



## BELIEF IN THE POWER OF COMPASSIONATE HUMAN CONNECTION

*The First Hospice in NC Was Born*

### 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.*

Our founders believed that during life's most difficult transition, the power of compassionate human connection could inspire hope and peace. They believed in the hospice model--in the idea of creating a compassionate team of caregivers who provided comfort at every level--both physically and emotionally--for the patient and family when comfort, dignity, and peace matter most.

Nearly 30 years ago today, thanks to those founders, the first individual to experience Hospice Care in North Carolina was admitted to this agency. It was a dream come true, not only for the patient and his family, but for those volunteers who were steadfast in their conviction to improve the way we approach end-of-life and the way we provide care for each other at that most vulnerable time.

Hospice & Palliative CareCenter has reached a few milestones this year. In addition to commemorating 30 years, the agency is caring for an increasing number of patients and families every day. Since the spring issue of this newsletter published just a few months ago, the agency has grown from serving 440 Hospice patients daily to nearly 500. Additionally, there are 90 patients receiving Palliative Care and 140 clients in our Community Support Program. With continued support and increasing awareness, we look forward to the next 30 years of milestones and memories.



## INSIGHT ABOUT THE URGENT NEED FOR MORE ROOMS

*JoAnn Davis, President and CEO, Talks about the Vital Project*



**Q.** Since Hospice Care is all about keeping patients in their homes, surrounded by family and all the comforts of home, why is there such a need for the Kate B. Reynolds Hospice Home?

**A.** "Sometimes, patients have pain and symptoms that require our attention around-the-clock and in some cases, the family members who have been providing care simply need a break or need time for personal reasons. It's wonderful to offer that respite time to families. Those are the primary reasons we have patients coming to our Hospice Home.

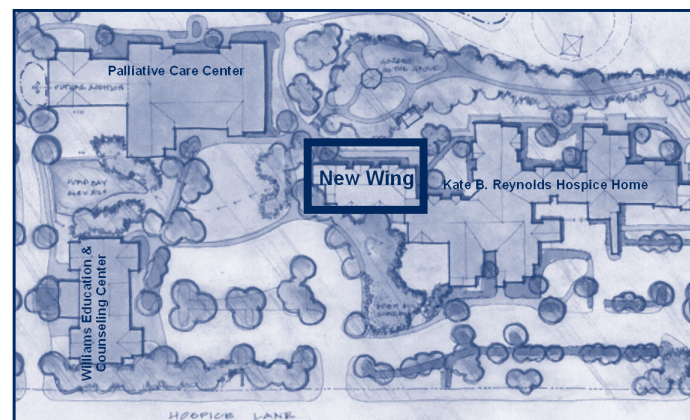
And, speaking of the comforts of home, we've made every effort to create an atmosphere that feels like home."

**Q.** With thirty private patient rooms at the Kate B. Reynolds Hospice Home, do you often have to tell patients and families that they will have to wait for admission?

**A.** "Yes. And that's a tough thing to have to tell a family; yet the truth is that on any given day, we have anywhere from 5 to 10 patients who are on a waiting list. In July, our average waiting list for a room was 9 patients every day. However, there is never a wait to get Hospice Care, but when you combine our overall growth with the demand for the Hospice Home, it really presents a challenge and urgent need for more rooms."

**Q.** This is the second expansion since the Hospice Home opened with 20 rooms in 1998. Why wasn't this need anticipated during the last expansion?

**A.** It was; however, in North Carolina you have to petition the state for permission to add rooms. Many times, it takes actual numbers and data vs. projected needs to prove the need for more rooms. We were successful in proving the need and the state did approve a 10 room expansion. We don't know today if this expansion will be enough to meet our needs five years from now, so we'll continue to work as hard as we can to stay on top of the growth as much as possible."



(Continued on page 2, Need For More Rooms)

### 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](http://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

## NEED FOR MORE ROOMS (Continued from page 1)

### Q. What plans are in place to meet this urgent need for more room?

A. "We have the physical space planned out and perfectly integrated with our current building and grounds, and we hope to break ground this fall and begin construction. Our greatest challenge today is financing the project. To that end, we are in the initial phase of a capital campaign, and we need to raise four million dollars to make this project a reality. We've been fortunate every time we've gone to the community for support, and we have every reason to believe we'll be successful this time."

### Q. How can the community be supportive?

A. "Businesses, foundations, family and friends of Hospice, and individuals in the community can help by making a contribution to our Vital Connections capital campaign. This campaign can best be described as 'a campaign to expand hope and support for Hospice patients and their families.' As director of this great organization, I can promise that your support will make a life-changing difference for those in need of our uniquely supportive environment."

### Q. How is the Vital Connections capital campaign going so far?

A. I'm humbled, and thrilled at the same time, to tell you that we are off to a great start. We had concerns with this challenging economy, yet the people we've turned to for support have been very generous. Our leadership of the campaign has remained enthusiastic and heartfelt about meeting this need on behalf of the people in our community who need intensive, compassionate support and who need it now. At this point, as we turn to the community, I simply ask that people consider making a personal commitment and become part of this vital connection to expanding hope and support."



## SAILING THE HOSPICE C'S

### *Festive Event a Huge Success*

Sailing the C's was a perfect theme for a festive summer evening event featuring a fish fry and buried treasures. While not exactly at the sea, party-goers came to support Hospice's mission of providing care, comfort, compassion, and choice.

The treasure chests contained keys to vacation destinations that were auctioned off that evening. Thanks to Madlon and Kirk Glenn for opening their home and to the multi-talented group of volunteers who helped create the perfect party. Nearly 175 attendees strolled through the resort-like home and gardens enjoying the outstanding seaside atmosphere--even with intermittent rain showers. The event raised \$22,000 to support patient care.

**Care. Comfort. Compassion. Choice.**



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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.



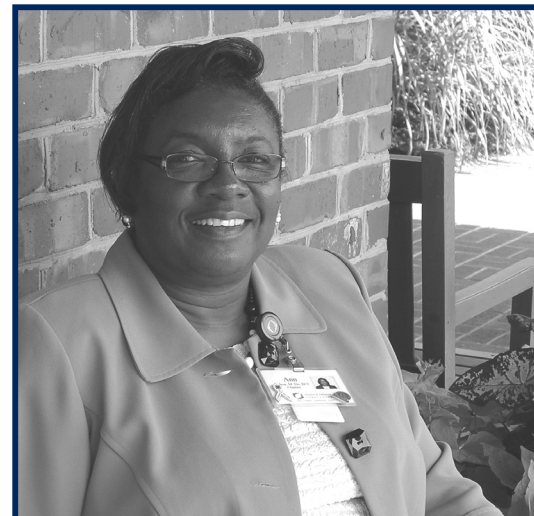
## CHAPLAIN ANN DALTON

*A Gift for Helping People Find Peace*

Chaplain Ann Dalton has been with Hospice & Palliative CareCenter since 2007. She moved to Winston-Salem from Lexington in the late 1960's to attend nursing school. After one year of training, she knew that nursing was not for her, but that someday she would find a way to help people who were seriously ill.

### Q. How did you become a Hospice Chaplain?

A. "After leaving nursing school, I had a 30 year career with Bell South. I told my friends and family, 'After I retire, The Lord can have my life.' Little did I know that I would be led into the ministry! I knew I was still interested in helping people and believed I could do that best through faith. Even though I was not a minister yet, I applied to Wake Forest Baptist Medical Center's pastoral care program and was fortunate to be able to do an internship with them. While I was doing my internship, I met Hospice Chaplain Fred Moretz and he encouraged me to become a spiritual care volunteer with Hospice & Palliative CareCenter. I volunteered for a few years while I finished my undergraduate degree from Shaw University. At that time, my husband became seriously ill and I devoted myself to caring for him. After his miraculous recovery, I decided to attend Divinity School at Wake Forest University. I followed that with a 2 year residency in pastoral care at Wake Forest Baptist Medical Center and came to Hospice & Palliative CareCenter in 2007."



### Q. What do you find most rewarding about being a Chaplain?

A. "One of my gifts is helping dying people find peace through spirituality. I encourage the patients I work with to do 'life reviews'--to look back over their life and look at the decisions they've made and the people they have affected. It gives them a wonderful opportunity to see that they made a difference and to make peace with any decisions that they might regret. Sometimes patients are hesitant about speaking about their lives and their feelings with their family and are able to open up more easily to a chaplain. I'll ask them questions about their life or maybe I will sing hymns with them and slowly the ice begins to break. Watching that ice break is glory to me."

### Q. What is special about being a Hospice chaplain?

A. "I think the end of life is every bit as important as the beginning of life. People are born with a purpose in life. Being a Hospice chaplain gives me an opportunity to help people realize that they fulfilled their purpose and they made a difference."

### Q. You are about to take on a new project at Hospice. What is that?

A. "I will be spending about half of my time working on the Inclusion and Access of African American's project. We will be working in the African American community to educate people about Hospice and how Hospice can be beneficial to them. African American families take pride in caring for family members who are ill. That desire to care for family at home is the heart of Hospice care, so we need to find ways to make families aware of how we can help them provide the best, most loving care at the end of life. We hope that community members who have had good experiences with Hospice will share their stores with their churches and other community agencies and with the Community Advisory Committee that is being formed to help with this project."

*At the monthly Hospice & Palliative CareCenter staff meeting, the chaplains lead a Remembrance Moment. In addition to reading the names of the patients who died in the last month, the chaplains share thoughts about faith, the end of life and grief. Chaplain Ann Dalton recently read the following poem during a Remembrance Moment:*

#### **If Tomorrow Never Comes**

If I knew it would be the last time that I'd see you fall asleep,  
I would tuck you in more tightly and pray the Lord, your soul to keep.  
If I knew it would be the last time that I see you walk out the door,  
I would give you a hug and kiss and call you back for one more.  
If I knew it would be the last time I'd hear your voice lifted up in praise,  
I would videotape each action and word, so I could play them back day after day.  
If I knew it would be the last time, I could spare an extra minute or two  
to stop and say "I love you," instead of assuming, you would know I do.

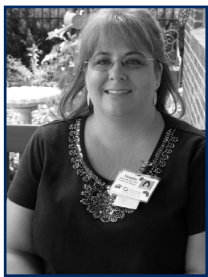
If I knew it would be the last time I would be there to share your day,  
well I'm sure you'll have so many more, so I can let just this one slip away.  
For surely there's always tomorrow to make up for an oversight,  
and we always get a second chance to make everything right.  
There will always be another day to say our "I love you's,"  
And certainly there's another chance to say our "Anything I can do's?"

But just in case I might be wrong, and today is all I get,  
I'd like to say how much I love you and I hope we never forget,  
Tomorrow is not promised to anyone, young or old alike,  
And today may be the last chance you get to hold your loved one tight.  
So if you're waiting for tomorrow, why not do it today?  
For if tomorrow never comes, you'll surely regret the day,  
That you didn't take that extra time for a smile, a hug, or a kiss  
and you were too busy to grant someone, what turned out to be their one last wish.

So hold your loved ones close today, whisper in their ear,  
Tell them how much you love them and that you'll always hold them dear,  
Take time to say "I'm sorry," "please forgive me," "thank you" or "it's okay."  
And if tomorrow never comes, you'll have no regrets about today.



## REFLECTIONS FROM LONG-TIME HOSPICE EMPLOYEES



**Susanna Lund, Art Therapist**

**16 years**

“My father died of Leukemia when he was 48. My family did not have access to counseling or hospice, so we were the poster family for how not to do things. I was going through my Master’s program in Art Therapy when my father died and I knew that one day I wanted to help other families who were going through a similar experience. The best part of my job is when I am working with a child or an adult and I watch them begin to see elements of hope and renewal.”



**Tandra Chandler, Nursing Assistant Team Leader**

**16 years**

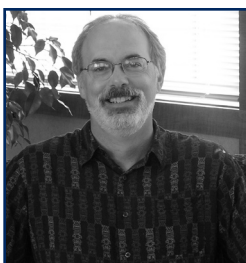
“I first saw Hospice on WXII and didn’t know anything about it. When I heard it was about end-of-life care I wanted to know more. I called and soon became a volunteer. One year after volunteering, I was in search of a new job and had listed Hospice as a reference. The volunteer coordinator called me, knowing that I was looking for a job, and arranged an interview for me the next day. I was hired on the spot. The best part of my job is knowing that I strive to build bridges and that I work for an organization that cares for people. Not only does this organization show compassion to the patients and families, but to the employees as well. It is a great organization from the CEO down to the night cleaning crew.”



**Judy Swain, Print Production Specialist**

**17 years**

“I came to Hospice after working for 25 years because I was looking for a more meaningful job. I wanted a job that made me want to get up and go to work. The most defining moments for me have been when Hospice cared for me as a family member and not as a staff person. When my mother, father, and close friend were in Hospice care, I was overwhelmed with the care I received! I said to myself, ‘So this is what we do. This is what Hospice care feels like.’”



**Kelley Ryan, Grief Counselor**

**10 years**

“I decided to change careers about 20 years ago with the purpose of working in end-of-life care eventually. I attended a workshop at Hospice 10 years ago which opened the door for me. I soon started as a home care social worker and moved into a team leader role, and four years ago, took on my current position as a grief counselor. I’m generally working with caregivers after they have lost a loved one. The best part of my job is helping people heal. I see people get better. Sometimes we even laugh and have a good time in the process. I also get involved in training and the agency allows me the chance to help with other activities as well and I enjoy the variety. I also work with an outstanding group of professional counselors and we provide each other a lot of support. After a long day, I enjoy a motorcycle ride or a quiet evening on my back deck watching the birds and flowers with my wife Susan.”

**Gloria Racey, Social Worker**

**20 years**

“After graduate school in 1989, I moved to Winston-Salem looking for a new direction with social work in a health care setting. I applied with Hospice for an open position as a field social worker and the rest is history. The best part of my job is being a part of the lives of so many people over the years and assisting them in their end-of-life journey. Learning from those that I have been privileged to serve has shaped my life. To relax after a long day I go for a 30 minute walk, play with my eight-year-old son, and love my dogs, and I cherish my life, my friends, and family.”



**Elaine Ross, Nurse**

**10 years**

“I came to Hospice because a friend who was working here thought I would enjoy it. I was afraid it would be depressing, but I found out otherwise. The best part of my job is looking back after a particularly difficult day and seeing how that patient who was in such pain is now comfortable and that his family is now also comfortable. When I get home after working a twelve hour shift, I typically slip off my shoes, read the paper, shower and go to bed!”



**Freda Redmond, Nurse**

**20 years**

“I came to Hospice because I wanted to help people and feel like I made a difference. The best part of my job is the feeling of satisfaction at the end of the day when I know that I was able to help someone in their end-of-life experience. My defining moment at Hospice was when I realized that this is not just a job for me; it’s a ministry for helping others.”



**Kathy Cecil, Vice President of Finance and Administration**

**17 years**

“After having my grandfather pass away at home without Hospice care and learning what additional services could have been provided to him through Hospice services, it became a calling. It certainly would have been easier had we known about Hospice. In the last couple of years, I have had two family members receive Hospice care. The care, compassion and respect shown to them and our family was simply unbelievable. Those experiences re-affirmed my desire to work with such a fine organization. I’ve watched Hospice & Palliative CareCenter grow from caring for 140 patients to over 500 patients daily. Additionally, we’ve added a Palliative Care Program and a Community Support Program. The best part of my job is that my areas of responsibility afford me the opportunity to support many different departments, and people, which makes a very rewarding job. When I am not working, I love to go to the beach and relax in the sun with a good book.”



HONORING LONGEVITY



## GROUP SUPPORT AND PAINTING . . .

### *Tools for Coping with Grief*

Heather Miles Dutton, a local artist and teacher, describes the original inspiration that piqued her interest and ignited her passion for her painting/mixed media collage, “Untitled,” as a woman whose face she instantly and deeply connected with. It became the central image in a healing work that has morphed and changed myriad times, reflecting Heather’s journey through the illness and eventual death of her mom, Elaine Miles, on February 18, 2008.



According to Heather, one of the most fundamental shifts in her own grief journey was a decrease in her sense of isolation; she saw in the faces of the other members many of the same feelings she herself felt.

Throughout the time after her mother’s death—and particularly during her six-week group experience—Heather found herself constantly re-working the piece, adding elements, taking others away, and never feeling

satisfied with her efforts or with the work’s title. Heather describes these experiences as reflective of her grief journey. Ultimately, she settled on “Untitled,” as she has found that there truly are no words to describe grief. Other members in her grief group echoed the same sentiments.

Heather shared that the group continues to meet occasionally and keeps in touch via e-mail and FaceBook—nearly a year after the group officially ended. “Group was a safe place where I could talk about Mom’s death and my struggles with it.”

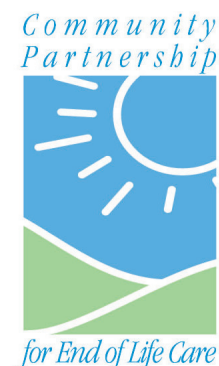
Fearing that she would never feel a sense of completion with regard to her painting/collage—again, much like the ever-evolving nature of grief—Heather finally received that longed-for sense of completion: “I was working on the painting alone in my studio one evening when a rarely-played version of the song ‘I’ll Fly Away,’ by Jars Of Clay, came on the radio. We had hunted for that particular version of the song and played it at my mom’s funeral. I knew then that I was done with my painting.” Beneath a clear stone at the bottom of the painting lie the words, “I’ll Fly Away.”

Heather acknowledges, at more than 18 months after her mom’s death, that she may again find herself tweaking her painting as her journey continues.

## IMAGINE IF EVERYONE DID ADVANCE CARE PLANNING

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 and speak for you if you are unable to speak for yourself? 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 your end-of-life care wishes is 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.



## HAPPENINGS FOR HOSPICE

### SISTERS REMEMBER PARENTS WITH THOUGHTFUL DONATIONS

Sisters Betsy & Bunny Hinkle generously donated 25 new books to the Grief Counseling Center Library, located in the Williams Education & Counseling Building. These books were given in loving memory of Mildred & Pete Hinkle and in honor of Hospice & Palliative CareCenter staff for the care they provided. Both Mildred and Pete died on the same day in September 2008, after 68 years of marriage, and their daughters hope these books will offer guidance, education, and solace to others, in the way that they have for them.

### Hats Off to Friends at Quality Inn & Suites

This year when employees of Quality Inn & Suites Hanes Mall unanimously voted to select Hospice as their charity of choice, Gail Kolischak and Anthony Stewart quickly went to work to organize a couple of fund raising events. Many thanks to everyone involved for hosting both the yard sale in May and the car show in August. Proceeds benefit patients and families in need of Hospice Care.

### Fuzzy Friends Find A Home

The Children's Art Therapy room at Hospice & Palliative CareCenter has some new additions--puppets! Rebecca Miles of Greensboro donated a set of her hand crafted puppets for use in our children's counseling program. These adorable buddies will offer a helping hand (pun intended) toward the work of our bereaved children. Thank you, Rebecca!



### 80's DASH Bash

The DASH, a group of young professionals (ages 21-35) in Winston-Salem held their 3rd Annual 80's BASH on Saturday, June 6, 2009. With over 300 people in attendance, DASH was able to host a fun and successful party while also raising awareness and \$700 dollars to benefit Hospice & Palliative CareCenter. Hunter and Sandlin Douglas, Co-founders of the organization, felt the importance to raise awareness about the many services and programs that Hospice has to offer patients and families in our community. DASH was established with a mission to attract young people to downtown Winston-Salem.



*Pictured left to right: Sandlin Douglas, Thomas Maier and Susan Maier present a check in the amount of \$700 to Carolyn Breese, Development Officer.*

### Hot Rides & Hot Dogs

On July 18, Meredy Swafford and David Cornelius hosted a motorcycle ride to benefit Hospice. The ride began and ended at Smokin' HD on Linville Road. With a total of 72 motorcycles participating, the event raised over \$2,000.

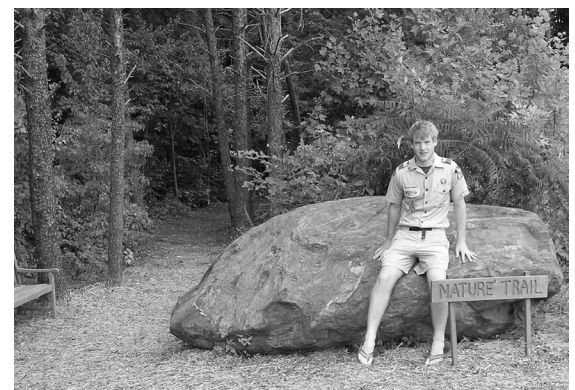


### Bermuda Run Going All Out

As if the Annual Bermuda Run Golf and Tennis Classic were not enough, the spirited women who organize that event decided to make August Hospice Month at Bermuda Run. Among the other festivities to raise awareness and funds for Hospice were a luncheon and fashion show, a family fun and movie night, and a scotch and cigar night. Thanks to everyone who made these events a success.

### NATURE TRAIL – A RELAXING WALK ON CAMPUS

Brady Adcock, son of Hospice Chaplain Rennie Adcock, led a team of 19 scouts from troop 919 in Pfafftown to develop a Nature Trail on the Hospice campus in Winston-Salem. Brady is a rising senior at Reagan High School.



*Brady Adcock at the entrance of the Nature Trail.*

The project took two days and involved a lot of cutting and clearing. Many of the trees and limbs were chipped into mulch and spread along the trail.

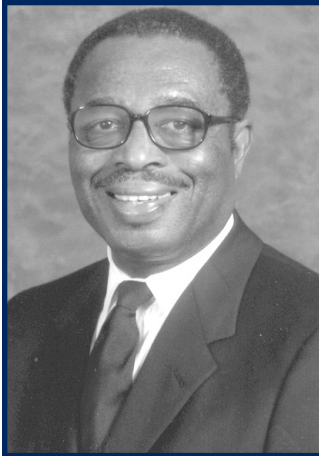
Staff and patients' families have been enjoying relaxing walks on the new trail. There are benches along the way to sit on and rest in the shade of the woods.

"The Nature Trail is fabulous! It is amazing how you enter a whole new world in just a few steps. We are blessed to have such a peaceful place to walk, read or just get away from stress for a few minutes," said Kay Watson, a Hospice employee.



## DR. ARTHUR KING, DEDICATED EDUCATOR

*On a mission to raise awareness*



“So many people still are not aware of all the services and that care is provided at little or no cost to the patient.”

Dr. Arthur King joined the Hospice & Palliative CareCenter Board of Directors in 2004. When asked how he became involved, he laughingly replied, “I really don’t know!” He went on to say, “Not long before I was asked to join the Board, a friend and colleague received Hospice care at the end of her life. I was impressed with the care she received. When a fellow Rotarian asked if I would be willing to serve on the Board, I agreed immediately.” Since joining the Board of Directors, he has served on the Finance Committee and the Executive Committee, but he believes his greatest contribution has been serving on the Inclusion and Access project.

Even after retiring from a more than 30 year career in education, Dr. King remains committed to providing opportunities to learn. His focus on the Board of Directors is on using education to increase access to Hospice services among African Americans. “I believe not reaching fully into this area of the community has been a shortcoming, but

we are striving to correct that by creating a Community Advisory Council. This Council will work with Hospice to identify the best means to inform people about the services this organization can provide. So many people still are not aware of all the services and that care is provided at little or no cost to the patient,” says Dr. King.

The Community Advisory Council will focus on doing outreach with other Forsyth County agencies and organizations that serve the African American community, including small business owner forums, Senior Services Centers and health clinics. The goal is to increase knowledge regarding end-of-life issues and the ways that Hospice can help patients and their families. This project will have an impact not only on the community, but also on Hospice staff as they learn more about the barriers to reaching the African American community and the perception of Hospice services.

Dr. King holds a Bachelor of Science degree from Tuskegee University, a Master’s in Economics from South Dakota State University and a PhD in Economics from the University of Colorado. He served in the United States Air Force and earned his Master’s degree while serving as a missile crew member in South Dakota. He went on to teach Economics at the Air Force Academy and at Baylor University. He was the Dean of the School of Business and Economics at Winston-Salem State University for 11 years before retiring in 2006. In addition to his work for Hospice, he serves on the Board of Deacons for his church, on the Board of Visitors for Wartburg College in Iowa and the City and County Planning Board. He lives with his wife in Winston-Salem. They have 2 adult sons and 3 grandsons.

## HOW WAS YOUR SUMMER STAYCATION?

Big Shotz Tavern on Stratford Road hosted eight “Staycations” this summer in support of Hospice. What is a Staycation, you may wonder?

Betty Ashby, co-owner of Big Shotz Tavern, came up with the idea of hosting Staycations, realizing that many people were staying home this summer rather than taking traditional vacations. The idea was that each week, patrons had the opportunity to vacation in a different city. The theme of the evening offered vacationers a chance to experience live music, cuisine, and specialty drinks that would be popular features in the city being spotlighted. Betty and her partner, John Edwards, did a spectacular job of choosing the special menu options and musical entertainment each week.

Hospice supporters purchased a Boarding Pass for \$5.00, which was donated entirely to Hospice. The Boarding Pass was the ticket to the music as well as special pricing for the specially themed food and beverage selections for the evening. Hospice averaged over \$500 per night, which was quite a coup for both Big Shotz and Hospice.

The first half of the summer featured vacations in St. Louis, Philadelphia, Savannah, and Chicago. The second half of the summer offered journeys to New Orleans, Boston, Santa Fe, and San Francisco. Among the outstanding culinary attractions were the Ribs and Chicken Platter, Crawfish Pasta with Lobster Cream and Andouille Sausage, and TexMex fare, just to name a few. Music was provided by Vinyl Underground, Sean Kershaw and the Newjack Ramblers, Chris Lane Band, Martha Basset Band, Allison King Band, The Plaids, Midnight Steel, and The Pedestrians.

The crowds were fantastic and a good time was had by all. And as a special bonus, the Staycations were well covered by the media, including an interview by Michelle Kennedy for the WXII Morning News and spotlights in both Leigh Somerville McMillan’s and Michael Hastings’ columns in the Winston-Salem Journal.

A huge thank-you to Betty, John and the Big Shotz Tavern staff for their support and the creative way they chose to raise both community awareness and a significant amount of money for Hospice Care.



*JoAnn Davis, HPCC President and CEO and Ellen Coble, HPCC VP of Development present Betty Ashby of Big Shotz with a certificate of appreciation for hosting the Staycations.*



## 2009 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)

### Coping with the Death of a Spouse and Caregiver Support Group

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

To register, call 336.716.2255

### Coping with the Holidays

Thursday, November 5 from 1:30-3:00pm at BestHealth

To register, call 336.716.2255

Tuesday, November 10 from 6:00-7:30pm at Hospice Winston-Salem

To register, call 336.768.3972

### 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: Lutheran Home at Trinity Oaks • 820 Klumac Rd • Salisbury, NC

To register, call 704.633-5447

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.

Individual Grief Counseling is available at each of the offices listed below. Please contact the office closest to you to inquire about additional groups, workshops, or other special events that may be offered throughout the year.

336-768-3972 in Winston-Salem    336-753-0212 in Mocksville    336-591-1124 in Walnut Cove    704-633-5447 in Salisbury  
1-888-876-3663 from Anywhere    www.hospicecarecenter.org

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