

Hospice Horizons

HOSPICE OF THE CAROLINA FOOTHILLS

This issue of Hospice Horizons is dedicated to the memory of the individuals in our care whose deaths occurred between May 1, 2006, and April 30, 2007, and to their families and caregivers.

Remembering With Love



Pearl on left and Barbara on right hold two of Edith's favorite "babies" and the photo of Edith sits between them.

During the past twelve months that ended on April 30, the staff and volunteers at Hospice of the Carolina Foothills helped 200 individuals who were coping with a terminal illness complete the final chapter of their lives.

These individuals were living this last chapter with their families and caregivers in private homes, retirement homes, nursing facilities, and hospitals.

They were men and women between the ages of 35 and 105. They resided in every town and community in Polk County and Upstate South Carolina. Before their respective illnesses slowed them down, they lived many full chapters of life that were openly shared through stories and photographs with Hospice team members and respectfully received and enjoyed by them.

Every single life and every single story is special to us. That is why we take this opportunity each year to remember and celebrate the names, faces, families and lives of those whom we were honored to get to know and help care for. Following are short glimpses into the lives of four of our Hospice families. We are grateful to them and to all families who allowed us to share the precious closing chapter of their loved one's life.

EDITH LEE

Edith Lee and three of her sisters lived together for twenty years. "Some people say to me," says sister Pearl Eller, "I just couldn't live with my sisters." And Pearl, with a chuckle, answers right back, "Well, it has its ups and downs." Then she's quick to add: "More ups than downs."

The "ups" include the division of labor that keeps the house running smoothly. Barbara Lee does the housekeeping. And Pearl now does most of the cooking since sister Frances was in a car accident and suffered mini-strokes that have left her unable to participate in life as she once did. "Breaks your heart," says Barbara. "Frances loved to cook, and this room we're in," referring to their large, comfortable living room, "wouldn't nearly hold all the cakes she's baked."

Another "upside" of life together is defined by Pearl: "We can depend on each other when one of us needs taking care of." These sisters lovingly took care of Edith after she fell and fractured her neck. After a hospital stay and six months in an Inman nursing home, they brought Edith home. "We wanted to bring her here and care for her ourselves," says Pearl. "And with Hospice's help, we had her back home with us for just over a year."

Good memories of Edith and their long life together were chronicled on paper and shared openly with Hospice staff. "She never complained ... loved people ... loved helping

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Mission Statement

Hospice of the Carolina Foothills promotes and provides compassionate end-of-life care, meeting the medical, emotional and spiritual needs of individuals and their families.

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The Size of Grief



Many of us are familiar with the common expression, “Is the glass half empty or half full?” But most of us don’t stop to question its use or usefulness. Were we to pause for a moment of consideration, we might discover that the expression itself

is quite limiting. It necessarily implies that we choose to look at life around us in one of only two ways—a black or white outlook.

In this complex world, the half empty/half full outlook ignores the possibility that we as humans might be complex enough to think and feel in a myriad of ways. In other regards and instances, the expression is downright inappropriate. Who in his or her right mind, for example, would ever compare grieving to an empty or full glass?

To find a more fitting question, we can look to the Native Americans. The Cherokees pose this query instead, “Is the glass the right size?” This expression affords us the opportunity to measure our outlook on life not only in black or white, but in a rainbow of perceptions. When asking about the size, we give ourselves permission to think about the purpose of the glass and our changing thirst. We recognize that many different kinds of people use many different types of glasses depending on the situation.

And so it is with grief. There is neither an empty nor a full way to grieve, but rather many, many sizes in between. As our grief changes day to day, we can try to be flexible and allow for varied emotions. We can realize that some moments our grief is larger and more encompassing. Other moments our grief might seem to shrink, becoming more manageable. As we’re ready, we can lighten our load by seeking out supportive family, friends, and professionals who will listen to our stories without judgment. Perhaps we try to siphon our grief through journaling or other creative outlets. Or maybe we ultimately lessen our burden by reaching out to help those around us.

Along the spectrum of a small swallow to a gigantic gulp, we can try to give ourselves space

to take drinks of all different sizes of grief as we are able. Sometimes our grief might go down the wrong passage, choking us up for a while. Other times our grief might engulf us all at once. And still other times, our grief may go down better as we find comforting ways to honor and remember our loved ones.

Here at Hospice of the Carolina Foothills, that is exactly what we hope to do with this Remembrance Issue of our newsletter and at our Annual Remembrance Gathering. We are honored that you have shared yourselves and your loved ones with us for a brief but precious time. No matter what the size of your particular grief, we would like to thank you so very much for joining us to remember at this time. ■

Shannon Slater

Shannon Slater
Bereavement Care Coordinator

Our Annual Remembrance Gathering will be held this year on Sunday afternoon, June 10, at 3:00 at Landrum United Methodist Church. This gathering is set aside as a time for families to come together to remember their loved ones who have died during the past year, and to reconnect in person with Hospice staff and volunteers. We will gather first in the sanctuary for a brief meditation, the reading of the Roll of Remembrance, and a song by the children’s choir from a local church. Afterwards, we will gather in the Family Life Center for refreshments and fellowship.

people.” Both Barbara and Pearl shared stories of Edith “lifting me out of my troubles.”

Theirs is a house filled with love, good cakes and good humor. Stories and laughter abound and span the years between childhood mischief with sister Edith often bailing them out, and adult delights—taking in stray cats, mistaking the Hospice medical director for a salesman, and teasing the chaplain about her boyfriend.

“We miss the Hospice staff,” Pearl says. “They brought joy into our life. And we miss Edith. But we’re happy for our life with her, and we’re glad she’s not sick anymore and is in a better place.”

HARLEY SOLESBEE

Harley Solesbee’s family would agree with that perspective. The five children of Harley and Nellie Solesbee miss their parents terribly. They lost their mother suddenly in April 2005, and then their dad in November of last year. Daughter Barbara Siegfried put it this way: “We try with Mama and Daddy, to think more about what we had, not what we’ve lost and are missing.”

What they had were parents who were sweetly devoted to one another — a real partnership. “They gardened together,” reminisces Barbara. “She canned and preserved, and he peddled the rest. And then when they weren’t able to have their own garden anymore, Daddy scouted vegetables and fruits for Mama to continue making her favorites like fig preserves and pepper relish.”

These delicious creations weren’t just kept on the shelves of Mrs. Solesbee’s kitchen. They found a home at Harley’s Station — a full-service gas and sundries store that was a mainstay in Landrum from 1979 until he reluctantly closed

it in December 2005. When her Daddy closed the station, it was hard on his regular customers and hard on him, remembers Barbara. “Who’s going to pump gas for those elderly people who count on me?” asked the then 88-year-old store owner.

Since their deaths, Barbara and her siblings have lost count of the people who have shared memories of her parents and the station. Gas and pepper relish for the adults, free candy for the kids.

Barbara talks poignantly about a phenomenon which she has experienced and which she discovered through Hospice grief

support is called a STUG, an acronym for Sudden Temporary Upsurge of Grief. “I recently opened a jar of Mama’s pepper relish,” she explains, “and burst into tears. The smell was a direct connection to Mama. It’s odd what makes the grief well up when you’re not expecting it at all. It was good to find out that a STUG is a normal part of losing somebody you love.”

Barbara is grateful for Hospice’s help both after and during her daddy’s illness. “And Daddy,” she says, “thought the world of all the Hospice folks. Each one was ‘the sweetest.’ I speak for our family when I say it was a blessing to have you in our lives and in this community. I’ve sure learned through our loss how precious life is and I try to think more about my priorities and not take life for granted.”

IDA KATE TWITTY

Missing a parent is something Ida Kate Twitty’s daughter can relate to. Barbara Davis lived next door to her mother, who was widowed thirty years ago. It was one of the conditions under which Barbara agreed to marry.

After Barbara herself was widowed in 1997, it was “Mama and me, through thick and thin,” says Barbara with a nice smile. “And I miss her so much. She was not only my mother, but also my best friend.”

The loving daughter then describes a person we’d all like to have in our lives. “She was just always there, and I depended on her,” explains Barbara. “She had a great sense of humor and could always make you laugh. She never let her own troubles, even her sickness, get her down. She loved God, her church, her family and friends. She just loved life.”

Barbara tells also about the special relationship between her mother and her Hospice nurse. “Mama called her ‘my white daughter’. It was reassuring to me to have someone I could depend on to help Mama. They always kept in touch with me about how she was doing. And after Mama passed, my ‘white sister’ spoke at Mama’s funeral.”

Hospice staff describes the funeral as a very loving and fitting tribute to a wonderful woman. They also say that Barbara, who looks a lot like her mother, inherited her mother’s dependence on God and her positive outlook on life. “That makes me happy,” says Barbara, beaming again, “because there is no one on Earth I’d rather be like.”



Ida Kate Twitty, a wonderful woman, mother and friend.



Harley Solesbee enjoyed walking through his yard and pointing out the flowers and fruit trees planted and tended by his beloved wife.

Continued on page 4

CALENDAR

Remembrance Gathering

Sunday, June 10, 3 PM – Landrum United Methodist Church

For more information, see page 2, or contact Shannon Slater.

Grief Support Group

~ 1st Tuesday of each month, 12 noon – 1 PM (June 5, July 3, Aug. 7, Sept. 4)
~ Last Thursday of each month, 6–7 PM (June 28, July 26, Aug. 30, Sept. 27)

These open groups offer encouragement and comfort in a confidential setting to those grieving the loss of a loved one. Everyone is welcome. For more information, contact Shannon Slater.

Hospice Volunteer Training

5 evenings in June, beginning the 11th, 5:30 – 8:30 PM

Training is led by staff and volunteers and thoroughly prepares participants to volunteer in a variety of ways with Hospice. Registration is required for those who are interested in this training. To register, or for more information, contact Diane Nelson.

HAROLD MINICK

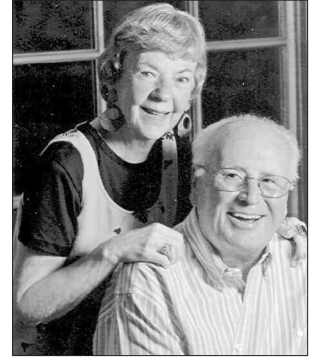
Hal Minick and his wife Jacque were also best friends and appear to have never taken life for granted. “We had a nice life for 53 years,” Jacque explains, “and did a lot of things we wanted to do. That’s why there were no tears at the end.”

Jacque shares a letter that her husband wrote to his two siblings shortly before he died that captures the tone of their attitude toward their life and his illness. He wrote,

“Having ALS has caused me to do a lot of thinking about our lives, all of us, and how rich they have been with wonderful memories of great parents ...

I was lucky you both lived close to them and watched over them. Thank you so much! I am not sure how much more time I have on this earth, ALS moves differently with each person. But before I go I wanted to let you know that I

love you both and fondly remember our childhood together and think about it often ... I am blessed with a loving wife and a wonderful son, daughter-in-law and grandson. Life has been kind to me and Jacque and we have had many wonderful experiences, done many things, visited many places ... I have few regrets and am not bitter about having ALS. I don’t like it and its debilitating effects but I am fortunate it appeared late in life. We have Hospice available here with Palliative Care. The doctor with this program has visited



Jacque and Hal Minick enjoyed their 53 years of life together.

Continued on page 6

On Remembering

As the days and weeks and months go by since the death of a loved one, the world keeps moving at its busy pace. And in the midst of that busy world, there is often a small, still part of us that wants to stop, remember and stay connected to our loved ones.

REMEMBERING CAN BRING COMFORT AND HEALING

Listed below are some suggestions on how to remember and honor those we have loved:

- ☞ Set aside a corner to place photos and objects that remind you of your loved one.
- ☞ Plant a tree or a memorial garden.
- ☞ Make a donation to a cause that your loved one believed in.
- ☞ Put together a photo album.
- ☞ Write a letter to your loved one.
- ☞ Tell stories.
- ☞ Light a candle.
- ☞ Wrap yourself up in your loved one’s favorite sweater.
- ☞ Give a special item that was treasured by your loved one to a family member, along with a story.
- ☞ Visit the gravesite, taking your tears and heartfelt desires.

- ☞ Carry on traditions, such as making your mother’s favorite holiday dish, or using your father’s fishing pole at the lake.
- ☞ Invite friends and family together to share their memories and favorite stories of your loved one.
- ☞ Consider creating a memory bag or box with some of your loved one’s favorite items (the bag can be accessible whenever you need it).
- ☞ Make a pillowcase from your loved one’s t-shirts for a giant comfort pillow.
- ☞ Volunteer for a cause that was important to your loved one.
- ☞ Gather your loved one’s favorite music on one recording for listening anytime.
- ☞ Or consider new traditions. Your life has changed significantly. If it’s too painful to carry on with the same family traditions as before, give yourself permission to do things differently and to incorporate your loved one’s memory into new traditions. Change things as you feel comfortable, knowing that you can always return to former traditions and will carry the memory of your loved one with you forever no matter how you choose to remember him or her. ■

Staff & Volunteers Share Their Rainbow of Memories

“The professional and loving care called *hospice* is just the right medicine,” says Executive Director Jean Eckert, “for an individual and family who are coping with a terminal illness. A terminal diagnosis takes away the hope for a cure, but Hospice,” Eckert affirms, “restores hope in many ways.”

For the person who is sick, it is the hope of being free of the pain that can rob a day and relationships of possible joy. It is the hope of maintaining dignity during a very personal time of life. It is the reassurance of being with professionals who have the time to listen to your concerns, calm your fears and enjoy your stories.

You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but to live until you die.

— DR. CICELY SAUNDERS
FOUNDER OF THE FIRST MODERN
HOSPICE IN LONDON IN 1968

For the family who is providing caregiving at home or overseeing care in a nursing facility, it is the hope that knowledgeable and caring people can help with concerns about many issues such as caregiving, their loved one’s illness, and advance care planning. It is the assurance that you are not in this alone. It is the hope that the final chapter of a loved one’s life can be full of good memories.

“Helping make good memories,” says a Hospice nurse, “is one of the things that Hospice does best.”

“And they’re in color, like a rainbow,” adds a social worker.

And along the way, Hospice staff and volunteers collect their own rich and vibrant memories of the individuals and families they have come to know and love.

MEMORIES OF VIBRANT PEOPLE, LIVING FULLY UNTIL THEY DIE ...

- ♥ He was the unofficial greeter at the nursing home door, always wearing his colorful Mardi Gras beads and a great big smile.
- ♥ She planted a vegetable garden at the nursing home and shared the harvest with staff and family members.
- ♥ He read the newspaper everyday and loved sharing his views on world events.
- ♥ She quilted a wall hanging for the CNA staff.

PARTICULAR MEMORIES THAT CONNECT US TO PARTICULAR INDIVIDUALS ...

- ♥ A spoon collection
- ♥ A stolen glass from a White House tour
- ♥ A pink recliner
- ♥ Moose Tracks® ice cream
- ♥ His jail ministry
- ♥ Her coconut cakes
- ♥ The love of fried chicken
- ♥ Reciting the lineage of Jesus
- ♥ Wanting the chaplain only if she promised not to preach at him
- ♥ Learning more about WWII from her stories than I ever learned in History class

- ♥ Her favorite team—the Chicago White Sox—finally winning a World Series in her lifetime!

MEMORIES OF CAREGIVERS WHO INSPIRED US ...

- ♥ Sisters caring for a sister
- ♥ Nine sons doting on their mother
- ♥ Parents taking care of their son
- ♥ The tender love of couples married for decades
- ♥ The dog who followed me around, making sure I took good care of his human

MEMORIES OF BEING “MOTHERED” BY PATIENTS AND FAMILIES WHO ...

- ♥ Worried about me being out too late
- ♥ Made us ‘lunch to go’
- ♥ Tried to fix me up with their grandson
- ♥ Encouraged me to ‘reach for the stars’
- ♥ Prayed for me after I prayed for him
- ♥ Treated us like honored guests

MEMORIES OF SHARED EXPERIENCES AS DEATH DREW NEAR ...

- ♥ ‘You almost missed me,’ she told me the day before she died. ‘I’m going on a trip.’

- ♥ I held him and told him, ‘I can go halfway with you and then you’ll go with God.’ It was very peaceful.
- ♥ It was an emotional, beautiful scene: talking with the son on the phone from Afghanistan, bombs and gunfire in the background, while we held his mother’s hand as she died.
- ♥ She became very anxious at the end. So I took her hand and began to sing ‘Amazing Grace.’ She calmed right down, and as soon as her daughter arrived, she drifted away.
- ♥ His final wish was to sing ‘our song’ one last time for me; his voice was so weak as he whispered ‘Moon River.’

MEMORIES OF LESSONS WE LEARNED ...

- ♥ Be more accepting of differences
- ♥ Be quick to forgive
- ♥ Listen more than you talk
- ♥ Laugh
- ♥ Share
- ♥ Say ‘thank-you’
- ♥ Don’t take life for granted

“We won’t forget,” promised a CNA. ■

“You [Hospice] have given me the space to speak, your open ear to hear and listen and your gentle advice and guidance. Most precious is the gift of your time... For this I am deeply grateful.”

— A PATIENT’S DAUGHTER

us and he assures me they will make me as comfortable as possible as the disease progresses so please do not worry about me.”

For fifty-three years, the Minicks enjoyed their family, traveling and working together. “Hal was an industrial design engineer, and I had an interior design business and my real estate license, so we worked together on many projects,” Jacque says. They bought and renovated many buildings and houses, first in Michigan and then in Tryon after moving here 18 years ago. One of the exciting undertakings she speaks of is a barn on Howard Gap Road they transformed into a house. Another is a 1924 school building that sat on a corner in their lovely Michigan town. “It was under threat of being torn down, so we bought it to save it, unsure of what we would do with it. We eventually turned it into five condos—the first in the county!”

The other project she speaks of fondly is the house in which she currently lives, designed by her husband after his ALS diagnosis. “He thought through every detail of daily life and arranged for this house to meet our needs.”

Jacque is grateful for good neighbors and friends who continue to meet her needs, and especially one constant friend, a Schnauzer rescued from the streets of Mexico whom she later adopted. “Max is great company as I adjust to single life. I eat a lot of frozen dinners, but then I never liked to cook that much anyway” she confesses with a laugh.

“I also want to say something about Hospice,” she concludes. “We have no family here,” she explains, “and you can’t use your neighbors for everything. Hospice lifted a lot of the caregiving off me, and I am very grateful for your help.” ■

Patient & Family Care Team Members

Medical Directors

Garry Snipes, M.D.

Nurses

Shirley Ballantyne
 Judy Barker
 Cheryl Brock
 Doug Brooks
 Becky Collins
 Ashley Crissone
 Donna Dimsdale
 Jane Foster
 Tresa Gregory
 Mona Kimble
 Sharon Maddox
 Marilyn Malcolm
 Donna Mason
 Chastity Metcalf
 Debi Monahan
 Susan Nix
 Gwen Painter
 Monica Pierce
 Lesa Scimone
 Marla Searcy
 Belle Strader
 Barbara Tousey

Certified Nursing Assistants

Brenda Babb
 Debbie Denton
 Gloria Fisher
 Donna Granger
 Trish Green
 Sharon Hughes
 Mary Kirby
 Lydia Rhodus-Miller

Social Workers

Laura Ellington
 Barbra Gerhard
 Ami Hernández
 Meg Hoke
 Jill Jones
 Julie Jones
 Wendy McEntire
 Nancy Milczewski
 Maggie Mugan
 Jennifer Sevick
 Stephanie Spahr

Bereavement Counselor

Shannon Slater

Chaplains

Dean Elliott
 Jim Johnston
 Allison Richardson

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Yvonne Gilliam
 Diane Nelson
 Ouida Spalding

Patient & Family Care

Volunteers

Marianne Apple
 Brenda Ayers
 Toni Baker
 Marlene Balog
 Esther Boblit
 Jean Boggs
 Caroline Brown
 Creighton Brown
 Isaac Bryant
 Cathy Bullman
 Doris Canniff
 Jack Casey
 Carol Coddington
 Janet Connell
 Margaret Coté
 John Creech

Hazel Creeser
 Nan Cunningham
 Denis Dunlop
 Laurie Ellenberger
 Ted Ernst
 John Filipovicz
 Nancy Flaschar
 Walt Flaschar
 Joe Foster
 George Freier
 Linda Fretwell
 Kathy Gross
 Barbara Halliday
 Dave Halliday
 Jean Helton
 Nan Holden
 Lucy Holman
 Susie House
 Rosemary Iaffaldano
 Donna James
 Bill Johnson
 Helen Johnson
 Joe Juett
 Margaret Kell
 Edith Kinkade
 Linda Lancaster
 Janet Lawter

Ruth Masna
 Diane McEntee
 Mike McEntee
 Gerald Mehl
 Frances Moore
 Bob Neubauer
 Brenda O’Shields
 Rich Pappy
 Bea Rolla
 Otis Rowe
 Wilma Rowe
 Susan Sawyer
 Dallas Seiler
 Leona Seiler
 Jean Shumway
 Rosemary Smith
 Sandi Sox
 Alician Sprouse
 Doug Thompson
 Marybeth Trunk
 Nancy Tuckerman
 Kathy Tyrrell
 Mary Ulmer
 Lori Walker
 Mary Ward
 Kathy Wells
 Judy Woodham

Forever In Our Hearts

Bennett Anderson
Elizabeth (Betty) Bailey
James Ballenger
Franklin C. Basler
Lillian S. Bauer
Ruth B. Belue
Gertrude S. Bennett

Allen Durham
Doyle R. Durham
Doris A. Edwards
Roberta Elliott
Otis Charlie Feagan
Anjelica Ferebee
Donald E. Fischer

Margie Ann Hood
Genevieve Hooper
Alvin J. Howard
Evelyn “Jewel” Hubley
Howard “Rudy” Hudson
Ruth Hutchinson
Carl Hyatt
John L. Jackson
Gordon V. Johansen
Elizabeth A. Johnson
Gladys O. Johnson
James B. Johnson
Mabel D. Jolley
Alice D. Jones
Marian Jones
Myrtis J. Jones
Esther Jordan Ware
Roland Justice
Mikell B. Karsten
Betty J. Kuzor
Mary Kelly
James J. Kenny
Josephine Knox
Ruth Kropp
Ivan J. Kuster
Mary Laurent

William B. Moore
Mary Morrison
Ferrell R. Mulligan
Ernest F. Nash
Esther I. Nelon
Theodora C. “Teddie”
Nielsen
Muriel Pace
Clifford L. Pack
John W. Padrick
Thomas R. Page
Annie Sue Parris
Cesarina B. Pearsons
Ellen Pettit
Emma Phillips
Ralph L. Pittman
Ruth D. Pollard
Cecil Prewette
William M. Price
Pauline Ramsey
Bessie A. Randall
Kathryn Rauscher
Lucinda L. Reid
Larry Ringo
Mildred Rippy
Patsy C. Ritter

I will always remember the kind faces and hugs and ministry of Hospice.”

— A HOSPICE
PATIENT’S SPOUSE

I do not think your Hospice people could have done any more than they did. They were like angels from Heaven.

— A HOSPICE PATIENT’S SON

Terry L. Blakely
Robert W. Blanchard
Martha Bomar
Peter J. Boone
Robert F. Brandkamp
Bobby Lee Bridges
Lucille P. Bridges
Mary Bright
James C. “JC” Brown
Jane A. Brush
Pearl Burnett
Geneva K. Burnette
Rosa Lee Burns
Dennis Cantrell
Eleanor Cantrell
Timothy D. Carson
Arline B. Cartwright
Catherine R. Case
John H. Cash, Jr.
John W. Clark
Nathaniel Clayton
Virda Clayton
Ruby L. Coggins
Gail Conard
Louise Constant
Betty S. Cooper
Norene Cothran
Lillie D. Cowan
Gerald Thomas Cox
Rubie H. Cudd
Jane D. Culberson
Ansel P. Day
Eileen Day
Arvel L. Dempsey
Harriet B. Dinger
John Dolan
Thomas Dolan
Foster W. Doty, Jr.

Betty Jean Ford
Helen C. Fowler
Stella Fox
Barbara Francis
Virginia P. Gantt
Dorothy F. George
Richard Gilcher
Alyce D. Gilleo
Ruth G. Godfrey
Margaret C. Gotthardt
Shirley K. Gouaux
Mary E. Green
Mary E. Hall
Margie O. Hammett
Sara J. Haney
Marjorie Haslwanter
William Hawkins
Elizabeth Heath
Charles V. Hemphill
Joseph F. Henderson
Lawrence W. Hendra
John Hensley
John E. Henson
Jeanne A. Hoffman
Shirley Holt

I was pleasantly surprised with special dates in our lives being remembered by your organization—they have been inserted into my scrapbook of memoirs of John.

— A HOSPICE
PATIENT’S SPOUSE

Hospice helped me by remembering me as special holidays approached. They even remembered my mother’s birthday. I sincerely appreciated this kind gesture.

— A HOSPICE PATIENT’S DAUGHTER

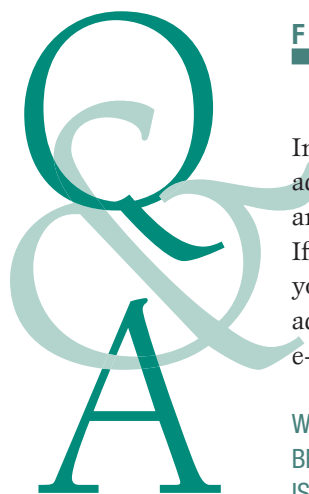
Lena Lavender
Carolyn L. Law
John A. Laws
Lillie M. Lawter
Edith Lee
R. C. Lockhart
Jean S. Loveday
Clementine Margerum
Lugenia Martin
Miriam M. Martin
Ada V. Mason
Lellwyn B. Mathis
Quinton McEntire
John H. McEntyre
Thelma McGraw
Evelyn Metcalf
Ann R. Miller
Josephine Milner
Harold N. Minick

Ruth E. Robinson
George Rogers
Helen A. Runge
Betty Russell
Frank L. Rymer
Beverly Sacchetti
Clara Saputo
William E. Seifert, III
Donna Shehan
Mary J. Shehan
Harry J. Shinall
Mandy L. Simmons

I can’t believe how wonderful you people have been—so kind and supportive. You have shown more love and kindness and respect than I ever could have hoped for.”

— A HOSPICE PATIENT’S PARENT

Joe L. Sizemore
Mabel J. Skinner
Aline Smith
Ella R. Smith
Marion Y. Smith
Robert Smith
Roy L. Smith
Harley B. Solesbee
Grace R. Spanjer
William A. Steadman
Janice R. Stephenson
Ellen Stepp
Hortense H. Stone
Edward Storie
Willie J. Tanner
Javan Tanner, Jr.
Robert Taylor
Mary Thompson
Mary R. Trucks
Coatsie Turner
Kathleen B. Turner
Ida Kate Twitty
Mary Van Blaircum
Lucille J. Vaughn
Jewell Walker
Joseph D. Wall
Tony E. Wallace
Thomas G. Warder
Norma A. Warder
Lois Weidenfeller
Helen M. Westbrook
Katherine A. Whiteside
Leo G. Willette
Yates H. Williams
Robert S. Winter
John R. Wood
Mary Helen Wylie
Elizabeth E. Zimmerman



FAST FACTS

In this column we address questions we are frequently asked. If you have a question you'd like to have addressed, please e-mail hocf@hocf.org

WHAT KIND OF BEREAVEMENT SUPPORT IS OFFERED BY HOSPICE OF THE CAROLINA FOOTHILLS?

~ Individual counseling is offered without charge to Hospice family members and to anyone in the community who is grieving the loss of a loved one.

~ Two open support groups are held each month. One is during the day on first Tuesdays at noon. Participants are invited to bring a bag lunch. Drinks and dessert are provided by Hospice. The sec-

ond group is in the evening at 6:00 PM. It is generally recommended that people wait at least six weeks after the death of a loved one before attending, but that is not a rule. People are encouraged to come when the time seems right for them. Sharing stories and feelings is encouraged but isn't a requirement. Confidentiality is the most important group rule.

~ Grief education seminars are offered periodically and address topics such as common symptoms and reactions to loss and ways to help yourself and others who are grieving.

~ A holiday grief seminar is offered in November and

addresses the particular difficulties in coping with grief during the holidays.

WHAT IS THE COST OF THESE PROGRAMS?

Bereavement programs and services are offered free of charge. Donations are gratefully accepted.

WHO LEADS THE SUPPORT GROUP AND GRIEF SEMINARS?

All sessions are led by qualified Hospice staff with special training in bereavement care.

CAN I RECEIVE COUNSELING OR PARTICIPATE IN A SUPPORT GROUP OR OTHER BEREAVEMENT PROGRAMS IF MY LOVED ONE WAS NOT IN HOSPICE CARE?

Yes. Services and programs are offered to the community, as

well as to our Hospice families.

HOW CAN I FIND BEREAVEMENT SUPPORT FOR A FRIEND OR FAMILY MEMBER WHO LIVES OUT OF TOWN?

Our bereavement staff can link you with Hospice bereavement resources throughout the United States and abroad. We can also provide grief and loss literature through the mail. ■

For more information:

- Call 828.894.7000 or 800.617.7132
- Visit our website www.hocf.org for a schedule of events and updated information.



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