

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 April 1, 2005, and April 30, 2006, and to their families and caregivers.

Remembering With Love

Thank you so much for being there when our family needed you.

A HOSPICE FAMILY MEMBER

Each year, Hospice of the Carolina Foothills helps over 200 individuals who have life-limiting illnesses make the final journey of their lives. We assist the families and caregivers who themselves devote enormous quantities of physical and emotional support to their loved ones. We help people grieve during and after death has occurred.

The Hospice patients whose deaths occurred in the last year lived in every town, community and crossroads in Polk County and Upstate South Carolina. They lived in private homes, retirement homes, assisted living and nursing facilities. They were between the ages of 43 and 101 and were your mothers and fathers, husbands and wives, brothers, sisters and children. They were your grandparents, friends, neighbors and colleagues. Each one of them became special to us.

The work of hospice is best told through stories. That is why we pause each year to remember and celebrate the names, faces, families and lives of those whom it was our privilege to get to know, help care for and love. Following are short glimpses into the lives of five of our Hospice families. We are grateful to them and to all families who allowed us the honor of sharing a brief, but precious, time in their lives.

TROY JACKSON

Callie & Troy Jackson had a long, happy life. That's how Callie puts it as she talks about

Troy Jackson gets muscle help from great-grandson Tyler.



their 57 years together, which prominently includes five children, 13 grandchildren and 26 great-grands. "And everyone of them helped in some way after Troy's accident," says Callie proudly. "They all loved to tend to him and were in and out of the house all the time."

This wasn't anything new for this large family. Callie laughs as she tells the story from a few years back of the clean-up of builder Troy's 48-year accumulations. "He had saved a lot of things, and we filled up a twenty-foot dumpster, kept a pile burning all day, and then different ones took away four pick-up truck loads of things they wanted to keep."

Besides family, Callie says that help from Hospice got her through. "I tell everyone who's dealing with a hard illness that they don't have to do it alone."

In the nearly 10 months since Troy died, Callie says she's missed him most this spring. "It's time to plant a garden," she explains, "and fill up the birdhouses." Her family has assured her they'll have plenty of vegetables to share. They're still in and out of the house. In

Continued on page 2

INSIDE

2
BEREAVEMENT CARE
COORDINATOR'S LETTER

4
ON REMEMBERING

4
CALENDAR

5
STAFF & VOLUNTEERS

7
IN REMEMBRANCE

8
FAST FACTS

Serving Polk County,
North Carolina and
upstate South Carolina

Jean H. Eckert
Executive Director

Garry Snipes, MD
Medical Director

Board of Directors

Ronald E. Smith
Chairman

Joseph Phayer
Vice Chairman

Jean L. Wright
Treasurer

Anne Arledge
Secretary

Gary L. Byrd
Dale Holl
Ralph D. Kuether
Robert Earle Lee
James E. Meminger
William Miller
Jack Newton
Callie Smith
Thomas P. Strader
Jacquelyn W. Wright
William P. Wuehrmann

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.

Contact Information

TEL 828.894.7000
800.617.7132
FAX 828.894.2254
E-MAIL hocf@hocf.org
WEBSITE www.hocf.org

Newsletter Editor

Marsha Van Hecke

You Gotta Bereave



Some of you may be familiar with the baseball rallying cry, “You Gotta Believe,” made famous by the 1970s New York Mets. The slogan was led by the team’s relief pitcher in order to bolster his team at the end of their season.

Although it might sound like an unlikely analogy, the same mantra applies well to bereavement. Each of us must bereave, or grieve, our own losses in order to find healing.

As we know, each of us experiences loss throughout our lives. We can be better prepared for this loss if we know better what to expect. It helps to know that it is both normal and natural in grieving to cry often and unexpectedly. Other signs of normal grief include, but are not limited to, feeling guilty, forgetful, easily irritated, angry, sleep-deprived, distant from others, and readily distracted.

Often, our tendency is to want to stay busy and become numb to the pain of grief.

However, it is in confronting our pain that we learn to reconcile ourselves with that pain. We can help ourselves by acknowledging our grief and by sharing it with trusted persons around us—family, good friends, fellow church members, or grief professionals. We can remember to be kind to ourselves and to give ourselves permission to feel what we’re feeling.

Eventually, through grief, we focus on acquiring new skills to fit into new situations instead of feeling sorry for ourselves. We share our stories of grief, again and again, as long as it takes, to find healing. We discover new things about ourselves and can build on the strength that we’ve developed through adversity.

In order to heal, we just gotta bereave. ■

Shannon Slater

Shannon Slater
Bereavement Care Coordinator

REMEMBERING WITH LOVE ... Continued from page 1

fact, on a recent Sunday, there were 44 at her house for dinner. “But not *everybody* was there,” Callie adds.

GLADYS PACE

Gladys Pace was fortunate to also have a family who all helped to see her through to the end. “It was hard at times,” says daughter Katie Pcenicni, “but we would have done anything for her.”

Katie and one of her sisters, Nina Thompson, remember their mother as a “wonderful, hard-working woman. She loved gardening, and wanted every vegetable in a jar!” Ironically, when she died, she was taking her pills with her last jar of applesauce.

She was a woman who had overseen the care of a husband and eight children; and at 87 years of age, she wasn’t about to turn over the reins. When Hospice brought in a hospital bed and other items for her assistance and comfort,



Gladys Pace, surrounded by six of her children. Shown, left to right, are Pauline, Katie, Nina, Jerry, Joyce and Alice. Alice’s twin Alfred was not present; and Marvin died several years ago.

she chose to move into a smaller bedroom that allowed her a view of the kitchen. From this vantage point, she could more easily monitor the cooking and clean-up. “She wanted food in the refrigerator,” her daughters remember, “for

Continued on page 3

her children who took turns staying around the clock, and for folks who came by. And she wanted a clean kitchen.

“We were so happy to be able, with Hospice’s help, to keep her at home,” says Katie. “On the day she died, the preacher was reading different passages from the Bible. Mama hadn’t opened her eyes in awhile. But when he read from Revelations about a new heaven, she opened her eyes and looked up and smiled. I’ve heard about things like this happening, but now I’ve seen it with my own eyes.”

A wonderful experience, and no regrets; but they miss her every day.

BELVA BELUE

Belva Belue was also a stay-at-home mom who raised two daughters, loved to cook and kept her own house. “She was married to our daddy for 64 years,” says daughter Evelyn Coggins.

“And he is lonesome for her but he goes out every day, visits family and goes to Stott’s Ford where the men hang out.”

The grandchildren miss her too. “She kept my son while I worked,” explains Evelyn, “and then his son Patrick. She really loved and spoiled all her children, grandchildren and great-grandchildren.”

Belva was a woman of great faith and a member of Calvary Baptist Church “for as long as I can remember,” continues Evelyn. “And she told her sister-in-law, ‘Wouldn’t it be wonderful to spend Christmas with Jesus.’ Then she died at 12:35 on Christmas morning when it was just barely Christmas.

“The nurse who had been there late on Christmas Eve came right back when we called her,” Evelyn continues. “Hospice was a big help to us, and we were all happy to have them.”

But in the end, it was family. Belva’s first grandchild, Keith Stott, son of Belva’s other daughter Peggy, preached her funeral.

RICHARD LYONS

Louise and Richard Lyons were married for 33 years, and had no children. “Hospice was a



Belva Belue, as her family fondly remembers her before her illness.

Godsend,” says Louise. Richard was in the hospital last August and I was feeling like I was on my last leg, when Dr. Kornmayer sent Hospice, and what a difference it made.”

Louise lovingly describes her husband as a master of the ‘honey do list.’ “He could do anything around the house—carpentry, electric work and plumbing. And boy, am I catching it now,” she adds with a laugh.

“He was always doing for others too.” Which must run in the family. Louise is catering a breakfast for the HoCF staff in early June, “because I want to do something for all you lovely people at Hospice. I want to let you all know how much I appreciate each and every one and all you did for us.”

As for life without Richard, Louise says, “I’m doing the best I can and hope I always will. But I miss him very much.” And she wasn’t just talking about his ability to repair the toilet.

JOHN LAWRENCE

When Cam talks about John, her eyes dance and she looks into the distance as though she can actually see the man she was married to for 38 years. “John loved life,” says Cam. “He grew up working in his dad’s newspaper business where he developed a serious work ethic. And he was in the Navy Reserves for 31 years before he retired. But he had the great ability to disconnect from his work.”

And his favorite reason for disconnecting was to travel. “For the average middle-class couple, we saw a lot of the world together,” Cam remembers with a smile.

“It came as a shock to us at our relatively young age that we would have to deal with John’s terminal illness,” Cam says more soberly. “And it was wonderful to have people at Hospice who I could talk with and get help from in making decisions about John’s care. And there were two guys who were Hospice volunteers and friends who came every week for John. They took him to play golf, and helped us celebrate his 58th birthday, which the doctors had predicted he wouldn’t celebrate. And when John died, the Hospice nurse was right there with us every step of the way, looking out for John and me.



Richard Lyons enjoys a visit from Santa and his “elf,” social worker Maggie Mugan.

Continued on page 4

CALENDAR

Remembrance Gathering

Sunday, June 11, 3 p.m. – Tryon Presbyterian Church

A time for families to come together to remember their loved ones who have died during the past year, and to visit in person with Hospice staff, volunteers and board members. A brief service will take place in the Tryon Presbyterian Church sanctuary, followed by the opportunity to gather over refreshments in the fellowship hall.

Grief Support Group
1st Tuesday of each month*, 12 noon – 1 p.m. (June 6, July 11*, August 1)

This open group offers encouragement and comfort to those grieving the loss of a loved one. Bring a bag lunch; drinks and dessert will be provided. Everyone is welcome.

Grief Education Seminar

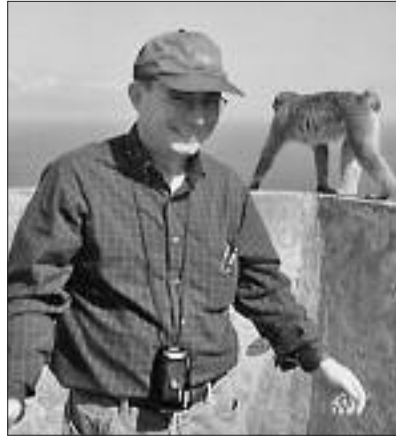
Thursday, August 17, 7 p.m.

The more we learn about grief, the better prepared we are to face our own losses and to reach out to others who are grieving. In this seminar, learn about ways to help yourself and others who are grieving.

Cam remembers that their two children were amazed at how much support there was from friends, their church and Hospice. “I think I am coping as well as I am today because of it,” she says.

(Editor’s note: In the newspaper that John’s Dad started and that John managed until his death, Cam now continues John’s regular column, “Hither, Thither and Yon.” Following is an excerpt from her May 10th column.)

This morning as I was getting ready for work, I heard a segment of “This I Believe” on National Public Radio. A young girl, Elva Bautista, had written about her brother being killed in a gang fight. She and her family, of course, had mourned for him and the loss of his young life. She said that she believed that all people in graveyards deserved flowers and to be remembered after their death. Ms. Bautista did not want her brother to be forgotten. By taking responsibility for flowers for his



John Lawrence in Gibraltar, doing one of the things he loved most—experiencing other cultures.

grave, she was helping to ensure that he was not forgotten.

This really hit a note with me. Saturday, May 13, will be the year anniversary

of my husband John’s death. I also do not want him to be forgotten. Many of you too may have had this feeling about your loved one. This is a very personal situation. It may be too unsettling for some people. I, for one, like to hear John mentioned. It eases the fear I have that he will be forgotten. It helps me deal with the situation. I like to talk about him or reminisce about some event or funny thing we shared. It is a way of honoring him. ■

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.
- ☞ 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. If you want to go away for the holidays, do so. 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 Memories

“Our work at hospice *works*,” says Jean Eckert, HOCF Executive Director, “because our mission is clear, and staff and volunteers are professional and compassionate people who are dedicated to fulfilling that mission.”

The mission is “to promote and provide compassionate end-of-life care, meeting the medical, emotional and spiritual needs of individuals and their families.” The primary supporting arm of that mission are the Hospice Interdisciplinary Care Teams, and each team includes the Hospice medical director, nurses, nursing assistants, social workers, chaplain, volunteers and bereavement counselor.

Working with the patient’s personal physician, teams provide professional, compassionate and customized care to each individual and family.

Hospice team members also have big, big hearts and a store of memories that has no end.

They took the time recently—in several groups, over several days—to suspend their active schedules in order to sit around and remember with one another.

“Remembering is an excellent way to be able to grieve and move on at the same time,” says one social worker. A nurse agrees, adding: “We’re not immune from the sadness of the deaths, but that’s alright because we have memories of our patients and the families who are so gracious to us, letting us into their homes and their lives at such a precious time. They are grateful to us and we are grateful to them.” Everyone nods their agreement.

Then one person begins to reminisce; another chimes in with a detail or two; a third finishes the story. And so it goes, amid laughter and tears, as staff and volunteers share their memories.

REMEMBERING THE LITTLE THINGS THAT MEANT SO MUCH

“She was so thrilled when I found a lavender blanket for her in the nursing home. Lavender was her favorite color.”

“I remember when he was moved from one nursing home to another, and his CNA had to move with him. He was so attached to his ‘Sister Donna’!”

“Did she always give you chocolates on your way out?”

“Kisses made him beam.”

“I sat by her bed, just looking at her, wanting to do something. I asked if there was anything I could do for her. ‘You can just look at me,’ she said.

“I asked him what would be helpful, and he said, ‘Just listen to me.’ So I sat on the floor next to his chair, held his hand and listened to his sadness.”

“And the smiles....so many sweet, sweet smiles.”

AND THE WONDERFUL CAREGIVERS

“In getting to know caregivers, I have learned what true love and commitment is. What they do is such hard work, but I’ve seen the need in someone they love bring out their strengths and help them do things they never thought they could do. It makes me proud that Hospice enables this to happen.”

“So many love stories.”

“They want to stop racing around and learn how to be still and be there for their loved ones.”

“We’d talk about death and suffering. Well, she’d talk; I’d listen.”

“Her son loved to call and talk. Just needed someone to listen. And then he’d call back to thank you for listening.”

AND THE HOLIDAYS

“Were you at the nursing home when our patient’s wife found the Valentine’s gift we had purchased and hidden for him, for her to find? You could hear her screaming all over the nursing home, ‘Baby, you’ve been shopping!’”

“Remember the birthday party where one of our volunteers gave out boas and then sang and we staff members were the “doo-wop girls?”

“And the anniversary party where the caregiver took his wife’s hands and they “danced” even though she couldn’t get out of her chair. That will be a happy memory for this family.”

THE ORDINARY DAYS

“Do you remember the woman with that terrific chair that helped her get up and down; she’d charge other residents at the nursing home 25 cents to take a ride!”

SPONSORS

This issue of *Hospice Horizons* is made possible by the generous support of these sponsors.

**TRYON
ESTATES**

617 Laurel Lake Drive
Columbus, NC
828.894.3000

ACTS
Retirement-Life
Communities™

**DENTISTRY
2000**
Beautiful Smiles are Forever!

David C. Cotty, DMD &
Associates, PA
828.894.2000
www.dentistry2000.net
New Patients Welcome

LaurelHurst **LAURELWOODS**
1924 WEST MILLS STREET

1062 West Mills Street
Columbus, NC
828.894.3900

www.laurelhurst-laurelwoods.com

**Tryon
Federal
Bank**
Since 1915
A HomeTrust Bank

Columbus: 828.894.3021
Tryon: 828.859.9141

Continued on page 6

As soon as Hospice became involved in my mother's care, what a load lifted off my shoulders. Nurse, CNA, social worker and volunteers gave Mother such wonderful care and did so with such love and compassion.

— A HOSPICE PATIENT'S DAUGHTER

"She found out I played the piano and blocked the door so I couldn't leave until I played with her. I'd play a song, and then she'd play one. We had a good time."

"I love the 'sit around the kitchen table' times. Eating pound cake. Drinking iced tea or coffee. Listening to families reminisce."

AND THE FINAL DAYS.

"She was elegant in the face of death from a non-elegant pulmonary disease. Dying peacefully and with dignity, just the way she lived....just the way she wanted."

"There was the man who wanted no one at the end—no visitors, no talking. But when I

took Jamie in and put his paws up on his bed, the man rubbed Jamie's ears, and smiled as he got licked in the face."

"He told me he'd lost his wallet and didn't have a quarter to his name. When I gave him a quarter, he took and it and said, 'Now I can travel.' He died the next day."

"I remember her face on the last day I was there, just before she died. She was so peaceful, so ready to go. And the family was there, telling her it was okay to go. It was beautiful." ■

Patient & Family Care Team Members

Medical Directors

Garry Snipes, M.D.

Nurses

Judy Barker
Cheryl Brock
Doug Brooks
Sandy Brooks
Becky Collins
Ashley Crissone
Donna Dimsdale
Jane Foster
Mona Kimble
Sharon Maddox
Marilyn Malcolm
Chastity Metcalf
Debi Monahan
Monica Pierce
Deb Pittan
Gwen Potter
Belle Strader

Certified Nursing Assistants

Angie Carson
Debbie Denton
Gloria Fisher
Donna Granger
Trish Green
Sharon Horner
Sharon Hughes

Social Workers

Laura Ellington
Ami Hernández
Meg Hoke
Jill Jones
Julie Jones
Wendy McEntire
Maggie Muga
Stephanie Spahr

Bereavement Counselor

Shannon Slater

Chaplains

Allison Richardson
Tom Swift

Volunteer Coordinator/Support

Jackie Littlefield
Jean Pearson
Ouida Spalding

Patient & Family Care Volunteers

Marianne Apple
Suzanne Armstrong
Carolyn Best
Esther Boblit
Shirley Bradley
Barbara Brown
Caroline Brown
Creighton Brown

Lewis Brown
Doris Canniff
John Casey
Margaret Coté
John Creech
Hazel Creeser
Nan Cunningham
Denis Dunlop
John Filipovich
Nancy Flaschar
Walt Flaschar
Geroge Freier
Linda Fretwell
Barbara Halliday
Dave Halliday
Othelia Hill
Nan Holden
Lucy Holman
Susie House
Donna James
Bill Johnson
Helen Johnson
Joe Juett
Janet Lawter
Diane McEntee
Mike McEntee
Frances Moore
Ingrid Muller
Bob Neubauer
Michael O'Shields
Rich Pappy

Jean Pearson
Michael Pearson
Mark Pleune
Rosemary Pleune
Bea Rolla
Rose Marie Ross
Otis Rowe
Wilma Rowe
Susan Sawyer
Dallas Seiler
Leona Seiler
Jean Shumway
Rosemary Smith
Sandi Sox
Doug Thompson
Marybeth Trunk
Nancy Tuckerman
Kathy Tyrrell
Mary Ulmer
Dick Upson
Sue Wallace
Mary Ward
Carol Weingarten
Kathy Wells
Judy Woodham

Forever In Our Hearts

Piyari Akhtar
Charlotte Andes
Archie Atkins
Barbara Austin
Willie Barr
Betty Bauer
Belva Belue
Virginia Bernard

Katherine Crim
Seymour Davis
Rosa Dill
Lorena Draper
Virginia Dreyer
William Duncan
Pauline Dusseault
Annie Easter

William Hamann
Lois Hammett
Betty Hamrick
Eloise Harris
Bernard Harroun
Sarah Hayes
Virginia Hebard
Carol Helms
Sue Helms
Elizabeth Hicks
Esther Hornbeck
Estelle Howard
Helen Hudson
Troy Jackson
Ellis Jennings
Anner Johnson
Inez Johnson
James Keller
Margaret Kelly
Betty Kermott
Jessie Kerth
Emily Kimbrell
George Kitson
Jean Knetsche
Cheston Knotts
Audrey Large
James Lawrence
John Lawrence

Selma Moody
Mattie Morris
Ruth Morse
Clyde Mull
Genie Mulwee
Theresa Nobile
Larry Nodine
Sadie Ott
Gladys Pace
Lillian Page
Irene Pennington
Natalie Pieterse
Frank Plutowski
Marie Poliakoff
Mary Potter
Doris Pyott
Jaronia Rice
William Rinck
George Roberts
Faye Ruppe
Doris Sanders
John Sanders
Caroline Sauter
Juanita Sawyer
Paul Schmalzl
Lawrence Schuvart
Joyce Shillinglaw
Ruby Sizemore

Hospice was very caring and knowledgeable. I don't think we could have asked for any better care. They were very responsive to Mama's needs and to our needs during and after her death.

— A TRYON FAMILY

You will never know how much our family appreciates the loving care you all gave our sister. You came when we needed you and helped us through the most difficult time of our lives.

— A COLUMBUS FAMILY

Inayat Bhatti
Genevieve Boucher
Ruth Bowers
Edward Boyd
Marjory Boyle
Charidine Bradshaw
Mary Branyon
William Branyon
Ronda Brewington
Floyd Bridgeman
Mary Brock
Antoinette Brown
Beatrice Brunson
Joshua Burgess
R. L. Burgess
Wanda Burnette
Nannie Burrell
James Callahan
Clyde Campbell
Sylvia Campbell
Bessie Cannady
Charles Carr
Lois Carson
Lucille Case
Sarah Case
Josephine Cash
Pearl Cherowbrier
William Clayton
Ethel Clontz
Mabel Collins
Nellie Condrey
Roland Conner
Anne Conway
Mattie Cooper
Rita Coppi
Mary Coward
Evelyn Craigle
Louis Crandall
John Crawford

Barbara Eaton
James Edge
Geneva Edwards
Marjorie Edwards
Mary Edwards
Clarence Ekorn
George Engle
Dixie Evans
Robert Evans
Kyle Fagan
Carol Fay
Melinda Fike
Geraldine Fisher
Sandra Flood
Laura Jean Forster
John Fowler
Charles Francis, Jr.
Joyce Frank
Louise Garrett
Paul Gibson
A. C. Gilbert
Henry Godlewski
Stella Goforth
Charles Gosser
Peter Goyak
Jacqueline Griffin

The phone calls, words of encouragement and caring attitude did so much for my family and me to help my husband die with dignity and with all who loved him by his bedside.

— A LANDRUM FAMILY

I don't think I could have handled the loss of my mother without Hospice. I was totally satisfied with their support, and will forever be grateful.

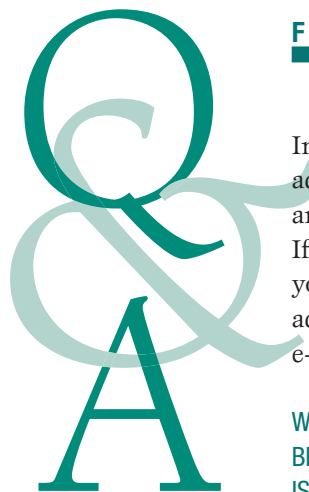
— A SALUDA FAMILY

Irene Lawson
Elwood Ligon
Dorothy Lindsey
Ellen Lindsey
Elizabeth Lowe
Richard Lyons
Lucella Magrath
Lillus Mason
William Mayberry
Ruth McCallister
John McDermott
John McIntosh
Merle McIntyre
Betty McNeVins
Robert Mears
Mildred Medford
Sidney Menk
Herbert Michener
Margaret Miller
Eugene Mills
Ruby Moffitt

Douglas Smith
Martha Smith
Virginia Smith
Watson Snyder
Michael Southerland
Henry Stepp
Eunice Stewart
Annie Stott
Ernestine Sullivan
Aileen Swain
Imogene Taylor
Albert Tener

We could not have kept daddy at home had it not been for Hospice. All of you are very efficient and well-trained. We love all of you and the support was above and beyond the call. Thank you so much.

— A GREEN CREEK FAMILY



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?

~ An open support group is held the first Tuesday of every month at noon. Participants are invited to bring a bag lunch; drinks and dessert are provided by Hospice. 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 twice a year in February and August and address topics such as common symptoms and reactions to loss and ways to help yourself and others who are grieving.

~ Holiday grief seminars are offered twice a year in early and late November and address the particular difficulties in coping with grief during the holidays.

~ Other grief support includes specific written materials, library resources, volunteer

contacts and individual counseling.

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. ■

To find a safe journey through grief to growth does not mean one should forget the past. It means that on the journey we will need safe pathways so that remembrance, which may be painful, is possible.

— DONNA O'TOOLE,
AUTHOR

This issue of *Hospice Horizons* is made possible by the generous support of

- Tryon Estates
- Dentistry 2000
- LaurelHurst/
LaurelWoods
- Tryon Federal Bank

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.



130 Forest Glen Drive
Columbus, NC 28722

Nonprofit Org.
U.S. Postage
PAID
Tryon, NC 28782
Permit No. 81