



32 years
of
Compassion
& Dedication

Cindy Flanner
LPN
Supportive Care Partners



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This newsletter coincides with the season of Thanksgiving, which always reminds me to pause and reflect on the many things for which I'm grateful. My health, family, friends, and a recent opportunity to visit with family certainly make the list.

I feel enormous gratitude as well for the outpouring of support we received during our **careforward** Campaign. Among the goals of the Campaign was to modernize our 25-year-old KBR Hospice Home, which has been a sanctuary for countless patients and families. Surpassing the goal of the Campaign means that our beautiful home away from home will remain a sanctuary for the next quarter century. It also prompted a trip down memory lane.

Since our inception in 1977 when our founders first conceived of the notion of hospice care in our local community, we've continued to feel that strong presence of support. In the earliest days, we were given office space in the basement of Forsyth Hospital (as it was named at the time). And in the decades since then, we've been reminded that we have champions who not only believe in our mission but are generously investing in our future.

My gratitude list would not be complete without expressing my tremendous thanks for the dedicated team who are the cornerstone of our organization. I'm surrounded by the best people who bring passion, and compassion, to our mission every day.

This newsletter also coincides with National Hospice & Palliative Care month. The theme for this year's observance is Courageous Conversations. While conversation centered on end of life can be challenging, open and honest conversations with loved ones and healthcare providers mean that your goals and wishes for end-of-life care can be honored. These important conversations can also help you be an advocate for your loved ones. I'm a huge proponent of these conversations because, as much courage as they may take, they provide enormous peace of mind. Trellis is always available to help facilitate, and document, these important conversations.



LOVE TAKES FLIGHT – Submitted by Lora Songster

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Jeanette Adams met her beloved Todd Adams when they both worked as flight attendants for US Airways. Todd had been on the job since 1989 and had quickly become a favorite among his crew members and passengers. He put his passengers at ease with his humor. He recognized military personnel on his flights and honored their service. As Jeanette will tell you, "When Todd was in the terminal, other crew members would make a beeline to see him. He was hilarious, goofy, tall, handsome, the whole package." She adds, "It was how he treated people, though that was his most attractive attribute."

On a trip based out of Charlotte in 2010, they shared a meal. She said, "It was easy. He was all the things that made me happy and comfortable. For the next four years they would coordinate schedules as often as possible. "Working with him was fun and it was our way of dating," Jeanette said.

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Todd and Jeanette wanted to get married, but life got in the way. Fast forward to 2017. While at the doctor for an unrelated issue, Todd was diagnosed with a completely different condition. He had stage four cancer. His mindset in the wake of this news was remarkable. Jeanette said, “You never would have known. He never had a ‘poor me’ mentality.”

For a few years, Todd responded to protocols and medications. Then ultimately, faced surgery and rehab. Jeanette, during Covid, took advantage of early retirement to help Todd when he left rehab. That was not to be. Infections plagued his body, sending him to the hospital for six weeks. The idea of a wedding was delayed as Todd did not want to be in a wheelchair, but rather stand and say his vows to Jeanette.

His body grew tired. He lost a tremendous amount of weight. His medications required an IV line inserted in his neck. Unfortunately, when that line had a bleed, he refused having another saying, “I’m done.” Jeanette arrived at the hospital to this decision. Today, she often thinks about how she could have responded and possibly saved him. Yet she says, “I knew the Lord had a plan. The time had come for Todd to be at peace.”

The hospital suggested hospice care, and his family chose Trellis Supportive Care. They had experienced Trellis’ care with another family member and knew Todd would be in the best possible hands. Todd arrived at the KBR Hospice Home on Tuesday, June 8. The following day he had a visit with his pastor and was determined he was not going anywhere until he married Jeanette. “I knew how he felt about marriage, but I was shocked,” she shared. Their dear friend Annette, knowing how deeply Todd wanted to be married, stepped in to help. She sent Jeanette for a marriage license, calling ahead to make sure the license could be obtained on the spot and arranged for a notary so Todd could sign the necessary paperwork.

The wedding was scheduled for Friday, June 11, at 10: 30 am. Jeanette asked a nurse for permission to allow a few more people into his room for the ceremony. Jeanette then saw “The Trellis Touch” in action. Trellis staff asked if they could help. “I was floored; we were only under Trellis’ care for four days. I won’t ever be able to thank them enough. I am so grateful for the treatment we received and the compassion they had as we watched him go. They did so much and provided so much, all while comforting us.” Along with Annette, Trellis made sure there were flowers, cake, champagne, music, and a photographer.

Annette was Jeanette’s Matron of Honor and Todd’s dad was his Best Man. With the help of his pastor, Todd slid the wedding band on Jeanette’s finger. They became Mr. and Mrs. Todd Adams. Todd died six hours later. His final flight was as a married man.



REMEMBERING BELOVED ADVOCATE

Dr. Kenneth P. Carlson, 95, passed away on June 7, 2023, after a life of love, faith, and service to others. Many of us at Trellis Supportive Care remember his wonderful contributions to our organization. He served on our board in many leadership capacities and was instrumental in the creation of our Hospice Home. Pictured here with his wife Mary Jean, who passed away in 2018, is Ken wearing that familiar smile. He left this world for the next having made a huge impact.



MAKING THE MOST OF EVERYDAY



When our patient wanted to visit Reynolda Gardens one last time, we did our best to make it happen. But when that was no longer possible, Reynolda Gardens came to her. Thanks to great teamwork and our volunteer Michelle Hawks, who is the lead horticulturist at Reynolda Gardens, it was a beautiful day. Michelle put together flowers, produce, and even a little Reynolda Gardens swag for the patient, who said, “This is the nicest thing anyone has ever done for me.” Michelle also took photos around Reynolda Gardens and had them framed for the patient to enjoy at home.

LOOKING FOR HOLIDAY GIFT IDEAS?

One great way to support Trellis in this season of giving is through our Holiday Honor Card program. Holiday Honor Cards remind your loved ones you are thinking of them and that you have donated to Trellis in their honor.

For a \$10 donation per card, we will provide cards that you can personalize and mail yourself. For a \$15 donation per card, our staff will personalize and mail your cards to the recipients of your choice. Our cards are appropriate for any holiday in this festive season – but if you would like them to be delivered by Christmas, please place your order no later than December 14th.

To place an order, email HolidayCards@trellissupport.org or call Shannon Neal at 336-331-1322.



MAKE A DIFFERENCE BY MAKING A TAX-FREE GIFT WITH AN IRA QUALIFIED CHARITABLE DISTRIBUTION

Each year, patients and families turn to us for comprehensive hospice, palliative, and grief counseling services. Your gift provides much-needed care and comfort to those living with serious illness and loss. Consider making a gift with a QCD in 2023 and reap the tax savings to go alongside your generosity.



- A qualified charitable distribution (QCD) is a direct transfer from a Roth or Traditional IRA to a charity and is available only to IRA owners and beneficiaries who are age 70½ and older.
- A QCD can satisfy all or part of your required minimum distribution from your IRA.
- Each IRA owner is permitted up to \$100,000 in QCDs annually.

For more information, please call 336-768-3972 and ask for a member of our Donor Relations team or consult your trusted financial and legal advisor.

MEET CINDY FLANNER – CELEBRATING 32 YEARS OF SERVICE

We are so lucky to have Cindy on our team! With 32 years of experience, she's a wealth of knowledge and a great ambassador. We recently asked her about her time at Trellis.

Q. You've worn many hats over the years. What have they been?

A. "I started out as a home care nurse. Then became a senior auditor and the manager for our Health Information Management team. Next, I joined the Volunteer Services team and worked with infection control. And now I'm on the Palliative Care team."

Q. What have been the highlights?

A. "Well, there have been so many changes, and I've held different roles, but the mission never changes, and for me, that's the highlight. I get up each day and enjoy coming to work because you know you'll have a chance to help somebody and maybe touch their heart."

Q. When you're not working, what do you enjoy most?

A. "My favorite thing to do is spend time with my family. I love going to the beach and the mountains too. And my favorite hobby is creating stained glass pieces."

Q. As the employee with the most longevity, how do you feel?

A. "It makes me feel accomplished, knowing that I've been here and contributing this long. And grateful. I've been able to work with such great people. I have the best team around me, and that's part of what makes me look forward to working."



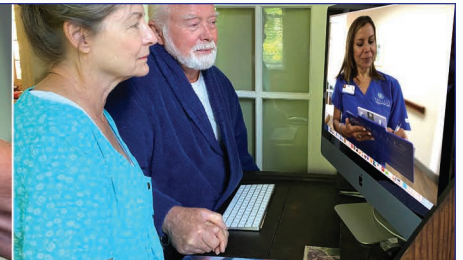
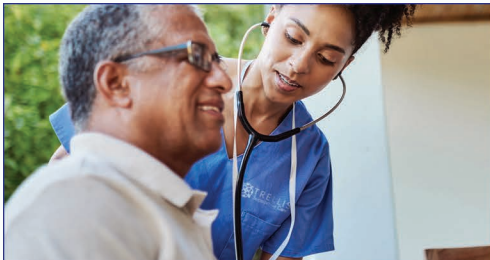
MODERNIZATION OF KBR HOSPICE HOME AND MORE



Thanks to the success of our **careforward** Campaign, our 25-year-old Hospice Home is being modernized with smart beds, advanced air quality controls, and other technology that didn't exist when it was first built. The campaign will also fund enhanced technology to better allow virtual visits so that loved ones, regardless of how far away they are, can visit patients remotely. Finally, the campaign will support a program designed to expand access to care for traditionally underserved populations, including veterans and minority populations.

Beth Forrester, Executive Director of the Trellis Supportive Care Foundation shared, "The support we received through this campaign has been nothing short of inspiring and heartwarming. I believe that we care for people in such a way that they want to ensure the same care is available for everyone."

"We are grateful knowing our Hospice Home will remain a beautiful sanctuary for the next quarter century," said Linda Darden, President and CEO. Linda added, "In addition to all the benefits of this campaign for those we serve, the support has touched the hearts of everyone within the organization. We appreciate the investment in our future and promise to be exceptional stewards of the gifts we receive."



WHAT'S NEW AT OUR HOSPICE HOME?

An important aspect of our KBR Hospice Home is that it feels like a home. It was designed for both the patient and their loved ones. That's why there are several family rooms, sunrooms, and private sitting areas for families to utilize. What was missing, however, was a dedicated office-like space for people who need a quiet space to get work done without having to leave. A few weeks ago, that changed. We are pleased to have a new Business Center. Within the walls of our Hospice Home is now a place to conduct work, with semi-private space for phone calls, virtual meetings, and desks for laptops. We hope this is another way to ease the journey for those in our care.



You don't have to face grief alone.

Visit TrellisSupport.org to learn more about how we can support you in your grief journey.



Trellis Supportive Care was the first hospice in North Carolina and has been the Piedmont/Triad's hometown hospice since 1979. We remain an independent nonprofit organization. Thanks to community support, we are able to go above and beyond in the way we provide care, and never deny anyone care because of inability to pay.



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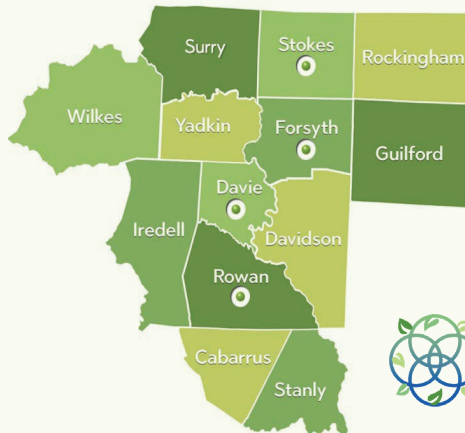
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