



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

A GROUP OF HOPE

Hospice grief counseling support group stays together for love and laughter

By Leigh Somerville McMillan

As I look back, I can't imagine a more perfect time than Memorial Day for a grief counseling support group dinner party. How appropriate to join with the rest of the nation as it pauses in its tilt-a-whirl existence to remember those who died in service to our country.

But when I first received the invitation to drive to Clemmons that Monday evening to spend time with people I didn't know, I hesitated. I pictured all my friends hooting and hollering it up in their backyards while I slogged through an hour or so with sad people.

I couldn't have been more wrong.

No other Memorial Day celebration could have been more filled with love and laughter than the one I was privileged to join on Leesa Drive in Clemmons.

Before I even got out of my car, Tommy Taylor and Martini came out to greet me. Nothing about Tommy looked sad. From his pastel pink polo shirt to his flip-flops, this man exuded the good life. He warned me that Martini was a cat that might "come after" me, but she didn't. I felt welcomed.

My hostess, Jenny Vanderford, bustled about in her kitchen, stopping long enough to give me a warm smile and a handshake. Within minutes the others in the group had covered every surface with food. Lots of food. This is a group that likes to eat. That night it was frogmore stew with shrimp that Elaine Bates brought. And since it was Jenny's birthday – and she had requested it – Elaine also brought strawberry creampuffs for dessert.

Anybody feeling sad yet?

Before dinner was served, we sat down in the living room to talk. Actually, Tommy, Jenny, Elaine, Cindy Martin, Barbara Garcia, Pari Gerami and Steve Richardson talked. I listened.

There was some discussion about the date on which the seven first met each other in the Hospice

grief counseling support group. One of the group members asserted that it was September 26, 2009, and everyone agreed. And, they assured me, on that date they were a very different group from the one I met less than a year later.

Originally, the support group included about 20 folks whose spouses had died. They gathered for six weeks. But when the group adjourned, the seven folks I met didn't want to say good-bye. They decided to continue getting together once a week in restaurants and eventually in each other's homes.

"We didn't want to stop," Elaine said. "After six weeks, we still weren't healed."

A diverse group

Elaine's husband of 47 years, Stanley, died August 1, 2009. The six weeks before his death were spent at home with Hospice care. In late September, Elaine simultaneously began individual and group grief counseling through Hospice.

"Donna Hampton (her counselor) told me what I'd be experiencing," she said. "And she told

me it was normal." Donna recommended books about grief for Elaine to read and then the two discussed them. The process was helpful in moving through an experience nobody is ever entirely equipped to handle alone.

"I had never lost anyone that close before," Elaine said, remembering the deaths of her parents and other friends and family. "I thought I was prepared, but, after three or four weeks, it hit me."

The support group, which continues to be a big part of Elaine's recovery, is diverse in many ways. The members live in different areas, including Clemmons, Winston-Salem, Welcome and Arcadia. Among them are a banker, an electrician, teachers and retirees. They all call themselves "spiritual," but that ranges from beliefs that are Baptist, Buddhist, Moravian and Catholic.

The common thread that continues to bind this unique group together is that they all lost a spouse to

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(L to R) Steve Richardson, Cindy Martin, Elaine Bates, Tommy Taylor, Jenny Vanderford (stirring pot) and in front Pari Gerami and Barbara Garcia.

Hospice grief counseling support group serves up HOPE!

A MESSAGE FROM THE CEO



As I watch the new building going up outside my window, I am humbled. Humbled by the financial support from the community that is making this 10-room addition to our Kate B. Reynolds Hospice Home possible. Humbled by the courage of the families who drive onto our campus daily to be with their loved ones. And I am humbled by the kind words of gratitude written on the many notes and letters we receive from families who believe in our mission and have benefited from our care.

I drive onto this beautiful Winston-Salem campus most mornings and pause to think of the generosity that is truly the cornerstone of these buildings. It is people like you who, even in this economy, still give so that others might receive our care and support at the end of life. I drive to our offices in Walnut Cove, Mocksville and Salisbury as well, where I find welcoming communities that support our mission. I meet with the advisory councils from these communities, and I'm humbled again that they feel connected to what we do and keep us foremost in their hearts as they champion our cause.

Most of us at Hospice & Palliative CareCenter come into contact with families who have a kind word or message of thanks. Knowing that we are making a real difference in the lives of those we touch is so very rewarding.

A patient of ours, Maria Hodges, asked if she could offer a testimonial. She wanted others to know, first hand, what it's like to be a patient of our agency. Her testimonial, in her words, is perhaps the greatest gift we could ask for. Her honest and open sharing of her story will help others understand the true meaning of the Hospice experience. Many of us have been humbled, and touched, by Maria. We thank Maria for sharing her experience.

With so many gestures of generosity, I can't help but feel humbled. In return, I simply thank you for believing in our mission and helping us bring hope and compassionate care to the lives of so many in 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.

LUNCH & LEARN

New Friends Gain Insight

Late April was an exciting time with two hundred women joining Hospice for the Circle of Care women's luncheons. The purpose of the luncheons was to expose guests to the Winston-Salem Hospice campus and the Kate B. Reynolds Hospice Home, educate and create an awareness of the many services that Hospice provides, and define what hospice and palliative care mean in order to eliminate misconceptions people may have when they think of hospice care. It was a wonderful opportunity to cultivate new advocates to share our vision.

Staff and volunteers alike were astounded by the wonderful group of women that gathered to learn more about our programs, services and the Kate B. Reynolds Hospice Home. Thanks to the incredible generosity of DL Davis, who underwrote the event, delicious soup and salads were enjoyed by all, courtesy of Mozelle's Fresh Southern Bistro.

The success of the luncheons is already apparent. Many of the guests want to volunteer and serve as community ambassadors of our mission. And many of our guests made a financial commitment by supporting a giving opportunity – The Promise Partnership.



(L to R) Evelyn Acree and Delores Turner enjoying the luncheon.



MORE TALK, LESS FEAR

Staff Member in the Spotlight, Dee Leahman, Director, Community Partnership for End of Life Care

For his 20 years of work in advance health care planning, Dee Leahman received the 2010 National Health Care Consumer Advocacy Award from the American Hospital Association. He is the first person not employed by a hospital to receive the award in its three-year history.

The reason? Dee Leahman is a man with a passion for advance care planning.

Several stories illustrate that passion. One day, he received a call from a woman whose mother faced the last days of a battle with cancer. Because the mother couldn't leave her house, her daughter asked Dee to visit her there. He arrived on a Sunday afternoon to find the small living room filled with siblings – lots of them – all squabbling over their mother's end of life health care decisions.

Dee took a few simple steps to create calm out of chaos.

"I had the mother tell the children what she wanted," he says. "Then I asked the children if they understood and were willing to work together to honor her wishes."

They were. That Tuesday, the mother was admitted to the hospital and on Thursday, she was moved to Kate B. Reynolds Hospice Home. "When I got there, the children were in the room with her, and they were no longer squabbling," Dee says. "The mother was able to die in peace."

Dee Leahman is director of Community Partnership for End of Life Care, a program of the Hospice & Palliative CareCenter. It is joined by dozens of other community organizations that share an interest in improving end of life care. The primary focus of the Community Partnership is to encourage people to have conversations regarding end of life care with family, friends, clergy and physicians. Assistance in preparing living wills and healthcare powers of attorney forms is provided.

"More talk, less fear," is Dee's goal. That applies to the patient and family members who may fear death and the medical professionals who may fear professional risks as they treat people at the end of their lives.

Think about it. Talk about it. Document it.

Dee has a strong background in conflict resolution with a career path that included teaching, counseling, mediation training and patient advocacy. He served as the interim director for the state Hospice association when JoAnn Davis, president and CEO of Hospice, contacted him about writing a Duke Endowment grant.

Hospice was successful at getting the grant, to the tune of about \$435,000, and JoAnn offered him a job. "I wrote my dream job," he laughs.

Dee moved from Wilmington, NC, to work with Hospice in Winston-Salem in October 2000. As part of creating the Community Partnership, he put together an advisory council made up of lawyers, doctors and "anybody else" with an interest in end of life care.

"My goal was to raise the bar and get rid of fear-related end of life care and the decisions around it and replace it with



"If you want your wishes honored, think about what you want, talk about it and document it."

information and conversations," Dee says. "If you want your wishes honored, think about what you want, talk about it and document it."

As a result of that goal, in 2009, 3,666 people attended community education events sponsored by Hospice. More than 100 advance health care planning clinics and 75 individual consultations helped 1,857 people discuss and complete advance directives.

But advance health care planning is not just about having a living will and a health care power of attorney, Dee says. "The paper isn't what's important. Talking is what's important. Our mission is to encourage conversation about end of life care."

Dee tells another story that illustrates why this is so important.

He arrived at the hospital to find a confrontation at the nurse's station. The doctor and son were on one side, arguing for life support. The nurse and daughter wanted to let the patient go. Dee walked into the mother's room and asked her what she wanted. "I want to go to heaven," she was finally able to say.

"Who is the bad guy in this story?" Dee asks. The answer is the mother, because, he says, "She didn't make her wishes known sooner."

Advance Care Planning Clinics

The public is cordially invited. Hospice & Palliative CareCenter staff will explain the advance care planning process, Living Will, and Health Care Power of Attorney. You will receive a free copy of each document. A notary will be present to assist in completing the documents.

There is no charge for this service. Donations are welcome.

For further information, please call The Community Partnership for End of Life Care Line at 336-768-6157, extension 1622.

To reserve a seat, please call the number listed for each session.

• **Tues, Aug 17 at 5:30 pm** • Location: Hospice & Palliative CareCenter campus, 101 Hospice Lane, Winston-Salem • RSVP to 336-768-6157, ext 1622

• **Thurs, Aug 19 at 1:00 pm** • Location: Best Health, Hanes Mall, Winston-Salem • RSVP to 336-713-2378

• **Tues, Aug 24 at 1:00 pm** • Location: Clemmons Public Library, 3554 Clemmons Road, Clemmons • RSVP to 336-768-6157, ext 1622

• **Thurs, Sept 9 at 6:00 pm** • Location: Best Health, Hanes Mall, Winston-Salem • RSVP to 336-713-2378

• **Thurs, Sept 16 at 7:00 pm** • Location: Pine Grove United Methodist Church, 1018 Piney Grove Rd., Kernersville • RSVP to 336-768-6157, ext 1622

• **Wed, Sept 22 at 5:30 pm** • Location: Hospice & Palliative CareCenter campus, 101 Hospice Lane, Winston-Salem • RSVP to 336-768-6157, ext 1622



THE STREETS WERE FILLED WITH HOPE!



The 14th Annual Hospice Hope Run, held on Saturday, April 17, was a record-breaking event! More than 1,500 people came out to Deacon Tower at BB&T Field to run the 10K, run and walk the 5K, and stroll around the stunning location to take in the beauty of the day. Thanks to our wonderful sponsors who gave so generously, and our dedicated participants who solicited so many donations on our behalf, **this year's event raised over \$158,000!**



Senator Richard Burr officially started the event with a moment of silence honoring those that could not be with us. As Keith Davis with Fleet Feet led the runners' aerobic warm-ups, the Winston-Salem State University Red Sea of Sound Marching Band joyously processed into view and marched up the hillside! Their music and enthusiasm inspired many, but they were not the only group performing. The Carver High School band and the RJ Reynolds High School A Capella singing group were strategically placed along the course to encourage the runners with their cheerful melodies. In addition, many volunteers cheered the participants at every turn. The final shouts of support came from members of the Wake Forest University football team, handing out water and encouragement in the final stretch. Many of the younger runners felt that the most rewarding part of the morning was being



applauded by the football players they usually root for in the fall!

Don't miss out on the fun next year, April 16, 2011! View photos from the event on our website: www.hospicecarecenter.org.



FISH FRY

More than 180 supporters gathered at the home of Jean and Phil Waugh (photo on right) to attend the *Sailing the Hospice "C"s Fish Fry* on May 13. The Hospice "C"s – care, comfort, compassion and choice – were embraced by the generous guests who contributed over \$36,000 at the event.



Care,
Comfort,
Compassion
& Choice



**FOR THE PERSON WHO HAS
EVERYTHING**

Are you shopping for a wedding, anniversary, birthday or other special occasion?

Shop no more. Honor your friends and loved ones with an honorarium by making a gift to Hospice. Every gift, no matter the size, helps to provide hope and support to patients and families.

Making a gift is easy. And your recipient will be personally notified of your gift. Simply donate online at www.hospicecarecenter.org or mail a check to Hospice & Palliative CareCenter, Attn: Finance Department, 101 Hospice Lane, Winston-Salem, NC 27103 or call 336-768-3972 and ask to speak with a Development staff member.



A GROUP OF HOPE (Continued from page 1)

Hospice grief counseling support group stays together for love and laughter

cancer within the past two years. All of them had been married between 30 and 50 years.

“We were all blessed with strong marriages,” Jenny said. “We had all found our soul mates and suffered the same level of grief. We thought we’d never recover from it.”

Nobody she knew at the time could relate to her feeling of loss until she found the support group. “Everybody in the group was so willing to open up, bare our souls and be honest,” Jenny said. “We depended on each other to get through another week.”

Barbara said she was like a “zombie” before she found her new friends. While the individual counseling was a benefit, she said it was the understanding of the group that truly helped her heal.

Finding understanding

Like most deeply meaningful things in life, the connection didn’t happen overnight.

“When I first met with the group, my wife had been gone a month,” Tommy said. “When I saw all that pain in the room, I wasn’t sure I belonged.” Now he talks about his “soul opening up” as a result of the understanding he couldn’t find anywhere else.

Pari took the longest to find the help Hospice offered through grief counseling. Her husband died August 21, 2008. At the encouragement of a coworker, she finally sought individual counseling and then arrived at that September 26 meeting of the support group more than a year later. She said the caring she found there changed her life.

In fact, Pari said she’s never experienced the kind of relationships she has enjoyed in the little group. When they

planned a trip to Myrtle Beach in February and, try as she may, she wasn’t able to leave work early, two of the others waited for her so she didn’t have to drive alone.

“They became like my family,” she said.

The beach trip provided the setting for a ritual Elaine, “The Planner,” suggested and which the group agrees provided a beautiful symbol of the healing process. Along with her beach paraphernalia, Elaine brought yellow roses and a bottle with her on the trip. Each of her friends wrote a message to his or her spouse, put the message in the bottle and she threw it in the ocean. The yellow roses were tossed in after the bottle, as a symbol of gratitude.

This group has come a long way since they first gathered to share the pain of loss. Lots of tears have been allowed to fall because they have felt safe with each other. For the first time, they have felt understood. They say their friends and families wanted to help, but they couldn’t because they had not been down that path.

“Friends and family don’t understand,” Steve said. “They try to, but they can’t. They say ‘I know how you feel’ but they don’t.”

This group does understand and has helped each other walk through the tears to the other side of grief. And on that other side lie all kinds of new opportunities. In fact, two of its members, Bryce Smith and Mary

Jo Stogdale, couldn’t attend the Memorial Day dinner party because they were in Colorado, visiting family.

And, no doubt, a lot of that visit was spent talking about an upcoming wedding. Theirs.



The process (Grief Counseling) was helpful in moving through an experience nobody is ever entirely equipped to handle alone.

MAJOR GIFT . . . MAJOR IMPACT ON CAMPAIGN

We are pleased to announce that the SECU (State Employee’s Credit Union) Foundation has donated \$500,000 to the Vital Connections Campaign, our capital project to add 10 beds to the Kate B. Reynolds Hospice Home and 10,000 square feet to the Palliative CareCenter building.

The \$500,000 check was presented to Hospice & Palliative CareCenter on April 16, 2010 by Mark Twisdale, Executive Director of the State Employees’ Credit Union Foundation. The SECU Foundation’s Mission Statement is “People Helping People in North Carolina,” and they seek out high impact projects in the areas of education, health and human services that will reach all areas of North Carolina and enhance the lives of all North Carolinians. We are so grateful to be the recipient of this most generous gift.

Hospice & Palliative CareCenter is proud to accept this gift from SECU and happy to announce that our Palliative CareCenter building will now be named the SECU CareCenter.



FREE GRIEF SUPPORT GROUP

Offered at the 14th Street Community Center the 4th Wednesday of each month

Loss naturally causes feelings of grief, and the experience of grief is not a sign of weakness. On the contrary, it is a healthy and appropriate response to loss. Allowing grief to be present with you for a while enables you to gradually free yourself from its hold on your life. Recognizing the appropriateness and value of grief is the initial step in accepting the reality of a loss.

Although every experience of grief is inherently unique, there tend to be more commonalities than differences in the grief process. Educating yourself and talking with a bereavement professional or with a grief counselor may help to normalize your experiences, determine where you are in your own process, and anticipate what is to come.

Seeking out and accepting help may be the first step in working through your grief. Hospice & Palliative CareCenter offers several opportunities for individual counseling, as well as support groups. Both options are available regardless of your prior experience with Hospice. In addition to the many opportunities that have already been established, **a new support group meets on the 4th Wednesday of each month at the 14th Street Community Center in downtown Winston-Salem.** The group is open to anyone in the community grieving the death of a loved one. Like our other grief groups, **there is no fee, but your registration is appreciated. Please contact the Grief Counseling Center at 331-1328 for more information.**

Grief is not about forgetting, but remembering with less pain.

TRAVEL EUROPE WITH BIG SHOTZ TAVERN

In Support of Hospice & Palliative CareCenter

Each Friday evening through August 13 at 7:00 p.m., Big Shotz on Stratford Road will have a Staycation. Instead of going on vacation, stay in town and dine at Big Shotz themed evenings. Big Shotz Tavern is offering eight evenings of "travel" to eight European capital cities, featuring special regional cuisines enjoyed under the stars, along with entertainment from talented musicians. A \$5.00 cover charge per person for the evening will be donated to Hospice to help patients and families in need of care. For more information call 727-4490 or visit www.bigshotztavern.com.



Friday Evenings - through August 13th beginning at 7:00 p.m.

Travel Europe with Big Shotz this summer!

Discover delicious regional specialties!

Visit uniquely European capital cities!

Listen to the sounds of talented musicians!

Register to win weekly Door Prizes!

Big Shotz Travel Guides at your service. Hospice Volunteers/Staff to answer any questions. Make plans to join us and take a vacation.

July 16 - Paris - Tammie Davis & Stealin' Time

July 30 - Munich - Nite Shadow

July 23 - Rome - The Big Shotz All Stars

August 6 - Vienna - Chris Lane Band

August 13 - Athens - Evan Olson & Dana

CLASSIC CARS, MUSIC, DANCING, FOOD & ENTERTAINMENT

Save the Date – Saturday, August 28

Quality Inn and Suites Hanes Mall, 2008 S. Hawthorne Road, will host the 2nd Annual Quality Cruise-Inn on Saturday, August 28, with all proceeds benefiting Hospice. This classic car show will begin at 3:00 p.m. (Rain Date is August 29) and will provide lots of fun, food and entertainment. If you love beach music, country music, or Latin music, this is the place to be. There'll be dancin' in the streets, a 50/50 drawing, a grand prize drawing, and lots of door prizes. And, you won't want to miss the Yadkin Valley Cruisers.

Thanks again to Anthony Stewart and Gail Kolischak for coordinating this event to benefit Hospice.



HAPPENINGS FOR HOSPICE

HEATHER'S RIDE

Inspired by a Mother's Love

Sherry Revis has sponsored three motorcycle rides in memory of her beloved daughter, Heather, and in the process has **raised over \$45,000** for Hospice & Palliative CareCenter. Sherry lost her daughter in a motorcycle accident on April 17, 2005, and has honored Heather's life and memorialized her death by raising money for Hospice, a cause that was close to Heather's heart – in fact, her favorite charity. Hospice is grateful to be the recipient of the proceeds from all three Heather's Rides and appreciates all of the hard work that goes into the planning and preparation for these events.

Sherry Revis received a special award at the Hospice & Palliative CareCenter's Annual Volunteer Awards Luncheon.



QUALITY INN & SUITES HANES MALL MAKES HOSPICE CHARITY OF CHOICE

Anthony Stewart, General Manager of Quality Inn & Suites Hanes Mall, and Gail Kolischak, Sales Manager, recently presented a check to Sharena Conner and Janet Bondurant of Hospice & Palliative CareCenter, representing the proceeds from the 2nd Annual Quality Inn & Suites Yard Sale.

Hospice is grateful to Anthony and Gail, along with the entire staff of Quality Inn & Suites Hanes Mall, for selecting Hospice as their charity of choice.



Pictured (L-R): Anthony, Janet, Sharena, Gail

POKER PADDLE RUN

The Dan River Poker Paddle Run benefiting Hospice patients and families in Stokes and surrounding counties was a marvelous event. Despite a little rain, nearly 90 participants, in canoes and kayaks, enjoyed a scenic float down a beautiful six-mile stretch of the Dan River. Paddlers collected playing cards along the way, hoping to end up with the winning poker hand. The winner was determined at the end of the trip down the river, where the "Poker Queen" judged the poker hands. Excellent local musicians entertained a festive crowd of paddlers and Hospice supporters throughout the day. Special thanks to The Dan River Company for offering a perfect setting for this unique experience.



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: Hospice & Palliative CareCenter • 512 Klumac Rd, Ste 3 • 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.



2010 Golf Classic

- What:** Captain's Choice Golf Classic
- Where:** Reynolds Park Golf Course, Winston-Salem
- When:** Friday, August 13, 2010
- Time:** Check-In, Range & Lunch - Beginning at 11:30 AM
- Tee off/Shot Gun Start - 1:00 PM
- Fee:** \$75/golfer - \$300/foursome
- Includes:** Green Fees, Carts, Lunch, Goodie Bag, Range Balls, Hole Contest, Door Prizes and Team Awards



Register now for this fun event!

**For more information please contact
Carolyn Breese, Director of Development at 331-1322**

2nd Annual Tour of Davie

**Cycling Event in Davie County
Will Benefit Hospice**

Davie Cycling Association's 2nd Annual Tour of Davie to benefit Hospice & Palliative CareCenter will be held Saturday, August 14, at 8:15 a.m. at the Masonic Picnic Grounds in Mocksville. There will be 20, 40 and 70 mile routes.

Come on out and enjoy the scenic routes, good friends, and great food.

To learn more or to register, visit www.daviecycling.com or contact Eric Phillips at daviecycling@gmail.com



**Davie Cycling
Association**
www.daviecycling.com

THE CIRCULAR - SUMMER 2010 ISSUE

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**Visit our web site for
information, news and
upcoming events at
hospicecarecenter.org**



Hospice & Palliative
CARE CENTER



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