

# CareLines

COMPANIONS FOR THE JOURNEY



Making Memories at  
Children's Grief Camp

SPRING 2013



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*Building on 30 years of excellence*

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## A MESSAGE FROM OUR CEO

Sequestration is having an impact on budgets of programs that receive funding from the federal government, and hospice services have not been left out. I want to give you the details **and** reassurance.

First, the details: Because most of our patients and families elect payment through the Hospice Medicare Benefit, much of the funding we receive for providing end-of-life care comes from the federal government. For the services we provide on or after April 1st of this year, we will receive a two percent (2%) cut in our reimbursements. Unless Congress discontinues the Sequestration, these cuts will continue for the next 10 years.

Now, for the reassurance: Caldwell Hospice and Palliative Care remains committed to providing quality end-of-life care to everyone who is hospice-appropriate, regardless of ability to pay. This was true when Parker Williamson, the late John Forlines, and other caring members of our community were introduced to the "hospice concept" in the early 1980s, and it will remain true as long as our organization provides hospice and palliative care services in this community.

After applying for and receiving a grant in 2008, we began training staff members in the "lean program" (developed by Jim Womack, Ph.D., and Dan Jones). Through it, we identify

ways to improve our services, while recognizing, reducing, and eventually eliminating waste. We **must** do more with less.

True to both the "lean" principles and the Caldwell Hospice mission statement, we will remain focused on our patients. We will always treat patients and their families with the highest quality of care and the deepest degree of respect.

We have so many opportunities to appreciate this community, where "giving back" is a way of life. The Archie and Katheryn Seagle family and Dry Ponds Baptist Church held their 21st annual barbecue, with all proceeds benefitting Caldwell Hospice. We are deeply thankful.

The Board of Directors has named its newest member, James E. Sponenberg. A businessman, he has served as a Caldwell Hospice Foundation board member, since it was founded in 1994. He has experienced hospice care in his family, also. We welcome his skills and his personal knowledge of what hospice care means.



**—Cathy Swanson,**  
**chief executive officer**

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## COVER STORY

# Good Mourning Children's Grief Camp

If you happened to be standing in the doorway of United Presbyterian Church's activities room on a recent overcast Saturday morning, watching kids—some as young as six and others just months away from their 13th birthday—gyrate with their hoola-hoops, pass balls back and forth, share Crayola ink pens as they personalize their Grief Camp pillow cases, and giggle while standing in the pizza line at lunch, would you know that these 23 children are learning to live without a parent, grandparent, aunt or uncle who meant the world to them? Probably not.

During the storytelling, grief journal-writing, memory stone decorating activities, and the balloon release at the end of the day, you could begin to learn about the grief that came with the children to Grief Camp. As a child chooses her loved one's favorite color, writes "I miss you" on the pillowcase, makes a cross-shaped design on the memory stone, tells you the Caldwell

Hospice inpatient unit room number where his loved one stayed, or sits pensively while others are talking, memories come to the surface, along with tears and sadness. Sometimes, they feel guilty for expressing their losses.

The day progresses, and they share time with other children who have felt a similar pain, with volunTEENS and adults who are more than willing to listen and console them. The children smile more easily, join in the activities more comfortably, and even the most solemn ones seem to have a lighter burden by the end of the day.

Parents and guardians come in the afternoon to learn ways to continue the children's healing once they return home and, sometimes, to talk about their own grief. Then everyone heads for the field behind the church to release balloons for their loved ones. "Look! I can see it—that green one going over the tree!" "I love you, Mommy!"

The day's activities are planned to help them remember and feel safe in their grief; hospice staff and volunteers listen and reassure them. One day cannot help the children recover the certainty they once had; it cannot heal their pain altogether, but it can be a beginning.

Parents and guardians tell us that, in the weeks and months following Grief Camp, their kids talk more openly, smile more frequently, and show signs of emotional healing. It seems to help the whole family.

*Note: Good Mourning Children's Grief Camp, held on April 27, 2013, welcomed the second-largest group of children in the camp's 15-year history. Greer-McElveen Funeral Home and Crematory and a special friend of Caldwell Hospice sponsored the annual free day-camp for children who have lost a loved one to death.*



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Christian Fellowship Chapel,

Women's Group

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Granite Falls

Fellowship Baptist Church,

Hudson

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First Baptist Church, Hudson,

Circle of Love

First Wesleyan Church

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Friendship Baptist Church,

Auditorium Class

Friendship Baptist Church,

WMU Morning Group

Grace Chapel United Methodist

Church

Grandview Park Baptist Church

Granite Falls Elementary

School, 3rd Grade Class

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Harper's Chapel Women's Club

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*Caldwell Hospice and Palliative Care, Inc., gratefully acknowledges memorials and contributions received between 01 October 2012 and 31 March 2013. Please notify us if we have omitted a donation from this listing. Contributions received after 31 March 2013 will be listed in our Summer 2013 issue.*

*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.*



**Adult Volunteer Training**  
**June 18, 20, 25, and 27, 2013**  
 4:30 to 7:30 p.m.

McCreary Family Professional Center, Meeting Room B  
 526 Pine Mountain Road  
 Hudson, NC

**We are currently seeking:**

- Volunteers to visit with patients in their homes or long-term-care facilities
- Male volunteers
- Volunteers willing to
  - provide caregiver relief
  - provide transportation
  - run errands for patients



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

## VOLUNTEER NEWS

# Volunteer Service Honored

Caldwell Hospice recognized volunteers' generous service at the 2013 Volunteer Appreciation Reception, "Volunteers Are the Wind in Our Sails."

Pictured below are (standing, L to R): Board member Dr. Robert Belk (30 years); Helen Curtis and Naomi Smith (10 years); Reba Barlow (20 years); Pat Borders (five years); Janette Cobb (10 years); Etta Phillips (25 years); Lou McRary (10 years); Ray Hammerick (20 years); Kathleen Wedrychowicz and Evelyn Lipford (five years); Charles Goble (15 years); Margaret Lillard, Cathy Waters, and Sheila Fox (five years); Patricia Bolick (10 years); (kneeling, L to R) Bud and Helen Fisher (five years) and nominated for The Carolinas Center for Hospice and End of Life Care's *Judith Lund Person Award*; Leslie Wagoner, nominated for the National Hospice and Palliative Care Organization's *Volunteers Are the Foundation of Hospice Youth Services Award*, and Barbara Jones (five years).

Volunteers, recognized for years of service, but not pictured, include Board member Joseph Delk, III (30 years); Joyce Clifton (25 years); Board member James Harper, Jr.,



Irene Duncan, and Marisue Haigler (20 years); Barbara Forbes, Virginia Roberson, Wilma Sanders, and Debra Woodard (15 years); Polly Bentley, Ute Huckabee, and Polly Sherwood (10 years); Dustin Carlton, Patricia Caron, Kaylan Dula, Doreen Fredericks, Mike George, Stella Hampton, Virginia Hoyle, Anna Killian, Sunday Mico, Erin Phillips, April Sanders, Sierra Wright, Barbara Younce, and volunteer chaplains Wayne Caviness, Sherrill German, Frank Hall, and Jim Lee (five years). Approximately 400 volunteers (adult volunteers *and* volunTEENS) assist with clerical duties, patient-and-family visits, special projects, yard work, or whatever is asked of them.

## Caldwell Hospice Welcomes Eleven Adult Volunteers



Caldwell Hospice welcomed 11 adults to its March 2013 volunteer workshop. Pictured (L to R): Carole Connor, Lisa C. Hall, Jim Muir, Janet Muir, Sherry Duffy, Ken Tolin, Ray Benge, Keith Walker, Randy Alley, Chris Alley, and Mike Benge.





## ADVANCE DIRECTIVES

# Make End-of-Life Healthcare Decisions *before* a Crisis

## Imagine...

...you are in a hospital and you can't speak. Soon you won't be able to swallow or breathe.

### Who will speak for you?

...your mother has slipped into a coma. She isn't expected to recover. Do you know her wishes?

### Who will make decisions for her?

**Without a plan**, your health care team won't know your wishes. Your family may not know what to do. A medical crisis could leave someone of any age too ill to communicate his or her own healthcare decisions. Making these plans for the future is an important step toward being sure you get the medical care you would want if you were unable to speak for yourself. It also shows your family members that you care about them and won't put them in the difficult position of deciding for you and hoping they're correct.

### How do you make a plan?

Consider the types of decisions that could be necessary; then let others know your preferences by completing your advance directives.

**Advance directives** are legal documents that express your wishes for care at the end of life. They include:

#### Healthcare Power of Attorney

Names an "agent" to speak for you if are unable to communicate your wishes.

#### Living Will

Documents the types of life-sustaining healthcare you do and do not want if you should become terminally or irreversibly ill.

Surprisingly, only about 25% of all Americans have completed advance directives, even when these documents can be created for free, relatively easily, and without a lawyer.

### Want to learn more?

In Lenoir, the Broyhill Senior Center hosts a "living will clinic" the second Thursday of each month, at 1:30 p.m. A Caldwell Hospice staff member goes step-by-step through each document, and licensed notaries can help complete the documents at no cost.

Contact Caldwell Hospice for an advance directives presentation to your organization.

Individuals can get advance directive forms and free notary service from Caldwell Hospice, also.

### For more information, or to obtain state-specific forms:

#### Caldwell Hospice

902 Kirkwood Street, NW  
Lenoir, NC  
828.754.0101  
[www.caldwellhospice.org](http://www.caldwellhospice.org)

**The Carolinas Center for Hospice and End of Life Care**  
[www.cchospice.org](http://www.cchospice.org)

**National Hospice and Palliative Care Organization**  
[www.caringinfo.org](http://www.caringinfo.org)

## ABOVE AND BEYOND

# Two Camelot Manor Staffers Recognized

**Idella Brown**, a certified nursing assistant at Camelot Manor Nursing and Rehab Facility, received Caldwell Hospice's *Above and Beyond* award for the 2012 fourth quarter. "Idella is one of the most compassionate people I know," Camelot Director of Nursing Sarah Eckard said. "She always goes out of her way to help, and she is kind to everyone."

**Rachael Miller**, Camelot Manor Nursing and Rehab Facility's administrative coordinator, was named the first quarter 2013 *Above and Beyond* award recipient. "Rachael's just wonderful, a jewel," Director of Nursing Sarah Eckard said. She is "easy to work with, always patient with residents, and very accommodating."

Caldwell Hospice employees and volunteers nominate employees of area long-term-care facilities who go "above and beyond" to support resident-patients, their families, and Caldwell Hospice staff.



Top, Pictured (L to R): Camelot Manor Director of Nursing Sarah Eckard; fourth quarter 2012 Above and Beyond recipient Idella Brown, and Caldwell Hospice Clinical Liaison Tracey Carriker. Bottom, Pictured (L to R): Caldwell Hospice Clinical Liaison Tracey Carriker, Camelot Manor Assistant Administrator Dawn Crowder, Camelot Manor Director of Nursing Sarah Eckard, and first quarter 2013 Above and Beyond recipient Rachael Miller.



Building on 30 years of excellence

**Caldwell Hospice and Palliative Care, Inc.**  
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## WISH LIST . 2013

- Snacks (*individual-size*) for patients' families
- Applesauce
- Cans of soup
- Individual boxes of cereal
- Coffee (*cans, regular and decaf*)
- Decaffeinated coffee in single-serve bags
- Hot chocolate/cocoa (*individual-size packages*)
- 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
- Amazon.com gift cards to purchase children/teen grief books, music, and resources
- Music CDs (*instrumental, gospel, inspirational, meditation, nature sounds*)