



Hospice HOPE CLASSIC & HOEDOWN

The Hospice Hope Classic is sure to become the premier, most entertaining golf outing of the year. On Wednesday, August 1, we will have both an 18-hole men's & women's tournament and a women's 9-hole tournament at our new venue – Tanglewood Park. With a wonderful group of individuals who make up our steering committee and some impressive sponsors committed to the mission of Hospice, this event is off to an excellent start. To learn more about registering for the golf tournament, visit our website at www.hospicecarecenter.org.

The prizes this year promise to be outstanding! Players will have the chance to win a car on four Par 3 holes. Among the other exciting prizes are TV's, 5-hour limo tours for up



Wednesday, August 1, 2012

to 12 people to the NC wine country, and much more!

As fun and prize-filled as both tournaments will be, the REAL fun begins **the night before at the Hospice Classic Hoedown!** Each player is invited to bring a guest on the evening of Tuesday, July 31, at 6:00 p.m. to kick off the big event and to enjoy a Hoedown like none other. Hoedown guests will gather at WinMock at Kinderton across from Bermuda Run to enjoy tasty BBQ, beer, wine, and live music. If that's not enough entertainment, the steering committee is tossing in a few unexpected games of luck, wit, and chance including a **\$10,000 Cash Prize drawing!** The winning raffle ticket will be drawn at the Hospice Classic Hoedown on July 31. It is not necessary to be present to win, but we certainly invite you to join us!

LISTENING to a Life

By Peggy Haymes

If you came to my house, among my many books you'd find an entire shelf or more of biographies and memoirs. I love reading about other people's lives. As I read about how they faced their challenges and followed their dreams, I learn lessons for my own life.

So I want to focus a couple of blog posts on learning from one particular life.

Joe Haymes



My father, Joe Haymes, died earlier this month at age 87. He was, by all accounts (and not just mine), an extraordinary man. I learned a lot from him over the years, but I think he still has things to teach us.

So I start with the ending.

My father had pulmonary fibrosis, a progressive lung disease in which supple lungs gradually grow hard and unable to take in oxygen, probably the result of nearly 30 years of smoking, a habit he began in the war. At the end, he also suffered from dementia. The dementia really began after my mother's death, and I am convinced that after a lifetime together, his mind could not accept being in a world where she was not.

In January he began going downhill sharply. He also started to tell us he was dying.

Lesson # 1 – Listen to what dying people tell you. When Elisabeth Kubler-Ross (EKR) began her work, part of what was groundbreaking (and scandalous at the time) was that she listened to people talk about dying. Before that, dying patients were shuffled off into far corners of the hospital where they could be safely ignored.

When my father began saying, "I'm dying," some of his caregivers became upset and told him not to talk like that. Because of my work and my training, I knew that it was important to pay attention and to begin preparing for the final stages. He was telling us what was coming.

Lesson #2 – Listen for symbolic language. After my father had been moved into the nursing care unit, he asked me one night, "Do I need to pack for my journey?" It took me a few seconds to realize what he was asking, and I reassured him that no, he had everything he needed. He smiled and relaxed.

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A Message from the CEO

Since my arrival to North Carolina and Hospice & Palliative CareCenter one year ago, I have felt the strong presence of support from many individuals and organizations. I believe that speaks volumes to the compassionate care our staff delivers every day and to the wonderful reputation of this organization – the first Hospice in the state of NC. It also speaks volumes to those of you whom I have come to know as our partners and steadfast friends.

I could not have imagined a more welcoming and philanthropic place to call home. The generosity I have witnessed from the Hospice & Palliative CareCenter family, including staff & volunteers, board members, advisors, donors, and corporate contributors has simply been awe-inspiring. I have seen you extend your support time and time again, and for that I remain grateful.

Among the pages of this newsletter are stories that illustrate both the important work of Hospice & Palliative CareCenter as well as the value the community has placed on our mission. Clearly, this community has embraced this organization, and I'm humbled by the continued outpouring of support.

In recent weeks we have seen an increase in our census, and we are currently serving 655 patients and families in our hospice and palliative care programs. Yet we know there is still much work to be done to reach the many more we know could benefit from our care. As a true advocate and champion, I ask that you continue to help us educate the communities we serve and let us know of any opportunities for meaningful engagement.

Thank you again for your ongoing support and partnership.

With deep appreciation,



Brian Payne,
President and CEO



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We would like to thank our Governing Board, Foundation Board of Directors, and Advisory Council Chairs 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.

A LETTER TO THE EDITOR *from the Salisbury Post on April 17, 2012*

HOSPICE A COMFORT

Regarding "Hospice means embracing hope" in the April 10 Post:

We agree wholeheartedly with Primetime's informative article regarding hospice, as we recently had our first one-on-one experience with Rowan Hospice & Palliative Care. Its staff treated our family with a level of dignity and respect we never imagined possible.

Their team offer unsurpassed support, which allowed us to care for our mom and grandmother, Cora Elizabeth Hallyburton, in the comfort of her own home. More importantly, the team allowed her to cherish her final weeks of life in the manner she had always desired.

We will be ever-grateful to hospice for affording her and our family this privilege. Like most other hospice clients do, we only wish we had contacted them earlier and will always hold in high esteem their expert service.

—Pete and Carole Hallyburton, Carole Anne Hallyburton, Lynne H. and Chuck Stockford
Cleveland

Utilization of Hospice Care in DAVIE COUNTY

Davie County Residents Access Hospice Care More Than Most

If you looked at statistics across the state of North Carolina, you would find that residents of Davie County are more likely than most to use hospice services. As the primary hospice provider in Davie County, that's an encouraging fact. Our aim is to make sure that anyone who can benefit from our care at end of life understands what a tremendous help Hospice can be.

Facts:

- ❖ In the 100 counties that make up North Carolina, on average, 42% of dying people use hospice care.
- ❖ In Davie County, 58% of dying people use hospice care. That's 16% more patients and families getting the hospice care and support they are entitled to.

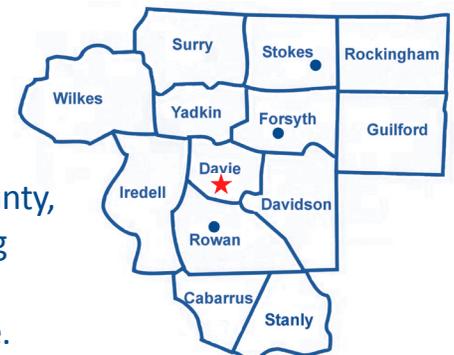
Davie County team



Additional tidbits:

From our office in Mocksville, we serve Davie and surrounding counties. These are some tidbits about that office you might enjoy knowing:

- ❖ Most of our staff who work in Davie County live in Davie County.
- ❖ On any given day, there are 55 – 65 residents of Davie County receiving care and support from Hospice & Palliative CareCenter.
- ❖ Our 5 nurses serving Davie County have 81 years of combined experience.
- ❖ Care is provided in your home – wherever you call home.
- ❖ Your team is made up of a nurse, hospice aide, social worker, chaplain, doctor, & volunteer.
- ❖ Many of our staff are board certified in Hospice and Palliative Care.
- ❖ The office is located beside Dr. Melissa Champe-Seagle's office and across from Foster Drug.
- ❖ Anyone can refer a patient – it doesn't have to be a physician.
- ❖ Hospice is available 24/7.



In Davie County, 58% of dying people use hospice care.

Test Your Hospice & Palliative CareCenter Knowledge

1) Hospice care can begin when a patient's life expectancy is:

- a. One to two weeks b. One month or less
 c. Three months or less d. Six months or less

2) Hospice care can be provided in which of the following settings:

- a. Your private home
 b. Extended care facilities including nursing homes, Assisted living facilities, etc.
 c. Kate B. Reynolds Hospice Home
 d. All of the above

3) In addition to traditional hospice care, Hospice & Palliative CareCenter offers Palliative Care Services. These services include pain and symptom management, consultations for patients who are undergoing curative treatment for serious illness, and may have years to live.

- a. True b. False

4) Hospice care is most often paid for by:

- a. Out-of-pocket payments from the patient
 b. Medicare and Medicaid
 c. Private Insurance

5) A study published in 2007 showed that patients who choose hospice live longer than patients not in hospice care. On average, hospice patients live:

- a. 7 days longer b. 18 days longer
 c. 29 days longer d. Don't know

6) Who can refer a patient to hospice care?

- a. The patient's doctor
 b. The patient's doctor and/or the patient
 c. The patient's doctor, the patient, and/or the patient's family and friends

Answers: below

Answers: 1.D, 2.D, 3.A, 4.B, 5.C, 6.C

LISTENING to a Life (continued from page 1)

Lesson #3 – Sometimes dying is a lot like birthing. Over the last weeks as I sat by my father’s bedside, I realized I felt a lot like a midwife. We were waiting for it to be time, a time no one could predict or control. I couldn’t make it happen or not happen. All I could do was sit and tend to those elementary needs – a sip of water, rubbing his back, sharing a chocolate chip cookie, reassuring him. I felt like a midwife.

Lesson #4 – Sometimes death is a friend.

After being moved to nursing care, my father developed pneumonia. “I’ll call the doctor about prescribing antibiotics,” the nurse said. “No,” I stopped her. “If you cure this, he is still dying of lung disease.” Actually, pneumonia was known as the old person’s friend because when they were ill and frail with no hope of getting better, it came in and ended their suffering.

There is a temptation to do a medical intervention just because we can. But we were not made to live forever. There comes a time when the most loving thing we can do is to let someone die as their body needs to die.

Lesson #5 – Hospice is wonderful. While Hospice had been involved in my dad’s care for several months, for the last week of his life he had the gift of being at the Kate B. Reynolds Hospice Home in Winston-Salem. When he first arrived, the doctor announced that they were taking him off all medicine except what was needed to keep him comfortable. (I mean, really – did we care if he had high cholesterol at that point?)

They took it as their mission to make him comfortable and did not rest until they had the right combination of medication that allowed him to be peaceful. They also took it as their mission to care for me and other family members who were present.

I’ve occasionally heard older folks say they didn’t want to go to hospice because “my friend was there and they wouldn’t even

give her food and water and that’s just cruel.” They took my dad off food and water for the last couple of days as well, but not because they were cruel. It was because they understood that one of the ways that the body prepares for the end of life is to start disengaging from life. The patient no longer wants food or water. They are moving beyond those things. The patient isn’t suffering hunger. They no longer need those appetites.

As I see it, the purpose of hospice is to create a place where a person may be gently held as they make this last and maybe most sacred journey, a place where the body is allowed the grace of doing what it needs to do with the only intervention being for comfort. It is also a place where loved ones are held, sometimes literally as well as metaphorically. Families are given all of the support they need so that they can focus on the holy task of supporting their loved one.

For me, it was a place where I could relax and just be present with my father. And that is a priceless gift.

Lesson #1 – Listen to what dying people tell you.



Peggy Haymes is a counselor, minister and writer in Winston-Salem, NC. This is from her blog, *Spirit Scraps*.

Introducing . . . The Hospice Foundation

We are deeply thankful for the generosity of our donors whose contributions support the important work of Hospice & Palliative CareCenter. Those contributions are a lasting investment in the future of our mission and our community.

The Hospice Foundation was established as a nonprofit fundraising entity dedicated exclusively to supporting the current and future needs of Hospice & Palliative CareCenter. The Hospice Foundation solicits and administers philanthropic contributions that strengthen and benefit Hospice & Palliative CareCenter, ensuring the provision of compassionate care to individuals living with life-limiting illness and their families. Because end-of-life care brings with it an abundance of vulnerability and uncertainty, The Hospice Foundation believes patients and families deserve the peace of mind that comes with knowing they have, and always will have, a trusted hospice provider.



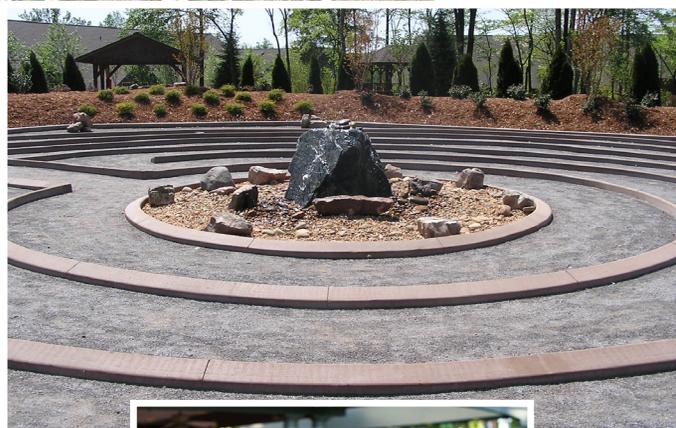
SANCTUARY - *n. holy place; place of safety or refuge*

Imagine peaceful natural areas, a birdhouse outside every room, pathways weaving through a wooded landscape, colorful flower gardens, and cozy porches and sitting areas scattered throughout the property. That describes some of the beauty found on the picturesque campus enveloping our offices and our Kate B. Reynolds Hospice Home in Winston-Salem.

And that's not all. Individuals and organizations in our community have embraced our 13 acres on Hospice Lane and helped turn it into a sanctuary. Scattered throughout this sanctuary are many gifts that have enhanced the unique beauty and landscape of the property.

Circle of Peace

Just a few months after our official move to the campus in May of 2005, the children's statue called the "Circle of Peace" arrived. It sits near the entrance of our Education and Counseling Center. When long-time friend and supporter of Hospice & Palliative CareCenter, Dr. Mike McWhorter, passed away, the memorial contributions given in his memory were used to purchase the statue. The statue, featuring three children playing, is symbolic of Mike's family. Mike's wife, Barbara, who is also a long-time champion of Hospice, continues to decorate the statue during special holidays throughout the year.



Glenn & Wilma Pettyjohn Meditation Garden & Labyrinth

Labyrinths have existed for more than 4,000 years and are found in many cultures throughout the world. They have long been used as a place for rest and reflection. Unlike a maze, a labyrinth has only one path leading into the center and back out again. There are no deadends or decisions that must be made to determine the course. The journey in and out of the labyrinth is often viewed as a metaphor for life and provides opportunities for contemplation, meditation, and self-care.

In April, the **Glenn & Wilma Pettyjohn Meditation Garden & Labyrinth** was officially dedicated. The garden and labyrinth, as well as its future upkeep and beautification, was a gift from Wilma Kiger Pettyjohn in memory of her late husband, H. Glenn Pettyjohn. This labyrinth is located behind the Hospice Home and was carefully designed to respect the natural beauty found on our Winston-Salem campus.

The Meditation Garden & Labyrinth is available to Hospice patients and families, staff members, grief counseling clients, and the community.



It is open to the public daily, from sunrise to sunset, and visitors are welcome to use our parking and enjoy the opportunity.

A Veterans Garden

Today, one in four dying Americans is a veteran, and our staff understands that veterans often carry experiences from their military service that present distinctive challenges at the end of life. Likewise, our staff is specially trained to care for patients with a history of military service, and we take great pride in being able to serve this courageous population.

Hospice & Palliative CareCenter and The Enrichment Center are collaborating to create a special **Veterans Garden**, located on the campus in front of the Hospice Home. The Veterans Garden will be wheelchair accessible and invite visitors in for reflection and respite. The focal point of the garden will be a flag pole elevated above a raised circular flower bed. The garden will also contain handmade benches, created by artists from The Enrichment Center. Jan Detter, a local artist who specializes in creating mosaics, will lead the artists as they create the benches for this very special Veterans Garden.

Generous donors have made the building of the Veterans Garden possible. Their gifts will provide this lasting tribute to our veteran patients, their families, and all visitors for decades to come.



Philanthropic SPIRITS

Hospice & Palliative CareCenter benefits from the generosity of many groups in the community. When local businesses and organizations contact us expressing interest in holding a fundraiser on our behalf, we embrace their shared passion for providing hospice care and are grateful for the philanthropic spirit.



NAIFA (National Association of Insurance and Financial Advisors) of Greater Winston-Salem swung into action on May 17 with a **golf tournament**. Bill Gribble organized friends and advocates at Pine Brook Country Club to support Hospice & Palliative CareCenter, our patients, and their families.

A huge thank you to **Bowen Town & Country** as they sponsored their annual fundraiser in November/December 2011 and January of 2012! With each chair purchased from their Ekornes luxury line of reclining chairs, a \$50.00 donation was made to Hospice & Palliative CareCenter. The proceeds for this event were \$600. Thanks to Scott Bowen for his continued commitment in support of our mission.



For the past several years, our friends at **Homestead Hills** have made it a tradition to host special fund-raising events on our behalf. This spring, they hosted an **Antiques Road Show** with Larry Laster of Fine Arts and Antiques acting as the appraiser. They pulled out all the stops and made it a multi-faceted series of events which included a 50/50 raffle and a luncheon. The combination of events brought in \$1,400. Special thanks to Homestead Hills Director of Member Services, Christie Atkinson, for her superb efforts and philanthropic spirit.



Betty Allgood, a resident of Homestead Hills, brought one of her antique dolls to the Antiques Road Show for an appraisal.

Steel Rain Motorcycle

Club hosted their own unique fundraiser, the **Ride for Angels**. On Saturday, May 12, more than thirty riders enjoyed a 75 mile escorted ride around Hanging Rock State Park. The event began and ended at Hooters of Winston-Salem. Riders returned to live music, door prizes, a 50/50 drawing, and more. We are grateful to the efforts of Rodney Edwards, organizer of the ride, for his warmth and enthusiasm! Thanks to Rodney and the ladies and gentlemen of Steel Rain MC, Hospice received more than \$500 in proceeds!



Whenever a new **O'Reilly Auto Parts** store opens, they select a local organization to receive a donation. On Wednesday, May 2, as part of their grand opening activities at their newest location in Clemmons, they chose Hospice & Palliative CareCenter to receive this gift. We thank John Morris, General Manager of O'Reilly Auto Parts on Lewisville Clemmons Road, for choosing us as the recipient.



Our friends at **Data Chambers/Twin City Warehouse** held a public shred day on our Winston-Salem campus for the fourth year in a row. One of the services offered by Data Chambers is document shredding. In their ongoing efforts to support Hospice, they brought their mobile shredding truck, AKA The Beast, and offered shredding services to the entire community. In lieu of shredding fees, donations were made to Hospice. Over \$1,100 was raised during their three-hour visit to our campus. Special thanks to Rena Waring and her crew: Billy, Carolyn, Evan, and Dennis.

Hospice HOPE RUN LOVE was in the air

There is no doubt about it. There were some serious runners crossing the finish line of both the 5K and 10K runs. In addition to these athletes, there were hundreds of folks who were participating in honor and memory of loved ones. Whether walking or running, this year's event attracted over 1,700 people who showed outstanding support of our mission. "This was my first year at the Hospice Hope Run and it was overwhelming to see the faces of so many supporters," shared Brian Payne, President and CEO.

In the midst of the crowd, there were smaller groups of people celebrating the lives of their loved ones. In some cases, participants and their teammates proudly displayed signs and photos of loved ones pinned on their t-shirts. In many ways, the Hospice Hope Run is more than a walk and a run; it's a celebration of life and you can feel the love in the air.

The growth of the Hope Run over the past few years has been in part because of the exceptional support of our dedicated volunteers and sponsors, especially the Wake Forest University Athletics Department. Also bringing an extraordinary level of energy and entertainment is the Winston-Salem State University marching band. This year's Hospice Hope Run raised a record \$173,000 for patient/family care. The list of supporters who make this event so successful would be very long, yet to everyone reading this who took part – thank you.



Presented by:



BREATH-taking Scenery Enjoyed by Paddlers The Reward for SUPPORTING HOSPICE

It was a record breaking year for the Dan River Poker Paddle Run! You may be asking yourself, "What is the Dan River Poker Paddle Run?" It is an amazing 6.2 mile ride down the Dan River in a canoe or kayak through some of the most breathtaking natural scenery in North Carolina.



On June 2 in Danbury, the Dan River Company shuttled paddlers up the Dan River. After launching their boats into the cool waters, paddlers enjoyed some of the most gorgeous scenery in North Carolina while going down the river, stopping on the way for a swim, family picnic, and soaking up the spectacular views. Whether taking a leisurely float in a canoe or a competitive kayak race to the finish line, fun in the sun was had by all who came out to support Hospice.

Participants collected a five-card-draw poker hand on the way down the river, hoping to end up with the winning hand. The winner was determined at the end of the trip down the river, where the "Poker Queen" judged the poker hands. Excellent local musicians entertained a festive crowd of paddlers and devoted Hospice advocates throughout the day.

Special thanks to our volunteers in Stokes County and the Dan River Company for offering the perfect setting for this unique experience.

Far left: Aaron Sawyer of Maryland was the winner of the Kayak with the best winning poker hand, a flush.

Left: paddlers enjoyed the breathtaking scenery along the Dan River.



Don't miss these two golf opportunities to help
Hospice & Palliative CareCenter

Embracing HOPE

Hospice HOPE CLASSIC & HOEDOWN



Wednesday, August 1, 2012

To learn more about registering for the golf tournament, see page 1 or visit our website at www.hospicecarecenter.org.

2012 Hospice Memorial Golf Tournament at Hemlock Golf Club in Walnut Cove

Friday, September 7, 2012

Call Rosemary Niles at 336-331-1324
for information, registration and
sponsorship opportunities.



Benefiting the Hospice & Palliative CareCenter
Patient Welfare Fund for Stokes County

HospiceCareCenter.org
(888) 876-3663

Winston-Salem (336) 768-3972

Walnut Cove (336) 591-1124

Mocksville (336) 753-0212

Salisbury (704) 637-7645



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