

# CareLines

COMPANIONS FOR THE JOURNEY



**Dementia:  
Increasing  
Awareness and  
Quality of Life**



FALL 2013



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## A MESSAGE FROM OUR CEO

As you begin reading the Fall issue of *CareLines*, we are beginning our recognition of National Hospice Month. This year's theme, *Hospice: Care on Your Terms*, puts into words what our focus has been at Caldwell Hospice since 1982—patient-centered end-of-life care. The guiding principle of Dame Cicely Saunders, who founded modern hospice care, was: "You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but to live until you die."

Our holistic approach to hospice care reflects Dame Saunders' strong belief in listening to the patient. Our interdisciplinary team members work with patients to address all their concerns—physical, psychosocial, and spiritual—and to resolve them, when possible, but above all, to be there as their "companions for the journey."

Part of listening to patients and offering care on their terms involves recognizing the particular needs of patients in various situations or circumstances.

Our cover story draws attention to our Dementia Care Program and the opportunity to provide

"care on your terms" for dementia patients. The "sensory kits" are helping make meaningful interaction possible for dementia patients, their families, and our team members. The training for Dementia Care Provider and Dementia Care Specialist qualification prepares certified nursing assistants (CNAs), medical social workers, nurses, and volunteers to recognize dementia patients' needs and address them compassionately. Our training with the *Virtual Dementia Tour*® gives us some understanding of what dementia patients experience every day—and our opportunity to facilitate this training will make it available to other healthcare providers, family members, groups, and individuals in the community.

In November, in honor of Veterans' Day, we are proud to share the stories of three local men who were called to military service—Mr. Bud Brown, Mr. Bobby Harmon, and Mr. Melvin Gray. Each of them helps us as civilians to understand what "care on your terms" means to veterans.

**—Cathy Swanson,  
chief executive officer**

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## COVER STORY

# Dementia: Increasing Awareness and Quality of Life

Say "dementia" to family, friends, co-workers or people in the grocery store check-out line and watch their faces. Their expressions will tell you whether they've met the problem—yet. If you continue talking, their stories will be familiar: "Right in the middle of our phone conversation, my aunt asked, 'Now who am I talking to?'" "He's been driving to the post office daily for 30 years, at least, and today he called me, panic-stricken, because he didn't know where he was!"

"Over five million Americans are living with Alzheimer's disease, including an estimated 200,000 under the age of 65. By 2050, up to 16 million will have the disease .... Since 2000, deaths from Alzheimer's have risen 68%—while deaths from other major diseases have decreased."

(Source: Alzheimer's Assn. 2013 Alzheimer's Disease Facts and Figures. Retrieved 10/07/2013 from alz.org)

"Dementia is the second largest contributor to death among older Americans, second only to heart failure." (Source: Alzheimer's Assn. Fact Sheet, March 2013; retrieved 10/07/2013 from alz.org)

In Caldwell County, Alzheimer's disease and dementia-related deaths in 2000 numbered 33; after more than doubling to 71 in 2010, there was a steady increase to 74 in 2011 and 86 in 2012 (Source: Don Akin, Statistician, North Carolina State Center for Statistics, 07/05/2012, 10/07/2013).

During FY 2011-2012, about 18.5% of patients admitted to CHPC hospice care had a primary or underlying diagnosis of dementia/Alzheimer's disease. In FY 2012-2013, the percentage had increased to 29.51%.

Caldwell Hospice is exploring and developing resources to better serve our patients, families and community, struggling with or

who will soon enough struggle with Alzheimer's disease or any form of dementia. Many CHPC staff members and volunteers have completed Alzheimer's Foundation of America (AFA) specialized training to become qualified Dementia Care Providers and Dementia Care Specialists to equip them to meet the needs of our patients and their families.

*Caldwell Hospice is exploring and developing resources to better serve our patients, families and community struggling with or who will soon enough struggle with Alzheimer's disease or any form of dementia.*

With an AFA grant and a donation from Caldwell Hospice Foundation (CHF), we created Dementia Resource Centers in both Caldwell Hospice patient care units and equipped Dementia Sensory Kits for use by team members with our patients.

Our Dementia Resource Centers store five kits designed to enhance the quality of life for patients with dementia. The kits—including art, sports, music, laundry, and dolls/ stuffed animals—offer an array of options for connecting with a patient's life experiences.

Caldwell Hospice staff and volunteers using the resources have reported many positive responses from patients, as when a patient named her baby doll and asked to have a picture taken of the two of them. Her nurse, CNA, volunteer, and primary caregiver expressed amazement at her enthusiasm.

Reactions to the Dementia Sensory Kits astonish us. CHPC volunteer Barbara Jones regularly visits a hospice patient

in an area long-term-care facility. After using some of the kit's resources, "for the first time, I felt as if I reached (her)! She talked, speaking of baking cookies." On another visit this same patient, while caressing her sensory pillow, called Barbara by name three times.

Additionally, Caldwell Hospice now offers the Virtual Dementia Tour® (VDT), a scientifically proven experience designed to build sensitivity and awareness in individuals caring for people with dementia. While we cannot understand fully what dementia "feels like," the VDT allows us some insight into the lonely, frightening world of dementia by "walking a mile in their shoes." Through the AFA grant and CHF donation, Caldwell Hospice purchased VDT kits and trained a group of facilitators to offer this experience to our staff and community. P.K. Beville, award-winning geriatric specialist and founder of Second Wind Dreams®, an international, nonprofit organization recognized as the first in the nation committed to changing the perception of aging through the fulfillment of dreams for elders, created the VDT.

Through sharing the VDT, we hope to increase dementia awareness among people who care for and care about people with dementia, thus creating a better environment of care and a more meaningful interaction with people who have dementia. We will begin offering the VDT to the community after the first of the year. For more information, contact Lisa Caviness, Public Relations and Marketing Coordinator, at 754.0101 or prc@caldwellhospice.org.

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*On the Cover: Medical Social Worker Kelly Mitchell with hospice patient*



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FBN, Vision One  
First Advent Christian Church,  
Women's Circle  
First Wesleyan Church  
First Wesleyan Church,  
Women's Group  
Food Lion  
Food Lion/David Winkler  
Friendship Baptist Church  
Friendship Baptist Church,  
Auditorium Class  
Friendship Baptist Church,  
Hudson

## CONTRIBUTIONS

Grace Chapel United  
Methodist Church  
Grace Chapel United  
Methodist Church, UMW  
Harris Chapel Baptist Church  
Hudson United Methodist  
Church  
Kings Creek Baptist Church,  
Amazing Grace Class  
Lenoir Rotary Club  
Miller Hill Baptist Church  
North Lenoir Church of God  
Patsy Fowler  
& great-grandchildren  
Pisgah Baptist Church/  
Pastor Miller  
Poovey's Grove Baptist Church  
Rock Chapel Church of God  
Venture Crew 906  
Zion United Church of Christ  
Byrl Baker  
Chris Carter & Alice Barber  
Gail Barlow  
Mary S. Bean  
Gail Bowman  
Jane Braswell  
Shirley Brinkley  
Debra Brown  
Lana Carnett  
Dottie Darsie  
Gwendolyn Dula  
Tom & Trudy Greene  
Gail Hall  
Carmen Hamby  
Sherry Harrold  
James E. Hayes  
Vera Hedrick  
Maria Hernandez  
Johnny Hollander  
Walton Joines  
Frances Laws  
Glenda Little  
Sandra Oakes  
Jeff Pennington  
Sharon Sanders  
Pat Schnoblen  
Martha Shanks  
Esther Trotter  
John Vilis  
Linda Walker  
Larry Whitlock, NC Health  
Horizons, LLC

### IN-KIND MEMORIALS

**Clem Alley**  
Randy Alley  
**Norene Alley**  
Randy Alley  
**Steve Anderson**  
Cathy Anderson  
**Iona Baldwin**  
Thomas Franklin  
**Marie Beach**  
Lori Settlemyre  
**Dexter Bolick**  
Melvin & Judy Freeman  
**Rachel Bolick**  
Melvin & Judy Freeman  
**Clay Brookshire**  
Creekside Stables  
**Charlie "Ed" Clark, Sr.**  
Karen Clark  
**Jerry "J.C." Lynn Clarke**  
Julie Singleton  
Sandra Threewitt  
**Willis Estep**  
Crystal James  
**Linda P. Estes**  
Arnold Estes  
Dorris Kincaid  
**Cecil Freeman**  
Melvin & Judy Freeman  
**Clyde Freeman**  
Melvin & Judy Freeman  
**Ralph Hahn**  
Eva Greene  
**Ruth Harmon**  
Lana Carnett  
**Clyde Hawkins**  
Doris Elledge  
**Elizabeth Honeycutt**  
Elaine Nelson  
**Joanne Kaylor**  
Tim & Debra Smith  
**Terry Kirby**  
Terry Kirby family  
**Vance Miller**  
Ruth Miller  
**Lena L. Moser**  
Mr. & Mrs. Jim Moser  
**Walter W. Nelson**  
Mr. & Mrs. Jim Moser  
**Ira Newton**  
Lori Newton  
**Fleta Reid**  
Family of Fleta Reid  
**Betty Storie**  
Earl Storie

### Troy Suddreth

Dick & Sarah Yarbrough  
**Sandi Thomas**  
Whitnel United Methodist  
Church  
**Agnes L. Vander Zwaag**  
Jane Woodward  
**John Henry Vanstory**  
Bill & Angela Ward  
**Clyde Ward**  
David Ward

### IN-KIND HONORS

**Zachary Boozer**  
The Boozer family  
**Curtis Powell**  
Dry Ponds Baptist Church,  
Curtis Powell Class

### CONTRIBUTORS

Carolina Orthopedic Specialists  
Harris Chapel Baptist Church,  
Adult II Class  
Unitarian Universalists of  
Caldwell County  
Wells Fargo Community  
Support Campaign  
Clara Andrews  
Bobby L. Austin  
Byrl Baker  
Stella Barr  
Annette Beam  
Gladys Clark  
June T. Ford  
Joyce German  
Frank Hadley  
Robert Harris  
Eric & Barbara Hartley  
Shannon Homesley  
James & Kay Houck  
Anne J. Lane  
Joyce McGuire  
Kenneth & Jane Roberts  
Tim Rogers  
Frankie Ross  
Helen Walsh

### RELIGIOUS ORGANIZATIONS

Buffalo Cove Baptist Church  
Cajah's Mountain Baptist  
Church, Adult Class  
Cajah's Mountain Baptist  
Church

Community Baptist Church  
Cedar Rock Baptist Church  
Center Grove Baptist Church  
Central Baptist Church  
Church of Resurrection Hope  
Clover Baptist Church,  
Andrew Class  
Concord Baptist Church  
East Flat Baptist Church  
Faith Baptist Church  
Fellowship Baptist Church  
First Advent Christian Church,  
Hattie Steele Circle  
First Baptist Church,  
Granite Falls  
First Baptist Church, Hudson  
Flemings Chapel Baptist  
Church, Adult Men II Class  
Grandview Park Baptist Church  
Green Mountain Baptist Church  
Harrisburg Baptist Church,  
Senior Class  
Hibriten Baptist Church  
King's Messengers Class  
Little Rock Baptist Church  
Littlejohn United Methodist  
Church  
Livingston Memorial Baptist  
Church  
Meadowbrook Baptist Church  
Mountain Grove Baptist  
Church, Living Word Class  
Mt. Bethel/Mitchell Chapel  
AME, Grace Horton WMS  
Nazareth Advent Christian  
Church  
Union Baptist Church  
North Catawba Baptist Church  
North Catawba Baptist Church,  
Senior Ladies' Class  
Refuge Missionary Baptist  
Church  
Rock Spring Baptist Church  
Temple Hill Baptist Church  
Union Baptist Church,  
Faithful Followers Class  
Union Baptist Church, Adult  
#1 Class, Senior Saints  
United Presbyterian Church  
United Presbyterian Women  
of the Church  
West Lenoir Baptist Church  
Word in Truth Ministries

*Caldwell Hospice and Palliative Care, Inc., gratefully acknowledges memorials and contributions received between 01 July and 30 September 2013. Please notify us if we have omitted a donation from this listing. Contributions received after 30 September 2013 will be listed in our Winter 2013 issue.*

**Newsletter mailing list policy:** CareLines is published four times a year. Each person who contributes during the six months prior to a mailing will receive the next two issues. Individuals who ask to be placed on our "do not remove" mailing list will receive the newsletter every quarter.





**Ambassador  
Volunteer Training  
November 13, 2013**

2:00 to 5:00 p.m.

Wilson Meeting Room  
902 Kirkwood Street, NW  
Lenoir, NC

**What does an Ambassador  
Volunteer do?**

- Serves as a liaison between his or her faith community and Caldwell Hospice
- Educates the congregation about Caldwell Hospice services and opportunities



For information or to register, contact **Brittany Bonn**, Volunteer Coordinator, at 828.754.0101 or [volunteercoordinator@caldwellhospice.org](mailto:volunteercoordinator@caldwellhospice.org).

**VOLUNTEER NEWS**

**Caldwell Hospice Volunteer Honored**

Patty Williamson, a 25-year veteran of Caldwell Hospice volunteer service, accepted the Judith Lund Person Hospice Volunteer Award from Judith Lund Person at The Carolinas Center for Hospice and End of Life Care (TCC) conference in Asheville, recently.

"For me, becoming a hospice volunteer meant opening a door to friendships," Patty wrote in Caldwell Hospice's newsletter some years ago. "Through volunteer encounters, I think the people in Caldwell County—both giver-receivers and receiver-givers—are knitted together permanently. Lucky us."

"When I started, if Patty herself wasn't available for an assignment, veteran social workers would call to ask for 'someone like Patty Williamson' for high-risk assignments," says Brittany Bonn, Caldwell Hospice's volunteer coordinator. "She approaches every situation with confidence and a calm demeanor."

Patty has fulfilled just about every type of Caldwell Hospice volunteer assignment: sitting with patients and families as an 11th-hour volunteer; documenting files in patients' charts for decades and training newer volunteers for this assignment, recently; staffing the display board and greeting senior citizens at the annual Celebration of Life luncheon; feeding, picking up meals for, and sitting with restless patients in the patient care units; transporting patients to doctors' appointments.

Caldwell Hospice is proud to announce the recognition that Patty has gained for her "inspirational, insightful, and involved" service to the organization and its patients.



*Patty Williamson*

**Scouting Projects Benefit Hospice**



Local Girl Scout Rachel Manuel (left), Troop #10359, chose Caldwell Hospice as beneficiary of her *GSCP2P Gold Award* project: to

enclose the cardboard-recycling area at its Kirkwood site in Lenoir and to replace the wooden benches in the courtyard outside the Stevens Patient Care Unit.

Bryson Penley (right), a member of Hudson's Boy Scout Troop #241, for his *Eagle Scout* project, created a "prayer garden" with a kneeling bench on Kirkwood's *Path of Remembrance* to memorialize "Pappy" (his

great-grandfather) and show appreciation for the care of terminally ill patients and their families provided by hospices.

Special dedication ceremonies were held at Caldwell Hospice's Lenoir location for each of these generous and ambitious projects.

The *Path of Remembrance* at Caldwell Hospice's Lenoir location offers an opportunity to memorialize or honor a loved one. For details, contact Caldwell Hospice at 828.754.0101.



**Caldwell Hospice Welcomes New Volunteers**



Caldwell Hospice welcomed 10 adults and 3 teens to its September 2013 volunteer workshop: (back, L to R) Tara Franckhauser, Board member Jim Sponenberg, Carol Stone, Debbie Graham, Board member Marc Carpenter, and Paul Hart; (front, L to R) VolunTEENS Kara Seymour, Sara Kirby, and Brianna Porter; adult volunteers Tina Smith, Linda Summerlin, Amelia Stallings, and Leslie Harrison.



# HOSPICE

CARE ON YOUR TERMS

According to the National Hospice and Palliative Care Organization, in 2011...

- The median length of service for hospice patients is 19.1 days, yet more than 35% of patients die or are discharged in seven or fewer days—too short a time to benefit from the full range of services a hospice can offer.
- Cancer accounts for under 38% of hospice patients—surprising to many people who mistakenly think hospice only serves cancer patients. The five other leading diagnoses are heart disease, debility, dementia (including Alzheimer’s disease), lung disease, and stroke.
- Research shows that eight of 10 Americans would want to stay in their homes, surrounded by family and loved ones, if they were faced with a life-limiting illness. Hospice care makes this happen.

(NHPCO Facts and Figures: Hospice Care in America. Alexandria, VA: National Hospice and Palliative Care Organization, October 2012.)

We celebrate **National Hospice Month** in November. It’s an opportunity to educate our community about what hospice staff and volunteers do to make the end-of-life journey a little easier. This year’s theme is “Care on Your Terms”—an excellent reminder that patient-centered care is the plan, purpose, and focus of all we do.

We’ll unfurl our hospice banner over the City of Lenoir to commemorate National Hospice Month and continue to do what we do best—providing end-of-life “care on each patient’s terms” and serving our community!

## ASHEWOOD GRIEF AND COUNSELING SERVICES

### From Seniors to Students, Relieving the Pain of Loss

#### Learn at Lunch:

#### ***Coping with the Holidays***

Wednesday, December 4, 2013

12–1:30 p.m.

McCreary Professional Center  
526 Pine Mountain Road  
Hudson, NC

The holiday season can be emotionally stressful when you are coping with a loss. Caldwell Hospice Chaplain Delbert Minner will lead a discussion of ways of planning holiday events, remembering the missing loved ones, avoiding additional stress, and caring for yourself during a festive but difficult time.

*Learn at Lunch* is held on the first Wednesday each quarter to help grieving people throughout the community understand grief and loss, ask questions, and find

healing. You can purchase lunch for \$5 or bring your own. RSVP to 828.754.0101, please.

#### **Good Grief Meal**

The monthly gathering provides an opportunity to share food and fellowship among people who are experiencing grief and loss. Volunteer Donna Marada coordinates the dutch treat event and its location, which varies from month to month.

- Thursday, November 14, 2013  
3:00 p.m.  
Meedo’s Italian Restaurant  
211 Arrowood St., Lenoir, NC
- Thursday, December 12, 2013  
3:00 p.m.  
TBD

For more information, call 828.754.0101.

#### **Grief in Schools Breakfast**

The bereavement staff welcomed Caldwell County Schools support staff members—school nurses, psychologists, counselors, and social workers—to its annual *Grief in Schools Breakfast* in September. After a hearty breakfast, Bereavement Support Specialist Sandy White explained the grief and loss services available for students and staff members. She and Bereavement Coordinator Steve Butler, D.Min., announced winners for the morning’s door prizes, which included two backpacks filled with school supplies. Ashewood Grief and Counseling Services has hosted the combined social and informational breakfast for approximately 10 years.



Follow Caldwell Hospice and Palliative Care on facebook for the latest updates on quality end-of-life care in Caldwell and surrounding counties.



## VETERANS

# Answering the Call to Service

"Duty" is a complex word—is it a "burden," an "obligation," our "responsibility," a "job" or a "calling"? For the three men interviewed in recognition of US military service veterans—one who is currently a Caldwell Hospice patient and two who serve now as Caldwell Hospice volunteers—"calling" is the right definition, maybe the only definition. Each man carried his obligation to country; he completed his job. And each man recognized a richer purpose, deeper meanings.

### **Melvin Gray:** **Called to Compassion**

Melvin Gray welcomes you into his house with a handshake. When you prepare to leave, he asks whether he can say a prayer, and then he sends you into the world with a hug. I had only just met him, and this gentle man made me feel as welcomed as his medical social worker, who visits him regularly.

Melvin Gray was comfortable with the sea, having grown up at Carolina Beach, so his choosing the US Navy was no surprise, but his parents had to sign for him because he was only 17. He wanted to serve on the same ship with his brother Don, but the government wouldn't allow it.

Melvin's job was security on the *Robert L. Wilson*, the destroyer to which he was assigned. "I carried a .45 and was supposed to keep everything straight."

For Melvin Gray, the slogan "Join the Navy and see the world" included short trips—"maybe a weekend"—to such places as Cuba, Puerto Rico, Spain, Italy, France, Greece, Turkey, Gibraltar, and Egypt. "We wouldn't stay long anywhere."

Decades later, Melvin Gray's compassion remains evident. Portsmouth, England, he recalls, was "the poorest place we went. They were still on ration books after World War II. Some countries were so poor, I don't know how they survived," he continued. "We threw oranges and apples to people as we came into port. They would be grabbing food."

Melvin Gray's worst memory from the Korean War was "seeing how poor people were, and I couldn't do anything about it."

When he returned home, Melvin Gray worked for Blowing Rock Chair Company; lived in Washington, DC, for "a long time"; came back to Lenoir and worked in the furniture industry until retirement.

Married for over 50 years, Melvin Gray has three children, and four

grandchildren. His living room shelves are weighed down with framed family photos and with mementoes from his military service. The essence of this kind man can be captured in his love for his God, his family, and his country.

### **Bobby Harmon:** **Called to Devotion**

When Bobby Harmon was still living at home, he was helping with his father's five chicken farms. At one time, he was going to school, working at Spainhour Furniture, serving in the National Guard, and helping on the farm. He claims that working on the chicken farm "made me go into the Army!" While the motive might not have been pure at the time, the devotion to his duties has become a lifelong commitment.

In addition to his National Guard service, Bobby Harmon's active-duty Army career lasted 23 years. He completed two tours of duty in Vietnam, and he was stationed at the DMZ (demilitarized zone) in Korea, and in Germany, Belgium, and Holland.

Bobby Harmon remembers the enjoyment of working with many young soldiers and says he misses that. However, his retirement reflects a natural and



compassionate extension of his service. He has served as chaplain for Tri-County Chapter Six DAV (Disabled American Veterans) and the Lee Powell Post 5381 VFW (Veterans of Foreign Wars). Currently, he is the Chapter Six DAV chaplain and vice-commander for the Chapter Six DAV Honor Guard, which participates in funeral services for veterans.

Veterans need people who "know where they've been and what they've been through," Bobby Harmon says. "Combat veterans react totally different to life situations because their experiences are unlike those of civilians." He feels honored to serve as a chaplain to them, listening and understanding.

*Caldwell Hospice offers a humble thank-you to these men and to all the veterans in our area who answered the call to service.*

Bobby Harmon's devotion to the needs of others came with him to Caldwell Hospice, where he and his wife of 49 years volunteer together.

Whatever the need is, look for Bobby Harmon to fulfill it or find an individual or organization which can.

### **Bud Brown: Called to Commitment**

Dependable. Affable. Busy. Three of the many words that describe veteran and Caldwell Hospice volunteer Bud Brown. When called upon, he's always ready—to accept a new hospice patient-family assignment, document a *Veterans Honoring Veterans* presentation, help with church, community, or American Legion projects. At the age of 85, Bud is always involved and always interested.

Bud Brown entered active duty with the US Army Air Corps in 1946, and for 20 years, he zigzagged from foreign to domestic assignments. He retired from the Army as First Sergeant E-8 Active and Captain, Infantry Reserves, in 1966.

Moving to Lenoir, Bud worked at Bernhardt Furniture until retirement 40 years later. He chaired the Sesquicentennial Veterans Committee; he chaired the Caldwell Veterans History Committee, maintained membership in the American Legion, and his commitment to the Employer Support of the Guard and Reserve (ESGR) has earned him North Carolina chair emeritus status.

When Caldwell Hospice's volunteer program initiated the *Veterans Honoring Veterans* program, Bud began taking photos during ceremonies as Caldwell Hospice volunteers who are military veterans present certificates, American flags, and pins to hospice patients who are veterans.

It's hard for soldiers to talk with civilians about their experiences, Bud says, but when they are with other veterans or families of veterans, they have a connection. And Bud Brown is committed to serving them, caring about them, understanding them: "You need to know who they are and what they've done. Pass your love to them."

Each of these men was called to service in the United States military, in domestic and foreign assignments. Each man answered a deeper calling: Melvin Gray's compassion for people whose suffering he couldn't "fix." Bobby Harmon's devotion to supporting veterans in whatever way they need. Bud Brown's commitment to veterans and to his community. Caldwell Hospice offers a humble thank-you to these men and to all the veterans in our area who answered the call to service.

***Pictured (l to r):** Bud Brown, Bobby Harmon, and Melvin Gray. To read an expanded version of this article, visit "In the News" at [www.caldwellhospice.org](http://www.caldwellhospice.org).*

HOSPICE FOUNDATION OF AMERICA

## IMPROVING CARE FOR VETERANS FACING ILLNESS AND DEATH

THURSDAY, NOVEMBER 7, 2013 . 1:30-4:30PM

MCCREARY FAMILY PROFESSIONAL CENTER  
526 PINE MOUNTAIN ROAD, HUDSON, NC

Ask just about any veteran and he or she will tell you that serving this country in the military was a life-changing, life-shaping experience. It is—to this day—a significant part of what defines veterans. Our panel of experts will examine the impact that the military experience can have on veterans who are dying or facing grief and loss; special issues in treating veterans at the end of life; and grief and loss issues for both veterans and military survivors.

**Caldwell Hospice**, with support from **Pendry's Lenoir Funeral Home** and **Sodexo/Caldwell UNC Health Care**, will host this **free** educational event; it will be beneficial for anyone working with or caring for veterans. To register, call 754.0101. *3 CEUs available.*





Caldwell Hospice and Palliative Care, Inc.  
*Companions for the Journey*  
 902 Kirkwood Street, NW  
 Lenoir, NC 28645  
 www.caldwellhospice.org

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## WISH LIST . 2013

- Snacks (*individual-size*)  
for patients' families
- Applesauce
- Cans of soup
- Coffee (*cans, regular and decaf*)
- Decaffeinated coffee in  
single-serve bags
- Napkins
- Aluminum foil
- Plastic wrap
- Storage bags (qt., gallon)
- Styrofoam coffee cups  
(8-oz.)
- Solo cups (*16-oz. for soft drinks, tea, etc.*)
- Paper plates and bowls
- Plastic spoons and forks
- Lotion (*personal size*)
- Deodorant (*personal size*)
- Toothpaste (*travel size*)
- Men's lotion
- Mouthwash (*personal size*)
- Nail clippers
- Orange sticks (*to clean fingernails*)
- Boxes of tissue (*Kleenex*)
- Baby wipes or refills  
(*not anti-bacterial*)
- Triple-blade disposable razors
- Hair brushes
- Disposable cameras
- AA and AAA batteries
- Amazon.com gift cards to purchase children/teen grief books, music, and resources
- Music CDs (*instrumental, gospel, inspirational, meditation, nature sounds*)