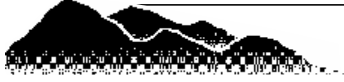


# HOSPICE OF RUTHERFORD COUNTY



# The HOPE OF HOSPICE

Hospice of Rutherford County, Incorporated • Post Office Box 336 • 374 Hudlow Road • Forest City, North Carolina 28043

A Newsletter for Caregivers and Those in Grief

THIRD QUARTER 2008

## 14th Annual Camp Rainbows Helps Grieving Children

In 1995, Hospice of Rutherford County hosted the first annual Camp Rainbows for grieving children as the result of funding from the Rutherfordton Kiwanis Club and the Sandy Run Baptist Association Run for Jesus. Fourteen years later, children ages 7 through 13 who have lost loved ones for any reason attended the camp at no cost as the result of community donations.

Camp Rainbows was held Saturday May 31 through Sunday morning June 1 at South Mountain Christian Camp. Twenty children participated in this year's Camp. When the camp first started, most of the children who attended had families served by Hospice. Guidance counselors, teachers and clergy helped get the word out that the camp was for anyone in the community. Today, about 60% of campers had not had a prior hospice experience. They lost siblings, parents, grandparents or friends to accidents or some other violent death or sudden illness.

Camp Rainbows is conducted by trained counselors and volunteers who specialize in dealing with children in grief. Campers have a chance to participate in the typical camping experience swimming, hiking, and roasting marshmallows while participating in games and crafts to help them learn to cope with their loss.



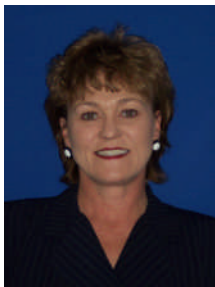
2008 Camp Rainbows participants get together with some of the Camp staff.

## ADVANCE CARE PLANNING CLINICS AVAILABLE

Everyday, Hospice of Rutherford County and the Palliative Care Team encounter patients and families who have not discussed major health care choices prior to the current crisis. Making your wishes known enables you and your loved ones to actually live well with greater peace of mind. The Palliative Care Team wants to help more people make decisions now rather than under duress. As the result, the first and third Tuesdays at 12:30 pm or the first and third Tuesday at 5:30 pm, palliative care social workers will conduct advance care planning clinics. The clinics will be held at the Annette Cash Whitaker Center of Living and will help people understand and complete advance care planning documents including living wills, health care powers of attorney and the new MOST forms. If you haven't completed these important documents, you really should attend one of these sessions, and encourage your family and friends to participate, as well. Call the Palliative Care Team at 245-0095 to register for one of these very important clinics. Space is limited so call early.

## TEEN VOLUNTEER PROGRAM AVAILABLE

Hospice has a teen program in the Hospice House similar to the candy striper program at Rutherford Hospital. Other summer volunteer opportunities are also available for youth. Please call Kim Smith at 245-0095 for more information about requirements.



## Update

By Rita Burch, BSW, MBA, CFRE,  
Executive Director

If you have stopped by the Center of Living lately, you'll notice there is quite a bit of dirt being moved. The grading is almost finished, and the subcontractor is taking soil and trees across the road to our vacant lot on

Nursery Road, saving the cost of hauling everything off. The excess dirt will be used back at the construction site when needed and provide a huge cost savings for Hospice. Construction is on track for the training center, and the estimate for completion remains in January. When grading is complete at the training center site, they'll start grading at the Hospice House, and hopefully finish that project in January, as well.

We continue to be out in the community with the "Hands of Hope" campaign raising funds for both projects. Volunteers are requesting that individuals and businesses in the community consider supporting the project with a pledge over five years or a one-time gift. If you or someone you know has not seen the presentation regarding the campaign, please give Heidi Owen a call at 245-0095 ext. 105. The training center will be the first of its kind in the region, and the Hospice House addition will give many more people an opportunity to be cared for in this setting. We continue to receive compliments regarding the home-like atmosphere of the House and the care provided there.

I want to bring your attention to another matter so that it doesn't produce confusion. As you know, we have used the "Hands of Hope" phrase since 1994. Our three capital campaigns have been named this, we have a "Hands of Hope" wall in the children's counseling room, a Wall of Hope in the Annette Cash Whitaker Center of Living, and Wall of Hope in the new training center. Our Festival of Trees ornament this year honors the "Hands of Hope." I say all of this because the former Heartbeats Pregnancy Center has changed its name to Hands of Hope for Life in Rutherford County. There are fundraisers being conducted for the agency in the community. These fundraisers are not for our capital campaign, so please help us in reducing the confusion for our donors and supporters. Please give me a call if you have any questions.

I mentioned in the last several newsletters that the patient census has increased dramatically. There are many days that Hospice is serving more than 170 patients in their homes, the Hospice House and other settings. The need for patient and family volunteers continues to be at a critical level. We have patients all over the county who are waiting for a volunteer, and we have to help them. Please consider becoming a volunteer for Hospice. The time commitment is really not significant in comparison to the impact you can make. Please call Kim Smith or Karen Jarson at Hospice at 245-0095 for more information.

## "On My Own" Series Provides Valuable Information for Many in the Community

Several years ago, Hospice of Rutherford County began an informative seminar series to help the bereaved and others who are responsible for households because of a spouse's illness and/or debility. The seminars have focused on a variety of issues through the years to simple automobile maintenance, landscaping and yard maintenance to self defense.

The next seminar Thursday, June 26 from 1 pm until 3 pm at the Hospice House features Licensed Professional Counselor John Miracle discussing stress and anxiety. Everyone is invited to attend the seminar at no cost, but participants are encouraged to register by calling 245-0095.

In today's society, there are so many responsibilities in our lives that build up and cause stress and anxiety. Grief associated with losing a loved one through death or even the effects of a person becoming disabled can add significantly to the stress. John Miracle, MS, NCC, LPC of Woodridge Psychological Associates will present a workshop to help people understand and manage this stress and anxiety in order to have a better quality of life.

Mr. Miracle received his Master of Science degree from Augusta State University. He is a member of the American Association of Christian Counselors and the American Counseling Association. He is also a Nationally Certified Counselor.

### **SPEAKER'S BUREAU AVAILABLE AT ANY TIME**

Don't forget about the Hospice Speaker's Bureau! The Hospice staff is available seven days and evenings a week to speak to any group about a variety of topics including an overview of Hospice, plans for the future, grief and loss, volunteer opportunities, advance care planning, the expansion of the palliative care program, caring for a loved one who is terminally or chronically ill, pain and symptom management, the Hospice House, children and grief, and many other timely topics.

The Speaker's Bureau is offered at no cost and is a great way to inform the community about the many programs and services offered by Hospice. Hospice staff can accommodate the presentations to any time frame appropriate for your group from five minutes to even an hour, and customize the information according to the most relevant topics needed. **Please call Heidi Owen a minimum of two weeks prior to the event at 245-0095 or 1-800-218-2273 to schedule a speaker for your group.**

## INTERACTING WITH THE TERMINALLY ILL

The following information is featured on the Mayo Clinic website [www.mayoclinic.com/health/grief/CA00041](http://www.mayoclinic.com/health/grief/CA00041). Mayo Clinic Chaplain Mary E. Johnson discusses what you might say to a loved one who has a terminal illness, how you might act around that person and how to deal with negative thoughts after the loved one dies. Johnson offers the following information:

- Relationships with loved ones usually don't change when people are faced with bad news. It's important to build on the strengths of the relationships that were in place before the illness. Johnson encourages being open to possibilities saying that some people find healing in relationships.
- Loved ones should be loved ones and not counselors. They should let the patient know they're willing to listen, but should not try to force conversations. "Never underestimate the value of your presence," Johnson said. "Even if it feels as though you aren't doing anything, being present sends the message that you are there."
- Dying is not a science. It's not helpful to try to push a terminally ill person through pre-defined stages of death and dying.
- If a loved one is in denial, he or she may be afraid of pain or loss of control. Talking with an outsider may help, as the patient may be trying to protect his or her family from the discussion.
- Ask the person to tell his or her life story. Recording these conversations will be meaningful to the patient and family.
- Keeping a vigil can be very sacred but very draining. The person doing so should take good care of himself.
- People who are grieving should understand that feelings of grief, loss, and sadness come in waves. Even simple tasks can seem difficult. This is normal, and doesn't mean that you're going to be unable to function for the rest of your life.
- People who have lost loved ones are especially vulnerable to guilt. It may be necessary to talk to someone who can help work through this guilt.

This article also has a number of links to other articles on caring for loved ones at the end of life, hospice care, normal grieving, complicated grief, coping with reminders after a loss, and survivors of suicide. Hospice also has trained counselors to assist with grief in a group or individual setting. Hospice offers two support groups each month for any caregiver caring for a loved one in the community. Call Hospice at 245-0095 for more information.

## What's Happening at Hospice

**GRACE Support Group:** Second Tuesday of each month from 6 pm until 8 pm at the Hospice House, 372 Hudlow Road, Forest City. GRACE is also held the first Friday of each month from 10 am until 11:30 am at the Annette Cash Whitaker Center of Living. The evening July group will feature Lori Simpson from the Area Agency on Aging.

**HOPE Support Group:** See page four for more information

**ON MY OWN Series:** June 26 from 1 pm until 3 pm at the Hospice House featuring John Miracle, MS, NCC, LPC, discussing Stress and Anxiety. This group is for anyone coping with being on their own as the result of the death or debility of a spouse or other significant person.

**PROMISE Support Group:** Conducted the first Monday of each month at 6 pm at the Center of Living. The group is for any parent who has lost a child at any age.

**Widow/Widower's Lunch Bunch Meeting:** Third Friday of each month at Spindale Restaurant. Dutch treat from 11:30 am until 1 pm for anyone in the community who has lost a spouse.

**RAINBOWS/TAG:** Conducted within the school system and at Hospice, these six week support groups are for children and teens who have lost loved ones. The groups also provide educational information for parents to help their children deal with grief. Call for the next available group.

**VOLUNTEER TRAINING:** July 14 through July 16 from 10 am until 3 pm at Hickory Nut Gorge office in Lake Lure and July 21 through July 23 from 10 am until 3 pm at the Hospice Annette Cash Whitaker Center of Living.

**Please contact Hospice at 245-0095, 625-0365 or 1-800-218-2273 to register for any of the support groups or events listed. Don't forget that the Hospice Library at the Annette Cash Whitaker Center of Living has an Alzheimer's Resource Center in addition to many other books, pamphlets and videos dealing with caregiving and grief. The library is open Monday through Friday from 8 am until 5 pm and is located at 374 Hudlow Road, Forest City.**

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*Celebrating Over 25 Years of  
Serving Rutherford County*

### **10 Tips for Getting Help with Caregiving From the National Family Caregiver's Association**

1. Recognize that caregiving is a made up of individual tasks that aren't of the same importance.
2. Recognize that asking for help is a sign of strength and not of weakness.
3. List all of your caregiving related tasks that need to be done, such as cooking, mowing the lawn, filing insurance forms, etc. You'll realize why you are tired and need help.
4. Group your list into categories to determine what type of help you need.
5. List your caregiving worries such as "Who will care for Mom if I get sick?"
6. Group the worries into categories such as emergencies, financial worries, etc.
7. Pat yourself on the back, because now you have a clearer picture of what you need.
8. Review the lists to determine which categories someone else can do.
9. Show your list to a family member, doctor, etc. to get their opinions.
10. Take a deep breath and actually ask someone for help now that you know what you need.

### **Hospice HOPE Support Group Helps Adults Deal with Their Grief**

For more than thirteen years, Hospice of Rutherford County has been committed to providing support for any adult in the community who has lost a loved one. HOPE is a six week group for people over 18 who have experienced the death of a significant person regardless of the circumstance of that loss. HOPE is held quarterly at the Annette Cash Whitaker Center of Living and the Hickory Nut Gorge Hospice office in Lake Lure. The sessions are offered at no cost as the result of the generosity of businesses, churches, individuals and those who designate their United Way contributions.

HOPE will begin July 15 either at 10 am or 6 pm at the Center of Living or July 16 at the Lake Lure office at 10 am for six consecutive weeks. Participants have the opportunity to learn about grief and loss with others who have experienced similar situations. Please call Hospice at 245-0095 or 625-0365 for more information or to register for the support group. HOPE is conducted by counselors who specialize in grief related issues.