



TRELLIS  
Supportive Care

Palliative • Hospice • Family Support

# The Circular



# Support is always within Reach

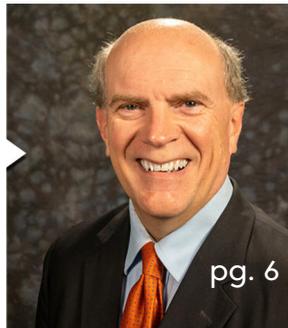
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children • teens • adults

*There is a Pathway to Hope*



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As many of you may know, last year was our first full year as Trellis Supportive Care. We knew that making the shift from Hospice & Palliative CareCenter was the right thing to do—and we were anxious to assess the impact it may have had, both intended and unintended. Seeing that our ability to connect with families was enhanced, and that those connections are being made sooner, was reassuring. Likewise, the overwhelming embrace of our name by the medical community was affirming.

One of the primary reasons for our new name was to help differentiate ourselves from the growing number of hospice care providers in our area. It might surprise you that in the 1980s and 90s, virtually all hospice care in the United States was provided by nonprofit hospices, but the balance has shifted. In fact, as of 2016, 67% of Medicare-certified hospices were for-profit, and only 20% were nonprofits, according to the National Hospice and Palliative Care Organization. We are now among the minority of hospices holding steadfastly to our nonprofit roots.

We are both proud and thankful that we are an independent, freestanding, nonprofit provider. That's due in large part to the community connections we have built and treasured for over four decades.

From the very beginning, we have been grateful for the trust from the medical community and the long-term-care community, as well as the many businesses and donors who believe in our mission. Similarly, our gratitude extends to the many volunteers who have been our advocates—giving of their time and talent—working by our side and supporting patients and families at the bedside. All of these communities have been our trellis to lean on—our own framework of support.

Today, as this newsletter is being finalized, our sense of community connectedness feels reassuring. We are learning more each day about the impacts that the Coronavirus/COVID-19 outbreak is having on our region. Amidst the anxiety and worry, we are working closely with area nonprofits, our referral partners, and authorities to bring support and care to our communities. We are grateful for that spirit of collaboration we feel today, and have felt for over 40 years.

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### *In Response to the Coronavirus*



Michael Lalor, MD  
Chief Medical Officer

Trellis Supportive Care is dedicated to providing compassionate care and a framework of support to those in our care. In light of the Coronavirus COVID-19 pandemic, we are doing everything possible to protect our patient population, our volunteers, and our staff. We have convened a COVID Response Team (CRT) that is responsible for monitoring this ever-changing situation, and formulating proactive plans to reduce risk, while maintaining high quality care. Each decision will be made to ensure the safety and well-being of each other, patients, and families. To learn more about what we are doing to prevent the spread of infection, and provide the best care possible, please visit our dedicated Coronavirus Response website page.

## PUSHING BACK FEAR FOR A NEW BEGINNING

BY MELINDA WILLIS SZELIGA, (A.K.A. TIM'S DAUGHTER)

When his primary care physician diagnosed my dad with liver cancer in January 2019, fear nearly took over our lives in an instant. Fear of the unknown, of sickness, and pain. Fear of missing opportunities.



### Fear of death.

It seems like in our culture we fear death so much that we don't even want to talk about dying. Do we think simply by talking about death we somehow invite it to happen or to happen more quickly? This is the fear – the fear of talking about death, the fear of asking questions about death – we must overcome.

### Push back the fear. Ask for truth.

If death is probable with or without treatment, push back the fear and ask about hospice and palliative care. It took us some time, but when our family friend learned about dad's diagnosis, he told us about the tremendous support his brother's family received with hospice care. He also told us that if we didn't ask, hospice care might not be offered. It was then that we asked Dad's doctor about hospice.

(continued on page 4)

# Are You Ready?



TRELLIS SUPPORTIVE CARE

PRESENTED BY **BB&T** | Now Truist

Take your mark, get set, and go to register now!

Whether you're a runner, walker, spectator, or picnic goer – our annual Hope Run 5K is not to be missed. It's a great opportunity for fitness, friends, and family fun. Participate in honor or memory of a loved one. When you register, you are supporting people who turn to Trellis Supportive Care for trusted support and a shoulder to lean on.

*At the time of this printing, we are closely monitoring the Coronavirus and making decisions to reduce risk of exposure. If the Hope Run is cancelled, we will edit our [TrellisRun.org](http://TrellisRun.org) website to keep you informed.*

**April 25, 2020**  
**Bailey Park**

**Stroller mile (.6) - 5K....**  
**Kids stuff - Family Picnic**  
**Live Music - Dash Kids Dash**  
**Activities for All**

**REGISTER NOW!**  
**TrellisSupport.org**

## **PUSHING BACK FEAR –** (continued from page 3)

### **Here is how our hospice story began.**

After Dad's cancer diagnosis, we sought a second, third, and a fourth opinion about possible treatments. Over the next two months, we met with several different oncologists. None of these specialists mentioned hospice or palliative care. And none of them acknowledged my father's already frail condition – standing at 6'3" and weighing just 143 pounds. None of the specialists wanted to discuss how the treatments would weaken Dad further and make him miserable. Though this concerned us, we wanted to do what they recommended, and treatment was scheduled.

Two weeks later, Dad underwent an out-patient test procedure—the precursor to the recommended treatment option. Unfortunately, this resulted in an emergency room visit the next day. Dad had a severe and painful bladder infection likely from being catheterized during the procedure. Then, an adverse reaction to medicine given to him at the emergency room led to Dad's being admitted to the hospital for two nights. He nearly died. His body was simply too weak to fight these battles that he could easily overcome if healthier.

### **We returned to dad's primary care physician and it was then that we finally asked about hospice.**

After three months of scans, and appointments with oncologists, and a procedure with a painful outcome, ER visits and a stay in the hospital, Dad's life was about to turn around. When we asked about hospice, Dad's primary care physician immediately put in an order for a referral. Trellis Supportive Care called us later the same day and came out to the house the next morning to meet Dad and assess his needs.

### **It was a new beginning.**

Medical equipment and supplies were delivered the following day that would help make the days ahead more comfortable for Dad. He received an adjustable hospital bed (one of his favorite items to this day!), a walker, two wheelchairs, a transfer shower seat, a bedside adjustable table, and other equipment. Everything was covered by his Hospice Medicare Benefit.

A team of professionals took over my Dad's medical care, including home visits by an RN each week and by CNAs twice a week to help with his baths. A chaplain would drop by once a month and so would a social worker. The team's focus was to care for both Dad's physical and mental wellbeing. A plan was initiated to manage the pain and other symptoms of the liver cancer. Dad's Medicare covered this care and all of the medicine.

### **Truly a new beginning....**

Dad actually started GAINING weight. He began to have more energy. Because Medicare was covering his prescriptions and equipment, Dad used his small life savings to go on trips with family over the next few months. A visit to Las Vegas gave him the opportunity to make day trips to see the Grand Canyon, to watch the sunset over the Pacific Ocean, and to tour the Hoover Dam. Dad visited Niagara Falls. He took a road trip to visit the seven lighthouses of North Carolina. A trip to South Dakota and Wyoming meant experiencing Mount Rushmore and Devil's Tower. A bit closer to home, Dad went to Charleston, Savannah, and Washington, DC. He even visited Memphis to tour Graceland.

Though most days were good, there arose challenges of having Dad live in our home. I dropped back to

## PUSHING BACK FEAR – (continued from page 4)

working part-time and became my dad's full-time caregiver. Our father-daughter relationship was tested many times. Thankfully, the caring Trellis team was there to support us through those challenges as well.

Though now in a nursing home, Dad is still with us. He has doubled the life expectancy he was given a year ago. Though he can no longer take trips, his Trellis team continues to care for him and keep him comfortable. The past year of my dad's life was worth living because we could rely on the care and support from Trellis.

And it all began by standing up to fear and simply asking about hospice care.

## CAMP CAROUSEL

Mourning the death of someone you love takes time. Your heart and mind need to find their way — in their own time. Grieving is natural and it is an essential step in the healing process. However, you don't have to do it alone. Our annual Camp Carousel provides a pathway to hope and healing.

### Camp Carousel

Supporting the Grief Journey for  
— children ★ teens ★ adults —

*There is a Pathway to Hope*



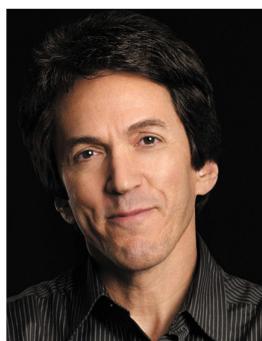
#### 3 Offerings:

- **Day Retreat for Rising 1st – 12th graders**  
June 19, 2020 / Rowan County Cooperative Extension  
Salisbury, NC
- **Daily Groups for Rising 1st – 12th graders**  
July 20 - 24, 2020 / Trellis Supportive Care Main Campus  
Winston-Salem, NC
- **Day Retreat for Adults**  
July 31, 2020 / South Fork Community Center  
Winston-Salem, NC

Register online now at [TrellisSupport.org](https://TrellisSupport.org).

For assistance, call (336) 331-1300. There is no charge for participation, though donations are welcomed and appreciated.

Save  
the Date  
September 30



Featuring Mitch Albom, a best-selling author, screenwriter, playwright and nationally-syndicated columnist. The author of seven #1 New York Times bestsellers.

**LIVING**  
**your best**  
**LIFE**  
ANNUAL  
SPEAKER  
SERIES

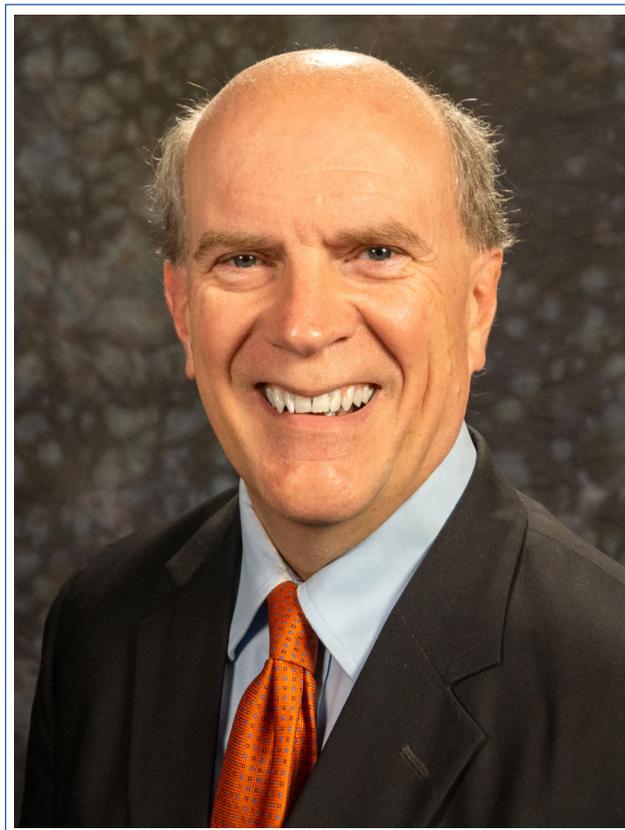
For more information visit [BestLifeSeries.org](https://BestLifeSeries.org)

## MEET THE NEW CHAIR OF OUR BOARD OF DIRECTORS

Tim Sechrest is a Senior Vice President, Relationship Manager with Wells Fargo Commercial Bank. Tim has served on our board since 2013 and officially assumed the role of board chair in January of this year. Tim also serves on our finance, personnel, and strategic planning committees. He is also an active volunteer at First Presbyterian Church.

Tim has two children. His daughter is in her first year at UNCG, and a son in his junior year at Mount Tabor High School. While Tim likes to run and work out, he admits to keeping up with sports mostly so that he can banter about sports with his son.

After his father died suddenly in January of 2019, Tim and his daughter utilized our grief counseling, and together they experienced the therapeutic nature of walking our beautiful labyrinth.



**Q. What initially drew you to our board?**

A. “I was looking for an opportunity to get involved in the community and, simultaneously, learned that Hospice & Palliative CareCenter (as we were known then) wanted someone to join the board who had a financial background. I’ve been a board member for nearly seven years.”

**Q. What inspires you most as a champion of our organization?**

A. “I’ve felt the many benefits of in-home hospice care, first-hand, with my father-in-law. That experience, above all else, allowed us an opportunity to appreciate the beauty and dignity of his final chapter. I don’t know that families can totally understand until they have a personal experience. I am inspired by the way in which we excel at tailoring our care to each individual that we serve. This model of care is not only patient and family-centered; it is of great value to the healthcare industry going forward.”

**Q. What would you like to share in terms of the vision for the future of Trellis Supportive Care?**

A. “In addition to being the board chair, I serve on our strategic planning committee. We are looking forward with two goals. One is going deeper into communities across our region. We know there are people who simply do not know where to turn for support, and we feel

## MEET THE NEW CHAIR – (continued from page 6)

strongly about making sure that all families have access to our supportive care. Secondly, we would like to connect with patients and caregivers sooner.

I am also excited that we are preparing ourselves for a future where technology can enhance care and communications with both patients and caregivers.”

**Q. As we are having this conversation, we are seeing a great deal of uncertainty in the world. We also know that facing advanced illness and taking on caregiving responsibilities brings its share of uncertainties. What do you say to the communities we serve about uncertainty?**

**A. “We know that healthcare may change in regard to treatments, financial matters, and other concerns. We also know that facing end of life is always a time of uncertainty. Yet Trellis Supportive Care is a stable and consistent support partner for families during that time. We have been a valued and trusted member of the community for over 40 years and will be here providing guidance and care for the next generation.”**



## Thank You

As Aaron Singleton, the immediate past chair of the board, passes the baton to Tim Sechrest, we wish to extend a sincere and heartfelt thank you for all of your contributions. We look forward to your continued service as a board member and friend of our organization.

## This is What Support Looks Like



Serving 13 counties from 4 offices:

Winston-Salem/336-768-3972 • Mocksville/336-753-0212 • Salisbury/704-637-7645 • Walnut Cove/336-591-1124

[TrellisSupport.org](https://TrellisSupport.org)



Palliative • Hospice • Family Support

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Winston-Salem, NC 27103  
TrellisSupport.org

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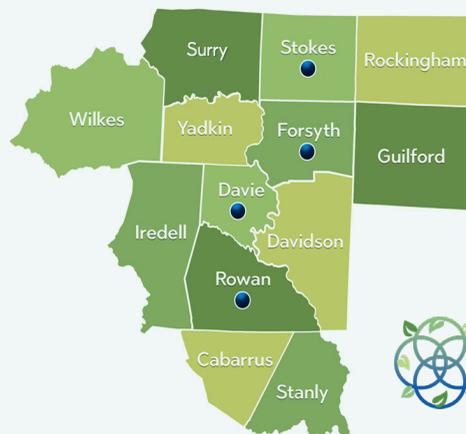
**Emeritus**

JoAnn E. Davis

The **CIRCULAR** - Spring/Summer 2020 Issue

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Serving 13 counties from four offices  
and the Kate B. Reynolds Hospice Home



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