

# Hospice Horizons

HOSPICE OF THE CAROLINA FOOTHILLS

This issue of Hospice Horizons is dedicated to the memory of the individuals in our care whose deaths occurred between May 1, 2008, and April 30, 2009, and to their families and caregivers.

## Remembering the Stories and the Gifts

Illness and death are not respecters of wealth, age, street address, skin color or religious affiliation. And in response, neither is Hospice of the Carolina Foothills.

We care for men, women and children of all ages, races, religions, and circumstances. We care for families in every town, community and cross-roads in Polk County, and in an area of South Carolina about the size of Polk County—from Landrum down to Inman and from Glassy Mountain over to Fingerville.

The 247 individuals whose deaths occurred in the last year were between the ages of 1 and 107 and lived in private homes, retirement homes, nursing and assisted living facilities, hospitals, and the Smith Phayer Hospice House. We are grateful for the privilege of caring for every single one of them, and their families.

That is why we take this opportunity every year to celebrate the names, faces, families and lives of those we are honored to know and help care for. We are grateful to them and to all those families who allowed us to share these stories and celebrate their gifts.

### ALENE SAWYER

“Helping others” is the creed she lived by, and “others” was defined broadly. According to daughter Jane Morris, her mother’s way of

being grew out of her upbringing in the Baptist faith and her life on a rural farm during the years of WWI and the Great Depression.

Her life of self-sacrifice started early when Alene, the young girl, left school in order to help care for her younger brother Thomas who had polio. A few years later, she and her two sisters left their home near Lake Toxaway to live and work in Tryon, regularly sending money back home to help Thomas go to college so he could get a job that would enable him to support himself. Which he did.

Caring for others naturally included Mrs. Sawyer’s children and grandchildren, on whom she showered countless acts of domestic love. The tithe for her church was set aside first and always. Church members continually benefitted from her benevolence, and the man who picked up her trash each week enjoyed the Pepsi she often left for him. At 80, she visited “old people” in the nursing home. The importance to her of being able to do for others most likely



Alene Sawyer

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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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## Gifts of Gratitude



“Let’s all be someone else. I’m tired of being myself.” Those are the opening lines from a song to which I’ve been listening recently. The tune continues on in a fun fashion to talk about people who are not what they seem.

Most of us at different times in our lives have imagined ourselves to be someone else. As children, we may have done so out of curiosity or perhaps out of jealousy. As adults, maybe we do so for any number of reasons ... empathy, creativity, boredom, longing, self-improvement, cooperation, etc. In putting ourselves in others’ shoes, we widen our world view by actively choosing to look at things from different perspectives.

When we lose someone we love, however, we are thrust automatically into roles that feel very different from our normal selves. During periods of loss, we don’t so much choose a different perspective as have it chosen for us. It is natural at these times to have trouble concentrating, to be absent-minded, to be easily irritable, to feel lost, to find many conversations trivial, and to feel distant or apart from others. Even seemingly easy activities such as listening to music, reading, or watching TV may be too painful or require too much focus. The bottom line is that we just don’t feel quite like ourselves after a loved one has died.

Who do we feel like, then? Someone else entirely? A significant loss can be so disorienting that sometimes we don’t know whether we’re coming or going. We’re not sure who we are and definitely are not close to knowing who we want to be. Finding the energy just to get through a day or an event can sometimes be a significant accomplishment.

Perhaps, then, it might be alright to give ourselves permission to be someone else for awhile if we so choose. One of the most powerful methods of re-finding ourselves after a loss is to think back to our deceased loved ones and to everything we most appreciated about them. It has been said that the highest compliment is to

pattern our own behavior after another’s admired behavior. So what better way to honor a deceased loved one than by attempting to take on those traits we most admired? It is indeed an incredible gift we can give to our loved ones to consider incorporating their most respected qualities into our new selves.

During this time of reflection for the annual remembrance gathering, we at Hospice of the Carolina Foothills are pausing to remember many different types of gifts, both given and received this past year. In particular, we’re hoping to pay special attention to all those gifts that Hospice of the Carolina Foothills patients have given to us and to you, their families ... gifts of grace, dignity, patience, forgiveness, love, gratitude and more.

As you reflect upon those gifts given to you by your loved ones, we’d like to thank you for sharing your gifts with us. As the song concludes, “You know we like what you’ve become.” ■

*Shannon Slater*

Shannon Slater  
Bereavement Care Coordinator

You all worked with my mom for only 24 hours before she died. The services you provided me continued for a year and were delivered in a caring, warm way. I am very grateful to you.

— A PATIENT’S FAMILY

explains why she worked until she was in her mid-70's.

Mrs. Sawyer's lifelong nature as an "equal opportunity helper" made it difficult for her, at 91, to accept the help she needed from Hospice. Daughter Jane tells a story that perfectly illustrates this. "On the first day that the Hospice CNA visited my mother to help with her bath, Mother welcomed Sharon into her home, gave her a glass of ice tea and told her to sit and rest while she got her own bath.

"My mother was a good woman who took to heart her responsibility to serve mankind. She did it with joy and with no regrets." Right up to the end, and sometimes especially at the end, the essence of a person shines through!

### BARRY AUGUST

And so it was with Barry August, who lived the two years of his illness as he had the first 62—crammed full of life. The early death of his uncles and his own scare with lung disease instilled in him an urgency to live life to the fullest every year, traveling to and then returning to favorite spots like Montreal, Williamsburg, Florida and his beloved St. Martin's; visiting family and friends from coast to coast; and adopting nieces and nephews as part-time children.

Always by his side was the person most dear to him, Cheryl, his wife of 35 years. Even in his sickness, it was she for whom he was concerned, not himself. Cheryl remembers fondly the better part of Barry's last two years as they traveled to the people and places dear to him, "making last visits and saying goodbyes".

After Cheryl and Barry married in a New York blizzard that kept most of his family from getting there, they lived in several states across the country with Barry's Veterans



Barry August

Administration job. In his retirement four years ago, they settled in Tryon. "Having no children," says Cheryl, "made our bond to each other stronger than it might have been." They spoiled each other, as best friends do, and had a great time doing it. They also happily indulged their nieces and nephews, who—along with every person who knew Barry—were attracted to his sense of humor and his ability to make people laugh.

"His sense of humor," says Cheryl, "is the thing most mentioned in all the cards and notes I received after his death. And, boy, was I surprised at the number of people who wrote. He made a big impact in the world."

As Cheryl copes with the big hole left in her life, she is grateful to a Friday morning women's group who, she says, "understand me so well. They affirm that how I'm doing is normal." She also credits her family's support—those close by in Boiling Springs—and those far away. "If there's something good to be gotten from this it's that it makes the whole family realize how important we are to one another and how important it is to spend time together when we can. And to enjoy life, like Barry did!"

### CONNIE BUTLER

Speaking of enjoying life, traveling and making an impact, Connie Butler certainly did. According to Marie, his wife of 55 years, Connie met a lot of interesting people as he traveled the world through his job, and unlike a lot of folks, he kept in touch with them!

Connie's work as a chemist took him all over the world and moved the two of them all over the country, including Inman for a five-year stretch. That was the beginning of their love affair with the Carolina Foothills. After retirement, they returned to the home they'd built and maintained.

During retirement, Connie continued a service to others that he had dabbled in during his pre-retirement years. He worked with SCORE, the Society of Retired Executives, helping other people with company start-ups. "He was a problem solver," says Marie, "and loved giving advice seekers pointers on all aspects of starting a business, including raising



Connie Butler and his wife, Marie.

*Continued on page 4*

money and obtaining loans.

The Butlers' relationship with Hospice of the Carolina Foothills began nine years ago when they both began doing volunteer work with our organization. His "start-up skills" came in handy as he helped us start our Good Samaritan Program, which now includes 70 churches who have trained volunteers who serve as liaisons between their church family and HoCF.

As volunteers, the Butlers knew how helpful Hospice services could be. As recipients, Marie reports wonderful experiences with both the Palliative Care Program and hospice care at Smith Phayer Hospice House. "Connie was the first patient at the new Hospice House, and it couldn't have been a better experience. And before we got there, it was nice to know that all I had to do was pick up the phone to find help on the other end."

Help on the other end of the phone.... an example her husband modeled well!

#### LOUISE LYONS

And speaking of models. Louise Lyons was a role model extraordinaire, according to her three surviving siblings. Sister Lola Dudley says she and her big sister couldn't have been any closer growing up in Tryon. "We slept together, went to school and did homework together. Louise came down on me when I needed it and also complimented me when I needed it. And we all need someone to do both these things for us."

Brothers Ulysses and Fred Counts agree that their sister was the mother hen for the four of them—so mature, so full of love, so determined for herself and us. "She was a role model and an encourager for us all."

Louise Counts attended Tryon Colored School and in high school delivered the Tryon Daily Bulletin throughout the community. After graduation, she handed her job down to Lola and went with an older sister to New York to find work in order to go to college. For four straight years, she spent summers in New York, saving money in order to attend and graduate from Bennett College. Afterwards, she lived, worked and began a 33-year marriage in New York and Connecticut.

But it was to Tryon she and husband

Richard retired, because Louise wanted to give back to the people who gave so much to her growing up. For 23 years, she gave back in amazing ways to many organizations and causes. And on her walls were plaques that recognized her exemplary life from honor student to Second Wind Hall of Fame, a local organization honoring retirees for their extraordinary volunteer contributions.

According to her brother Ulysses, "Louise was a treat...a gift not to be missed."

#### GRACE WILSON

Affectionately called "Amazing Grace" by many of her friends, Grace Wilson at 107 years old, had many friends. And when she died four days after her birthday in 2008, she held the distinction of being the oldest person born in and living in Polk County. Family, old friends, new friends and caregivers cherish the stories witnessed and heard of

Wilson's simple life of hard work, self-sufficiency and, a continuous wonder at things most of us take for granted. Like getting our milk in a carton instead of from a cow. Like indulgences such as powder and deodorant. According to her daughter Celia Arledge, "the only time she stopped moving was when she laid herself down to sleep at night." Even in her last years at Autumn Care Nursing Home in Saluda, she kept busy with bingo, knitting and crocheting, visiting with family and friends, and staying up late to watch Duke basketball games. ■



Grace Wilson

I appreciate greatly the notes and cards and calls I received from Hospice at times of the year when hearts are tender and memories are bittersweet.

— A PATIENT'S FAMILY



Louise Lyons

## More Stories and Gifts ...

**Virginia Burgess** is described by her sister Mary Schrieffer as someone who “led the way.” The younger sister gratefully acknowledged her sister “Gin” in a lovely eulogy in which she reflected on a long list of ways Gin led her, other family members, and many others. Mrs. Schrieffer’s list included the following gifts they attributed to Virginia Burgess: my salvation, Mars Hill College, an appreciation for books, a love of learning, excitement about traveling, and connecting us to one another and to our past.



Virginia Burgess

**Mildred Whiteside** is admirably described by her son Wade Whiteside as “the family rock,” the one who pushed her three boys to stay in school, kept them in line, and kept the family going. “Because of her hard work and determination, our family was able to build a small house of our own when I was 12. And all these years later, with Mama at Magnolia Manor Nursing Home in Inman, I renovated the house for my daughter to live in. Mama was tickled to death. What she’d done just kept on giving.”



Bob Levin

travelers that was infectious. At LaurelHurst, where he spent the last 18 months of his life, he expressed his witty observations of staff and residents in a much-loved newsletter column

**Bob Levin** is proudly described in a written tribute by son Rob as a man who loved life, and whose “wit and wisdom would not yield to his failing body.” Bob had an insatiable curiosity about life and a sense of humor about his fellow

entitled, “Nosin’ Around.” Bob’s Hospice nurse shares this penned verse he wrote for her:

*Ah, sweet nurse with needles of steel  
Have you come to puncture me from head  
to heel?  
And while you do I’ll be in deep repose  
Wondering if I’ll wake as a garden hose.*

**Jean Ward’s** daughter Jeanie Daniel delights in telling the story behind this happy photograph. “Our mother was unresponsive for days, having neither spoken nor gotten out of bed. But one Saturday at Smith Phayer Hospice House, she got up, talked, got a bath and her hair done in the salon. A CNA snapped this family photo on her cell phone. Mother was then unresponsive again and two days later she was gone. That Saturday with Mother was a gift, and this photo is now such a treasure.”

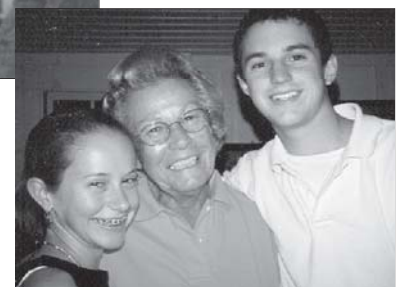


Jean Ward and family

**Joan Zandbergen** is enthusiastically described by her daughter Nancy Wilson and grandson J. B. as



“energetic, ever-proud, supportive, compassionate, energetic, a great multitasker, in full swing, sports enthusiast, a tremendous competitor, and did we mention energetic?!” Nancy describes a childhood where they were never allowed to sleep in, not even on a Saturday. “This is life,” her mother would say, “show up for it!”



Joan Zandbergen and family

# Forever In Our Hearts

Patricia Aldrich  
 Barbara Allen  
 Jean Allen  
 Avis Allison  
 David Anderson  
 Genevieve Angelo  
 Edith Arledge  
 Barry August  
 Elizabeth Augustine  
 Rosa Avery  
 Dorothy Ayers  
 Marion Baker  
 Robert Balme  
 Mary Barry  
 Freda Bass  
 John Bates  
 Charles Batson  
 Robert Beil  
 Donald Bennett  
 Clarence Benson  
 Vernie Bishop  
 Christopher Blackwell  
 David Blackwell  
 Elmina Blanton  
 Viola Bolt  
 Lisbeth Bowie  
 Thomas Boyce Jr.  
 Lanelle Bridwell  
 Marshall Bright  
 Oliver Bronn  
 Nancy Brooks  
 Jordan Bruno  
 Malcolm Brush  
 Sarah Bryant  
 Virginia Burgess  
 Pauline Burns  
 Lee Burrell  
 Sybil Burrell  
 Connie Butler  
 Barbara Byars  
 Lloyd G. "Gary" Byrd  
 Billy Campbell

Carl Campbell  
 Marian Campbell  
 Charles Carroll  
 Margean Chambers  
 Zelma Chandler  
 Arthur Childres  
 Raymond Clary  
 Elizabeth Cody  
 Orphia Covil  
 Mary-Dudley Cowles  
 Annie Cox

Doris Cox  
 Robert Cox  
 Carmelina Crane  
 Donald Creeser  
 Irene Crow  
 Paul Culberson  
 Betty Davis  
 Elsie Davis  
 Inez Davis  
 Grover Deck  
 Evelyn Delano  
 Gladys Deweese  
 Margaret Dick  
 Janet Difiglia  
 Bobby Drake  
 Elrollan Durham  
 William Durham  
 Joyce Earley  
 Ruby Edwards  
 Horace Elliott  
 Richard Ellis  
 John English  
 Elaine Epley  
 Helen Euler  
 Frederick Evanoff

Harry Evans  
 Marilyn Field  
 Hazel Forrester  
 Miller Foster  
 Josephine Gault  
 Charlie Gibson  
 Marjorie Glass  
 Dorothy Gleitz  
 Edward Glover  
 Ignacia Goodrich  
 Doris Gordon

Evelyn Gosnell  
 Myrtle Green  
 Samuel Greenway  
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 Edna Hines  
 Arthur Hipp  
 Gustave Hoffman  
 Julia Hollifield  
 Rickey Howell  
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 Kathleen Humphries  
 Julia Irwin  
 Juliette Ivie  
 Ernest Jackson  
 Bobby Jeans  
 Carroll Johnson  
 Faye Johnson  
 Kay Johnson

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 Grover Jones  
 Hilda Jones  
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 Eleanor Kinney  
 Paul Knight  
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 Emily Lee  
 Gerald Lehman  
 Robert Levin

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 Louise Lister  
 Billy Lockhart Sr.  
 Derrick Lynum  
 Louise Lyons  
 Bennie Mack  
 Dorothy Mangum  
 Keith Martin  
 Robert Martin  
 James Mathis  
 Gladys Maxwell  
 Martha May  
 Edward McCandless  
 John McCutcheon  
 Lois Mebane  
 Walter Melton  
 Warren Menke  
 Frederick Minard  
 Dewitt Miner  
 Dolores Minnig  
 Tyler Mooney  
 Arthur Morgan  
 Elizabeth Morrow  
 Louise Morton  
 Ernest Murphy  
 Ruby Newman  
 Paul Nielsen  
 Keith Norstrom  
 Eleanore O'Connor  
 Elizabeth Overton  
 Martha Owensby  
 Ann Parish

Juanita Paul  
 Lula Payton  
 Bessie Pearson  
 Helen Pearson  
 Kathryn Peck  
 Helen Phelps  
 Catherine Phillips  
 Gail Pierce  
 Ella Pitsenburg  
 Elizabeth Plumley  
 Hattie Pressley  
 Henrietta Prevost  
 Donald Price  
 Jerry Price  
 Douglas Prideaux  
 Martha Purgason  
 Mildred Quandt  
 Annie Raines  
 Willie Rice  
 Ossie Rollins  
 Robert Ruff  
 Frances Sarratt  
 Elmer Saunders  
 Alene Sawyer

Please tell all who cared for my wife that I appreciate the care and availability at any time to comfort and talk to both of us during this time.

— A PATIENT'S FAMILY

Charlotte Schulz  
 Frederick Schwebel  
 Marjorie Sears  
 Joseph Sellati  
 Alma Sexton  
 Joyce Sheppard  
 Harold "Bud" Shively  
 Dorothy Silsbe  
 Elizabeth Smith  
 Elmer Smith  
 William Southerland  
 Ernest Spadaccini  
 Raymond Spanjer  
 Florence Spann

Hospice allowed my mother to maintain her dignity, manage her illness, and be with her loving partner of sixty-four years until the very end.

— A PATIENT'S FAMILY

Herbert Spearman  
 Thomas Spencer  
 Donald Stanfield  
 Gilbert Stanley  
 Betty Starnes  
 Juanita Staton  
 Alice Storie  
 Lillian Strane  
 Irene Summey  
 Lucille Swain  
 Getties Tanner  
 Harold Tapp  
 Frances Taylor

James Thompson  
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 Marguerite Tolbert  
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 Ruth Tufts  
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 Seth Vining  
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 Simon Ward  
 Peggy Watkins  
 Laura Weigt  
 Parisade West

Ruby West  
 John Wetzel  
 Glenn Whiteside  
 Mildred Whiteside  
 Eva Wilkerson  
 Willie Williams

Grace Wilson  
 Josephine Wilson  
 Alvin Woodruff  
 George Worthington  
 Joan Zandbergen

Although I never met most of you who provided for my Uncle Charlie, I know each of you must have faces of love. Not only are we grateful for the care you gave our uncle, but also for the kindness and thoughtfulness you extended to his family members.

— A PATIENT’S FAMILY

**MORE STORIES ... Continued from page 5**

**Donald Bennett** is joyfully remembered by Susan, his wife of 58 years, as a man with an artist’s eye and an appreciation for beauty; he was always nattily dressed—“cuffed trousers for sure!” But she chuckles along with this story, shared by Mr. Bennett’s Hospice CNA, at laughter’s ability to smooth the rough edges of life:



Donald Bennett

“This was not my first visit with Mr. Bennett, and he and I were so busy talking that neither of us paid close attention as I performed my usual care. I left him with a fond goodbye of ‘I’ll see you next time’. Now when I returned for our next visit Mr. Bennett greeted me with this news: ‘You shaved off my mustache. I haven’t

shaved it off in 30 years.’ I was speechless. Then I started to laugh, and reminded him that he let me do it. We both laughed and promised each other we wouldn’t let that happen again. We laughed about it right up to the end.”

**Tyler Mooney** ... infant son of Angel and George Mooney, his short but sweet life of influence captured on a T-shirt worn by his mom and in a poem written by his dad.

**“Tyler My Son”**

*The day he was born was a blessing to me,  
 the man to become he has made me to see.  
 To see how much joy life could hold;  
 because of you, my son, I’ll never go cold.  
 You fight for your life in such a way  
 when I go to bed I have to pray.  
 Pray thanks to God for all He has done  
 for giving me this chance I won’t be wrong.  
 He gave me a son and a beautiful wife  
 I really don’t deserve such a life.  
 Now here we are with you in God’s hands.  
 All of this pain I wish it could be,  
 switch it around, let it be me.  
 I know it can’t be done,  
 it makes me so sad;  
 at least I had the chance to be a good Dad.  
 I thank the Lord for the time we had.  
 We’ll remember you forever, my little lad.  
 In heaven one day together we’ll be.  
 I love you, my son.  
 Lord, remember me. ■*



Tyler Mooney’s mom

# Staff & Volunteers Tell Their Stories, Remember the Gifts

## CALENDAR

### Grief Support Groups

#### First Tuesday of each month

12 noon – 1 p.m.

Hospice Center  
Columbus, NC  
June 2, July 7, Aug. 4,  
Sept. 1

#### Second Thursday of each month

8:30 – 9:30 a.m.

Breakfast, Dutch Plate  
Campobello, SC  
June 11, July 9, Aug.  
13, Sept. 10

#### Last Thursday of each month

6 -7 p.m.,

Hospice Center  
Columbus, NC  
June 25, July 30, Aug.  
27, Sept. 24

These open groups offer encouragement and comfort in a confidential setting to *anyone* grieving the loss of a loved one. - For more information, contact Shannon Slater.

*Continued next page*

*Gratitude is the memory of the heart.*

FRENCH PROVERB

“Every time we admit an individual to hospice care,” says Executive Director Jean Eckert, “we cross a threshold to enter into the life of a family that has been living their own unique story for some number of years. We do so humbly and with gratitude for the care and services with which we are entrusted.”

For 28 years now, hospice staff and patient companion volunteers have been changed as day after day they provide professional expertise and compassionate care to individuals and their families. This year is no exception. Doctors, nurses, nursing assistants, social workers, chaplains, bereavement counselors, and volunteers sat together recently in several groups to tell of stories shared as trust and respect developed ... Of gifts given and received that will remain with them for the rest of their lives.

*People think this job is hard but the job is made easy  
because of the joy of being with such loving, giving teachers.  
So many stories to cherish...so many gifts to enjoy and pass on.*

A HOSPICE NURSE

- ☺ He gave me an appreciation for nature.
- ☺ From him, I received a greater appreciation for this county, where I've lived all my life. His enthusiasm and passion was contagious.
- ☺ She connected me to things that I have never appreciated or cared about before, like golf. And I thought of her this year when the Master's was on TV.
- ☺ He made you slow down, and see and think differently about the simplest, most everyday things.
- ☺ He had a great sense of mischief and reminded me to see life in color.
- ☺ The woman who with such glee used a crayon for the first time in her life reminded me that there is always room for a childlike sense of wonder in our lives.
- ☺ They reminded me over and over again of what's most important in life: loving and being with your family and friends.
- ☺ They took care of us too ... fed us, prayed for us, and worried about us worrying about them.
- ☺ She taught me the meaning of “encouragement.”
- ☺ She taught me patience.
- ☺ She taught me the difference between “patients” and “patience” and “presents” and “presence”!
- ☺ She taught me to be myself no matter where I go or who I go with.
- ☺ She taught me that sharing a recipe means: “I hope you'll make it and bring some to me.”
- ☺ He made history come alive, telling me with great pride about one of his greatest accomplishments: integrating his factory.
- ☺ She taught me about continuing to live until you die.
- ☺ She taught me, through a bottomless pitcher of ice tea, about giving what you can give for as long as you can give it.
- ☺ He taught me more sports trivia than I'll ever have use for ... unless I get on Jeopardy!
- ☺ He could make me laugh, no matter how far from laughter I felt that day.
- ☺ She made me want to be just like her. ■

# Remembering With Gratitude Those We Love

*Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.*

MELODY BEATTIE

Listed below are some suggestions on how to remember and cherish those we have loved:

- ♥ Set aside a corner to place photos and objects that remind you of your loved one.
- ♥ Plant a tree or a memorial garden.
- ♥ Make a donation to a cause that your loved one believed in.
- ♥ Put together a photo album that you can share with friends and family.
- ♥ Gather your loved one's favorite music on one recording for listening anytime.
- ♥ Write a letter to your loved one.
- ♥ Wrap yourself in your loved one's favorite sweater.
- ♥ Give a special item that was treasured by your loved one to a family member, along with a story.
- ♥ Carry on traditions, such as making your mother's favorite holiday dish, or using your husband's fishing pole at the lake.

- ♥ Invite friends and family together to share their memories and favorite stories of your loved one.
- ♥ Create a memory bag or box with some of your loved one's favorite items; the bag can be accessible whenever you need it.
- ♥ Make a pillowcase from your loved one's tee shirts for a giant comfort pillow.
- ♥ Volunteer for a cause that was important to your loved one.
- ♥ Consider new traditions. Your life has changed significantly. If it's too painful to carry on with the same family traditions as before, give yourself permission to do things differently and to incorporate your loved one's memory into new traditions. Change things as you feel comfortable, knowing that you can always return to former traditions and will carry the memory of your loved one with you forever no matter how you choose to remember him or her. ■

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### Hospice Volunteer Training

**5 evenings in June, beginning Monday, June 8th, 5:30 – 8:30 p.m. Become a Hospice Volunteer and join our Circle of Care!**

Fifteen hours of comprehensive training about hospice care and other services, presented by HoCF staff and volunteers. Registration is required.

There are many opportunities available for volunteer service: patient and family companions; office assistance; hospitality; special events; Good Samaritans (church liaisons); and Hospice Thrift Barn assistance. Some of these volunteer jobs require fewer than 15 training hours. Please call Tracey Brannon for more information on all volunteer opportunities.

Our dad was always a very well-dressed man and your assistance in helping him with his personal needs meant so much to him.

— A PATIENT'S FAMILY



## **FAST FACTS**

### **WHAT KIND OF BEREAVEMENT SUPPORT IS OFFERED BY HOSPICE OF THE CAROLINA FOOTHILLS?**

Our services are offered without charge to the families we have served with hospice care, and to *anyone* who needs help with the grief of losing a loved one. Services include:

- ~ Individual counseling with a professional staff member.
- ~ Three open support groups held each month. Two groups meet at the Hospice Administration & Program Center in Columbus: a daytime “brown bag lunch” group on first Tuesdays from noon to 1 p.m.; and an evening group on last Thursdays at 6:00 p.m.. The third group meets for breakfast at The Dutch Plate in Campobello on second Thursdays at 8:30 a.m. It is generally recommended that people wait at least six weeks after the death of a loved one before attending, but that is not a rule. People are encouraged to come when the time seems right for them. Sharing stories and feelings is encouraged but isn’t a requirement. Confidentiality is the most important group rule.
- ~ Grief education seminars are available to address topics such as common symptoms and reactions to loss and ways to help yourself and others who are grieving.
- ~ Holiday grief seminars are offered in November and December and address the particular difficulties in coping with grief during the holidays.

### **WHAT IS THE COST OF THESE PROGRAMS?**

Bereavement programs and services are offered free of charge. Donations are gratefully accepted.

### **WHO LEADS THE SUPPORT GROUP AND GRIEF SEMINARS?**

All sessions are led by qualified Hospice staff with special training in bereavement care.

### **CAN I RECEIVE COUNSELING OR PARTICIPATE IN A SUPPORT GROUP OR OTHER BEREAVEMENT PROGRAMS IF MY LOVED ONE WAS NOT IN HOSPICE CARE?**

Yes. Services and programs are open to the community, as well as to our Hospice families.

### **HOW CAN I FIND BEREAVEMENT SUPPORT FOR A FRIEND OR FAMILY MEMBER WHO LIVES OUT OF TOWN?**

Our bereavement staff can link you with Hospice bereavement resources throughout the United States and abroad. We can also provide helpful literature through the mail. ■

### **For more information:**

- Call Shannon Slater or Wendy McEntire at 828.894.7000 or 800.617.7132
- Visit our website [www.hocf.org](http://www.hocf.org) for a schedule of events and more information.

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