



CORNERSTONES

MARK WISE, EXECUTIVE DIRECTOR

Hospice Offers Grief Groups in 2003

The Social Work and Bereavement Department of Hospice of McDowell County, Inc. provides extra support and encouragement through Grief Groups. These groups are offered to family members of patients we have served.

Come and join in the groups. Experience what others are feeling and know that you will be encouraged and supported. Mark your calendars for the following dates.

Wednesday's & Friday's during:
March 11th - 28th at 11am - 1 pm
December 3rd - 19th at 11am - 1 pm

Tuesday's & Thursday's during:
June 3rd - 19th at 5 pm - 7 pm
September 9th - 25th at 5 pm - 7 pm

Please call the Hospice Office if you would like to attend. Preregistration is required. Groups are held at the hospice office.

Values To Build Upon

The last five months of 2002 staff members and board members have worked to develop a strategic plan for the next few years. As we discussed various issues and topics affecting our hospice, values were discussed and the concept of "trust" was mentioned as an important value upon which to build. It is a value which deserves a bit closer examination.

What is trust? How does trust affect Hospice?

Trust can be defined as the establishment of faith (i.e. confidence) in some one or some thing based on only partial evidence. It is "reliance upon" or "confidence in" the integrity, ability, character and truth of a person or thing.

Trust is vital. Consider a business example. In late spring of 2002 the nation began to hear about corporations that had conducted business in a way that caused the loss of trust of their investors and the public. That lack of trust shook the stock market and caused a partial sell off. People were attempting to protect their money because they didn't trust the market, which was fed by a mistrust of those corporations and their business practices. Trust is essential in every day life.

Think about this for a moment: trust is the foundational element in all relationships. "Can I put my trust in so and so?" When we trust someone, we must put confidence in that person's ability, character and integrity. It is a question we ask ourselves daily, consciously or subconsciously: when we meet strangers, loan a person money, make employment decisions, enter into a marriage, leave our children alone or with someone, get into a car with someone, etc.

Trust also affects us at Hospice. Our patients and families face many trust issues. It is an act of trust to follow the doctor's orders or advice. It is also an act of trust to open up and communicate wishes to family members and to Hospice staff and volunteers, or even to let the hospice staff and volunteers into their homes. Those issues can be simple or a challenge depending on a person's level of confidence, the circumstances and people involved.

Our mission statement implies a relationship between Hospice and those we serve: Hospice of McDowell County exists to provide care, comfort and support to the terminally ill and their care givers. We can not even begin to provide those three critical elements of our mission without the value of trust being established. Again, trust is essential and it must be a value we have at Hospice.

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Knowing, reflecting upon and thinking about our values and how they play out in every day life is important, especially as we minister to our patients and one another. I am honored by the trust the patients, families, and community extends to us, and we in turn trust them and trust the one true God to guide us each day in providing the care, comfort and support to those who want our services.

Next time we will continue to look at the value of trust and examine the question, "What happens when trust is breached or fractured?"

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WELCOME NEW EMPLOYEES

Kandy Blankenship joined our Hospice Staff in January 2003 as the new Volunteer Coordinator. She is excited about starting her new position and meeting the volunteers. Her experience is in management, volunteering and patient care.

Kandy is married to Palmer and they have one son, Jay. Kandy is the proud grandmother of Kayla and a new grand-baby born in February.

She enjoys playing with her grandchildren, reading and spending time with family.

Kandy has been spending her time learning the routine at Hospice, more directly learning the foundation of the volunteer program at Hospice.

Her goal is to provide excellent communication and coordination of volunteer services that blend with the needs of patients and the talents of the volunteers, thus providing an outstanding volunteer program.

A Valentine's Day reception was held to welcome Kandy to her new position and provide an opportunity for her to meet all the great volunteers at Hospice.



Kandy
Blankenship,
Volunteer Coordinator

.....

Linda Houpe, RN, BSN joined the Hospice team as Patient Care Coordinator in October. Linda is not new to Hospice as she worked our on-call schedule for several years prior to joining us as a full-time employee.

Linda has been a nurse for 32 years. She has experience in ICU/CCU, home health, Cardiac Rehab, nurse manager/supervision, and education.

Linda's husband is Harry and they have 5 children. Linda says that she loves being a grandmother to her 5 grandchildren.

Sewing, scrapbooking, cooking and reading are her hobbies, but she loves spending time with her family the most.

Linda states that her goal for nursing is to provide excellent nursing care to the patients and families of McDowell County who have a terminal illness.

As the patient care coordinator, Linda's goal is to develop a working relationship with staff that portrays respect and evolves in a working environment that encourages staff to develop and excel in hospice knowledge and skills.



Linda Houpe,
RN, BSN
Patient Care Coordinator

Contributions Given During the 3rd & 4th Quarters of 2002

July 1st - December 31, 2002

ALMON, BELLE

Mr. & Mrs. Robert K. Hawkins

ANDERSON, RUTH Q.

Annie C. Anderson
Max D. & Joyce B. Jarrett
Eddie & Patricia Epley
Frances Burnette

ARWOOD, GUY

Mary Gallen
Phillip & Melva Wall

BAILEY, WAYNE

Joan B. Alder

BANKS, ERVIN JAMES

PG Baptist Men's Bible Class

BARNES, PAUL W.

Willis Truesdale
Northwest Ch of God
Liberty F.W. Baptist Ch.

BLACKBURN, JAMES

Mtn View Ch of Christ

BOND, SANDRA

Ann Greene

BRACKMAN, LOIS ANN

Wilbur & Virginia Todd
Marianna Cowan

BRYSON, JAMES

Nancy S. Turner
Brent & Amy Williams
Mtn Glory Quilters Guild
Newcomers & Friends of McDowell Co

Nancy Greenlee

Hoyt & Ann Reel

Catherine C. Wall

Stella Marlowe

BUMGARNER, RALPH E.

Glenn & Cathy Slick

BURGIN, ARNOLD

Gilbert & Mary Meade Hollifield

Annie Lee Epley

BYRD, ANNA MAE

Pleasant Gardens Baptist Ch

Crown Healthcare

William & Agnes Thomas

BYRD, GRACE

PG Bpt Ch-Bethany SS Class

Clark & Hope StroudQuinn Family

Mrs. Louise Wilson

Henredon Furniture

PG Volunteer Fire Dept

Mr. Bill Elliott

BURNETTE, LAWRENCE

Eddie & Patricia Epley

BYRD, BOBBIE

Sharon Smith

Charles & Debra Byrd

Pleasant Gardens Baptist Ch

Betty E. Byrd

BYRD, THURMAN

J.C. Raburn

CANNON, NEIL

Bible Bpt Ch

CHAPMAN, ELVA

Ann Greene

Mike & Lee Silver

Betty E. Byrd

Quinn Family

Mrs. Louise Wilson

Henredon Furniture

PG Volunteer Fire Dept

Mr. Bill Elliott

McDowell High-Science Dept

American General Finance

Edwin & Mary Frances

McDowell Co Principals

CHASTEEN, SELMA

The Boldon Foundation

Frank & Debra Boldon

CORNETTE, MAXINE

Kevin, Angela & Chase Beatti

COWLES, CHRISTOPHER

Joanna Sisk & Neighbors

McDowell Chiropractic

Delores Ledford

Michael & Kathy Rabb\

Louise E. Ballew

CRAWLEY, LOLA

Maxine Crawley Marretta

Edna S. Crawley

DALE, PAT

Clyde Swofford

DILLARD, MATTIE

John Dillard

DOCKERY, ALICE

The Fender Family

DYSART, HAL

Jerry F. Arnold

EARLY, W.A. JR.

Robert & Hilda Hawkins

EDWARDS, MATTHEW E.

Ronald McDonald House

Charles, Cheryl & Joseph Boyter

ELLIOTT, ARCHIE

Tom W. Gowan Jr.

ENGLAND, EUGENE

Marshall & Barbara England

Jeannette Hudson

Ernest & Wanda Laney

FOSTER, LLOYD

Sue Foster & Family

Coxes Creek F.W. Bpt Ch

FRANKLIN, EULA

Freddy & Colista Harris

Rexnord Corp Employees

FREEMAN, ADA

Hobert Freeman

FREEMAN, MARTIN

Grace Freeman

FREEMAN, WILLIAM H.

Drexel Furniture-

Supervisors & Office

GREEN, BONNIE

Gilbert & Mary Meade Hollifield

GREENE, CHARLES

Mae Greene

GUNTER, ANN YOUNG

Kathleen Troncelliti

GUZMAN, DEBRA

Resolution Packaging-

Employees

Mike & Lee Silver

Kathy Rabb

HALL, JERRY

Harold & Doris Robinson

HAYDEN, HELEN

Lucille Edwards

Diane Patterson & Family

HOBBS, WARREN

Gilbert & Mary Meade Hollifield

Celia H. Laughridge

HOLLIFIELD, EDDIE MAE

Eddie & Patricia Epley

Frances Burnette

HOLLIFIELD, GLENN

Mr. & Mrs. Charlie Byrd

Della Queen & Family

HOWELL, CARTIE

Mary L. Frick

HOYLE, JOHNNY

Pleasant Gardens Baptist Ch

PG Bpt Ch-Fishers of Men SS

Byrd Family

HUNT, MAX GRANT

Kathy Hunt

KEHLER, BILL

Gilbert & Mary Meade Hollifield

Glen & Donna Yates

KNIGHT, VIVIAN

Susan Deyton

LESNICK, EDITH

Lynn Hallmark Employees

LISENBEE, NAOMI

Robert & Hilda Hawkins

LONON, FINLEY

Mrs. Locky H. Wilson

LOVIK, FRANCES

Robert & Judy Jarrett

MASSEY, DAMON

Kim Knowles

MCCULLOCH, HAROLD

Stella Marlowe

MEDFORD, LENNIE

PG Bpt Ch-Bethany SS class

Mr. & Mrs. David McKinney

MILLER, LLOYD JR

Celia H. Laughridge

MORGAN, HERMAN

Louise & Carolyn Hall

Bob & Francis Bradley

Doug, Gwen & Tiffany McPeters

MORRIS, EARLINE K.

Jean N. Jones

Edith S. Galloway

Elizabeth Keaton

PETERS, FAYE

Celcia H. Laughridge

Grace Roberts

Oscar & Louise Presnell

PETERSON, AILEEN

Thomas & Ann Altman

Greenlee Baptist Ch

PITMAN, EMOGENE

John Dillard

PLANT, JACKIE

Helen Skutevik

Marianna Cowan

PRESNELL, JAMES

Paul & Shelbie Stroud

PRICE, ROBERT

Margaret Ayotte

Denise & Kenyon McCellan

Mildred Price

Myrl & Kathy Smith

Joseph & Geraldine Pepitone

Joanne Rusk

Richard & Amy Lunsford

RANDOLPH, ALICE

McDowell Co Finance

ROBINSON, DALE E.

Cynthia C. Robinson

ROBINSON, NANCY

Sam & Betty Bowman

Andy & Doris Bias

Sharon Freeman

ROLAND, JERRY

Contributions Given During the 3rd & 4th Quarters of 2002 - continued

Cross memorial-Circle 3

ROWLAND, LINDA

Ray & Gloria Holland

SIGMOND, RANDY

Richard & Patti Hemphill

SIMPSON, SUE

Ed & Clara Jennings

SMITH, HAROLD

Betty Bowan

Ann James

SMITH, ROY

John & Ralphia Newell

SNIPES, ESTHER

Joseph L. Soto

SOWERS, BETTY

Elise v. Crisp

STREETMAN, EMILY

Celia Laughridge

SUTTLES, JESSIE

Mr. & Mrs. J.L. Stegall

Grace W. Roberts

Geraldine W. Hendley

Edith M. Suttles

Rachel M. Newton

Charles & Melba Randolph

Janice Stevenson

TAYLOR, CHARLES RANDY

Paul & Lynn Bartlett

TEAGUE, CHARLENE

Gilbert & Mary Meade Hollifield

THOMAS, JOAN

Mr. & Mrs. Randy Dale

THOMPSON, JACK

James & Glenda Lovelace

Lawrence Olson Jr.

Mary L. Olson

WARREN, NITA

Sue Walter

WHITE, LOIS

Alice M. Muller & Family

WILKERSON, MAE

Arelin & Hazel Freshour

Lake Lure Resort

Zion Hill Bpt Ch-General Fund

Joyce W. Parker

Stella Marlowe

WILLIAMS, FRED

Marshall Dark Jr.

Barbara Dark

Earl & Joanne Harvey

Kara Reel

Alfred M. Shiver

Julian & Bobbie Hubbard

James & Hilda Williams

Williams Electric

Dewitt & Janette Mace

Bill & Joanne Howle

Gilbert & Mary Meade Hollifield

WILLIAMS, LESTER JUNIOR

Carolyn Ricks

WILLIS, MARTHA E.

Clinton & Alice Dockery

WOODY, JAMES

Lucille Woody

Clennie D. Woody

INDIVIDUALS

Blair, Samuel & Nancy

The Boldon Foundation

Brackman, Ann Lois

Brown, Christine E.

Byrd, Morrison

Caldwell Co United Way

Cauthen, H.W. & Martha

Chasteen, Selma B.

Collins, Lynn & Marilyn

Gibbs, Keith

Greenlee, William

Hogan, Mr. & Mrs. A.C.

Jarvis, Suzanne

Mace, Susan

CHURCHES

Carson's Chapel U. Meth

Clinchfield Presbyterian

Dysartsville Ch of Christ

Concord United Methodist

Davis Town F.W. Baptist

First U. Methodist

First Presbyterian-Marion

Friendship Baptist

Glenwood Baptist

Glenwood Independent Bpt

Liberty F.W. Baptist

Nebo U. Methodist-Seniors Group

Pinnacle Baptist

Providence United Methodist Ch

Rocky Pass F.W. Baptist

Yancey Street Baptist

Zion Hill Bpt-Faith SS Class

Zion Hill Bpt-General Fund

Zion Hill Bpt-Willing Workers

Mt. Hebron Wesleyan

Trinity United Methodist

Turkey Cove Baptist

West Marion United Methodist

Woodlawn Baptist

COMPANIES AND GROUPS

Pepsi-Cola

McDowell Co. United Way

Carolinas Center-Folk & Round Federation

The Helping Hand Shop

Christian Clothing Center

United Way of Asheville & Buncombe

Wal-Mart Foundation

HONORARIUMS

ALEXANDER, RAYMOND & GERI

Margaret Chapman

DAVIS, EDITH

Mrs. Locky H. Wilson

DUNCAN, DON & DEBBIE

Stephanie Hartman

FREEMAN, HARRIETT

Keith P. Gibbs

LAUGHTER, MARGARET

Nealsville Church of God SS Class

LONON, ZULA

Mrs. Locky H. Wilson

MCNEAL, JEWELL

Family of Cora Owensby

PENDERGRASS, GRAHAM & CLARA

Philip & Vicki Pendergrass

ELOISE BROOK

BILL CAUSBY

FRED CAUSBY

DWAYNE CLONTZ

LIB COX

BRONA CLONTZ

Cline Pyatt

SETCHFIELD, JOHN & JOYCE

Pat H. Dale

Dennis & Brenda Killough

Valentine's Day at Hospice

February 14 was not a usual day at Hospice. The Nursing, Chaplain and Social Work Staff doesn't pass up the opportunity to spread cheer to our Hospice patients.

During the regular visit with our patients, the staff delivered Valentine Day bears to encourage and brighten their day.

If we missed an Acknowledgement,
Please Forgive Us!

We strive to make certain that all gifts are acknowledged accurately, but it is possible errors have been made. If you discover an error, please notify us so we can correct it. Thank you for your continued support.

We Want to Know!

We also express our regrets to you in allowing so much time to pass since our last Hospice newsletter. We realize the vital link of information the newsletter provides regarding Hospice Services and benefits. Please accept our apology and know that our plan is to provide excellent service in the future.

We would like to hear from you! Is the newsletter informative? What would you like to see in the newsletter? Is there a topic you would like to know more about?

If you have ideas, suggestions or comments regarding the Hospice Newsletter, please send them to

Jane Gouge, RN
Community Outreach Nurse
Hospice of McDowell County, Inc.
218 Logan Street
Marion, NC 28752
Email: hospice@mcdowell.main.nc.us

What
Do You
Think?



Social Work

MARY COLLIER, SOCIAL WORK & BEREAVEMENT COORDINATOR

Grief is a normal and natural reaction to the death of a loved one. Most of us are not prepared for the long journey of grief, which is sometimes devastating, frightening and often lonely. We may think, do, and say things that are very unlike us. There seems to be no respite, no end to the intense feelings that we experience.

Grief has been likened to a raw open wound. With great care it eventually will heal but there will always be a scar. Life will never be the same but eventually the person will get better.

The experiences of grief have been compared to enduring a fierce storm at sea. The waves are peaked and close together. Eventually the sea becomes calmer, but occasionally the storm regroups, strengthening without any warning. For several hours, days, or weeks, you may not feel grief; then suddenly he/she meets someone, or sees something, or hears something and grief resumes. It seems as if we are taking one step forward and two back.

Grief has its common and its unique sides. Although it is a universal experience, no two people grieve the same, even in the same family. Like a snowflake or a fingerprint, each person's grief has characteristics all its own.

It is important to understand some of the following concepts about grief:

- **Grief is work:** The expression "grief work" is very true. It may be the hardest work that you will ever perform. It is draining.
- **Control:** We CANNOT control the feelings that arise within us. These feelings come from deep inside, but we can choose what to do with them. We can accept or reject them. To deny only prolongs our grief. Remember, what we do determines whether we remain in our grief or survive. Feelings are not bad or wrong. They should be recognized and faced honestly.
- **Choices:** About grief - There are no choices, we must go through it. The expression of grief is essential for good emotional and physical health even though it is painful and difficult. There are no easy answers or short cuts, no way under, over or around grief. Although grief may hurt desperately, we must go through it.
- **Major Decisions:** It is strongly suggested to not make major decisions (such as moving, money matters, etc.) unless absolutely necessary during the early stages of grief when judgement is cloudy. The conventional wisdom, "Never act in haste" was never more applicable.
- **Listeners:** Find someone who will listen. Talking is therapy.
- **Grief has no timetable:** Grief often takes much longer than the bereaved or the people in their lives expect. It helps to take one hour, one day at a time.
- **Remember:** People have a natural inclination to recover. Eventually we look back and realize; we weren't crazy...we were grieving.

Hospice Board of Directors

Betty White, RN, NP-C, President
Jerry Arnold, Vice President
Margie Swann, Secretary
Jim Isaacs, Treasurer
Jim Brewer
Linda Cloherty
Ed Rankin
Lisa Sprouse
Glenn Slick
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Edward St. Bernard, MD
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Sharon Parker, Legal Counsel

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Mark Wise, Executive Director
Dr. Edward St. Bernard, Medical Director*
Linda Houpe, RN, BSN, Patient Care Coord.
Brenda Corriher, RN
Kristi Lawing, RN
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Judy Wilson, RN
Patsy Childers, CNAII
Maurine Perkins, CNAII
Mary Collier, Social Work
Sherri McCoyle, Social Work
Steve Durham, Chaplain
Kandy Blankenship, Volunteer Coordinator
Donna Goodrich, Office Manager
Jo Bartlett, Secretary
Donna Yates, Receptionist
Margie Trinks, Billing
Jane Gouge, Community Outreach Nurse

*Volunteer Position

PRN Staff

Mary Hallman, RN
Deanna MacLaren, RN
Lisa McCurry, RN
Melissa McKinney, RN
Janetta Church, CNAII
Sharon McClure, CNAII

Patient Care Article

LINDA HOUBE, RN, BSN, PATIENT CARE COORDINATOR

Our goal at Hospice is to provide services to the terminally ill patients of McDowell County. The following is a quick review of the benefits provided to Hospice patients and is presented here to dispel the myths about hospice benefits.

- Hospice cares for the emotional, spiritual and physical needs of the patient and family.
 - Goal of Hospice Care is palliation, rather than cure of the terminal illness. meaning that the focus is on relief of symptoms such as nausea, pain, bowel/bladder problems, dizziness, loss of sleep, etc. This symptom care is directed by the patient's physician. The Hospice Medical Director is available for consultations as needed.
 - Hospice coverage is widely available. It can be provided through Medicare and Medicaid in North Carolina as well as by most private insurance plans. If coverage is not available, hospice will assist in investigating other resources the family may not be aware. Barring this, most hospices provide care by using money raised in the community from memorials, special events, foundation gifts, wills, trusts or other contributions.
 - Hospice nursing staff work with the patient's physician, acting as another set of eyes and ears for the physician in the home. The nursing staff maintains a consistent link between the patient and physician. Statistics show that with this link, patient trips to the ER and inpatient admissions have decreased for the patient.
 - With direction from the physician, pain and symptom management is a distinctive focus for the Hospice nursing staff. On a regular basis the nursing staff assess the patient and evaluate their physical symptoms. Symptoms such as pain, nausea, loss of appetite, dizziness, difficulty swallowing and difficulty sleeping are just a few evaluated by the nurse during the visit in the home.
 - Hospice nursing staff can make arrangements for obtaining any necessary supplies, and/or equipment needed by the patient in the home. (Such as wound supplies, hospital beds, oxygen, etc.)
 - Early referrals to Hospice provide the opportunity for staff to build relationships with the patient and family. During this relationship, staff is able to assist the patient/family in dealing with important areas of their life, such as spiritual, family and financial concerns. Patients and families who have experienced a long, working relationship with Hospice have expressed an increase in satisfaction with services provided by hospice.
 - Skilled, professional staff are available on an on-call basis, 24 hours per day, 7 days per week. However, during periods of medical crisis or when death is imminent, Hospice will provide periods of intense emotional and medical support through continuous skilled care.
 - Professional CNAII services are available for assistance with bathing, dressing and other activities of daily living.
 - Referral to other services may be appropriate such as physical therapy or speech therapy.
 - Recognizing the emotional stress on care-givers and family at this difficult time, Hospice Medical Social Work staff offers bereavement counseling for a minimum period of one year following the loved one's death.

Resource:

Making Referrals to a Hospice program
Hospice Care - A Physician's Guide

Best Cooking Around

Coconut Macaroons

Jo Shuman

Bakers Coconut recipe

Preheat oven to 350 degrees.

14 oz. bag coconut

1 can condensed milk

1 tsp. vanilla

1 tsp almond (Jo's touch)

Mix ingredients well and drop by the spoonful onto a greased cookie sheet.

Bake cookies until golden brown on the edges.

Time will vary with your oven, but should average 10 minutes.

Jo also does variations by putting pecan half's on top to decorate and color tints the coconut with food coloring for the holidays. She noted that you should be sure to get them from the cookie sheet to a wire rack soon to cool as they will stick as they cool.



Do you have a recipe you would like to share? Explain why your recipe is the best and mail to

Cooking Corner

Hospice of McDowell County, Inc.

218 Logan Street

Marion, NC 288752

We retain the right to choose the recipes to print. Space does not allow for all recipes to be printed.

COURAGE IS CONTAGIOUS.

WHEN A BRAVE PERSON TAKES A STAND, THE SPINES OF OTHERS ARE STIFFENED.

-Billy Graham



Contact Us...

218 Logan Street
Marion, NC 28752

Phone: 828-652-1318
Fax: 828-659-1631

Stamp
non-profit

Email: hospice@mcdowell.main.nc.us

Hospice of McDowell County is on the Web at
www.hospiceofmcdowell.org

Hospice of McDowell County, Inc. does not discriminate on the basis of age, gender, national origin, race, creed, disability, or ability to pay.

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 1-888-830-4989. The license is not an endorsement by the State.

Supporting Hospice

I would like to support the ministry of Hospice in McDowell County.

I would like to participate in the Hospice volunteer program:

Office Support Patient/Family support
 Bereavement follow-up Show Me Thy Faith Liaison

I would like to make a donation in memory/honor of:

This gift is made by:		Please send an acknowledgment to:	
Name: _____		Name: _____	
Address: _____		Address: _____	
City: _____		City: _____	
State: _____	Zip: _____	State: _____	Zip: _____
Phone: _____			

Please make checks payable to *Hospice of McDowell County*.
Please note: When a monetary gift is given to Hospice, a receipt is mailed to the donor. The donor's name is listed in our newsletter and an acknowledgment is sent to the family of the individual being honored or remembered.