



Mission of Faith

Santiago Reales
Chaplain / Stokes Co.

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From Linda Darden, CEO/President



As I write this, I find myself reflecting on the importance of the work we do at Trellis Supportive Care. Recently my family found itself on the receiving end of hospice care for my father, who passed away just short of his 91st birthday. While he received care in another state, we were fortunate to find a hospice that shared our agency's values and commitment to compassion. And how eye-opening to recognize what that feels like from the patient and family chair.

This hospice team responded quickly to every call and gave us confidence they had experienced similar situations. They explained the various services available and walked us through a variety of support options based on his needs and preferences. As we made decisions for his care, it was such a comfort to think he might enjoy a visit from a therapy dog or a veteran volunteer. Sadly, this couldn't be arranged in time, but the hope was there at a time when it felt in short supply. As I've returned to work, I have a new sense of why our own mission and model of hospice care matters.

I also find myself reflecting on how important it is for families to know what has meaning to their loved ones when they can't make decisions for themselves. Conversations about personal goals and preferences are a gift to family members - one they will be thankful for at a future date. Having a healthcare power of attorney and a living will may not seem important in our everyday lives, but if the day comes that you are unable to speak or make decisions for yourself, your family will be so thankful for your thoughtfulness.

In April we recognize National Healthcare Decisions Day (NHDD) – designated as April 16. A key goal of NHDD is to demystify healthcare decision-making and encourage families and friends to discuss and document their wishes.

I'm pleased to share that our team has been facilitating the advance care planning process for decades. Because we want everyone to take this step, we offer several advance care planning workshops a month, free of charge. We've been hosting the workshops virtually and are returning to some in-person workshops this spring. It's our gift to the community, and it can be your gift to your family.

IT IS TRUE! IT FEELS BETTER TO GIVE THAN TO RECEIVE

Who knows this better than our volunteers? Valentine's Day was a perfect opportunity to show our patients that they are loved, so our Be Mine Brigade sprang into action, launching Operation Share the Love. Sweets and treats were delivered to many of our patients across the 13 counties we serve, bringing smiles and brightening days.

Thanks to Debbie Smith Segrave for sharing this picture and post. So glad her mom was surprised.



ON THE ROAD AGAIN!

WE JUST CAN'T WAIT TO GET BACK ON THE ROAD AGAIN.

After two-years of a virtual Hope Run, we are thrilled that this year's **Hope Run 5k and Music in the Park** are back in-person at Bailey Park in downtown Winston-Salem. This year's Hope Run, 26 years running, is being held on Saturday, April 23 beginning at 8:00 a.m. followed by music in the park until 1:00 p.m. Take this time to remember or honor a loved one, or simply enjoy a super fun event with family and friends while supporting our mission.

Plan to pack a picnic and enjoy the entertainment following the 5k. Live music, featuring Papa Soul, will include everything from classic rock, country, and beach music. If you don't want to pack a picnic, no problem! Continue your post-race celebration and explore the vibrant areas around the park.

So what can you expect?

- 8:00 a.m. – registration opens
- 10:00 a.m. – start time for the 5k – run or walk (timed or at your leisure)
- Music in the Park – featuring Papa Soul
- The adrenaline producing sounds of The WSSU Red Sea of Sound Marching Band
- The Dash – Kids Dash
- For those 21+ – Incendiary Brewing will have beverages
- For the kids – face painting and a balloon artist

Please join us and celebrate the families served by Trellis Supportive Care. Your support has a direct impact on those we serve.

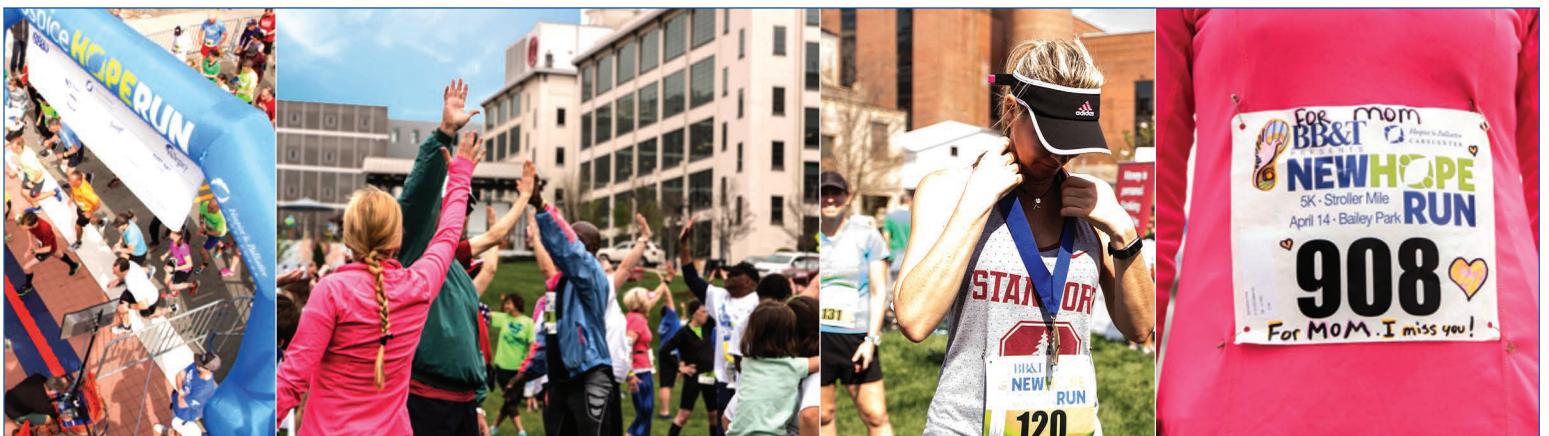


TRELLIS SUPPORTIVE CARE

Saturday, April 23

TrellisRun.org

Presented by **TRUIST** 



Register today at TrellisRun.org!

IT'S OUR SINCERE PLEASURE TO INTRODUCE TRELLIS LIGHTS

We come to learn that death is a natural part of living; however, we are seldom ready for that final goodbye. We search for ways to hold onto our loved ones, to celebrate their life, and to pay tribute. There are many ways to remember our loved ones, and we are pleased to offer this beautiful opportunity for you to remember someone dear to you.

We invite you to create a lasting legacy by sharing your memories of your loved one on our Trellis Lights website. It will be a permanent place for you to visit, and an easy way for you to share your memories with others. It is also a way for others to add their memories along with yours.



Creating a tribute may be therapeutic; it may be a meaningful place for you to visit from time to time; and it may be a way for you to share your memories with friends and loved ones. Through a photo, a story, or a little bit about what made your loved one special to you, the memory will shine forever on Trellis Lights.

The process is easy, and all are welcome to create a tribute. Visit TrellisLights.org to share your memories. There is no cost to create your tribute.

IN-HOME THERAPIES FOR PATIENTS WITH HEART DISEASE BRING RELIEF



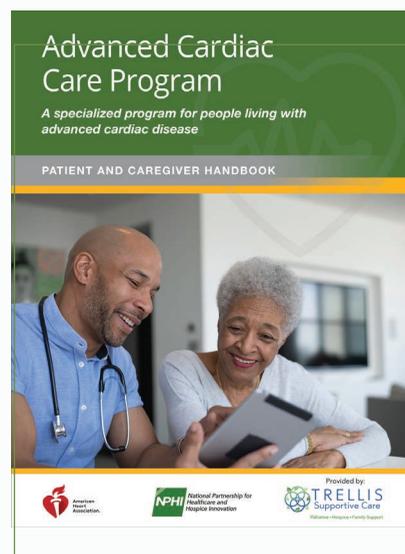
Advanced **CARDIAC CARE**

We understand that facing the challenges of advanced disease is difficult for both the patient and the loved ones caring for them. Regardless of the diagnosis, one of our goals is to take care of your symptoms and concerns so that patients and families live more comfortably, at home, with peace of mind—avoiding repeated trips to the emergency room and hospital.

For patients with advanced heart disease, the repeated trips to the hospital are exhausting and may be all too familiar. However, for patients enrolled in our Advanced Cardiac Care program, there is relief.

A team helps manage breathing difficulties, fatigue, swelling, and other disease exacerbations. Symptoms and medications are closely monitored as well so that patients feel better. And caregivers can rest better knowing that our team is available 24/7, every step of the way.

This means fewer hospitalizations, fewer emergency department visits, and more quality time at home.



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Here are a few things patients and families in this specialized program can expect:

- Visits by a nurse with specialized training to control symptoms.
- Medication management to ensure essential medications are ordered and delivered.
- Expanded therapies provided in the home to include:
 - IV diuretics
 - Milrinone and other Inotrope infusions
 - LVAD therapy
- Education, including a patient and caregiver handbook to help patients better understand and manage symptoms.
- Visits by other care team members to provide personal care and other supportive services.

If you know someone suffering with symptoms of advanced heart disease, it's never too early to find out more about how they can benefit.

*One of our patients shared-
"I had been in and out of the hospital more times in the last few years than I care to think about, and my last hospital stay was a month long. But now I'm confident I can remain home – even with my LVAD and pacemaker – because the team is visiting regularly and helping with all my treatments. It's nice that my family and I have emotional support too."*

Current patient enrolled in Advanced Cardiac Care program



IF YOU ARE READING OUR NEWSLETTER...



Although it is never safe to assume, we hope that because you are reading our newsletter you know us pretty well. We are grateful for that. We are also grateful when you have an opportunity to tell others about our supportive care. Assuming, however, that you know all the things that set us apart would be a mistake.

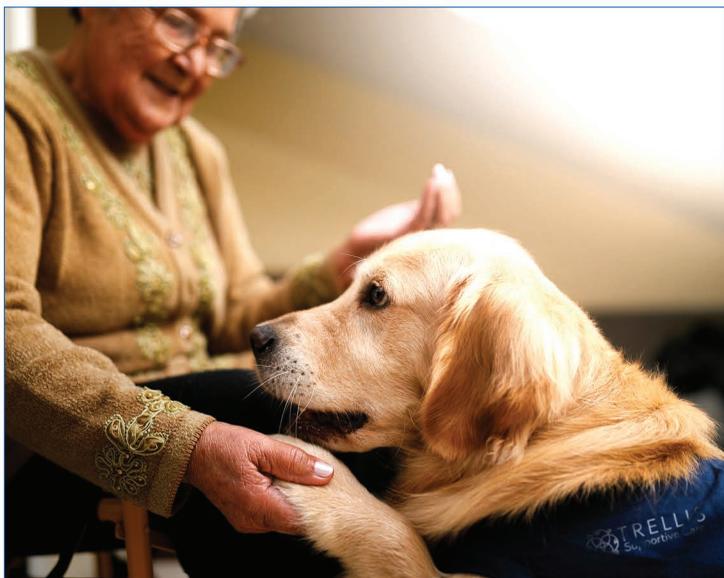
It may surprise you that there are many more for-profit hospice care providers than there are community-based, independent, nonprofits like Trellis Supportive Care. In fact, a big reason for our name change four years ago was to help eliminate confusion. We needed to adopt a name that reflected our mission and that was memorable so that we were not confused with other hospice care providers.

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Here are five things we believe set us apart:

- 1 Experience and Expertise.** Trellis has a large team of physicians and nurse practitioners making home visits, providing palliative care consultations, and directing care at all levels. We also have a very high percentage of staff with advanced training and certification in hospice and palliative care.
- 2 Emotional Support and Complementary Therapies.** Our teams provide emotional, spiritual, and social support by full-time, masters-prepared chaplains, social workers, and professional grief counselors. In addition, we offer complementary therapies including music and gentle massage.
- 3 Community-wide Grief Counseling.** We have a dedicated bereavement team to support families for a year after their loved one dies. Likewise, we have a team of certified grief counselors who provide grief counseling to anyone in the community, regardless of their Trellis connection.
- 4 Care is individualized.** We understand that each patient and family are unique, and that each illness presents different symptoms and challenges. That is why we have a specialized approach to a variety of diseases – and why we strive to meet the goals and wishes of each patient we serve.
- 5 Medications, supplies, and equipment are delivered quickly.** Because we have our own pharmacy, we get medications prepared and delivered to doorsteps quickly. Medications, supplies and equipment that are related to the hospice diagnosis are covered by Medicare, Medicaid, and private insurance.

Because not all hospice organizations are the same, selecting the right hospice provider is very important. Please help others understand some of what makes Trellis Supportive Care stand apart from the rest.



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. Thanks to community support, we are able to go above and beyond in the way we provide care, and never deny anyone care because of inability to pay.

SAVE THE DATE

The Trellis Supportive Care Foundation Leadership Council is pleased to announce it's 10th annual **Kentucky Derby Party!** Join us on Saturday, May 7, 2022 at The Atrium at Biotech Place for live music, fun, food, and of course a live stream of The Kentucky Derby! Come by and see us for a mint julep and to show your support for the hospice mission!

Visit TrellisDerbyParty.org for more information.



For over 30 years, **Camp Carousel** has provided support for children, teens & adults who are grieving the death of a loved one. Sessions led by compassionate leaders help campers connect, share, learn, and grow.

New this year: Join us for a 2-day camp at Triad Park! Sessions include art & music therapy, outdoor play, small group time, and bonding with new friends.

Rising 1st – 5th graders: July 11-12, 2022
Rising 6th – 12th graders: July 13-14, 2022

Details about our Day Retreat for Adults coming soon!

There is no charge for Camp Carousel. To learn more about this summer's Camp Carousel sessions, visit our website or call (336) 331-1300.



Coming Thursday, October 20, 2022.

Started in 2016, the **Living Your Best Life Annual Speaker Series** is a community event benefiting Trellis Supportive Care. This event is designed to significantly impact people's lives, bring energy to our community and encourage us to ask ourselves, "**Am I Living My Best Life?**"

Details coming soon!



Presenting Sponsor: Allegacy

Camp Carousel

Supporting the Grief Journey for
children ★ teens ★ adults





Palliative • Hospice • Family Support

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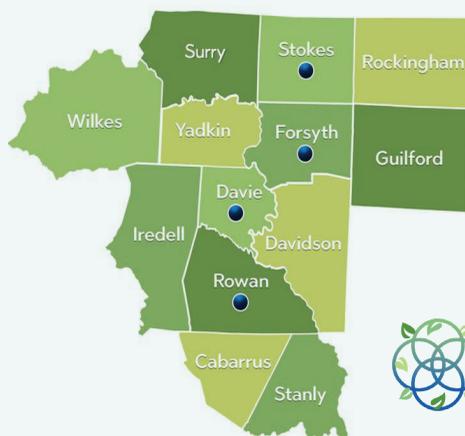
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The CIRCULAR - Spring/Summer 2022 Issue

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