



Hospice Care - It's not about giving up hope . . . it's about letting hope in.

OUR MISSION:

Hospice & Palliative CareCenter provides compassionate care for individuals living with a life-limiting illness and their families, through quality medical, emotional, spiritual and social support.

PROGRAMS & SERVICES

If you would like information about any of the following programs and services, for yourself, a family member or friend, please call the office nearest you:
336-768-3972 in Winston-Salem
336-753-0212 in Mocksville
336-591-1124 in Walnut Cove
704-633-5447 in Salisbury
or 1-888-876-3663, or visit us on the web www.hospicecarecenter.org

Hospice Care
Home Health Care
Kate B. Reynolds Hospice Home
Palliative Care Services
Carousel Pediatric Program
Grief Counseling Center
Community Support Program
Community Partnership for End of Life Care

WALK, RUN, HAVE FUN

The 14th Annual Hospice Hope Run

If you've been a friend of Hospice for long, we hope you've heard about our signature event – the Hospice Hope Run. And if you've never participated before, this is the year to come out and join the fun and festivities! Whether you're a walker, a runner, or a supporter of Hospice, it's going to be great fun. Here's what's in store.

A New Venue. A New 5K. A Deacon Dash for the Kids. The Deacon Tower at BB&T Field is the new location. In addition to the traditional 10K race, we've added a certified 5K run (timed) and walk. Both will be timed using the D-tag system, a personalized timing device which simplifies the timing process. Children 8 years old and younger will be able to run with the Wake Forest University Demon Deacon in the Deacon Dash.

Teams

There is something special about gathering friends, family and co-workers to participate. "This year we have a new team program, Team Up For Hope, where we encourage groups of 10 or more to join and name their team," said Carolyn Breese, Director of Development for Hospice. One well-known team is already

(Continued on page 2, Walk, Run, Have Fun)

TEAM UP FOR HOPE

Saturday, April 17, 2010



Many thanks to our presenting sponsor:

BB&T
CHARITABLE FOUNDATION

MARIA HODGES

More Than A Disease

One week during the year, Hospice converts a meeting room into a labyrinth. A giant purple and white cloth covers the floor, and folks are invited to experience a transformational spiritual tool that has been used around the world for centuries.

The process involves walking a circular, winding path to a center point. Looking at the mazelike configuration, it's impossible to figure out how you'll get there. But somehow you do, one step at a time, and then you turn around and repeat the process to the starting point.

It's the kind of mysterious experience a poet can embrace. A poet like Maria Hodges.

Maria has been a Hospice patient for the past five months. One of her appointments with a Hospice counselor happened to coincide with one of the days the labyrinth was spread out on the floor. Her walk along its paths took 20 of what may prove to be the most important minutes of her life.

As I took the twists and turns, I reflected on my fears of dying and all my unresolved issues," Maria



Maria with Dr. Karen Cross of Hospice & Palliative CareCenter

says. "When I finally sat down, I burst out crying."

The tears provided a long overdue release for the woman who has suffered with emphysema for the past 14 years. When Maria goes to bed at night, she never knows whether she will wake up.

"After I walked the labyrinth," she says, "I turned those fears over to God."

Maria lives in Winston-Salem, not far from where she grew up on Reynolda Road. Her home reflects her artistic spirit and her passions. Pictures, books and videos remind her of three trips to a place she loves – England. Fairy and angel figurines surround her with supernatural imagery that continues to intrigue her.

Most importantly are the seven cats that make sure Maria is never alone in her fight against a disease that has robbed her of 28 pounds in less than a year. At 79 pounds, she has a lung capacity of 28 percent. And yet her quality of life is quite another story.

(Continued on page 3, Maria Hodges)

A MESSAGE FROM THE CEO



Our entire team comes together every month for a staff meeting. It's one of the most valuable hours we spend together. In addition to being an information sharing session, it's often a heartfelt reminder of why we do what we do. Among the business at hand we need to discuss, there is always time set aside for remembering those we've served.

First we read letters from caregivers who want to say thanks, and I am grateful for those who take the time to write. We hear how having Hospice staff to support and guide them made all the difference, how their loved one looked forward to seeing their staff person and how much the white rose meant to them. We appreciate these thoughts and the time that families take to send them.

One of the chaplains then speaks, getting each of us focused on the meaning of what we do, and sometimes, the meaning of living each day to the

“We cannot change the outcome of the disease, but we can ease the pain and symptoms, and we can help the family make good memories – memories that will ease the grief for many months to come.”

fullest. Then we hear many of our own voices reading the name of every patient who passed away in the previous month. Each patient carves out a space within us and we recognize that it's our gift and privilege to serve each one.

In a recent month, we read over 175 names, and I couldn't help but think about each of these special people who have families grieving their loss. I also think about the compassionate care, the hours of visits, and the emotional support our staff give day in and day out. I stand proud and salute the staff....

When you call Hospice to see what we might be able to do for you, please know that we will listen, we will help, we will give you the support you need to care for your loved one. I often say to new staff “we cannot change the outcome of the disease, but we can ease the pain and symptoms, and we can help the family make good memories – memories that will ease the grief for many months to come.”

At Hospice we hope you will think of us, turn to us, trust us for extraordinary care for patients and families, and for our community.

JoAnn Davis,
President & CEO

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We would like to thank our Governing Board and Foundation Board of Directors for the contributions they make to Hospice & Palliative CareCenter. Board members volunteer their time and professional expertise for the agency, and their efforts are greatly appreciated.

WALK, RUN, HAVE FUN (Continued from page 1)

The 14th Annual Hospice Hope Run

scheduled for the event – the Wake Forest University (WFU) football team. “When we were approached as a team and university to participate in the Hope Run, my initial response was; ‘How can we contribute to this effort?’ Many of our faculty members, including myself, have been served by Hospice and we welcome the opportunity to give back to an organization that has given so much,” said Todd Hairston, Associate Athletic Director of Compliance. For Julie Griffin, CHAMPS/Life Skills Coordinator at WFU, the partnership between Hospice and WFU is not only a volunteer opportunity for students, but a way of giving back. “It is very important for WFU to be involved in the community we live in and I especially think it is important for us to give back to an organization that touches so many lives. My mother had Hospice care at home during the end of her battle

with cancer. After her passing, I went to grief counseling at Hospice. Their services are invaluable,” stated Griffin.

Breakfast, Entertainment and More...

“The day is sure to have something for all ages, including live entertainment and a delicious breakfast for all registered participants,” added Carolyn. Honorary chairs for the 2010 Hope Run are Michelle Kennedy and Kimberly Van Scoy of WXII 12 News and Lora Songster of WMAG 99.5.

Your registration fee is first and foremost your show of support for patients and families who deserve the best possible end-of-life care. Furthermore, you'll be promising yourself, your family and your friends a day to remember.

For details and registration visit
www.support4hospice.org



MARIA HODGES (Continued from page 1)

More Than A Disease

The healing power of love

Maria's Hospice story is unique. She's one of the few people who walked into the Hospice lobby and asked for help for herself without going through the traditional route of physician referral. Because of Maria's persistence and help from a dedicated staff, she got it.

Maria asked for Hospice.

Six months ago, a friend asked Maria to go with her to Hospice to see her mother's memory stone. While there, Maria wondered whether she might qualify for help with her emphysema.

While most patients rely on their doctor for a referral, Maria was taking a different path. "I walked up and asked the receptionist how to qualify," she says. Soon, Dr. Karen Cross, a Hospice physician, called to schedule a visit with Maria at her home. She evaluated her condition, became her primary physician, and made the referral that same day.

"It's the best thing that ever happened to me," Maria says.

Her treatment progressed from seeing a pulmonary specialist and her primary care doctor once every six months to the kind of treatment on which Hospice has built its reputation. Today, she is visited by a nurse once a week and a counselor, social worker and chaplain every other week. Dr. Cross visits routinely and is on call when needed. A volunteer visits twice a week and spends two hours with her each time, helping with a variety of errands.



Maria with Kelley Ryan, Hospice Counselor

"Hospice sees me as being more than just my disease," she says. **"They see the all of me, past and present. Their care extends beyond my physical comfort to embrace and provide me with my emotional, mental, and spiritual comfort. And the more love they give me, the more I give out – even to a stranger in Walmart."**

EVERYONE WAS FEELIN' THE LOVE

And Paying It forward

It all started with a few school students in Stokes County who were making Valentine cards for Hospice patients as part of our "I HEART Hospice" campaign. The idea was that the cards would be judged, prizes awarded for the most creative cards, and the cards would be given to Hospice patients. When a few senior center folks heard the news, they decided to make Valentine cards for the Hospice staff in the Walnut Cove office. Simultaneously, the staff decided it would be nice to make cards for our volunteers. Clearly, everyone was feeling the love because at the end of the contest, there were 1,497 cards to be given to Hospice patients, and enough to share with every resident in an extended care facility in Stokes County.

The highlight, however, was the fact that so many children and their teachers supported the idea, got creative, and warmed the hearts of every Hospice & Palliative CareCenter patient and many, many residents in local long term care facilities.



HAPPENINGS FOR HOSPICE



ONE SHOUT-OUT . . .

She Asked & They Gave. Without Hesitation

The A.M.E. Zion Church of the Winston-Salem District, through their Women's Home & Overseas Missionary Society, put their heart into the holidays. Geraldine Smith (far right in photo), Secretary of Bureau of Supply with A.M.E. Zion, knew there were Hospice patients and families struggling to afford groceries. Wishing to help provide a holiday meal for those families, Geraldine asked each of the 21 churches in the district to sponsor a meal. Without hesitation, and with passion for the cause, the support rolled in quickly. The holidays were just a bit brighter for many patients and families because of the collective generosity.

BOARD NO MORE

Hospice & Hope Teen Leadership Board



There is a group of 50 teens from 14 local high schools in Winston-Salem who are reaching out and giving of themselves in support of

Hospice. They make up the Hospice & Hope Teen Leadership Board. In addition to planning special events and advocating on behalf of Hospice, the Teen Leadership Board is taking the lead in organizing local high school teams for the upcoming Hospice Hope Run.

SHAG CLUB DONATES \$7,500

The wonderful members of the Winston-Salem Shag Club once again overwhelmed us with their generosity! At their social on January 22, Wanda Wooten and other members proudly presented a check in the amount of \$7,500 to Carolyn Breese, Development Director. "We could not think of a more deserving organization than Hospice to have as our yearly charity. It is a very rewarding feeling to be able to help because of all they do for others," said Wanda.



INVOLVEMENT IN TEEN BOARD LEADS TO INTERNSHIP

Rokhaya Fall, Age 18

Senior at Salem Academy - Plans to attend Spelman College in the fall

Rokhaya shares her thoughts on her internship experience.

As a teenager, I thought the most exciting gift I ever received was my license. Years later, I found out I was wrong. As I became involved with Hospice & Palliative CareCenter my life changed for the better and I now realize my involvement with Hospice has indeed been the most exciting gift.

I first became involved with Hospice as a volunteer, not really knowing what it was about. I was so excited about this newly found program that I decided to do my three-week internship in January with Hospice.

I was ready for anything that was to come my way for the internship, or so I thought! During my internship, I worked alongside the chaplains, volunteer coordinator, social workers and many other people who are part of the Hospice team, and I was able to visit patients and families. The most touching and amazing part of it all was the way patients are treated by Hospice staff. I was also amazed by the "team meetings" when the team discusses care plans for the patients. During these meetings, everyone at that round table shares some piece of information about every patient. By the time the last team member spoke, it was like pieces of a puzzle that fit perfectly together. I never thought I would encounter people in life that care so much about their patients.

At the end of my internship, I felt like a completely changed person. I have grown to become appreciative for the things that I have rather than complain about what I am lacking. Even as a volunteer, I feel as if I get more than I am actually giving.



BEST OF BOTH WORLDS

Staff Member in the Spotlight, Tammy Furr, RN, MSN, CHPN

When Tammy Furr was a little girl, she wanted to be a teacher. In high school, she zeroed in on the nursing path. Now, as the team leader in the Hospice Salisbury office, those two paths have converged, and she enjoys the best of both worlds.

As team leader, she oversees the clinical aspects of Hospice care. She processes admissions, is on call to see patients and supervises three nurses and four certified nursing assistants.

“Being a team leader allows me to assure the quality of care,” Tammy says. “As a skilled palliative care nurse, I oversee what the other nurses are doing. They come to me with questions, and I am able to direct them. I enjoy being an advocate for the patients and teaching caregivers.”

It’s all in a day’s work, and Tammy finds it truly fulfilling.

“Knowing that a patient has had a peaceful death, seeing them learn readiness and acceptance . . . are among those rewards.”

She appreciates the fact that the group of nurses she supervises share her same work ethics and values. Supervising them, she says, allows her to reach more patients than she could when she worked as a case manager.

Tammy’s journey down the nursing path began with a degree as a registered nurse from Cabarrus Memorial Hospital School of Nursing. Later, she received her Master’s degree from the University of Phoenix and is licensed as a Certified Hospice and Palliative Care Nurse.

She started her career as a staff nurse at Northeast Medical Center in Concord and worked there in the inpatient oncology unit for several years. Using that experience as a springboard, she made the decision to leave the hospital setting to work at Hospice of Cabarrus County in 1998. She started with Hospice & Palliative CareCenter in Salisbury in January 2004.

The transition was a natural fit, she says.

“In my work in the hospital, we saw patients from the diagnosis stage to the end of life stage,” Tammy says. “I saw some tolerate treatment well and some not. I saw them fight to live and then saw them accept that their life wasn’t truly living. Through it all, I felt drawn to assuring they had quality end of life care.”

Sometimes she was called on to provide education about the dying process. Other times she provided a shoulder to cry on. Either way, working with patients and their families has made her appreciate her own family even more, Tammy says.

She and her husband of 16 years, Jimmy, live in Richfield with their two daughters, Kaitlyn, 9, and Catherine, 6. The girls know what their mother does during the day while they’re in school. As children will, they ask questions which Tammy answers openly and honestly, using her patients’ stories to teach life’s hardest lesson: Dying is a normal part of life.

“At night, my children pray for Mommy’s patients,” Tammy says. “My youngest daughter asked me recently what happens when we die. I explained that your body stays on earth and your soul goes to Heaven. When she said, ‘Mommy I don’t want you to die,’ I realized that our patients and their families go through this painful process. They have to learn to let go of their family.”

At Hospice, Tammy’s job is to hold the hands of the dying and their family members and assure them that it’s okay to let go. She says that each time she does that for someone else, she is reminded of the blessings in her own life.

“Hospice is teaching me how to let go when it’s my time,” she says.

Her work has taught her the value of open communication. “Talk about everything,” she says. “Not only what you had for lunch but about your fear of dying.”

And in the meantime, she says that her work has taught her the value of open communication. “Talk about everything,” she says. “Not only what you had for lunch but about your fear of dying.”

As a child, Tammy had no concept of the reality of the work she dreamed of doing. Today she says the rewards are numerous.

“Knowing that a patient has had a peaceful death, seeing them learn readiness and acceptance and being able to assure the family that they did what they needed to do,” are among those rewards. And finally, “Hearing the family say, ‘Thank you. We couldn’t have done it without you.’”



DID YOU KNOW ?

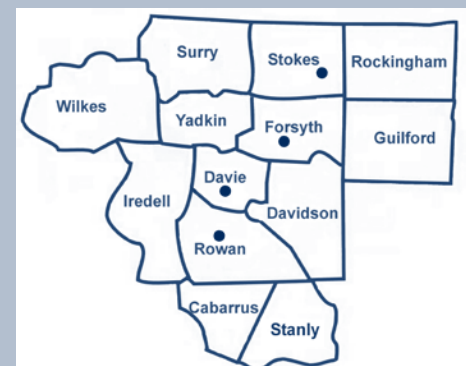
☐ Medicare, Medicaid, and most insurances pay for services

☐ We can help earlier than you think

☐ Anyone, including family and friends, can make a referral

☐ Families often wish they had called sooner

☐ We serve 13 counties from 4 offices



JIMMY STRICKLAND, FOUNDATION BOARD CHAIR

Caring for his fellowman in difficult times

It's easy to come up with a slogan. It's not always so easy to live by it.

For Jimmy Strickland, Hospice's four C's (Care, Comfort, Compassion, Choice) are more than just words.

"I try to fulfill each of those core values in my personal life by caring for my fellowman during these difficult times," he says.

It's that kind of attitude and commitment that has earned Jimmy his role as Chair of the Hospice & Palliative CareCenter Foundation Board of Directors. He took the helm in January 2010 after six years of work as a Board member.

Jimmy joined the Hospice Foundation Board in 2004, soon after he left Kansas City and moved back to Winston-Salem with his wife Julianna and their sons, James, 18, a senior at Forsyth Country Day School, and Josh, 19, a freshman at Wake Forest University.

In the corporate offices of Krispy Kreme, Strickland worked with Paul Breitbach, who at the time Jimmy arrived was Chair of the Hospice Foundation Board. Paul encouraged him to get involved with the Board. "Paul is one of those people I looked up to," Jimmy says. "When he asked, I couldn't say no."

Jimmy Strickland brings to the organization valuable business experience. His history with Krispy Kreme includes



Care • Comfort • Compassion • Choice

"I try to fulfill each of those core values in my personal life by caring for my fellowman during these difficult times."

work in the corporate office, as well as with the five franchise stores he owned. He left the company in 2005 to open his own business as a consultant and to work in private investments with his wife.

He brings years of analytical business skills to the Board as the members look at the money raised and whether it's being spent correctly. But Jimmy says he wears an even more important hat. "The really meaningful side of what I do is when I take that hat off and see the lives we're changing," he says.

One of the big projects Jimmy is working on now is the 14th Annual Hospice Hope Run on April 17 at Deacon Tower at BB&T Field. The fundraising event includes a 10K run and a 5K run/walk. Jimmy attended WFU in the late 70s and will serve as president of the Deacon Club Board for the next two years. He is thrilled to be able to help facilitate the collaboration between Wake Forest University and Hospice. This year the Wake Forest football team will be present

at the Hope Run, along with the Demon Deacon who will cheer the children on as they participate in the Deacon Dash.

"This is a fantastic event in which our efforts will take the Foundation Board to the next level of fundraising," he says. "This is a great way to get the entire community involved."

APRIL IS NATIONAL VOLUNTEER MONTH

*Big Hearts Give Special Comfort . . .
We SALUTE you . . .
Hospice Volunteers*



COMMUNITY RALLIES TO MAKE ROOM

Last year 988 patients and their families were cared for at the Hospice Home! Most of those families had to be put on our waiting list to be admitted due to the lack of space. Sadly, over 100 died before a room became available.

To meet the growing demand, the Vital Connections Capital Campaign was launched to raise funds to add ten rooms to the Hospice Home and additional space in our Palliative Care Center.

The community has rallied to make the campaign a great success. Thanks to many generous supporters, we have already raised over \$4 million of our \$5 million goal! Volunteers are working tirelessly in the final phase of this campaign, reaching out to the community with determination to achieve our goal.

The response has been overwhelming, and the entire Hospice & Palliative CareCenter family gives special thanks and appreciation for every gift to this project.

So once again, there are tractors and bulldozers on Hospice Lane. Building plans are in place, and construction will begin this spring. In a few months, much will be accomplished. We are thrilled that more families will be able to receive care, comfort, compassion and hope.

To make a gift to the Vital Connections Capital Campaign, please call the Development Office at 336-768-3972.



The Kate B. Reynolds Hospice Home to add 10 patient rooms.

EXPANDING HOPE WITH HONORARIUMS AND MEMORIAL GIFTS

Every gift, no matter the size, helps to provide hope and support to patients and families.

Memorial Gifts – Families designate Hospice in funeral notices to receive memorials. *And* friends and loved ones pay tribute and remember by making a **memorial gift**.

Honorariums - Choose to express your love and honor special people with an **honorarium** for special occasions such as birthdays, holidays and anniversaries.

Lasting Remembrance - Names of loved ones can be permanently displayed on the **Hospice Remembrance Wall** or inside the Kate B. Reynolds Hospice Home with specially arranged gifts.

All donors are thanked and handwritten acknowledgement cards can be sent to anyone you specify.

MAKING A GIFT IS EASY

Donate Online.

It's simple, quick and has an immediate impact. Just go to www.hospicecarecenter.org and click the **Donate Now** button.

By Mail.

Send a check or credit card information to Hospice & Palliative CareCenter, Attn: Finance Department, 101 Hospice Lane, Winston-Salem, NC 27103. Indicate acknowledgment information if needed.

By Telephone.

Just call 336-768-3972 and ask to speak with a Development staff member. We can accept your credit card gift by phone.

2010 COUNSELING SERIES

The loss of a loved one can be an emotional hardship. With the help of grief counseling you can learn to remember your loved ones with less pain. Hospice & Palliative CareCenter offers a variety of grief support groups on an ongoing basis. Listed below are groups you or someone you know might find comforting.

6-Week Counseling Groups for Adults: Death of a Spouse and Death of a Parent

On-going Support Groups

Left Behind: A Group For Survivors Of Suicide

Heartstrings Infant Loss Support Group

Teen Evening Retreat - "Journey" (grieving teens ages 13-17)

Camp Carousel - July 26-30

Location for above groups: Hospice & Palliative CareCenter

101 Hospice Lane • Winston-Salem

To register, call 336.768.6157, ext. 600

Coping with the Death of a Spouse and Caregiver Support Group

Location: BestHealth Center • Hanes Mall (near Post Office) • Winston-Salem

To register, call 336.713.2378 (713-BEST)

Winston-Salem - Coping with the Death of a Loved One

Location: 14th Street Community Center • 2020 14th Street NE, Winston-Salem

To register, call 336.768.6157, x1328

Mocksville - Grief Support Group

Location: Senior Services of Davie County • 278 Meroney St • Mocksville

To register, call 336.753.6230

Salisbury - Coping with the Death of a Loved One

Location: Trinity Oaks • 728 Klumac Rd • Salisbury, NC

To register, call 704.633.5447

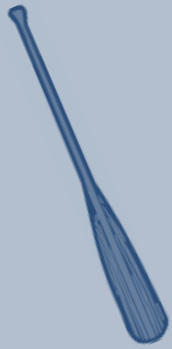
Stokes - Coping with the Death of a Loved One

Location: Stokes Family YMCA • 105 Moore Rd, King, NC

To register, contact Sherry Corson at 336.985.9622, ext. 24

Individual Grief Counseling is available at each Hospice & Palliative CareCenter office. Please contact the office closest to you to inquire about additional groups, workshops, or other special events that may be offered throughout the year. Please call for dates, times and locations of groups or view complete information on our web site. There is no fee for groups, though advance registration is requested.





Save the Date for an Outdoor Adventure on the Dan River Saturday, May 22



Nestled at the foot of Sauratown Mountain Range & Hanging Rock State Park in Stokes County

- ~~~~**Enjoy** some of the most gorgeous scenery in North Carolina along the Dan River
- ~~~~**Paddle or float** down the river at your own pace
- ~~~~Stop along the way for a **swim**, family **picnic**, and **soak up the view**
- ~~~~No experience or gear necessary

Participants will be given a set of poker cards from designated paddlers spread out along the 6 mile river run. The group with the winning poker hand will win prizes. The fee of \$25.00, which benefits Hospice, includes lunch, a t-shirt, shuttle service up the river to the launch site, and live music at the Dan River Company at the end of the trip. Participants that don't have their own canoe or kayak can rent on-site at the Dan River Company. To learn more about the Dan River Company, visit www.danrivercompany.com

To get your preferred shuttle time, please register early. For more information about the event, and to register, contact Martina Moore at 336-970-1293.

THE CIRCULAR - SPRING 2010 ISSUE

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The 14th Annual Hospice Hope Run
Saturday April 17
See page 1 for details



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