



Grief Comes In Waves

by Ken Bradstock, Chaplain, Hospice & Palliative CareCenter



*Ken Bradstock
Chaplain
Hospice & Palliative CareCenter
Ken is in his third year with at
Hospice & Palliative CareCenter.
He received his Doctorate in
Ministry in Pastoral Counseling
at the Graduate Theological
Foundation.*

The first time my oldest son saw the Atlantic Ocean was late in the evening after we set up camp on a Georgia coastal island. We mounted the dune that separated our camp from the sea, and the poor little guy was overwhelmed by what he encountered. He began to wail like we'd never heard, and as the waves rolled in, he held his hands up as if pushing them back to sea, screaming, "No, no. Stop!" But the waves didn't stop, and as young parents we were concerned that he understand that the waves would neither stop nor harm him. We dragged him down the beach toward the surf until we finally realized that our efforts to normalize the phenomenon were traumatizing him, and we stopped, allowing him to retreat to the top of the dune. We thought that perhaps he needed to see it in the bright daylight without the deep shadows of twilight. In the morning, we strolled across the same dune only to see him react the same way. Eventually that day our 4-year-old could play contentedly a little closer to the surf, but he did so with one eye on the swells that threatened him so inexplicably.

Grief is much like the surf. It builds in a swell of sorrow and crashes in on us, pushing and pulling, turning and twisting our emotions. As it rolls up on the beach of our consciousness, it hisses out as drops of salty water leaking from our eyes -- trickling down our cheeks in little rivulets that eventually run dry until the next wave. Some of us believe that there is something to be feared or at least avoided in the ebb and flow of grief. We believe that the incoming wave is somehow harmful, and we try to hold it back in as futile a manner as my 4-year-old used against the ocean.

The Bible makes it clear that grief is normal and healthy. The Book of Lamentations is an example of deep sorrow and sanctified grief. Ecclesiastes clearly states that there is a "time to mourn."

The joy of religious assurance for eternity is not meant to stem the tide of human grief, but to give hope for the future end to such pain. To be human is to be awash in loss and grief as the waves keep rolling in.

Over the years, we discover that there are more and more losses. The swell of grief we once tried to ignore or push back is now the levee-bursting storm surge of complicated grief, and we find we need more than the gentle leaking of salty tears to express our grief. We may need more than a little help to heal. Hospice & Palliative CareCenter stands ready to help with grief counseling. The counseling center is funded by generous donations from the community and able to offer, free of charge, a gentle helping hand to anyone facing emotional challenges following the death of a loved one. To find support and hope from a trained professional counselor, please contact Hospice & Palliative CareCenter.

Tips For Coping With The Holidays When A Loved One Has Died

Accept Your Limitations

Grief consumes most of your available energy no matter what the season. The holidays place additional demands on your time and emotions. Plan to lower your expectations to accommodate current needs.

Make Changes

Your circumstances have changed. Expect to make necessary alterations in holiday plans to accommodate those changes. Consider changing your rituals, surroundings, and/or traditions to diminish stress. Let family and friends know that things may be different this year.

(Continued page 5, Tips)



OUR MISSION:

Hospice & Palliative CareCenter is committed to providing quality medical, emotional, spiritual, and social support to patients and families who face a serious illness regardless of diagnosis, prognosis or treatment. We advance excellence in compassionate care through related community collaboration, education and service.

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 336-593-8450 in Walnut Cove 704-633-5447 in Salisbury or 1-888-876-3663, or visit www.hospicecarecenter.org

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



Overwhelmed By Happenings For Hospice



The community's desire to provide hospice care has been the cornerstone of Hospice & Palliative CareCenter since our founding in 1979. Without dedicated volunteers who saw the need for caring, compassionate end-of-life care, we would not be here serving 350 patients in 13 counties. We are fortunate to be part of a community that not only recognizes the need for hospice service, but that is willing to give of its time and resources to raise money and awareness in order to provide that service to all members of the community.

I've been overwhelmed with the number of individuals and groups hosting events on our behalf. The investment of time and energy is appreciated by all of us on staff, our volunteers, and our board. More importantly, these efforts are an investment in the quality, compassionate care for the communities we serve – your families, friends, and neighborhoods.

Please take a look at what's been "Happening for Hospice":

- The 10th Bermuda Run Golf & Tennis Classic raised over \$58,000 through sponsorships, registration fees, auctions, and donations.
- The Clemmons Rotary raised \$2500 for Hospice with their 5th Annual Fun Shoot at Friendship Sporting Clays.
- The merchants and staff of Reynolda Village raised \$1400 at their Lawn Sale and Hospice benefit. This is the third year they have held an event to raise money for Hospice.
- The Kernersville Little Theatre collected donations for Hospice during their recent production of "Grace and Glorie," which is a play about a Hospice patient and her Hospice volunteer.
- The 2nd Annual Ginny B Memorial Motorcycle Ride was held Oct. 21 in conjunction with the Yadkin Valley Wine Festival. Proceeds benefit HPCC and Mountain Valley Hospice.
- The Winston-Salem Shag Club is putting a new twist on their Annual Turkey Blast. It will be held in November and feature a \$10,000 raffle!

We are thankful to be part of such a caring community. Your generosity makes it possible for Hospice & Palliative CareCenter to provide the best possible care to anyone who needs it.

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.

Generate Money For Hospice While Surfing The Internet

There is a new and easy way to raise money for Hospice & Palliative CareCenter by just searching the Internet with www.GoodSearch.com

It's simple. You use GoodSearch.com like any other search engine -- the site is powered by Yahoo! -- but each time you use it, money is generated for Hospice & Palliative CareCenter. Approximately one cent will be donated to HPCC for each search on GoodSearch.com. One cent may not seem like much, but if 100 Hospice supporters perform 2 searches per day, it will generate \$730.00 per year.

Generate Money For Hospice While Shopping On-Line

Here's another way to raise money for Hospice & Palliative CareCenter when you are doing your holiday shopping on-line. Use www.iGive.com and choose Hospice & Palliative CareCenter as your cause. iGive.com is a virtual shopping mall with over 601 well-known and respected on-line stores, including The Gap, Sephora, Barnes & Noble, Adidas, Apple iTunes, and Land's End, to name a few.

HOW IT WORKS

1. Join to Support Hospice & Palliative CareCenter. It's FREE, private, and easy. Just go to www.igive.com and follow the instructions on becoming a member and choosing your cause.
2. Shop the Mall at iGive.com.
3. Watch the money roll-in for Hospice & Palliative CareCenter! Up to 26% of EACH purchase gets donated to Hospice & Palliative CareCenter!



What Do Individuals Who Are Dying Really Want?

Some thought-provoking questions . . .

- 1.) Is death an individual event or a “family”* event?
 - A. An individual event
 - B. A family event
 - C. Both A & B
 - 2.) Is death a medical event or a spiritual event?
 - A. A medical event
 - B. A spiritual event
 - C. Both A & B
 - 3.) Which of the following can Hospice help facilitate?
 - A. Peace of mind for both the patient *and* family
 - B. Dignity until the very end
 - C. Ease some of the fear of dying
 - D. All of the above
 - 4.) Who created the model for Hospice Care and made it popular?
 - A. Physicians groups
 - B. Hospital administrators
 - C. Individuals who believe death can be more sacred, less institutional, with a focus on emotional and spiritual needs, in addition to expert medical care that focuses on comfort
 - D. Healthcare consumers who prefer to die at home, surrounded by family
 - E. Both C & D
- *“Family” is defined by the patient and can include anyone the patient considers to be family.
(Answers: 1.) C, 2.) C, 3.) D, 4.) E.)*

The questions above stemmed from a recent conversation with Jeanne Twohig, who is with the Duke Institute on Care at End of Life. She visited Winston-Salem a few weeks ago and, among other insightful commentary, presented the question: “Is dying a medical event or a spiritual event?” That question prompted other questions, as well as good discussion about the core values of Hospice care – and what an ideal death could actually be like.

Jeanne Twohig has a colleague at the Duke Institute who once said, “Dying is a spiritual event with medical implications.” It sounds simple, but it does involve

complicated issues. “In our ‘medicalized’ society and healthcare system, dying is presented as a clinical, bodily function. The heart of hospice and palliative care is the sense that as human beings, we are more than the clinical,” shared Jeanne. “Unlike focusing on diagnosis, prognosis, medical tests, and lab results which are more concrete and measurable, spirituality is difficult to discuss. It’s hard to find language and it’s hard to test.”

A recent article in the New York Times addressed this very issue. A physician who has been on this bandwagon for a decade is finally having some success getting the message across that doctors must acknowledge, and treat, the spiritual needs of their patients who are facing death. He offers practical advice to doctors, which includes calling in clergy or chaplains. The hospice model certainly supports this thinking.

The fact that hospice takes a holistic approach to the patient and family, utilizing a team of caregivers that includes social workers, chaplains, and volunteers helps insure that patients are treated as complete human beings. It’s part of Hospice’s mission to provide quality medical, emotional, spiritual, and social support.

When Jeanne Twohig talks about these issues, she talks about the wonder of hospice. “We are whole people, and every aspect of our being needs attention. This is what I call the wonder of hospice. When hospice care is carried out well, there is no better model. The wonder of hospice includes bereavement too for the family after the loved one has died. Hospice understands this better than any other, that dying people function as part of families. The wonder of hospice is human interaction and acknowledging all the parts that make up a human being.”



*Jeanne Sheils Twohig
Deputy Director
Duke Institute on Care at the End of Life
Duke Divinity School*

Twohig received her undergraduate degree from Emmanuel College in Boston, Massachusetts, and her Masters in Public Administration from the University of Montana. In her current position, she focuses on strategic initiatives to improve care for those at life’s end. She is nationally known for her work.

Imagine

Too often, people have not taken the time to consider what they will really want at the end of life. Even fewer people have documented their wishes. What type of care will you want? Where will you be? Who will be there with you? These are all important questions to consider. More importantly, they are questions to answer, share with loved ones and your physician, and document. It’s especially important in the event that you are unable to speak for yourself.

Figuring out and documenting what you really want your end of life care to be like can also be referred to as advance care planning. It will involve appointing a Health Care Power of Attorney and completing a Living Will. Beginning your advance care planning is as simple as making an appointment. Contact the Community Partnership – a program of Hospice & Palliative CareCenter – to schedule a free consultation. Call 768-6157 ext. 622.



The \$10,000 Challenge Gift!

Join the Hospice & Palliative CareCenter team to help us meet the challenge!

As you may know:

The Hospice team provides care, comfort, compassion and choice to patients and families in their homes, long-term care facilities, and at the Kate B. Reynolds Hospice Home. Medical and emotional care is available at every stage of a person's illness. Grief counseling is offered to anyone in the community who has lost a loved one.

And donors like you help to make it all possible!

As you may know:

Your gifts support the team and its mission to bring comfort and compassion at the end of life. Donations also make special Hospice programs possible and

ensure that services are available for persons who have no reimbursement or insurance to pay for services.

What you may not know:

An anonymous donor has generously agreed to match all new or increased gifts dollar for dollar up to \$10,000. Take advantage of the challenge by increasing your gift from last year or becoming a first-time donor! You may mail your gift in the enclosed envelope or simply call us at 336-768-3972. Please identify your gift as a "Challenge Gift."

***Give now and make
your gift count twice.
Thank you!!! Thank You!!!***

Bermuda Run Classic Continues to Raise the Roof And Revenue....

The 10th Bermuda Run Golf & Tennis Classic was a huge success. This year's event raised \$58,000. Special thanks to Liz Kelly for taking the lead as chairwoman, and to the wonderful committee who continue to create this fabulous event year after year.



Congratulations to the talented golfers



The evening boosts outstanding entertainment by local performers



Everyone in the 'show of shows' enjoys a celebratory grand finale



Hats off to the committee who deserve a moment in the spotlight

Otherwise

I got out of bed on two strong legs. It might have been otherwise. I ate cereal, sweet milk, ripe, flawless peach. It might have been otherwise. I took the dog uphill to the birch wood. All morning I did the work I love.

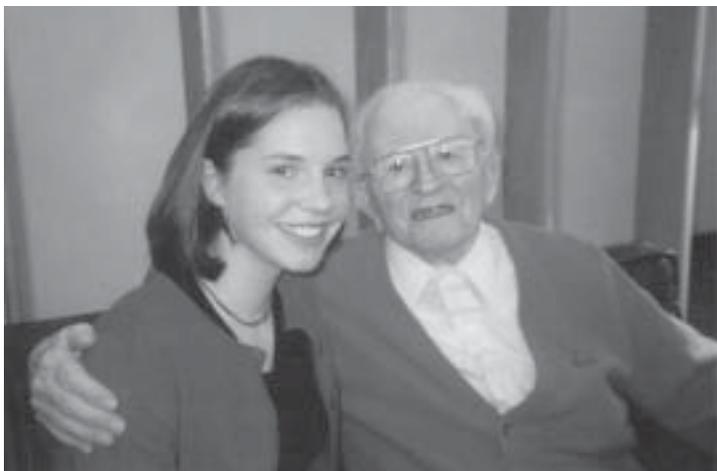
At noon I lay down with my mate. It might have been otherwise. We ate dinner together at a table with silver candlesticks. It might have been otherwise. I slept in a bed in a room with paintings on the walls, and planned another day just like this day. But one day, I know, it will be otherwise.

Jane Kenyon



Companionship. That's What It's All About

Program focuses on individuals with limited contact with family or friends



Laura Heringer and her companion having a conversation.

Wake Forest University medical student, Laura Heringer, was awarded a Schweitzer Fellowship last spring. In collaboration with Hospice & Palliative CareCenter and the Sticht Center on Aging (SCOA) at Wake Forest University Baptist Medical Center, she worked to develop the Schweitzer Companionship Program.

The program focuses on providing companionship

to residents of extended care communities who are living with chronic, life-limiting diseases. Most residents involved in the program have very limited contact with family or friends.

Laura, now a second-year medical student, began the companionship program as a result of a personal experience. As an undergraduate student, Laura began visiting a 97-year-old man to provide companionship. In addition to realizing how *his* quality of life improved, she realized how much *she* gained from their time together. A similar relationship developed this past summer when a medical student and a resident of an extended care community were connected through the program. They were paired together because of their mutual love for chess. Their time together playing chess was wonderful for both of them, and it led to a meaningful relationship filled with many great conversations and outings.

The Schweitzer Companionship Program utilizes students from Wake Forest University, Salem College, and Winston-Salem State University, as well as

The benefits of the program are great for the individuals who otherwise might not enjoy the simple pleasures of companionship.

individuals from local faith communities. Once individuals expresses interest in the program, they complete an orientation and are then "paired" with a resident. They are encouraged to visit the resident at least twice a month for as long as they are able and wish to continue.

The benefits of the program are great for the individuals who otherwise might not enjoy the simple pleasures of companionship. Furthermore, volunteers involved in the program gain a better understanding of end-of-life issues from the patient perspective. Local faith communities become more involved in meeting the needs of residents who may not be receiving spiritual support elsewhere. Faith communities, students, and healthcare professionals have the opportunity to work as a team to meet an important unmet need.

In addition to realizing how *his* quality of life improved, she realized how much *she* gained from their time together.

Tips For Coping With The Holidays

(Continued from cover)

Plan Ahead

Giving some thought to the challenges you may encounter during the holiday season may help you avoid some of the difficulty. Consider ahead of time what may be expected of you, both socially and emotionally, as well as your own preferences.

Trim down to Essentials

Limit social and family commitments to suit your available energy. Shop early or use catalog sales. Re-evaluate priorities and forego unnecessary activities and obligations.

Ask For and Accept Help

Accept offers for assistance with holiday shopping, decorating, cleaning, cooking, etc. Chances are loved ones are looking for ways to lessen your burden at this time of year. Allow those who care about you to offer their support in concrete ways.

Inform Others of Your Needs

Give family and friends the tools they need to help you through the holidays. Be specific with them about your preferences and desires and keep them up-to-date when those needs change.

Give Yourself Permission "To Be"

Allow breathing space and expect fluctuations in mood and perspective. The bereaved work overtime. Not only is life more complicated, but all energy is siphoned into mental and emotional resolution. Grieving is Nature's way of healing the mind and heart from the greatest injury of all. Allow yourself the privilege of limping till your wounds have healed and you can learn to run again.



It's Been A Family Affair

Board Member, Pete Hellebush, and his family helping Hospice

In 1986, Pete Hellebush got hooked by Hospice. His friends Hal and Pat Brown were already serving on Hospice's Board of Directors when they sought out Pete in hopes that he would bring his marketing savvy to the Board. However, what really set the hook was seeing how compassionately Hospice cared for his grandmother during her final months of life earlier that year.

"I officially joined the Board in 1988. One of our initial endeavors was to establish the Hospice Foundation that was designed to help secure the future of the organization as well as create an avenue to fund special needs and projects. By the time I had served two terms and was serving in an ex-officio capacity, JoAnn Davis became the CEO and told me (smiling) 'You're not going anywhere,' and I've been involved ever since," shared Pete.

Pete's wife, D.D. Hellebush, brought her own set of skills to Hospice in the early 90's. With a background in finance, D.D. served on the Hospice Foundation Board, giving the bank strategic direction on how best to manage Hospice's investments.



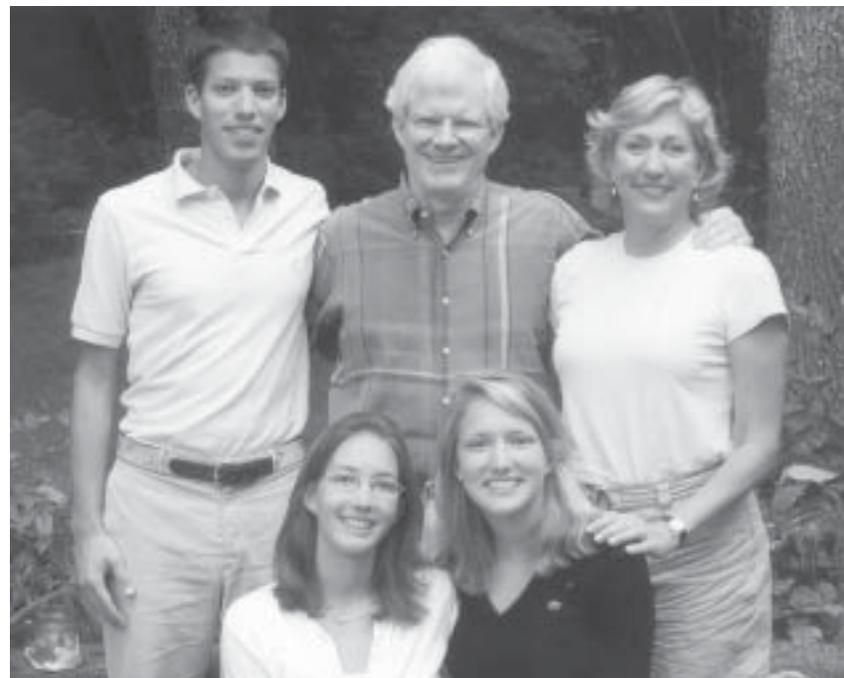
Hannah at the opening event of the Kate B. Reynolds Hospice Home.

Katie has since graduated from the University of Richmond and lives in Richmond, VA, working for the State Chamber of Commerce.

The next in line is Pete's son Sam who did an internship when he was in his final semester at Forsyth Country Day. Sam gained valuable experience as the agency was making preparations to launch the capital campaign to fund the expansion of the Kate B. Reynolds Hospice Home and the building of the campus. Sam is now a senior at Duke University.

Last, but certainly not least, is Hannah. When Hannah was eight, she earned money by washing windows and donated that money to the initial capital campaign to build the Hospice

Home. Hannah was selected to represent capital campaign donors at the Hospice Home ribbon cutting ceremony. Hannah is now a senior at Forsyth Country Day. Pete's mother-in-law, Joy Kostmayer, has a Hospice connection too. She moved to North Carolina from New Orleans in the early 90's and has volunteered ever since, writing thank-you notes to donors.



The Hellebush family: Standing left to right, Sam, Pete, D.D. Kneeling left to right, Katie and Hannah.

In a recent conversation with Pete regarding his service to Hospice, he shared, "I think it's like most work. When you reflect, you realize you're getting more out of it than you're giving, in part, because you see such good being done. It's also rewarding to be able to apply skills that I learned in the private sector to the public sector. I think the whole Board feels that way."

When you reflect, you realize you're getting more out of it than you're giving, in part, because you see such good being done.



Left to right, Joy Kostmayer with her daughter D.D. Two generations of Hospice volunteering.



Hospice Holiday Wish List

As the holidays approach, we are fortunate to be flooded with offers to help our patients and their families. The following are some suggestions of ways you can help. Contact Faye Everhart in the Volunteer Department for more information.

- **Be a helper in Santa's Workshop.** Adopt a family who might otherwise not be able to celebrate the holidays.
- **Donate non-perishable foods and household supplies to our Food Pantry.** These items are given year round to families facing financial difficulties due to a serious illness. Needed items include: Ensure, soups, stews, canned meats, crackers, rice, flour, sugar, easy-to-prepare meals like macaroni and cheese.
- **Contribute to the Fuel Fund.** Warm your heart by warming patients' homes. With heating fuel costs at record highs, many families are struggling to heat their homes. Hospice helps by making direct payments to area fuel companies.
- **Provide our staff with the gift of continuing education.** Donations of gift cards from book stores like Borders and Barnes & Noble will make it possible for our Education Department purchase books to ensure that our staff is up-to-date on the latest information about palliative care, medical diagnoses, bereavement, and other issues.
- **Feed the birds!** Bird feeders are located outside every patient room at the Kate B. Reynolds Hospice Home and throughout the CareCenter campus. Patients, visitors, and staff take great pleasure in watching the birds as they visit the feeders. Donations of wild birdseed and thistle are needed to keep the birds fed throughout the winter.

Make Your List - Check It Twice *Support Hospice's 16th Annual Ornament Celebration*

If you've been wondering what to give that hard-to-buy-for person on your list this season, look no further. Keep it simple - and meaningful - with a beautiful handmade ornament. In addition to making someone's holiday more special, you'll be supporting patients and families being cared for by Hospice & Palliative CareCenter.

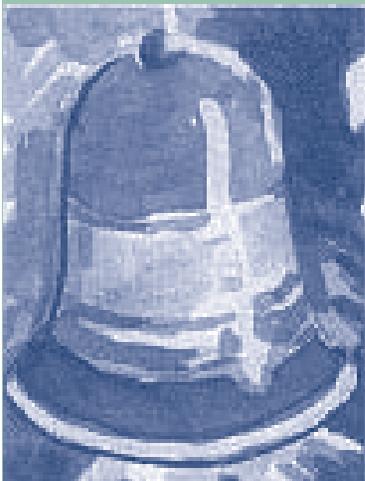
This year's ornaments include a crocheted star, and handmade porcelain bells and balls from Barking Spider Pottery in Virginia. The ornaments can also be inscribed with the name of someone you wish to honor or remember.

For a gift of \$15 or more, you will receive a crocheted ornament bearing your honoree's name.

For a gift of \$45 or more, you will receive

Hospice's 2006 series handmade porcelain bell inscribed with your honoree's name.

For a gift of \$100 or more, you will receive Hospice's 2006 series handmade porcelain ball inscribed with your honoree's name.

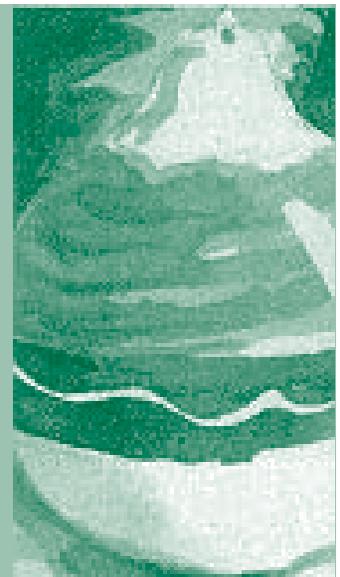


Ordering is simple!

❖ Call Hospice & Palliative CareCenter at 336-768-3972 and place your order over the phone using a credit card. Or,

❖ Return the order form from the enclosed *Light Up A Life Ornament Celebration* brochure.

Special thanks to our Presenting Sponsor:



2007 Counseling Series (Jan thru June)

8-Week Counseling Groups for Adults

Death of Spouse

6:00-7:30pm

Session 1: Mondays

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5, 12

Session 2: Tuesdays

Apr 3, 10, 17, 24; May 1, 8, 15, 22

Death of Parent

6:00-7:30pm

Session 1: Tuesdays

Jan 23 30; Feb 6, 13, 20, 27; Mar 6, 13

Session 2: Mondays

Apr 2, 9, 16, 23, 30; May 7, 14, 21

Location: Hospice & Palliative CareCenter • 121 Hospice Lane • Winston-Salem, NC
Williams Education & Counseling Center • To register, call 336.768.6157, ext. 600

Support Groups

Grief 101 Educational Workshops For Those Grieving the Death of a Loved One

6:00-7:30pm

Session 1: Tuesday, January 16

Session 2: Monday, March 26

“Journey: Bereavement Support Group for Teens”

5:30-7:30pm

Jan 9, Feb 13, Mar 13, Apr 17, May 15

Location:

Hospice & Palliative CareCenter
121 Hospice Lane • Winston-Salem, NC
Williams Education & Counseling Center
To register, call 336.768.6157, ext. 600

Caregiver

4th Monday, 1:00 - 2:00pm

&

Coping with the Death of a Spouse

4th Monday, 2:30 - 3:30pm

Jan 22, Feb 26, Mar 26, Apr 23,
May 28, June 25

Location: BestHealth Center
Hanes Mall (near Post Office)
Winston-Salem, NC
To register, call 336.716.2255



2006 Support Groups

“Journey: Bereavement Support Group for Teens”

Dec. 11 from 5:30-7:30pm

To register, call 336.768.3972

Left Behind:

A Group for Survivors of Suicide

A mutual support group for family and friends of those who have died by suicide
2nd & 4th Tuesday of each month,
6:00-7:30pm (Same schedule for 2007)
Call Kelley Ryan at 336.768.3972
for registration and a brief intake interview.
(continues in 2007)

Location:

Hospice & Palliative CareCenter
121 Hospice Lane • Winston-Salem, NC
Williams Education & Counseling Center
To register, call 336.768.6157, ext. 600

Counseling Series Caregiver

Monday, Nov 27, 1:00 - 2:00pm

Death of a Spouse

Monday, Nov 27, 2:30 - 3:30pm

Location: BestHealth Center
Hanes Mall (near Post Office)
Winston-Salem, NC
To register, call 336.716.2255



Hospice & Palliative CareCenter serves 13 counties from four offices located in Winston-Salem, Mocksville, Walnut Cove and Salisbury:



Please contact our office nearest you:
336-768-3972 in Winston-Salem
336-753-0212 in Mocksville
336-593-8450 in Walnut Cove
704-633-5447 in Salisbury
1-888-876-3663 from Anywhere

The Circular - Fall 2006 Issue

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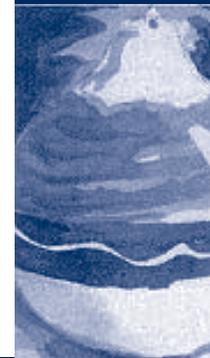


United Way



Make Your List - Check It Twice

Support Hospice's 16th Annual Ornament Celebration



See page 7 for details on how to order your personalized ornament for yourself or for someone special today!!!!



101 Hospice Lane
Winston-Salem, NC 27103
www.hospicecarecenter.org