

# Hospice Horizons

November is National Hospice & Palliative Care Month

NEWS FROM HOSPICE OF THE CAROLINA FOOTHILLS

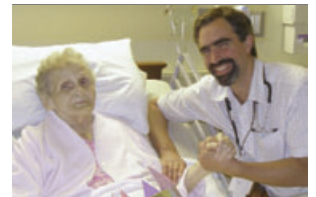
## Serving You Every Day, Every Month, All Year Long

Each November, Hospice and Palliative Care organizations all over the country reach out in their communities to call attention to the expert and compassionate care they provide to individuals and families coping with serious and terminal illnesses that affect families in so many ways.

“November is a valuable time to raise awareness throughout our communities about care at the end of life,” says Executive Director Jean Eckert. “But the time a family might need us

doesn’t follow a calendar or occur only during this season, so we want folks to be aware of us and how we can help every month, every day of the year. Our continuum of services for serious and terminal illness, death and grief includes Palliative Care, Hospice Care, our Hospice House, and Bereavement Care. There isn’t a family I know who is untouched by the life events our dedicated staff and volunteers are trained and experienced to help with.” ■

### A PICTURE IS WORTH A THOUSAND WORDS



(CLOCKWISE) **Palliative Care:** In our NC office, Palliative Care Program Manager Meg Hoke explains the difference in Palliative Care and Hospice Care to Marie Butler, whose husband benefitted from both services. Hospice is one type of palliative care (*comfort care*) that can be provided in the last months of life. Traditional palliative care can be offered any time in the course of a serious illness and ideally should begin at the time of diagnosis.

**Hospice Care:** Ruth Whiteside is surrounded by daughter Donny and son John as HoCF social worker Liz Crawley presents a cake for Mrs. Whiteside’s birthday.

**Hospice Care:** In October, Jane Foster, RN, accepted North Carolina’s top annual hospice clinical services award. This year’s judges said that of all the exceptional nominees, Jane was an incomparable standout. Jane has exemplified what it means to be a hospice nurse at HoCF for over 19 years—helping hospice patients and families find comfort and peace on their own terms.

**Hospice House:** Dr. Andrew Kamell, HoCF Medical Director, stopped in to wish Daisy Champion a Happy Birthday as she celebrated her 86th birthday at the Hospice House on October 28. Scores of relatives and friends — as well as cakes and balloons — made their way in to see her that day, which was all she wanted for her birthday!

**Hospice House:** Volunteer Maureen Smith enjoys sharing her furry friend Dexter each week with residents and visitors at the Hospice House who can use a light-hearted distraction. Dexter enjoys their regular Sunday visits too.

**Bereavement Care:** We offer women who are grieving the death of a loved one a weekly opportunity to meet, talk, listen, laugh, and cry together in support of one another. HoCF trained volunteers Esther Boblit (seated on left) and Betsy Zeek (seated center) share facilitation of this group.



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**Marsha Van Hecke**  
Newsletter Editor

## FROM THE EXECUTIVE DIRECTOR

# Offering You a Continuum of Care

**November is National Hospice/Palliative Care Month**, a time when hospices around the nation celebrate the unique and specialized care provided by nearly 5,000 hospices. Hospice of the Carolina Foothills is joining in the celebration as we anticipate next year's anniversary of thirty years of service to the Foothills community. How much we have learned about how to serve you better in those three decades!

HoCF was founded on a desire to meet the needs of people (and their families) in the last months of life. In the early days of hospice, time and attention was focused on learning as much as possible about disease processes, pain management, volunteer utilization, and all of those things that are the foundation of hospice care. The public had a knowledge deficit about the need for such a service and how it all worked. Thirty years later, after expertly and faithfully caring for our community—with involvement by so many volunteers and donors—the deficit has been corrected. Hospice is clearly viewed as the expert provider of end-of-life care.

However, the “end of life” is really a continuum within a continuum. The series of life events, from birth to death, ends when a person dies. But the “recognized” end of life for some people can be spread over several months to several years. Some of these people can clearly be served by Hospice wherever they live, or in our Hospice House, as their illness becomes terminal and they take advantage of hospice care.

Other people deal with serious illnesses that progress gradually, over years. They may spend a lot of their time experiencing pain or other distressing symptoms, making the best decisions they can about their goals of care, traveling to and from appointments, and trying to make sense of it all. That is when Palliative Care of the Carolina Foothills can help. Palliative (*pá-lee-uh-tive*) Care is provided as a service of HoCF at the beginning of the end-of-life continuum. The knowledge and expertise of our skilled and qualified specialists is provided through special arrangements with St. Luke's Hospital and 10 area nursing and assisted living facilities: Tryon Estates, Ridge Rest, Autumn Care in Saluda, White Oak of Tryon, Laurel-Woods, Magnolia Manor, Camp Care, Golden

Age and Inman Health Care. It is also available to people in private residences who are referred by their family physician or disease-specific specialist.

And so, after many years of teaching people about hospice, our focus has expanded to respond to the increased curiosity about Palliative Care. I recently received an invitation to speak to a women's group at a local church. It was delightful to hear, “We already know and understand what hospice care is; can you tell us about palliative care?”

From the beginning of the continuum—palliative care—beyond the end of the continuum—bereavement care—HoCF stands ready to serve.

During this National Hospice/Palliative Care Month 2010, I hope you have the opportunity to learn more about our services. And also to say thank you to one or more of our incredible Hospice, Hospice House, and Palliative Care staff members: a physician, a nurse practitioner, 25 nurses, 17 CNAs, 7 social workers, a chaplain, a bereavement counselor, and a couple dozen administrative staff who provide various support for our services. Offer a pat on the back to any of our 240 volunteers and 15 board members. Let Hospice and Palliative Care staff and volunteers know that you recognize the important work that they do and that you are proud of your hospice, Hospice of the Carolina Foothills.

And remember, you can take advantage of our services any month and every day of the year. We are a phone call away. NC hospice and bereavement care: 828.894.7000. SC hospice and bereavement care: 864.457.9122; Palliative Care: 828.894.7016; Hospice House: 864.457.9100. ■



Jean H. Eckert  
Executive Director



Jean Eckert

# Anniversary Celebrations!

In 2011, we look forward to celebrating **Thirty Years of Service** in the Carolina Foothills. We've planned some special festivities of all shapes and sizes! And all monies raised will go toward Hospice House MORTGAGE REDUCTION.

## WE WILL KICK OFF OUR ANNIVERSARY CELEBRATION IN DECEMBER 2010 WITH:

- **Tree of Life & Luminaries**

December 14, 5-6 p.m.

This year's celebration will take place at the Hospice House where we will sing a few carols, enjoy some holiday goodies and remember our loved ones. If you haven't ordered your personalized ornament in honor or memory of someone, CALL AND ORDER TODAY: Development Office, 828.894.7000, ext. 229.

- **"A Passion for Fashion" Luncheon and Fashion Show**

May 4, 2011

A fun time as we reminisce with vintage clothing and contemporary fashions by PJ's!

- **Voices for Hospices**

A biennial October event that is free to our community. You just might be surprised by what we are "cookin' up!" Stay tuned for details!

- **Boots and Bling**

A November 2011 county-style hoedown with food, dancing, live music and "bling" to buy and wear. We are planning an anniversary party you won't want to miss.

There are nearly 20 naming opportunities available at the Hospice House, everything from gardens to stained glass windows. Please call the Development Office if you'd like more information about these opportunities to honor a loved one and to contribute toward MINIMIZING THE MORTGAGE: 828.894.7000, ext. 229.

## GRATEFUL FAMILIES

I am just learning about how your Palliative Care services could have helped my husband long before he got hospice care. Wish I had understood it better so we could have taken advantage of it

— A SPOUSE IN COLUMBUS, NC

During this time of Thanksgiving, I wanted to let you know how thankful I am for all of you. You cared for my dad 2 years ago and my mom this past June. What a comfort to our family to be in your care! You will always be in my heart.

— A DAUGHTER IN SAVANNAH, GA

I appreciated the Hospice phone calls updating me on Mom's condition. Since I live about 80 miles from Inman, I was not with Mom on a daily basis — only once or twice weekly. Thanks for your support.

— A SON IN GREENWOOD, SC

We really appreciated the phone calls, letters, and all the concern from Hospice to us. I especially loved the instant compassion shown by Hospice nurses. Also, I look forward to the newsletters. It helps to keep in touch.

— A SON IN CONYERS, GA

# Caregiving During the Holidays

November is **National Family Caregiver's Month**, and we salute those who sacrifice for the benefit of others. On average, these unsung heroes spend 20 hours per week tending to friends or family members who are chronically ill or have disabilities. If you are one of the 65 million people in the United States who identify themselves as caregivers, we acknowledge with gratitude all that you do! We hope you find even a little help in the following:

*Caregiving during the holidays* —By Teri Collet, ACSW, LCSW, ACHP-SW

When faced with the demands of daily living (work, school, kids) and caregiving, anyone would feel stressed. When you add the holidays on top of it, it's enough to make even the most sea-worthy caregiver drown! How do you do more than survive the holidays? You focus on your priorities and let the rest go. It is as easy (and as hard) as that!

In order to survive (yes and even celebrate) the holidays, we need to build our celebration first around what is most important and include activities that are less important only if there is enough time or energy.

1. Start by deciding what is the most important or most special part of the holiday. Is it having a decorated Christmas tree? Watching football before Thanksgiving dinner? Being awake at midnight to toast with Champagne? Visiting with family?
2. Ask the person you care for what is the most important part of the holiday for them. You may be surprised by what they treasure from the holidays.
3. Set aside these most important things and lower your expectations for everything else. Pumpkin pie made from scratch takes a lot of time and energy. Consider buying a pie (or have someone else make it) so you can spend your time on that one special tradition.
4. Think of what others can do: Can someone else cook the food? Perhaps a potluck? Maybe someone else can host it. If decorations in your home are important, can you have a decorating 'party' in advance? Many times family and friends will enjoy helping you put up a wreath, a menorah or the bronze turkey that's been in the family for years.
5. Consider how to best schedule the day. Think about when your loved one has the most energy. Perhaps the main meal will be a brunch instead of supper so she is awake to enjoy it.
6. If the ill person is in their room primarily, consider moving the celebration into her room (or his bed into the living room). The ill person will conserve their energy if they are not trying to sit in the easy chair to be "social."

If you focus on those things that are most special to you and lower your expectations on the rest, you will be able to enjoy the best part of the holidays. You will be able to truly celebrate (not just survive) the holidays!

©2010 Teri Collet. Reprinted with permission courtesy of Limbertwig Press. Teri is author of "Making the Most of Every Moment: A Patient's Guide to Living with Hospice." Limbertwig Press publishes small guidebooks to help hospice families feel more prepared, at peace and confident as caregivers. Ask your hospice for copies or see [www.limbertwig.us](http://www.limbertwig.us).

## EDUCATION, SUPPORT & EVENTS

Hospice of the Carolina Foothills is happy to offer education and support to the community at large, and to sponsor events that raise awareness of our services and the funds needed to provide them. For more information, call our Information Desk: 828.894.7000 in NC, and 864.457.9122 in SC.

### Coping With Loss of All Kinds During the Holidays

Designed to help adults facing the holidays after a significant loss of any kind, including the death of a loved one; a decline in health or independence; loss of a job, a home, a marriage, or a beloved pet. Also offers ideas on how to reach out to grieving friends and relatives.

**Thurs., Nov. 18, 6:30–7:30 p.m.**

**Landrum Library**

**Wed., Dec. 1, 10:30–11:30 a.m.**

**Inman Library**

**Thurs., Dec. 2, 10:30–11:30 a.m.**

**Polk County Library, Columbus**

**Wed., Dec. 8, 10:30–11:30 a.m.**

**Travelers Rest Baptist Church**

### First Tuesdays Grief Support Group

**Dec. 7 & Jan. 4, noon–1 p.m.**

**Hospice Center, Columbus NC  
(behind St. Luke's Hospital)**

Bring a bag lunch; drinks and dessert will be provided.

### "We Care"

**Every Tuesday, 9 a.m.**

**TJ's Café, Tryon, NC**

A social support group for women coping with loss.

For more information, contact Shannon Slater at 800.617.7132 or [sslater@hocf.org](mailto:sslater@hocf.org)

### Make Someone Smile – Become a Hospice Volunteer

You can do it... you have the ability to make someone smile! And according to our current volunteers, you will end up smiling too! There are 2 more opportunities this year to complete volunteer training – 4 hours on site and 8 hours at home. Choose day (10 a.m.–12 noon) or evening (5:30–7:30 p.m.) sessions on December 2nd and 9th.

Call now and prepare yourself to receive lots of smiles. Contact Volunteer Coordinator Tracey Brannon at 864.457.9125 or [tbrannon@hocf.org](mailto:tbrannon@hocf.org).

## Tree of Life Celebration — All are welcome!

**Tuesday, December 14  
5 – 6 p.m.**

**Hospice House, Landrum SC**

Order your ornament(s) with loved one's name imprinted by November 30. Then come celebrate with us and take your ornament home. All welcome!



(Ornament and donation forms are available in the NC office in Columbus, at the Hospice House in Landrum, at the Thrift Barn in Landrum, and online at [www.hocf.org](http://www.hocf.org)) ■

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**FAST FACTS**

# Every Hour, Every Day, All Year Long, HoCF is Here



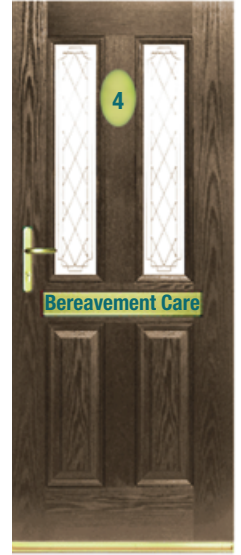
1. Are you faced with a serious illness and want help getting the medical services that you need?



2. Are you in need of care when a cure is no longer possible?



3. Do you know a hospice patient who needs round-the-clock medical care with a professional staff?



4. Are you dealing with the pain and grief of loss?

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