

I WISH WE HAD TALKED – INSTEAD WE WERE DIVIDED

By *Judy B. Sharpe*

My mother died two years ago. She was approaching her 98th birthday. For the previous two years she had been in declining health but was mentally sharp and physically mobile. She lived alone in the family home with in-home help. But before I go further, I would like to share some about her and my family.

My mother loved her children above all else - six daughters and one son. She wanted everyone to love and support each other. My father had died 8 years earlier after a 71-year marriage. Throughout the marriage, they worked together to have a strong, united family. We kids were loved and well taken care of. All holidays and major events were celebrated at the family home. This continued after my father's death. Up to 70 people were often present at Thanksgiving or Christmas. In all ways, we appeared to be a close and emotionally supportive family.



Judy B. Sharpe with a photo of her mother.

(continued on page 5)

23 YEARS AND RUNNING – THE ONE AND ONLY HOPE RUN

Our signature event returns to Bailey Park on Saturday, April 13, for its 23rd year. The Hope Run & Family Picnic is a wonderful way to remember or honor a loved one, or simply enjoy a super fun event with family and friends while supporting our mission.

So what can you expect?

- A 5K Run/Walk (timed or at your leisure)
- A Stroller Mile
- The Adrenaline Producing Sounds of The WSSU Red Sea of Sound Marching Band
- The Dash - Kids Dash
- Face Painting and Balloon Artist for the Kids
- Music by Lisa & The Saints, and Shiloh Hill



TRELLIS SUPPORTIVE CARE

PRESENTED BY **BB&T**

When registering, be sure to sign up for the Family Picnic. Packages for families and individuals include meals, sampling from local breweries, and a picnic blanket! Most importantly, families will enjoy a fun-filled day in a family oriented environment with their children and friends.

Please join us and celebrate the families served by Trellis Supportive Care on this special day!

Register today at TrellisRun.org!



From Linda Darden, CEO/President

Do you recall what you were doing 40 years ago? As I write this letter, I am contemplating the significance of the number 40 because this year marks our 40th Anniversary!

Here are a few things you may or may not know about the number 40. There are 40 spaces on a Monopoly board, 40 winks makes a great nap, 40 is the maximum number of players on baseball team's roster, most pregnancies are 40 weeks, and the list goes on.

There are many symbolic references to the number 40 as well. Many represent transition or change, the concept of renewal, a time of waiting, or a new beginning. In fact, there are nearly 150 references to the number 40 in the Bible and other religious writings. Our chaplain, Rennie Adcock, explores that more deeply in this newsletter on page 3.

We hold dear the knowledge that the first individual to receive hospice care in NC became our patient in August of 1979. Today, it is one of my greatest sources of pride to be the leader of Trellis Supportive Care. From our grassroots beginnings with only a handful of staff and volunteers, to the 320 Trellis Supportive Care team members and over 400 volunteers who embrace our mission today, we cherish our rich heritage.

I wholeheartedly agree with one of my predecessors, JoAnn Davis, who said, "This organization was built by the community, for the community." And we are grateful for the continued support of the community and trust that so many have placed in our care.

We commemorate 40 years knowing it is both a privilege and a profound responsibility to serve.

So how will we commemorate 40 years? We will remember the thousands of lives we have touched. We will share the familiar faces of Trellis Supportive Care – from our Back Porch Gang to our frontline team members, volunteers, and families in our care. And we will work every day to position Trellis Supportive Care for 40 more years of helping our patients and families live the best quality of life possible.

Look inside this newsletter for some of the familiar faces reflecting our 40-year history, and keep an eye out for more familiar faces on our social media/Facebook as we celebrate the people who have helped shape our 40 years.

OUR MISSION

Trellis Supportive Care provides compassionate care for those individuals living with a life-limiting illness and their families, through quality medical, emotional, spiritual, and social support.

40 YEARS – THE SPIRITUAL SYMBOLISM

By Rennie Adcock, Chaplain

Numbers often have symbolic and significant meanings. As I reflect upon our 40th Anniversary, I'm reminded of the importance of the number 40 in many spiritual traditions. There seems to be a universal understanding the world over of this number...



- There are over 146 references to the number 40 in the Bible, often symbolic of a period of trial or testing. Noah endured 40 days of flooding, Jesus fasted in the desert for 40 days and nights, Moses was on Mt. Sinai for 40 days and came down with the stone tablets, there are 40 days of Lent, and there are so many more examples.
- There is a common thread found in the Bible, Torah, Koran, and other faith community teachings that embrace the number 40, all sharing stories of periods of reflection, waiting, and renewal.
- The references above reflect 40 in terms of days and nights, yet the scripture also references 40 in terms of years. Each period of 40 years marks a generation. I'm encouraged to remember and reflect upon the many families we have served over the last forty years. We have now had the privilege of serving generations of the same family.
- The number 40 represents transition or change; the concept of renewal; a new beginning. Our new name (Trellis Supportive Care) brings with it a new beginning and excitement and renewed commitment as we strive to serve our community with a holistic approach by caring for the whole person, focusing on the physical, mental, social, and spiritual needs with compassionate care.

It appears that the number 40 permeates so many cultures, and represents a period of time that allows transformation (renewal, repair, regeneration and rebirth) to occur.

Whatever the number 40 portrays or symbolizes in your faith community, the purpose of testing is to humble us and to show us how strong our faith is. We'll have times of trials and sufferings, and even renewal. We may be wandering in a spiritual wilderness for a time, but rest is coming—the true rest that is found when we embrace God's grace, love each other fully, and journey together to make meaning and find hope.

FAMILIAR FACES FROM FORTY YEARS



1. Our founders, affectionately known as the “Back Porch Gang” / 2. Anita Ford, a long-time nurse and clinical leader at Trellis Supportive Care / 3. Gwen Richardson, a wonderful volunteer, aka-the “Cake Lady” / 4. Dr. Charles Stinson, an advocate for compassionate care and long-time friend / 5. Our first CEO, Linda Scherl, who served from 1979 – 1988 / 6. Former CEO JoAnn Davis (L) with generous donor, Peggy Taylor – celebrating the opening of the Taylor Wing at KBR / 7. Linda Darden, CEO (L) and Ann Gauthreaux announce the new name in March of 2018 / 8. The Friendly Faces of our team in Salisbury



TRELLIS KENTUCKY DERBY PARTY

Did Someone Say – “And They’re Off”

Saddle up, sip your mint julep, don your hats, and get your tickets while they last. Our 7th Annual Kentucky Derby Party is set for Saturday, May 4, 2019 at The Atrium at Biotech Place. Enjoy live music, fun, food, and of course, a livestream of The Kentucky Derby! For more information, please visit www.TrellisDerbyParty.org.



CAMP CAROUSEL

Under the Sea

Camp Carousel is right around the corner (July 22-29, 2019), and we invite you to help us spread the word! Camp Carousel provides support to children, teens, and adults who are grieving the death of a loved one. Small groups and a wide range of therapeutic experiences foster connection, expression, and healing. This summer, Camp Carousel is expanding and will be offered in both Winston-Salem and Salisbury!



Visit our website at TrellisSupport.org for online registration, or call (336) 331-1300 for assistance.

LIVING YOUR BEST LIFE SPEAKER SERIES 2019



You Won't Believe This Year's Lineup!

Learn how constructive engagement can lead to living your best life by listening to nationally known political icons and strategists. Stay tuned for our announcement revealing this year's outstanding speakers!

Secure your seats for:
Wednesday, September 25, 2019
Community Luncheon
Benton Convention Center
www.BestLifeSeries.org

Presenting Sponsor:



For more information email BestLife@TrellisSupport.org
or call 336-331-1342

By Judy B. Sharpe

Two months before my mother's death, she began to have major medical issues and was in and out of the ER with several hospitalizations. Although multiple doctors indicated she was at the end stage of her life and recommended hospice care, the family was in disagreement over a plan for her care. Complicating the issue was the fact that she had appointed multiple children as healthcare powers of attorney, who could not agree. Although my mother was mentally competent, she knew her children were divided and she wanted to please each of them. As she continued to try to appease her children and was not strong enough to say what she wanted, she began to be treated as a child.

My mother, although a devout Christian, was frightened of death. I think she was ready to go but afraid of the process and did not have advance directives. I spent a lot of time with my mother following my retirement in the 3 years prior to her death, and she had told me she did not want to suffer and would want to go to hospice if she needed that care. Unfortunately, there was no documentation to support that. During this time, two major problems revealed themselves. One, there were misconceptions about hospice (how they assisted patients and families) and two, how some in the family were unable to accept that she was indeed dying.

Conflict over her care became overt and hostile. During her last admission to the hospital, a physician brought family members together in her room, 17 in all, and supported my mother in having her say that she wanted comfort medications and admission to the hospice home. Even this did not undo the damage that had already been done. In my opinion, she suffered unnecessary physical and emotional pain before finally finding her voice. I wish I could have spared her that pain.

She was admitted to hospice that night. It took a few days to get her pain and distress under control, but finally she was in a serene place where people knew how to keep her comfortable. She was played organ music she loved. She had a chaplain and wonderful staff to respond to her. She was not suffering. She was finally able to let go. Unfortunately, one of her greatest fears was realized: her children were divided.

Three daughters disengaged from the family and have had little to no contact since.

I am absolutely confident that if she had a chance to do it over, she would have had clear directives. They would have been discussed, shared, and documented with her children. I also know if I had it to do over, I would have encouraged and supported her to take care of this most important issue. I believe she would have, if I had insisted. I will always regret that I did not protect her better.

I hope my family will eventually reconcile. It is so sad that this happened to us.

I write this to encourage others not to make the mistakes we did. Make your wishes known and put them in writing. If others you love have not made their wishes known, encourage and insist they do. Have the conversations. Save those you love from the possible turmoil and conflict that can arise during such stressful, painful times and also spare them the feelings of unnecessary loss and regret.



Palliative • Hospice • Family Support

WHAT DOES SUPPORTIVE CARE LOOK LIKE?

A Super Bowl Champion Is A Super Nice Guy



Our patient, Ricky, is a pretty big football fan. He knows the game, the teams, and the players. So when two-time Super Bowl Champion, Ed Bradley, came to visit Ricky, they bonded quickly and had a lot to talk about. Ed played in seven NFL seasons from 1972-1978 for the Pittsburgh Steelers, the Seattle Seahawks, and the San Francisco 49ers. He brought his two Super Bowl rings for Ricky to see and try on. Ed and Ricky settled in for a long and engaging conversation about what it feels like to win two Super Bowls, famous players, and this football season. They also talked about life, with Ed asking Ricky about his background, where he was from, his career, and more. It was a special time for both of them, and it was a special time for our Trellis Supportive Care team.

Supportive care comes in many forms. We believe that personalized care honoring a patient's unique history, their hopes, and their interests is vital to our connection and to providing compassionate care. For some, it may be aromatherapy. For others, it may be a visit from a therapy dog. For Ricky, it was a visit from Ed Bradley.

What is clear is that the Trellis Supportive Care team wants Ricky, and all of our patients, to have the best possible quality of life.

Tina Jarvis is a member of Ricky's team and a huge Pittsburgh Steelers fan. Reflecting on the visit, Tina commented, "I love it and Ricky too. I haven't seen him this happy in a while. Thanks to Ed Bradley for making his day-not to mention I'm a Steelers fan and got an autograph!"

Hospice care is about many things – and cherishing special moments is one of them.

PET LOSS THERAPY

If you are mourning the death of a pet, please know that you are not alone. For adults who are grieving the loss of a beloved pet or animal companion, we offer a monthly support group. This group meets on the 3rd Monday of each month from 6:00 – 7:00 pm at the Trellis Supportive Care.

For a complete listing of all our support groups, as well as information about our individual and group grief counseling, please visit the grief counseling page at our website, TrellisSupport.org. Our counseling services are free of charge – thanks to donations. Don't hesitate to call 336-331-1300 or visit the counseling page on our website at TrellisSupport.org to request grief support.



IN THE STORM

By MARY JANE OLIVER

Some black ducks
were shrugged up
on the shore.
It was snowing
hard, from the east,
and the sea
was in disorder.
Then some sanderlings,
five inches long
with beaks like wire,
flew in,
snowflakes on their backs,
and settled
in a row
behind the ducks --
whose backs were also
covered with snow --
so close

they were all but touching
they were all but under
the roof of the duck's tails,
so the wind, pretty much,
blew over them.
They stayed that way, motionless,
for maybe an hour,
then the sanderlings,
each a handful of feathers,
shifted, and were blown away
out over the water
which was still raging.
But, somehow,
they came back
and again the ducks,
like a feathered hedge,
let them
crouch there, and live.

If someone you didn't know
told you this,

as I am telling you this,
would you believe it?

Belief isn't always easy.
But this much I have learned --
if not enough else --
to live with my eyes open.

I know what everyone wants
is a miracle.
This wasn't a miracle.
Unless, of course, kindness --

as now and again
some rare person has suggested --
is a miracle.
As surely it is.

Mary Jane Oliver (September 10, 1935 – January 17, 2019) was an American poet who won the National Book Award and the Pulitzer Prize in 2007. The New York Times described her as “far and away, this country’s best-selling poet.”

IF YOU BUILD IT – THEY WILL COME

SALUTING 5 YEARS OF VETERAN CELEBRATIONS & CAMARADERIE

Camaraderie is defined as the warm feelings of friendship, closeness and loyalty shared among a group of people or a team of people. Camaraderie is a relatively new English word, added in 1840. It comes from the French word, camaraderie, meaning a convivial feeling among comrades.

The warm feelings of friendship have been celebrated for five years at our myriad of special events where veterans gather to connect, share stories, enjoy conversation over coffee, and be honored. We've met many heroes along the way, including WWII veterans, women veterans, and veterans of every race, rank, and conflict from WWII to present. We salute our very own Don Timmons, Vietnam Veteran, for his dedication to the veteran community through our outreach efforts.



Our outreach provides an opportunity for veterans to come together; and our specialized care means that as veterans face serious illness, our compassionate team of caregivers understands the unique needs of our veterans and will do everything possible to provide the very best care.



Though hard to believe, one in four dying Americans is a veteran and we are committed to education, outreach, and care befitting our veteran patients. We continue to be proud members of a national program called “We Honor Veterans”- a program of the National Hospice & Palliative Care Organization and the Veterans Administration (VA).

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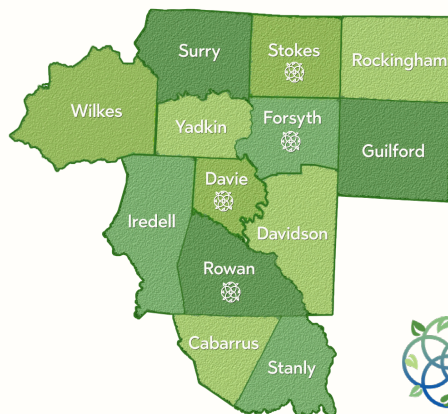
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TrellisSupport.org

