



TRELLIS  
Supportive Care

Palliative • Hospice • Family Support

# The Circular

Spring/Summer • 2026



*Start  
to Finish.*

**A Legacy of Compassion.**



Message from the  
CEO Dr. Michael Lalor  
page 2

HONOR • REMEMBER • CELEBRATE  
SATURDAY, APRIL 18 • BAILEY PARK  
page 3



30th Annual  
Hope Run/Walk  
Register at  
[TrellisRun.org](http://TrellisRun.org)

## MESSAGE FROM THE CEO, DR. MICHAEL LALOR



As I write this message, I'm mindful of what a meaningful time this is for Trellis Supportive Care—a moment not only to reflect on a year of transition and change, but also to look ahead with clarity and purpose. Our vision remains steadfast: to create communities where people live as well as possible with serious illness.

Over the past year, we have navigated several major transitions, including the launch of a new electronic medical record system and the expansion of innovative programs that strengthen Trellis as a center of excellence in serious illness care. These efforts underscore what makes Trellis so special—the way our entire team unites on behalf of patients, families, and one another. That spirit of collaboration now forms the foundation for our work in 2026.

Looking ahead, two strategic priorities will guide us: impact and excellence.

Impact means reaching more people earlier in their journey with serious illness and expanding access to programs such as palliative care and GUIDE—our dementia support program. It also means continuing to support our community through advance care planning, caregiver support, and grief counseling.

Excellence means ensuring that every interaction with those in our care reflects the highest standards of quality and compassion. Above all else, we will provide exceptional care so that every patient and family has peace of mind, knowing we will be by their side with unparalleled support.

We will continue to advance strategic partnerships, strengthen our quality outcomes, and nurture our workplace culture by investing in the benefits and well-being of our teams. At Trellis, we are devoted to delivering world-class care not only to our patients and families, but also to the staff at the heart of our mission. When we invest in our people, we cultivate resilience, commitment, and excellence across the organization.

As we move forward into 2026 with a renewed focus on impact and excellence, I'm filled with gratitude for the dedication, empathy, and strength that define our Trellis family. Thank you for being part of this remarkable journey with us.

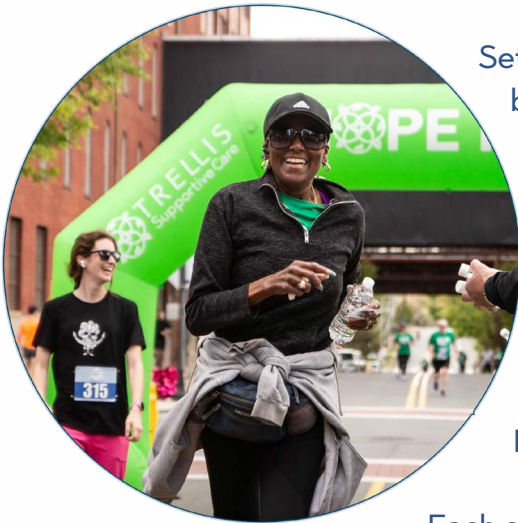
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## 30 YEARS STRONG – LACING UP TO HONOR, REMEMBER, AND CELEBRATE LIFE

This spring marks the 30th anniversary of our signature fundraiser—the Hope Run/Walk 5K and Music in the Park. Since its beginning at Ernie Shore Field (now home to Wake Forest Baseball), hundreds have gathered to honor and remember loved ones and to celebrate compassionate care.



Three decades later, this beloved event has become a cherished community tradition, drawing families, friends, and supporters who find comfort in remembrance and joy in gathering with others for fellowship and fun.



Set against downtown Winston-Salem's beautiful Bailey Park, the day blends reflection with energy. Many participants run or walk in memory of someone special, encouraged by shared stories of love and loss. The morning begins with an electrifying performance by WSSU's Red Sea of Sound Marching Band, followed by the 5K.

After the finish line, festivities continue with live music from local favorite Penny Candy, family-friendly games, the Kaleideum Kids Zone, and refreshments. Adults can enjoy beverages courtesy of Incendiary Brewing, while kids have fun taking part in nearby activities.

Each step of the Hope Run/Walk celebrates the compassion and spirit that define Trellis Supportive Care. This milestone year promises to be as heartfelt, uplifting, and unforgettable as ever.

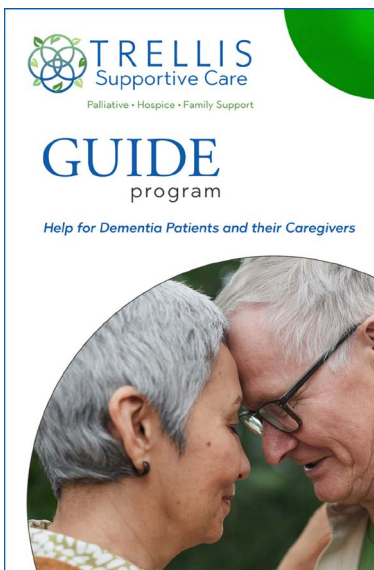
We are grateful to our presenting sponsor, Truist, who has been our faithful supporter since the very first Hope Run. *Find all the details and register at [TrellisRun.org](https://TrellisRun.org) or simply scan the QR code here!*

REGISTER



TRELLISRUN.ORG

## EARLY SUPPORT FOR DEMENTIA PATIENTS AND CAREGIVERS



A diagnosis of dementia can be the start of a long journey. We've launched a new program that can help every step of the way.

We are grateful to be among a select group of providers chosen by the Centers for Medicare & Medicaid Services (CMS) to offer the **GUIDE program**—a groundbreaking pilot program designed to bring earlier, more coordinated support to people living with dementia and their families. GUIDE stands for Guiding an Improved Dementia Experience.

This program is designed to help dementia patients experience more quality of life, help family caregivers feel supported, and help patients stay in their homes

(continued on page 4)

longer—where comfort and familiarity mean so much. By reaching families early, the **GUIDE** program makes a meaningful difference in daily living and care planning.

Families benefit from:

- **Personalized care planning:** A dedicated care navigator from Trellis helps design a plan tailored to individual needs and preferences.
- **Expert caregiver support:** Education, counseling, and respite resources strengthen caregivers and ease emotional strain.
- **Seamless coordination of care:** Medical and community services come together for consistent, compassionate support at every stage.

Through GUIDE, our early support helps provide peace, guidance, and comfort—helping families navigate dementia care, knowing we are with them every step of the way. Learn more about this program on our website, email [MWolf@TrellisSupport.org](mailto:MWolf@TrellisSupport.org), or simply give us a call at 336-865-0075.



## *WE ARE HERE – DON'T GO IT ALONE*

The death of a loved one can turn your world upside down, and navigating the weeks and months ahead can feel overwhelming and isolating. Did you know that you can access individual grief counseling, free of charge, regardless of your connection to Trellis Supportive Care? Anyone who has experienced the death of a loved one and feels they could benefit from professional grief counseling is welcome.

We offer a host of support groups as well, where sharing your story and grief with people who have experienced a similar loss can bring added connection and comfort. Registering for a support group or making an appointment for individual counseling is easy. Call 336-331-1300 or simply complete a request through our website by visiting our Grief Support page. ***For complete information on our grief support services, simply scan the QR code here.***



*AQUILLA MILLER IS THE  
WARM VOICE AND FRIENDLY  
FACE WHO WILL GREET YOU  
WHEN YOU CALL OR VISIT  
FOR GRIEF SUPPORT.*



## *IN HER OWN WORDS: A CONVERSATION WITH OUR NEW BOARD CHAIR*

Teresa Lindsay says she gets more out of her service to Trellis than she gives.



### **Q. What was your initial connection with Trellis Supportive Care?**

**A.** For many years, my business partner and I attended the “Living Your Best Life Annual Speaker Series.” In 2016, we were invited to sponsor a Professional Advisors Breakfast for Trellis. We are CPAs who had built our own accounting firm, and we were glad to support the event. What I heard that morning, though, stayed with me. I left with a deeper appreciation for Trellis’ mission and the incredible ways it supports our community.

Not long after, I was asked to join the Finance Committee. That opportunity led to serving as committee member, then joining the board and becoming treasurer. Today, I’m truly honored and humbled to serve as Board Chair.

### **Q. What would you like to share about your professional life?**

**A.** I moved to Winston-Salem from my home state of Florida in 1986, and I stumbled into accounting early in my career. After several years working in industry and consulting, I was given the opportunity to join a CPA firm, which truly set the direction for my professional path.

In 2008, Amy Gardner and I launched Lindsay and Gardner, CPAs, PLLC, along with our office manager. We absolutely loved the work and the chance to make a meaningful difference for our clients. Over time, that small start grew into a 15-person firm.

In 2024, we merged with Avior Tax & Accounting, where I now serve as a Principal Manager. I genuinely love what I do and feel grateful for the journey that led me here.

### **Q. How about your life outside of accounting and serving as our board chair?**

**A.** I took up tennis as an adult, and that’s actually how I met my husband, Mark. We’ve now been married for 30 years and share our home with our beloved dog, Max. I’ve always loved sports, especially tennis and golf, and I enjoy anything that gets me outdoors. I’m also very involved with the North Carolina Tennis Association, where I served as treasurer for many years. This year, I’ll be stepping into the role of vice-president, which is an honor I’m truly excited about.

(continued on page 6)

**Q. Any closing remarks?**

**A.** Through my involvement with Trellis, I've had the privilege of meeting some truly remarkable people. Being part of this mission is an honor, and I genuinely feel that I receive far more from my service than I give.

What continually amazes me is how many of my clients, without any prompting, share their own positive experiences with Trellis. Hearing those stories reinforces what I already know to be true: this organization is a tremendous gift to our community.



Teresa with her husband Mark, and their dog Max



*CAMP CAROUSEL – WHERE GRIEF FINDS GENTLE HEALING*

Summer camp is often a place for laughter, connection, and growth. For children and teens who have experienced the loss of someone they love, Camp Carousel offers all of that—and something deeper. It's a place where fun and healing gently intertwine, helping campers rediscover joy while learning to carry their grief with compassion and strength.

Through creative activities, storytelling, and the support of caring counselors, campers find comfort in knowing they are not alone. “Fun, creative, meaningful activities—as well as the chance to tell stories—can foster connection and deepen the healing process,” shares Susanna Lund, art therapist and grief counselor.

Adults who are grieving are also invited to a special retreat that offers time for remembrance, mindfulness, and expression through the arts.

Thanks to generous community support, Camp Carousel is offered at no cost. This year's 36th Annual Camp Carousel for rising 1st – 12th graders is set for July 6-9. The adult day retreat is set for July 31.

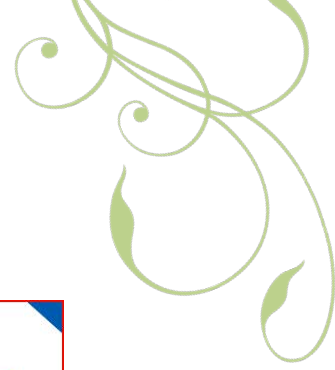
**Visit our website to learn more.**

# Camp Carousel

Supporting the Grief Journey for  
— children — teens — adults —



*MINT JULEPS, ROSES, AND RACING. JOIN US!  
A KENTUCKY DERBY PARTY FEATURING A SILENT AUCTION!*



**SAVE the DATE**

2026  
**KENTUCKY DERBY**  
Party

Please Join Us  
**MAY 02**  
Robert Hall  
874 N Liberty St.  
W-S, NC

VIP: 4-7:30 pm  
Regular Admission: 4:30-7:30 pm

**TRELLIS**  
Supportive Care  
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*Learn more and register at [TrellisSupport.org](https://TrellisSupport.org)*



Trellis Supportive Care was the first hospice in North Carolina and has been the Piedmont/Triad's hometown hospice since 1979. We remain an independent nonprofit organization. Thank you all for the continued community support we receive. With your generous help we're able to go above and beyond in the way we provide care, and we never deny anyone care because of an inability to pay.

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The **CIRCULAR** - SPRING/SUMMER 2026 Issue

**A LOOK AT WHAT'S INSIDE:**

START TO FINISH, A LEGACY OF COMPASSION ..... PAGE 1

A MESSAGE FROM THE CEO – DR. MICHAEL LALOR / 30 YEARS STRONG - HOPE RUN ..... PAGE 2

30 YEARS STRONG - HOPE RUN / EARLY SUPPORT FOR DEMENTIA PATIENTS AND CAREGIVERS ..... PAGE 3

EARLY SUPPORT FOR DEMENTIA PATIENTS AND CAREGIVERS / WE ARE HERE – DON'T GO IT ALONE .. PAGE 4

IN HER OWN WORDS: A CONVERSATION WITH OUR NEW BOARD CHAIR..... PAGE 5

IN HER OWN WORDS: A CONVERSATION WITH OUR NEW BOARD CHAIR / Camp Carousel ..... PAGE 6

MINT JULEPS, ROSES, AND RACING. JOIN US! TRELLIS KENTUCKY DERBY PARTY ..... PAGE 7



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[TrellisSupport.org](http://TrellisSupport.org)

