



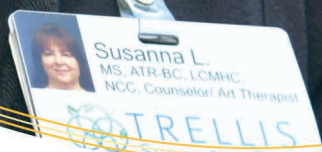
Healing with Art

Susanna Lund
MS, LCMHC, NCC, ATR-BC
Counselor / Art Therapist

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Would it surprise you to know that over 75% of hospice care providers in the United States are now for-profit? And do you think it matters?

As a brief bit of history, we were the very first hospice organization in the state, incorporated in 1977, and served the first hospice patient in NC in 1979. We started as a nonprofit, grassroots organization, founded by community leaders who shared a vision of a compassionate, holistic approach to care for people in their final months of life.

Since then, much has changed and we have grown to provide care and support well beyond traditional hospice care. Yet we remain a free-standing, nonprofit organization still deeply appreciative of our roots and community relationships. We are grateful to our many supporters who make it possible for us to go above and beyond in so many ways, from our extended grief counseling services, massage and other therapies, advance care planning workshops, caregiver support, and much more.

In recent years, a number of for-profit hospice providers have come into our service area. This is a national trend, and while ownership status doesn't necessarily indicate a lower level of care, data analysis is painting a worrisome picture. In hospice care, agencies are paid a daily rate for each patient, which can create an incentive to reduce staffing levels and service offerings for an improved return on investment. I read an increasing number of articles that refer to hospice as a 'booming business,' with a growing number of private equity firms looking to hospice as merely an investment. I'm proud to say that our focus continues to be about meeting the needs of patients and families in the communities we serve.

We believe patients and families should receive the best possible care tailored to their individual needs. And we feel it's important that people understand that no two hospice organizations are the same. Further, we feel people in need of palliative or hospice care should know where to turn for high quality, trusted care where the mission is at the forefront of care decisions rather than increasing profits for investors.

We've dedicated ourselves to raising awareness and know that it is an ongoing commitment. It can be an overwhelming time, and we want families to understand the differences between hospices when choosing care for a loved one. When the expertise of your care team, speedy medication delivery, therapies such as music and massage, and access to a beautiful hospice home facility – just to name a few – are important to your family, then choosing Trellis Supportive Care will ensure your loved one is receiving the very best care at a time when care matters most.

Above all, we encourage you to ask questions and make an informed decision at this most important time.

ART THERAPY CAN BE HEALING

Grieving the loss of a loved one can be an overwhelming journey. Expressing your pain is often helpful, and art can be a way to do that.

People grieve differently. For some, comfort occurs in creating or connecting with art. Susanna Lund specializes in art therapy and skillfully uses this to facilitate the healing process.



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In a room filled with hundreds of art supplies including a sand tray, clay, paint, miniature figurines of all types, and so much more, the journey of expression and healing begins.

“I recall thinking how progressive it was for a hospice to hire an art therapist. It’s a wonderful offering and such a comfort for our patients and families, but no other hospice at the time - and still not many - would have the vision to commit to a full-time art therapy position,” shared Susanna.

Trellis is lucky to have Susanna. A 1989 graduate from Eastern Virginia Medical School with a Master of Science in art therapy, she was hired in 1993 and has been with us since. Shortly after joining, she honed her expertise, becoming a board certified, Registered Art Therapist and Licensed Clinical Mental Health Counselor.

DON'T FACE GRIEF ALONE



Understanding that grief is a personal journey doesn't mean you have to face it alone. In addition to the art therapy work of Susanna Lund, featured in this issue, we have a team of professional counselors who facilitate support groups and offer individual grief counseling.

Our grief support is always within reach.

Thanks to our generous donors, there is no charge. Simply visit our website for a complete list of counseling services or call 336-331-1300 to schedule an appointment.

HOLIDAY WISH LIST? PLEASE STOCK OUR PANTRY SHELVES

If the holiday spirit fills your heart in a way that inspires you to do a random act of kindness and provide a little comfort to a stranger, please consider donating items to the pantry at our Kate B. Reynolds Hospice Home. This pantry is our primary source of comfort snacks and items that visiting patients and families appreciate so much. From coffee and cookies, to tissues and toothpaste, you can give whatever you choose. Donations can be dropped off at our Hospice Home, or simply ordered from Amazon and delivered to us directly.



On behalf of all who will be grateful for your thoughtfulness – *thank you.*

Our complete Amazon wish list can be seen here or visit: <https://amzn.to/3S7gdkZ>:



GIFTS WITH HEART AND MEANING

If you're stuck on your holiday shopping this year, Holiday Honor Cards from Trellis Supportive Care are the perfect alternative (or addition!) to a traditional gift. For a \$10 donation per card, we will give you cards that you can personalize and mail yourself. For a \$15 donation per card, the Donor Relations team is happy to personalize your cards and mail them to the recipients of your choice.

To place an order, contact **Shannon Neal** at **336-331-1322** or SNeal@TrellisSupport.org



TRELLIS LIGHTS

We come to learn that death is a natural part of living; however, we are seldom ready for that final goodbye. We search for ways to hold onto our loved ones, to celebrate their life, and to pay tribute. There are many ways to remember our loved ones, and we are pleased to offer this beautiful opportunity for you to remember someone dear to you.

We invite you to create a lasting legacy by sharing your memories of your loved one on our Trellis Lights website. It will be a permanent place for you to visit, and an easy way for you to share your memories with others. It is also a way for others to add their memories along with yours.

The process is easy, and all are welcome to create a tribute. Visit TrellisLights.org to share your memories. There is no cost to create your tribute.



SAYING GOODBYE TO MOM – BY JOANNE JAMIS CAIN



My mom passed away in January 2022 at the age of 92. It had been a long couple of months as we bravely tried to manage her decline. It was hard, bittersweet, and amazing. I have never been through anything like it in my life.

Seven years prior, my sisters and I began renting a beautiful condo in Siesta Key, FL, for the three of us to bring mom. It became a marvelous tradition. Initially we stayed for one week, but it soon became evident that staying two weeks was the only way to go. It is simply paradise there.

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The year before my mother's passing was an educational one. My sisters and I investigated every possible scenario that we could, the goal being to keep my mother in her home. Hospice was a blessing. My mother repeatedly told us that as long as she knew who she was and where she was, she wanted to be at home. Respecting these wishes became our goal, and we did everything we could to make this possible.

There was a series of events that led up to my mom finally being admitted to hospice, and by "admitted," I mean she was allowed to stay in her home. Many doors opened at this point. It was about a month before her passing, and I painstakingly listened to what the aides and nurses were telling me.

Your mother could be bedbound in two weeks. Practice tough love and get her a hospital bed. Make your mother comfortable and give her the medications that have been provided for her.

No one wants to admit they are losing a parent. Watching those frightening moments of struggle, pain, and suffering are not for the faint-hearted. At any time we could have taken my mother to a hospital or inpatient hospice, but we knew that was not what she wanted.

Friends and relatives came to visit. I'm sure it wasn't easy for them to witness my mom in her delicate state. Some felt more comfortable than others and I understood that. My sisters and I welcomed everyone who came.

A few days before mom passed, her hometown family drove the hour and a half to see her. My sisters and I set the dining room table with the best linen, china, glasses, and silverware, the way our mother would have done for them. We prepared a simple lunch, but it felt like a feast. Mom slept through the whole thing, but rallied near the end of their visit and knew they were there. It was a spiritual experience to watch her.

In the last few days of her life, my sisters and I hunkered down at mom's. It was very bonding – we ate together, slept in shifts, greeted the hospice workers, and managed mom's care as best we could. We walked her final journey, her last time on earth, with her.

All of my worries over the past decade vanished at her passing. I've come to realize how much I had already grieved her loss in the last two years. When I would leave her, I'd picture the worst-case scenarios – her falling and hurting herself, breaking a hip, being on the floor, struggling to get herself up any way she could. In those moments, I'd flip the picture and pray to God that she would have the peaceful passing she deserved, and I wanted for her.

It happened. The traumatic incident that I prayed would not happen, never came. Instead, a gradual transition, a straddling of both this and another world, came into focus. Then slowly, the quiet slipping away to her departed family, where I'm sure they were waiting for her.

It's nice to share. Thank you.



"Grief is a long, complicated, and highly personal process. Leaning into the resources that help meant reading, connecting in meaningful ways with others, and choosing to seek help from Trellis Grief Counseling. I'm so glad I did."

*– Mary Jamis
(sister of Joanne Jamis Cain) pictured with her mom.*

THANK YOU FOR YOUR SERVICE

That's an expression we've heard Don Timmons say to thousands of veterans during his tenure. He's been at their bedsides for special pinning ceremonies and delivered presentations to hundreds at a time at unparalleled gatherings. What started as "Veteran Coffees" has evolved beyond our imagination as Don created spaces for Veterans to find fellowship, learn about resources, and above all – be recognized and honored for their service. As a Vietnam Veteran and trailblazer for Trellis, we say "Thank you for your service, Don." And we wish you all the best in your retirement.

Jacob Gordon, our new Director of Community Programs, will lead our veterans outreach team as we move forward in the spirit Don has created. Jacob will also work to connect with new and sometimes underserved communities so that more people in our service area will know where to turn to receive our programs and services. Jacob will also be working to enhance our Caregiver Confidence Workshops and Advance Care Planning sessions, as well as supporting our Inclusion, Diversity, Equity, and Access (IDEA) initiatives.



Jacob Gordon and Don Timmons

Welcome, Jacob.



Trellis Supportive Care was the first hospice in North Carolina and has been the Piedmont/Triad's hometown hospice since 1979. We remain an independent nonprofit organization. Thanks to community support, we are able to go above and beyond in the way we provide care, and never deny anyone care because of inability to pay.

THANKS FOR YOUR SUPPORT

Thank you to everyone who participated in our annual **Living Your Best Life Speaker Series**. What a thrill to present our Best Life Leadership Award to our Chief of Police for the City of Winston-Salem, Catrina Thompson. We are truly grateful for community support of this special event.



Kadren Robertson Memorial **GOLF TOURNAMENT**

Thank you to our friends at Hemlock Golf Club in Walnut Cove for another great year on the links at our Kadren Robertson Memorial Golf Tournament. •



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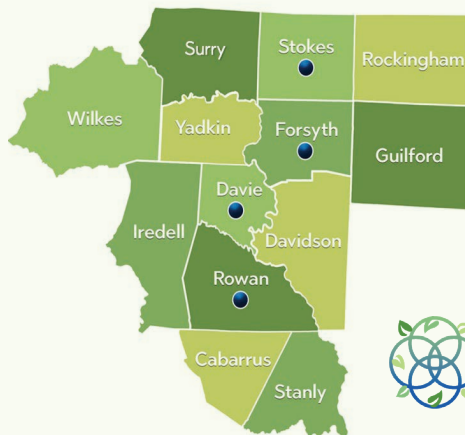
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