTHILLS

South Carolina High School students volunteering at the Hospice Thrift Barn



Our teen volunteer program is growing. With the opening of Smith Payer Hospice House and the Hospice Thrift Barn, there is an enormous need for more volunteers. And the students at Landrum High School and Chapman High School are “stepping up to the plate.” Through Landrum High School’s job training program, students have been trained to assist at the Thrift Barn with various jobs such as sorting, bagging and stocking. The Landrum High School Girls Volleyball Team is now working at the Thrift Barn on Saturdays and planning a fundraiser in December to include a fashion show, a silent auction, and dinner prior to a football game – all proceeds going to HoCF!!!!



Also, classes at Chapman High School will begin implementing projects such as collecting personal care items for patients, putting together welcome kits for SPHH families and assisting at the Thrift Barn. Students are also helping with the beautification of the Smith Payer Hospice House.

Way to go teens!

Welcome New Volunteers!

From July through September, HoCF welcomed 55 new volunteers — 14 patient companions, and 40 Thrift Barn volunteers. Welcome to the Hospice Team.

Jamil Abunassar
Janea Acosta
Linda Al-Malik
Annie Arledge
Elizabeth Beam
Greta Bivens
Claire Boyle
Jacque Brown-William
Helen Burchfield
Regina Burgess
Caleb Cooper
Charlotte Costa
Jackie Cox
Will Craine
Ronald Crawley
Betsy Dunn

Kayle Ellenburg
Claire Ernst
Tammy McIntyre
Margaret Fitch
Patrick Fowler
Angie Frazier
Kim Freeman
Barry Gee
Alexis Gilliam
Lois Gosnell
Sabrina Green
Ashleigh Gosnell
Jeane Helms
Roberta Hensley
Karla King
Patricia Koplik

Dorothy Landrum
Damein Lee
Kaitlyn Manna
Mary Marin
Laura Martin
Heidi Mendez
Shelley Moss
Claire Nettles
Lindsey Newsom
Karen Pack
Meagan Painter
Jennifer Pruitt
Wesley Ransom
Jonah Sabo
Margie Scott
Barbara Stewart

Esther Taylor
Lucille Terry
Breanna Waldrop
Ann White
Doris Wilson
Meghan Wofford
Wanda Wofford

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Helping Others through Grief

*“Don’t walk in front of me... I may not follow.
Don’t walk behind me ... I may not lead.
Walk beside me – and just be my friend.”*

CAMUS

Many grieving people do not need professional help ... they need a friend. Here is a “baker’s dozen” of ways you can be a friend to someone who is grieving:

1. GET IN TOUCH

Telephone or send a note to express your caring and concern. Notes sharing fond memories or warm stories can be read again and again.

2. OFFER TO DO PRACTICAL TASKS

Immediately following a death, suggestions include offering to transport relatives to/from the airport, supplying food, babysitting and offering to stay in the home to greet visitors when the family is unavailable. Later on, tasks such as providing transportation, mailing packages, getting the oil changed in a car or tilling a garden might be appreciated.

3. LISTEN

Grieving persons often need to tell the story of the deceased person’s illness and death over and over again. Listening without judgment and interruption is invaluable.

4. AVOID CLICHÉS AND EASY ANSWERS

A simple “I’m sorry” or “you are in my thoughts and prayers” is more comforting than clichés and answers attempting to ease a person’s pain.

5. DON’T TRY TO FIX THE PAIN

Grieving is a painful process, and by allowing others to feel and express that sorrow, healing can begin. We have a tendency to want to “cheer people up,” or to avoid being around another’s pain. What a gift we give when we can simply be accepting, caring, and available to those who are hurting.

6. EXPECT STRONG, VARYING EMOTIONS

Disbelief, guilt, anger, sadness, loneliness, and fear are just a few of the many emotions grieving persons experience. Accepting and encouraging expression of these feelings helps.

7. TOUCH

A simple squeeze of the hand, a hug, or a touch on the arm conveys caring.

8. OFFER OPPORTUNITIES TO REMEMBER

If sharing memories seems to be important and comforting, ask about photographs and encourage reminiscing. Offer to revisit places and people who can add perspective and confirm the importance of the loss.

9. ENCOURAGE THE BEREAVED TO ACCESS/DEVELOP THEIR SUPPORT SYSTEMS

Bereaved persons need to be surrounded by acceptance, kindness, and patience. Encourage them to get involved with people, groups and activities that provide them that support. If you (or the bereaved) have special concerns during their bereavement, encourage them to seek professional help.

10. PROVIDE TIMES FOR LIGHTHEARTEDNESS

Laughter and diversion can sometimes be a welcome relief.

11. ENCOURAGE PATIENCE WITH YOURSELF AND THE BEREAVED

Take care of and support yourself as you reach out to others – take time to restore yourself! Encourage the bereaved not to expect too much from themselves, and not to make any major decisions the first year after the loss, if possible.

12. STAY IN TOUCH

Continue to reach out through listening, cards, phone calls, and invitations, particularly 3 to 13 months after the death. Remember birthdays and other special days throughout the year, as well as the first anniversary of the death.

13. BELIEVE IN THE BEREAVED PERSON’S ABILITY TO HEAL AND GROW

Trusting and hoping for healing and growth encourages it to happen!

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A HOSPICE OF THE CAROLINA
FOOTHILLS PUBLICATION

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AND THE NORTHERN COMMUNITIES OF SPARTANBURG AND GREENVILLE COUNTIES IN SC

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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.

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Newsletter Editor

Yvonne Gilliam

The Development Corner

We are busy in the Development Office, raising money to support the many services and programs of HoCF and making plans for 2010. But before we put 2009 “to bed”, here’s what’s happening:

Voices for Hospices: A Concert Celebrating Life at the Tryon Fine Arts Center in Tryon on October 10, 2009 at 4 pm. Our own *Beth Child* will be accompanying 40 local singers, and will be a featured soloist at the piano. Donations will be accepted at the door. Spread the word!



2009 Christmas Ornament: This year’s “leaf” ornaments are being made by Linda Wulff, one of our Hospice Volunteers! You will find order forms at the Hospice Thrift Barn, SPHH and the Administration & Program Center in Columbus. Deadline for all ornament orders is December 1. The Tree of Life Celebration will be Tuesday, December 8, 2009 from 5-6pm in Columbus. Ornaments can be picked up in Columbus beginning December 8.



Parties With a Purpose: This idea came from OUR VOLUNTEERS!!! Hold your PARTY for whatever PURPOSE (Birthday, Christmas, house warming, Mardi Gras, Anniversary, **WHAT-EVER**). In lieu of bringing a gift, invite your guests to make a donation to Hospice of the Carolina Foothills IN YOUR HONOR!!! A Hospice staff member can come to the party ... or not! No speeches or presentations necessary ... but they are available! We furnish a box or basket for the donations and/or any informational literature about Hospice. You decide what

you want, and how to display it. Sound like fun?? It will be! This will be an ONGOING fundraiser that can be held throughout the year!!! For more information, call Diane or Maureen at 828-894-7000.

Smith Phayer Hospice House: We regularly receive inquiries about donating items to SPHH from grateful families who have had the opportunity to make use of this wonderful facility. We have established a “Wish List” of needed items from which interested donors may choose. Additionally, we continue to encourage people to HONOR or REMEMBER family and friends in the Path of Remembrance through the purchase of Bricks and Pavers.

Good Samaritans: We have been privileged to meet and tour several Sunday School Classes at the SPHH and are delighted to receive any of you. Thank you for leading your churches and making them aware of our services and our needs. We are receiving patient supplies, furniture for the SPHH from the Wish List, items for the Thrift Barn, and contributions from love offerings and outreach budgets. We cannot thank you enough for your continued support as it is vital to the financial health of our organization. Please continue to pray for the success of our work as we minister to those at the end of life. If you need a presentation or printed material for your church, please call Diane or Maureen at 828-894-7000. We’ll be happy to help you.

Volunteers – Order your Hospice Shirt

Several volunteers have mentioned that they are interested in buying a hospice shirt. Well, now you can! Listed below are the available options. If you would like to purchase shirts (or a bandana for your dog), please give your order information, along with a check payable to HOCHF, to Yvonne Gilliam by Monday,

November 2. Once the order is placed, it will take approximately two weeks for the shirts to arrive.

Bandanas:

Cost: \$4.75
Colors: Royal, Red or Black w/white logo

Denim shirts:

Cost: \$14.55
Long-sleeve only
Colors: Ink Blue w/ teal logo; Faded Blue w/ teal logo
Sizes: Men: S-XL, Ladies: S-XL

Golf-style shirts:

1. 100% ring spun cotton pique
Both short-sleeve & long-sleeve available
Cost: SS - \$12.25; LS - \$15.60
Colors: White or Black w/ teal logo; Red, Lt. Blue or Purple w/ white logo
Purple not available in LS
Sizes: Men only: S-XL

2. 65/35 poly/cotton pique

Both short-sleeve & long-sleeve available
Cost: SS - \$14.15; LS - \$18.15
Colors: SS – White or Black w/ teal logo; Teal, Red, Lt. Blue or Purple w/white logo
Colors: Ladies: LS – White or Black w/ teal logo; Red or Royal w/ white logo
Colors: Men: LS – White or Black w/ teal logo; Royal w/ white logo
Sizes: Men: S-XL; Ladies: S-XL

3. 65/35 poly/cotton pique – ¾ sleeve

Cost: \$18.15
Colors: White or Black w/ teal logo; Red, Lt. Blue or Royal w/ white logo
Sizes: Ladies only: S-XL

SPONSORS

Proud sponsors of *Hospice Connections*



VOLUNTEER BIRTHDAYS

October

Ron Crawley	1
Wesley Ransom	2
Alayna Allison	3
Sally Berg	4
Isaac Bryant	5
Joyce Preston	5
Jean Shumway	5
Patricia Koplik	6
Virginia Perrenod	6
Joe Juett	9
Mary Clare Jenks	11
Joe Phayer	12
Wanda Wofford	12
Claire Ernst	13
Marah Painter	13
Pat Owens	15
Doris Wilson	17
A. Y. Brown	16
Annie Arledge	17
Sue Brooks	17
Craig McSwain	20
William Covil	24
Rachael Wortman	25
Olivia Nelson	25
Lois Gosnell	26
Christopher Heyer	26
Jamil Abunassar	27



November

Karen Pack	1
Marlene Balog	2
Jim Johnston	8
Meagan Painter	10
Mary Duncan	11
Mary Marin	12
Carol Jean Vosburgh	15
Bill Kemp	18
Eric Overton	21
Brenda Snite	24
Gail Novak	25
Nancy Bruce	27

Wishing you a Happy Birthday on your special day!



CALENDAR

October 6 & November 3

Bereavement Support Group
Noon – 1 p.m.
Hospice Center, Columbus

October 8 & November 12

Bereavement Support Group
8:30 – 9:30 a.m.
Dutch Plate, Campobello, SC

October 10

Voices for Hospices Concert
4 - 5:30 p.m.
Tryon Fine Arts Center

October 29 & November 19

Bereavement Support Group
6-7 p.m.
Hospice Center, Columbus

November 26

Happy Thanksgiving!
Offices will be closed.



UPCOMING EVENTS

October 22

In-service – Spiritual Traditions at the End of Life

This in-service will focus on various spiritual beliefs and rituals regarding death and dying and will include a panel of spiritual leaders from the community. It will be held from 10:00 – 11:30 a.m. at the Hospice Center in Columbus and volunteers and staff are encouraged

to attend. Contact Yvonne Gilliam at 864-457-9125 to register.

October 30

Volunteer Workshop – Telling Their Stories: Helping Patients and Caregivers to Reminisce.

This workshop will feature Wendy Barrett, author of *Remember Me*, a book that can be used by volunteers to help patients with their life reviews. The workshop will be held at The Lutheran Church of the Nativity in Arden, NC. Information about it will be mailed in early October so be on the lookout.

December 1

Save the Date – Christmas Breakfast

Our annual Christmas Breakfast will be held at the First Baptist Church of Landrum. Watch for your invitation in the mail!



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