

HospiceConnections

VOLUNTEER NEWS FROM HOSPICE OF THE CAROLINA FOOTHILLS



Interior view of the Chapel

Churches in the Two Carolinas “Going for the Gold” for Hospice!

It is always amazing to see a group of people accomplish something of huge significance. Each person contributes their personal best, and together they attain the prize. Recently, we cheered as various Americans competed in the Beijing Olympics, each pushing themselves to their limits to bring back the “Gold, Silver or Bronze.”

Well, here in our little corner of the world, our churches are bringing in the “Gold.” Through efforts guided by our Good Samaritans, 72 churches in our two-state service area have contributed \$105,164 toward the \$125,000 goal for the new Hospice House Chapel. Week after week, little by little, the gap closes.

The invitation is still open to be a part of this local mission and there is no minimum or maximum donation. The ways to donate are numerous, whether love offering, memorial gift, honorarium, or fundraiser. “We would be so pleased,” says Executive Director Jean Eckert, “to list on the chapel donor plaque the name of every church in our service area. No contribution is without value as we join hands to build the chapel and this Hospice House that is very much needed for the people and families in our communities.”

If your church would like to join hands with the churches who are building the Chapel at the Hospice House, please call Beth Child, Director of Development, at 894.7000.

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BIRTHDAYS

Building a Hospice House is no small task. It takes dreams, a vision, planning, donations of all sizes, foundation support, and a contractor like Harper Corporation General Contractors of Greenville, SC, who knows what they’re doing and hires people who have the skills and the heart for the job. Shown here is a photo taken from the woods with the chapel in the foreground. If you want to keep up with the construction progress as the Hospice House goes up in Landrum, check out the slideshow on the HoCF web site: www.hocf.org.



DISEASE EDUCATION

MANAGING SHORTNESS OF BREATH

What is shortness of breath or dyspnea?

- A personal experience for each individual
- An uncomfortable feeling of having difficulty breathing
- Can be described as not getting enough air (a feeling that you cannot get your breath), may feel like the room is closing in, or there is not enough air in the room

When should I be worried about shortness of breath?

- When it stops you from doing what you want to do
- When it causes the family fear or anxiety, nervousness or restlessness
- Bluish discoloration of face, nose, fingers or toes

What can be done?

The good news is that there is much the hospice/palliative care team can do for shortness of breath. The team will try to discover the underlying cause and discuss treatments with the healthcare provider.

- Record what makes them feel short of breath and what decreases it
- Increase air movement by using an open window or fan
- Keep room cool - cool cloths to face, air conditioner, a bowl of ice in front of a fan
- Keep the environment quiet to decrease feelings of anxiety
- Elevate the head or sit in chair or recliner
- Relax with spiritual support, yoga, calming music, massage
- Focus on breathing - take slow, deep breaths or use breathing exercises that the hospice/palliative team has taught
- Use oxygen as directed by the healthcare team
- Take medication as directed by the physician
- Notify the team if the shortness of breath is not relieved

The Hospice and Palliative Nurses Association



Volunteers Come Through Again!

Thank you, volunteers, for helping us raise over \$4,000 (gross amount) for the Hospice Yard Sale at Stearns Gym! This amount includes a staff only silent auction that was held in our basement the week prior to the Yard Sale.

Many of you donated items, helped price and move everything over to Stearns Gym, took jobs as cashiers and wrappers, and helped clean up. There is **NO WAY** we could have done it without you, and this includes our teen volunteers. I hope you all had a good time and perhaps bought some goodies. I wish I could list everyone who helped, but I would leave someone out. You all were fantastic! Hospice volunteers are **THE** best!

Beth Child, Director of Development

Hospice Connections

A HOSPICE OF THE CAROLINA
FOOTHILLS PUBLICATION

Serving Polk County, North
Carolina, and
Upstate South Carolina

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Medical Director

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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

Hospice House Chapel Donors

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Bahai Group of Polk County
Bear Creek Bible Church
Beulah Baptist Church
Bible Baptist Church
Bibleway Baptist Church
Church of the Transfiguration
Cliffs Glassy Mountain Chapel
Columbus, Baptist Church
Columbus Presbyterian Church
Columbus United Methodist Church
Congregational Church of Christ
Cooper's Gap Baptist Church
Episcopal Church of the Holy Cross
Fairview Baptist Church
Faith Baptist Church
Fingerville First Baptist Church
First Baptist Church of Campobello
First Baptist Church of Gowensville
First Baptist Church of Landrum
First Baptist Church of Tryon
First Church of Christ Scientist
Garrison Chapel Baptist Church
Good Shepherd Episcopal Church
Grace Baptist Church
Green Creek First Baptist Church
Green Creek Missionary Baptist Church
Saluda Presbyterian Church
Sandy Plains ARP Church
Sandy Springs First Baptist, Inc.
Silver Creek Baptist Church
Smith Chapel Baptist Church
Southside Baptist Church
St. John the Baptist Catholic Church
St. Luke's CME Church
Stateline Independent Baptist Church
Stony Knoll CME Church
Green River Baptist Church
Holly Springs Baptist Church
Holston Creek Baptist Church
Jacksons Grove UMC of Landrum
Lake Bowen Baptist Church
Landrum Independent Baptist Church
Landrum Presbyterian Church
Landrum Springs Baptist Church
Landrum United Methodist Church
Lebanon United Methodist Church
Lynn First Baptist Church
Midway Baptist Church
Mill Creek Church of the Brethren
Mill Spring First Baptist Church
Morgan Chapel Baptist Church
Motlow Creek First Baptist Church
Mountain Page Baptist Church
Mountain Valley Baptist Church
New Bedford Baptist Church
New Hope Baptist Church
New Hope United Methodist Church
Oak Grove Baptist Church
Pacolet Hills Baptist Church
Pea Ridge Baptist Church
Redeemed International Church
Riverside Free Will Baptist Church
Trinity Lutheran Church
Tryon Church of Christ
Tryon Pentecostal Holiness
Tryon Presbyterian Church
Tryon Seventh Day Adventist Church
Tryon United Methodist
Union Grove Baptist Church
Warrior Mountain Baptist Church
Washington Baptist Church, Inc.
Wheat Creek Baptist Church

Hospice Connections Sponsors



McKINSEY PRINTING
TRYON, NORTH CAROLINA



SEPTEMBER

- 2 Grief Support Group
12 pm - 1 pm
Hospice Center - Library
- 9 Volunteer In-service
Documenting Patient Visits
10 am - 11 am
Hospice Center - Noel Room
- 11 Grief Support Group
8:30 a.m. - 9:30 a.m.
Dutch Plate, Campobello, SC
- 25 Grief Support Group
6 pm - 7 pm
Hospice Center - Library



OCTOBER

- 7 Grief Support Group
12 pm - 1 pm
Hospice Center - Library
- 9 Grief Support Group
8:30 a.m. - 9:30 a.m.
Dutch Plate, Campobello, SC
- 14 Volunteer In-service
Boundaries
10 am - 11 am
Hospice Center - Noel Room
- 30 Grief Support Group
6 p.m. - 7 p.m.
Hospice Center - Library

September Birthdays

Richard Alewine
Diana Pack
Frances Fairey
Doris Canniff
Bill Johnson
Frederick Ernst
Edith Kinkade
Ruth Masna
Kim McCool
Rochelle Tyson
Virginia Clark
Marty Odom

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October Birthdays

Kathy Tyrrell
Sally Berg
Isaac Bryant
Jean Shumway
Virginia Perrenod
Ellen Flynn
Joe Juett
Joe Phayer
Pat Owens
A.Y. Brown
Sue Brooks
Michael Pearson
Craig McSwain
Sandy Bishop
Marge Nowak
Marie Butler

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Mark Your Calendar!

Patient Companion Volunteers, please mark your calendars for the "Boundaries" mandatory in-service on October 14 at 10:00 am. Laura Ellington, Director of Clinical Services, will be the presenter. Hope to see you all there!



*Wishing you the best
on your birthday!*



HOSPICE
of the Carolina Foothills

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