

## 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](http://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

## Hope is at the Heart of Hospice

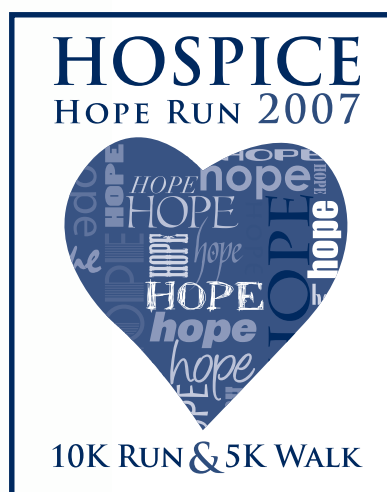
This year's Hospice Hope Run artwork reminds us that hope is at the heart of Hospice care. Hope for the best care at the end of life. Hope for having your wishes carried out as you face a serious illness. Hope for compassion, dignity, and peace of mind. Hope for comfort and support after a loss.

The Hospice Hope Run helps Hospice & Palliative CareCenter fulfill the hopes of our patients and their families. The funds raised allow Hospice to provide unparalleled Hospice care, grief counseling, the community support program, and other services free of charge to the community. Please join us on Saturday, April 14 to raise money and awareness about Hospice's programs. All proceeds from the Hope Run will be used for patient and family care.

The 10K run & 5K fitness walk start and finish at Ernie Shore Field. Your \$18 registration fee (\$22 after April 4) includes this year's artwork on a

custom designed T-shirt, goodie bag, post-race refreshments, door prize drawings, complete results, and race management by the Twin City Track Club. Runners or walkers who go the extra mile and raise at least \$50 of pledge money will also receive an embroidered Hospice Hope Run hat.

Can't run or walk? Going to be out of town? You can still be a part of the 11<sup>th</sup> Annual Hospice Hope Run. Use the attached registration form to register as "Proud in the Crowd" and receive the entire 11<sup>th</sup> Annual Hospice Hope Run packet and benefits.



## Hospice Hope Run & Walk at a glance:

**WHAT:** 10K (6.2 miles) Race & 5K (3.1 miles) Fitness Walk  
**DATE:** Saturday, April 14, 2007  
**TIME:** 8:30 a.m. (run and walk start)  
**LOCATION:** Ernie Shore Field, Winston-Salem, NC  
**CONTACT:** Amy Williamson 336-331-1301

## Children and Grief *Understanding their needs can help*



Susanna G. Lund, MS, ATR-BC, NCC, LPC  
Susanna is a Licensed Professional Counselor, National Certified Counselor and Board Certified, Registered Art Therapist. She holds a Master's of Science degree in Art Therapy from Eastern Virginia Medical School. Her experience includes 18 years of individual, group, and family counseling with adults, adolescents, and children.

When a family member or loved one dies, children react differently from adults. Preschool children usually see death as temporary and reversible, and often expect that the loved one will return again. Elementary age children are able to understand the permanence of death, but often think that it will not happen to them or to anyone they know. Teenagers are generally capable of understanding death and its many ramifications, but often do not have the social support systems in place to help them navigate the range of emotions that accompany the death of a loved one.

As parents or caregivers of children who have lost a loved one, we often feel inadequate in our efforts to provide comfort during their grieving process. In addition, well-meaning friends or family members who offer advice that is inaccurate or misleading sometimes thwart our efforts. This well-intentioned but incorrect advice may result in self-doubt about our ability to comfort children at a time when they need it most.

The following list of common "myths" about how children grieve, along with "facts" that are based upon current study and research, may help you better understand how children and teens grieve.

## *Myths and Facts about Children and Grief*

**Myth:** Children can't understand what has happened. They are too young.

**Fact:** Even the very young know when those around them are upset. Most understand more than adults realize.

(Continued on page 6, Children and Grief)



# Heartfel t Thanks to Outstanding Board Members



In past issues I have often used my space to honor staff and volunteers. In this issue I want to honor and recognize our wonderful board members. These are people who devote their time and expertise to assist us in furthering our mission and help us as we strive toward our vision of excellence. On a personal note, these are people who answer my call for help on an ongoing basis, and I could not begin to do this job if it was not for their willingness to lend their time and talents.

We welcome new board members, Scott Bowen, Nancy Cannon, and Betsy Hoppe to the governing board, and Tom Goodson, John Ferguson and Bob Newell to the Foundation Board. I am looking forward to working with them over the next few years.

Additionally, I want to take this opportunity to give my special thanks to our outgoing Board members. From the governing Board are Ann Humphrey, Bruce Brown, Tom Gatewood, Everett Wells, and Wood Brittain. From the Foundation Board are Bill McCall, and Jim Nanton. We were lucky enough to have these people during the design phase, financing, capital campaign, and building of our new campus. They not only lent their support, they rolled up their sleeves and took an active role in pursuing our vision. I cannot begin to count the hours they donated. Among this group were two recipients of The Founders Award. The Award was presented to Everett Wells in 2006, and Tom Gatewood in 2005 for their many contributions. We will miss each of these outgoing Board members.

*Hardwiring Excellence*, by Quint Studer, is a management book being read by Hospice & Palliative CareCenter staff. The core principles in this book state that employees want a job that gives them *purpose*, *worthwhile work* and the opportunity to *make a difference*. I think our staff, and our Board members embrace this principle, and I can certainly attest to the fact that both groups are doing purposeful, worthwhile work and making a difference. Again, my heartfelt thanks go to our outstanding Board members.

JoAnn Davis, President & CEO

## Hospice & Palliative CareCenter Board of Directors

### Executive Committee

John L. Ruffin, Chair  
Dale “Dek” Driscoll, Vice Chair  
Arthur T. King, Secretary  
James N. Smith, Treasurer  
Michael L. Robinson, Past Chair  
Richard V. Bennett, At Large  
Art Gibel, At Large  
Phillip R. S. Waugh, Jr., At Large

### Members of the Board

R. Scott Bowen, Jr.	Lawrence U. McGee
Nancy Cannon	David McMillan
Kenneth P. Carlson, MD	Suzanne Ramm
Roane Cross	Richard L. Rauck, MD
Carolyn R. Ferree, MD	Rev. Dr. Cedric S. Rodney
Charles H. Hauser	J. Robert Sanders
Peter L. Hellebush	Carole Sullivan
Betsy Hoppe	Robert D. Turner
W. K. “Ike” Keener, Jr.	Reba Warren
Donny Lambeth	

## The Hospice Foundation Board of Directors

### Executive Committee

J. Cantey Alexander, Chair  
Michael Pulitzer, Jr., Secretary  
Graham Dozier, III, Treasurer  
J. Paul Breitbach, Past Chair

### Members of the Board

John Burress	Jeffrey C. Howard
Nancy W. Dunn	Bernadette Murphy
John Ferguson	W. Robert Newell
Thomas O. Goodson	Amy K. Smith
Robert E. Greene	Jimmy Strickland
Susan L. Henderson	A. Tab Williams, Jr.
David Hinton	

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.

## The Best of the Best

Could there be a more pride-filled experience than to be voted best by your peers? That’s exactly what happened to Whitney Collins, NA and Margaret Hennings, RN when the staff at the Kate B. Reynolds Hospice Home voted for the employee of the year. And since there was a tie, both women are sharing the title.

**Whitney Collins** has only been working at the Hospice Home for nine months, but she has known since she was 13 years old that she wanted to do this type of work. Seven years ago her grandfather received Hospice care, while living with Whitney’s family, and Whitney saw first hand what a difference it made. “Hospice was always there when we needed them and they made him, and our family, more comfortable. I knew they cared. They even came to his funeral,” Whitney shared of her experience.

“I knew I wanted to do that – to make that kind of difference. Realizing that I’m needed and that the families appreciate what I do, even if it’s just holding hand or sitting with them. Being thanked for your compassion... that makes me come to work everyday explained.

Whitney celebrated employee of the year by going out to dinner with her family. When she isn’t working, Whitney said she is spending time with her family. “And I love shopping. I have the money,” she added with a smile. “I like to see people happy. That makes me happy.”



Whitney Collins, NA





## A Conversation with a Treasured Board Member



Dr. Ken Carlson and his wife, Mary Jean, have three children and five grandchildren. He loves his family and the fact that his children are all within two hours of home. Dr. Carlson started a Urology practice in 1965 and retired in 1993. When he is not busy on behalf of Hospice or serving various other organizations, he loves to travel. When it's time for a little respite with his wife and family, he especially enjoys visiting their place at Sunset Beach.

JoAnn Davis, CEO and Dr. Ken Carlson

### **Q. How long have you been serving on the board?**

**A.** Nearly 17 years. I came onto the board in 1991.

### **Q. What initially drew you to Hospice?**

**A.** I realized that the job Hospice was doing was so important. As a practicing physician, I had patients that were able to take advantage of hospice care. It was a marvelous thing to know that this service was available for the patient *and* the families. It was marvelous too that

Hospice was a Medicare benefit. I was happy to join the board.

### **Q. You have served this organization for so many years, and you've worn many hats. What have been your primary roles?**

**A.** I was in an advisory capacity when I first joined the board. I spent time educating the medical community about who we were and what hospice care was. It was important to get physicians on board and important that they understand the benefits of Hospice for their patients.

During my tenure as board president we were in the planning phase of the Hospice Home. We visited hospice inpatient facilities, including some in Florida and Ohio, so that we could see first-hand what kind of facility we wanted. Our Kate B. Reynolds Hospice Home, which opened in 1998, has already grown from 20 to 30 private patient rooms. It was an exciting project and a much-needed asset to our community.

Building relationships with Wake Forest University Baptist Medical Center was also a rewarding role. It was important to work within the medical school so that students learn about end-of-life care. Hospice & Palliative CareCenter is now a rotation site for every third-year medical student. We were instrumental in getting that going. The general awareness in palliative care that comes out as a result is so valuable. And the students love it.

I've enjoyed the involvement with Hospice and I'm really proud that this community recognizes Hospice as one of its best resources.

### **Q. Why do you think Hospice & Palliative CareCenter is the best?**

**A.** With so much experience and support from both the medical community and the community-at-large, it feeds on itself. Hospice has tried to meet the needs of the community, and in return the community has been very supportive. I hear such positive things, and I'm proud of the steps we've taken with projects like the Kate B. Reynolds Hospice Home and the medical school... we've been a model for other hospice providers.

### **Q. What has been most rewarding to you personally?**

**A.** I'm most proud of bringing the two big medical institutions in Winston-Salem together in support of our mission and efforts to build the Hospice Home. It was remarkable to have their unified, full support (including financial support) for that project. I was also proud to have been honored with the Founders Award in 2001.

## The Best of the Best (Continued from page 2)

**Margaret Hennings, RN**, has worked at the Hospice Home for six years. Margaret is originally from Ireland and prior to joining Hospice, worked at Baptist Medical Center. In her previous role at Baptist she referred several patients to Hospice. Curious about what lay ahead for those patients, she followed a few cases and got to know more about Hospice. Impressed by what she learned, Margaret decided to join our team.



Margaret Hennings, RN

Margaret works the 7:00 p.m. – 7:00 a.m. shift and really enjoys it, especially because she has so much contact with families at night. "I'm content in my work and can't think of doing anything else. It's very rewarding to feel that you've helped somebody – the patient *and* the family," Margaret shared. When asked why she thinks her peers selected her for employee of the year, she said, "I was shocked that they chose me. I do like to laugh and joke around, and I think my co-workers know that I really enjoy my job. Maybe that has rubbed off."

Margaret gets home to Ireland every year, and is planning a special trip in April to celebrate her mother's 80<sup>th</sup> birthday. When Margaret is not working, you might see her working out at the YMCA in Clemmons or spending time with her two teenage daughters.



# VOLUN

## Connecting Communities with Care



**Name:** **Melissa Dellinger**  
**How Long Volunteering for Hospice:** 6 years  
**Primary Volunteer Roles:** Clerical help around office, Hospice Hope Run & Camp Carousel  
**Why Do You Volunteer for Hospice?** Initially, my mom (Bereavement Team Leader for Hospice, Chris Dellinger) introduced me to volunteering at Hospice. After that, I volunteered because I believe in what Hospice does and just want to help support that. I especially enjoy Camp Carousel and hope to continue volunteering there. I

also enjoy working with the employees and other volunteers.

**Personal Tidbit:** I love playing tennis and going to the beach. My favorite movie is Ferris Bueller's Day Off and my favorite book is Little Women. I love spending time with family and friends, and I have a dog named Savannah; a bird, Petey; and a bunch of fish. My idea of a "perfect date" is April 25 because it's not too hot, not too cold. All you need is a light jacket.



visit with the families at the Ho  
and I realize how fortunate I a

**Personal Tidbit:** I enjoy te  
Teresa, for 21 years. Our so  
Katherine is

Care

**Name:** **Sally Sharpe**

**How Long Volunteering for Hospice:** 11 years  
**Primary Volunteer Roles:** Clinical administrative support  
**Why Volunteer for Hospice:** I volunteer because Hospice helped me as much, if not more than my husband, during his sickness and death. You can't get a doctor at 2:00 a.m., but you can get a Hospice nurse.  
**Personal Tidbit:** I have three grown girls who live in Winston-Salem. They are ready to help me anytime, plus give me a little social life. I enjoy taking trips with Allways Tours to interesting places. It gets me out of town to see something different.



Volunteers



Comfort



**Name:** **Margaret Ring**

**How Long Volunteering for Hospice:** 3 months  
**Primary Volunteer Roles:** The first volunteer in our Salisbury office – sewing "fidget aprons," baby d  
Will be a patient/family volunteer after training.  
**Why Volunteer for Hospice:** The reason I volunteer for Hospice is simple. My boss and great friend,  
As his condition worsened, I saw how important Hospice employees and volunteers were to him and h  
major support system and made his departure easier for us all to handle. I want to give hope and comf  
work with Hospice. Whether it be in sewing, office work, or direct patient-family contact, I pray that I c  
someone's life.

**Personal Tidbit:** I have been married to my wonderful husband, Ray, for 39 years. I am an only child,  
17 siblings! His family has taught me a lot. We don't have any children so we spoil each other. I am a complete NUT about exercising  
always loved playing sports. I enjoy reading and working in my flower garden, and I'm learning to play the piano. My favorite movie  
to vacation anywhere close to nature.



# TEERS

## e, Comfort, Compassion, and Choice

Name: Doug Dampier

**How Long Volunteering for Hospice:** 2 years

**Primary Volunteer Roles:** Visit patients at Kate B. Reynolds Hospice Home and work with Boy Scout Troop 942 to maintain outside flowerpots around Hospice Home.

**Why Volunteer for Hospice:** I'm fortunate enough to have the time and opportunity to volunteer for a worthy organization. I've enjoyed meeting interesting and friendly people, both staff and patients. When I hospice Home, I can't help but put things in perspective, m.

ennis, golf, and camping. I've been married to my wife, n William is a freshman at NC State, and our daughter s a junior at Mount Tabor High School.

Choice

Compassion

Name: Aurelia Hill

**How Long Volunteering for Hospice:** 15 years

**Primary Volunteer Roles:** Visiting patients and families

**Why Volunteer for Hospice:** God has been good to me, as have the people in Winston-Salem. As a result of the love from both, I can't help but share the same joy, love, hope, and encouragement with our community – especially with those in need.

**Personal Tidbit:** I enjoy serving others and the community. I read, study, and teach the Scripture. I enjoy traveling, playing with my grandkids, and doing crossword puzzles. I'm also a collector of lambs, lions, and angels.



Name: Janie Dean

**How Long Volunteering for Hospice:** 4 ½ years

**Primary Volunteer Roles:** Office work and Kate B. Reynolds Hospice Home receptionist

**Why Volunteer for Hospice:** After moving back home to Winston-Salem after being gone for 33 years, I wanted to find a place to be needed and to be a part of something where I could help others. A friend suggested Hospice, and I felt fulfilled as soon as I started. Everybody I have met, other volunteers and staff, are truly wonderful people.

**Personal Tidbit:** I am married to my high school sweetheart, Gary, and we've been married for 37 years. We have 3 daughters and a brand new grandson, who, unfortunately, lives in Texas!



Name: Bea Johnston

**How Long Volunteering for Hospice:** 12 years

**Primary Volunteer Roles:**

Visiting patients in the hospital

**Why Volunteer for Hospice:**

I think Hospice is a wonderful organization.

**Personal Tidbit:** I have seven children. I enjoy handwork like knitting and sewing, and I love to read. I like to exercise, and I go to the "Y" at about 7:00 a.m. five days a week.

olls, and bibs for patients.

Bob Deal, had lung cancer. his family. They became a fort to others through my can make a difference in

and I married a man with and being fit and have is Forrest Gump, and I like



## Carousel Night

**Please join us for  
Carousel Night  
A colorful, casual barbecue  
To benefit the Carousel Center  
Friday, April 27  
7 pm – 10 pm  
Hospice & Palliative CareCenter  
101 Hospice Lane**



The Carousel Center is the pediatric program of Hospice & Palliative CareCenter, providing medical, emotional, social, and spiritual support to seriously ill children and their families. Proceeds from Carousel Night will support the Carousel Center, as well as Camp Carousel for grieving children, individual grief counseling, support groups, workshops, and educational programs for children and adults. Tickets are \$45 per person for the Friend level or \$90 per person for Patron tickets. For more information about Carousel Night, please call Amy Williamson at 768-3972.

## Going Once, Going Twice, Sold!

### *Hospice staff bid big during holiday auction*

Each year, Hospice & Palliative CareCenter staff gathers for a holiday auction to benefit the Patient Welfare Fund, which provides necessities like groceries, heating fuel, and Ensure to Hospice patients in need of assistance. Staff members donate wrapped items for a live auction. The bidding is fast and furious, and this year, the auction raised \$3,721!

A special addition to the auction this year was a matching sponsorship from Salem Funerals & Cremations. Mosby Vogler and his staff wanted to help Hospice & Palliative CareCenter and thank the staff for all they do for the community. They provided a beautiful catered breakfast for the staff before the auction and agreed to match the money raised. Salem Funerals & Cremations will donate \$3,721 in funeral services for Hospice patients who are in need of assistance for funeral services.

A big thank you goes out to the staff who participated in the auction and to Salem Funerals & Cremations for their generosity.



Mosby Vogler presents a check to Ann Gauthreaux, Public Relations Director.

## Children and Grief (Continued from cover)

**Myth:** Going to the funeral would just upset them.

**Fact:** Not being included in family rituals could be more upsetting. It is helpful for children to see adults grieve.

**Myth:** I must protect them from loss and pain.

**Fact:** We know that children experience loss and sadness. They need help learning appropriate ways to deal with these emotions.

**Myth:** I don't know what to say, so I won't say anything.

**Fact:** There are no right answers, only honest ones. Saying something acknowledges their grief and helps to dispel fears and misunderstandings.

**Myth:** They need to keep busy so that they won't think about it.

**Fact:** Keeping up with routine activities is important, but adding new activities may be confusing and disorienting.

**Myth:** Getting rid of reminders helps; encourage only good memories.

**Fact:** This suggests that it's wrong to think of the person who died or to have bad memories.

**Myth:** It is morbid to want to touch and talk about the body.

**Fact:** This is normal for children. It is a good way to say goodbye and make the death seem real.

**Myth:** Use terms like "passed away" or "gone to heaven." This sounds better.

**Fact:** These are misleading terms and can confuse and frighten children.

**Myth:** If they are not expressing grief, children aren't grieving.

**Fact:** They may not know how to express feelings or know they have permission to grieve. They may delay grief to avoid upsetting others.

**Myth:** I should tell them all the facts immediately.

**Fact:** They may not be able to understand all aspects of the death or handle the intensity of the situation right away.

- Adapted from Medical Care of the Dying, 2nd edition, Victoria Hospice Society, Victoria, British Columbia, Canada, 1993.

Hospice & Palliative CareCenter offers individual grief counseling to children and adults who have lost a loved one. Several of our counselors have specialized training in the field of children and grief. We also have a board certified art therapist on staff who focuses on working with children. Art therapy is a form of psychotherapy that utilizes art media, images, the creative art process, and patient/client responses to the created products as reflections of an individual's development, abilities, personality, interests, concerns, and conflicts.





## Help Secure the Future

### *Endowment gifts*

Requests for Hospice & Palliative CareCenter services are growing. On any given day, we are caring for 395 patients and their families. That's an increase of nearly 175 patients from just three years ago. Reimbursement from Medicare, Medicaid, and private insurance pays for patients to receive our care, yet, that reimbursement doesn't cover the cost of providing that care. That additional cost, as well as the care provided to patients who have no form of reimbursement, is covered by charitable gifts.

Loyal and generous donors have provided much-needed support each year. In order to continue to meet these patients' needs with the unparalleled care that Hospice & Palliative CareCenter provides, we need financial support. We need endowment gifts. As the demand for our services increases, and limited reimbursement continues to be a challenge, endowment gifts will help secure the future. Endowment gifts will support future growth, enhance our operations, and position us to maintain services in the event that reimbursement rates change.

Bequests, trusts, and annuities are the types of endowment gifts that have been given to The Hospice Foundation, Inc. over the years. These gifts have been invested, and with the investment earnings, Hospice & Palliative CareCenter has an endowment with a value of \$1.8 million. When endowment gifts are received, they are invested, and only the interest earned is spent. The principal amount of the original gift builds lasting security, while the interest income supports ongoing care of patients and families.

Adding to the endowment will be vital for the long-term fiscal stability of Hospice & Palliative CareCenter. Your endowment gift ensures that future demands are met. There are two ways you can make an endowment gift. Contribute an outright gift – an endowed named fund - or

contribute through a planned gift (bequests, trusts, annuities, life insurance, retirement plans or estate gifts).

### *Endowed Named Funds – At-A-Glance*

- ❖ An endowed named fund begins with a minimum investment of \$10,000. (The gift is payable over 5 years.)
- ❖ The principal gift of the endowed named fund remains invested while only the interest earnings are used to support patient care. The gift is never “used up.”
- ❖ Endowed named funds offer a permanent naming opportunity for the donor, or can be established in honor or memory of a loved one, family member, or organization.
- ❖ Endowed named funds will be acknowledged on the donor wall in the Williams Education & Counseling Center
- ❖ An annual event will be held to honor individuals for the establishment of an endowed named fund.

### *Hospice Heritage Society – At-A-Glance*

- ❖ Composed of individuals who have made planned gifts: bequests through wills, charitable trusts, gift annuities, life insurance, retirement plans, or estate gifts.
- ❖ Individuals who have notified Hospice & Palliative CareCenter of their intentions to make this type of gift have the option of being recognized as members of the Hospice Heritage Society.
- ❖ Hospice & Palliative CareCenter honors the requests of those individuals who choose to remain anonymous.
- ❖ Members of the Hospice Heritage Society will be acknowledged with their names included on the donor wall in the Williams Education & Counseling Center.
- ❖ An annual event will be held to honor members for their commitment.

## Happenings for Hospice

### **Shag Club Donates \$8,500**

The wonderful members of the Winston-Salem Shag Club once again overwhelmed us with their generosity! Their annual Golf Tournament and Turkey Blast raised \$8,500 to support patients and families of Hospice & Palliative CareCenter. This year's event had a twist, featuring a raffle for \$10,000! Hospice's Development Director Emmalee Hughes drew the raffle tickets, awarding prizes to every 60<sup>th</sup> ticket, culminating in the \$10,000 jackpot.

### **Mocksville Women's Club Gives Something to Cuddle**

The 50 members strong Mocksville Women's Club recently delivered 4 laundry baskets overflowing with colorful stuffed animals and adorable rag dolls to our office in Mocksville. The women had only one wish: that the 'hug-ables' bring comfort to Hospice patients/clients.

## Improving End of Life Care for the Underserved: Choices, Power & Action

Hospice & Palliative CareCenter, the Duke Institute on Care at the End of Life, Northwest AHEC and United Metropolitan Missionary Baptist Church are co-sponsoring a symposium on April 25 in Winston Salem. This one-day event will examine issues related to access and quality end of life care for underserved populations. Academics, healthcare professionals, and clergy are invited to attend. Please contact the Community Partnership for End of Life Care at 336-768-6157 ext. 622 if you are interested or have questions.



## 2007 Counseling Series

### Support Groups

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

6:00-7:30pm

Monday, March 26

Tuesday, September 4

#### **Left Behind: A Group for Survivors of Suicide**

2nd & 4th Tuesday of each month

6:00-7:30pm

A mutual support group for family and friends of those who have died by suicide.

Call Kelley Ryan at 336-768-3972 for registration and a brief intake interview.

#### **Journey: Bereavement Support Group for Teens**

5:30-7:30pm

Apr 17, May 15

Location:

Hospice & Palliative CareCenter • 101 Hospice Lane, Bldg 121 • 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

Apr 23, May 28, June 25, July 23, Aug 27, Sept 24, Oct 22, Nov 26

**Location:** BestHealth Center

Hanes Mall (near Post Office) • Winston-Salem, NC

To register, call 336.716.2255

*There is no fee for groups, though advance registration is requested.*

## 6-Week Counseling Groups for Adults

#### **Death of Spouse**

6:00-7:30pm

**Tuesdays:** Apr 3, 10, 17, 24; May 1, 8

**Mondays:** Sept 10, 17, 24; Oct 1, 8, 15

#### **Death of Parent**

6:00-7:30pm

**Mondays:** Apr 2, 9, 16, 23, 30; May 7

**Tuesdays:** Sept 11, 18, 25; Oct 2, 9, 16

Location:

Hospice & Palliative CareCenter

101 Hospice Lane, Bldg 121

Winston-Salem, NC

Williams Education & Counseling Center

To register, call 336.768.6157, ext. 600

#### **Camp Carousel**

Monday, July 9 through Friday, July 13

Camp Carousel, a camp for children (ages 6-18) and adults who have experienced a death related loss.

Location:

Hospice & Palliative CareCenter

101 Hospice Lane • Bldg 121

Williams Education & Counseling Center

To register, or for more information

call 336.768.6157, ext. 600



## Individual Grief Counseling is available at all the offices listed below



Hospice & Palliative  
CARECENTER

**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 - Spring 2007 Issue

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United Way



## HOSPICE HOPE RUN 2007



### 10K RUN & 5K WALK

See page 1  
for more information



Hospice & Palliative  
CARECENTER

101 Hospice Lane  
Winston-Salem, NC 27103  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)