



## Horticultural Therapy

### Hospice Patients are Captivated by the Beauty of Nature

Intermittently kneeling to examine freshly blooming buds or cut away scraggly branches, Sally Cobb quickly but meticulously navigates the HPCG gardens. In one hand, she holds a large red bucket with a few inches of water in the bottom; in the other, a pair of clippers. As she walks, Cobb pinpoints the most perfect flowers and greenery, cuts them and tosses them into the bucket.

“It is a joy to hand a patient a vase of flowers to look at, but that’s not what horticultural therapy is,” says Cobb. “The colors, textures and smells of each plant in a bouquet are much more enriching when the patient gets to interact with them up close. I like to think of it as a show-and-tell.”

Full bucket in hand, Cobb walks into Beacon Place. Her first visit of the day is with Richard Lewis, a patient she has worked with before, even visiting his home to work in his personal garden. An avid gardener, Lewis smells, touches, examines and comments on each flower, carefully arranging them as he goes. The lamb’s ear is soft and velvety, the rosemary is fragrant, and the tulips are intensely colorful.

The conversation turns to Lewis’ view out of his window, where the roses are in full bloom.

“The birds fly by every day. I get to watch them,” he says. Cobb walks to the head



*Sally Cobb and Richard Lewis participate in a horticultural therapy session.*

of Lewis’ bed and squats to his eye level, looking out the window from his point of view.

“You can’t see the birdfeeder from here!” she exclaims. “We’ll have to install a birdfeeder by your window so that you can watch the birds eat.” Lewis smiles, nods and looks back to his flowers. “We should get you out into the garden soon— would you like that?”

Cobb’s holistic view of each patient’s relationship with nature is what makes her such an effective horticultural therapist. As a clinical practice, horticultural therapy encompasses not just creating small bouquets or smelling fragrant blossoms. Instead, it is a method of helping patients connect with nature as much as possible despite the medical or physical challenges they face.

Often, this means bringing nature to the patient, but just as often, it means creatively using all five senses to lower the boundaries that separate the patient from the outside world.

For those who doubt the profound effect of plants and nature on a terminally ill patient, it may be surprising to know just how this type of therapy affects people. Horticultural therapy has been clinically proven to enhance mood, decrease stress and anxiety, improve social skills, improve cognition and memory and even stimulate emotional growth.

People nearing death often suffer from anxiety, agitation, confusion and even anger. For a dying patient, the benefits of horticultural therapy are hugely impactful to their quality of life. Cobb’s more than 15 years of experience as a

*continued on page 3*

## Contents

Horticultural Therapy.....	pg. 1
A Message from Kristen Yntema.....	pg. 2
Capturing Moments.....	pg. 3
Dementia and Caregiving.....	pg. 4
Giving Matters.....	pg. 5
Honorariums and Memorials.....	pg. 6-9
Kids Path Services and Events.....	pg. 10-11
Gifts of Gratitude.....	pg. 12-13
CEC Calendar of Events.....	pg. 14
Kids Path Calendar of Events.....	pg. 15
Volunteer Calendar of Events.....	pg. 15

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## A Message from Kristen Yntema, President and CEO

I loved summer as a child. Where I grew up in Leesburg, VA, the blooming of the honeysuckle signaled the start of the season.

Spending the day roller skating with my friend Leigh Ann is one of my fondest memories. We would meet at the end of the street and begin our adventures. I can still hear the “clacking” sound of the skates as we pushed off the pavement, followed by the hum of those ball bearings inside the spinning wheels. I can almost feel the vibrations in my feet as we sailed down the street.

On windy days, we would snag a sheet from one of our houses and skate to the top of the neighborhood hill. We would stretch the sheet out between us, and when the wind was just right, we’d catch it, letting the sheet fill with air and pull us all the way down the hill. I can still remember the thrill of those rides.

To this day, when I smell honeysuckle, I am transported to that hill, and I can almost feel the starched bedsheet between my fingers.

While our individual stories may be different, all humans can unlock memories through sensory experiences. As our cover story illustrates, when hospice patients simply interact with the different textures, colors and smells in a vase of flowers, they can be transported to another place and time. For Richard, an avid gardener who can no longer go out into nature, it is especially impactful when our horticultural therapist brings those beloved sights, textures and aromas to *him*.



*Kristen Yntema*

Expert medical care focused on symptom and pain management is the cornerstone of palliative and hospice care. Psycho-social and spiritual needs are also addressed through our comprehensive approach. I am proud that our team goes a step further to employ a range of supportive therapies known as complementary and alternative medicine (CAM) like horticultural therapy, music therapy, aromatherapy and healing touch. Because it is often through these CAM programs that patients are able to unlock rich, vibrant memories while enjoying the moment at hand.

I’m grateful for the memories I made as a child. The whiff of freshly cut grass, new flowers blooming or a summer thunderstorm can bring those memories back as if I were there. I hope you will take time to cherish the memories you have made or continue to make with family and friends. Make those memories part of capturing the moments that really matter.

*Kristen Yntema*

# Feeding Patients Isn't Just About Nutrition

“How would you like your eggs prepared this morning?” asks Chavius Black, pulling a chair close to the bed of a patient who is hard of hearing. He leans in toward her good ear and repeats the question.

She quietly responds, “Slightly scrambled, with a smidgen of pepper.”

Black moves from room to room at Beacon Place checking on each patient. He has served as the food

service coordinator for Hospice and Palliative Care of Greensboro’s inpatient hospice home for more than 10 years.

Meeting the individual needs of each patient is very important to him.

“I feel food can be the gateway to memories for a patient. Although I know the value of preparing and enjoying good food, it is often about much more than that when I walk into a patient’s room. Making them feel comfortable and not alone is just as important to me.”

Kate Clancy, the granddaughter of a recent patient, shared, “When my grandmother arrived at Beacon Place, the first meal provided to her by Chavius was chicken and dumpling soup and, per her special request, unsweetened tea. She loved the soup and raved about it to everyone, claiming it was the greatest soup she had ever tasted. She talked about it right up until her last day.”



*Chavius Black, food service coordinator at Beacon Place, prepares for a Monday lunch service.*

Like he does with every patient, Black would check in every day to interact with Clancy’s grandmother and make sure she was comfortable. When she could no longer tolerate any solid food, he would bring her the broth of her beloved chicken soup.

A few days before her grandmother died, Clancy was sitting close by eating an orange. Her grandmother asked her to bring the fruit closer for her to smell.

“It was then that I realized the food was no longer for nourishment because her body could not tolerate much, but the aroma was evoking special memories as she began talking about her life as a young mother, placing fresh oranges and cloves on her children’s pillows every Christmas morning.”

Black “gets it” when it comes to the importance of food intake and cravings of the Beacon Place patients. As patients near the end of life, dietary needs and restrictions can be difficult to navigate. Black takes great care in planning and preparing quality food that adheres to special diets, while also ensuring patient food requests are met. Yet more importantly, he sees the connection between food and the hospice philosophy of care—to help patients enjoy the moment at hand.

**CAPTURING  
MOMENTS**  
That Really Matter



## Horticultural Therapy *continued from page 1*

horticultural therapist have shown the extent to which her work makes a positive impact in people’s lives— perhaps that’s why she’s always smiling.

As she leaves Lewis’ room, Cobb promises to arrange an outing to the gardens with the nurses—and to install that birdfeeder—really soon.

Cobb is warm, upbeat and relentlessly positive.

“At hospice, we are utterly preoccupied with life, with the beauty of each moment,” she says. “The simple, soothing company of a fragrant blossom is uniquely attainable and allows new experiences to be created—rustic, simple, nourishing, pleasing experiences. We are sharing precious moments of our lives with patients, and it is an honor for me to experience the joy of living with them.”

# Dementia and Caregiving

## ...Why Is This So Hard?

Verbal outbursts. Colorful language. Aggression. Refusal to take baths. Emotional upset. These are just a few behaviors a person with dementia may display that can leave their caregivers lost, frustrated and even scared. Why is caring for someone with dementia so hard?

**1** *It's hard because... they are losing the capacity to change their behavior.*

Dementia is a progressive, irreversible disease. It leads to brain failure and can rob people of language, memory, logic, mobility and more. These brain functions are essential building blocks for a person to change behaviors and solve problems. So it's not that they don't want to cooperate—it's that they can't.

**2** *It's hard because... dementia caregiving takes a huge emotional toll.*

Perhaps hardest of all, caregivers are grieving the lost parts of their loved one. Caregivers are also grieving the lost or changed parts of themselves, and the life they once had.

That's why, if things need to be changed, then caregivers need to be the changers. The person with dementia cannot “get with the program.” But we can get with their program. We can enter their world. We can go with their flow.

In our next Lunch & Learn event, “Dementia Talk: Why Do They Do That... and What Can I Do About It?” we'll discuss strategies for doing just that. In particular, we will look at the four most difficult dementia behaviors: bath wars, social problems, aggression and agitation.

The speakers for this event will be Jodi Kolada, director of caregiver support at Well•Spring Solutions, and Marcia Vanard, director of counseling, education and support services at Hospice and Palliative Care of Greensboro.

“Dementia behaviors can be bewildering to a caregiver, and incredibly upsetting if that person with dementia is a loved one,” said Vanard. “This program offers an alternative understanding of some dementia behaviors and approaches to addressing some of these behaviors that have been shown to be quite effective.”

Join us for “Dementia Talk: Why Do They Do That ... and What Can I Do About It?” on Thursday, September 13 from noon – 1 p.m. at HPCG's Lusk Center. Lunch is included. Registration is required at [www.hospicegso.org/learn](http://www.hospicegso.org/learn) or call **336.621.5565**.

**3** *It's hard because... our usual ways of trying to change a person's behavior don't work.*

- Consequences, rewards and punishments do not work well because the person with dementia is losing memory and motivation. So saying “If you don't take a bath, you won't get to do...” doesn't work.
- Drawing on the strength of your relationship—including shared history, years of love and commitment—often doesn't work. Relationship history does not carry much weight for the person with dementia.



*Attendees of the 2017 “Dementia Talk” learn new strategies for addressing dementia behaviors.*

# Giving Matters

## Local Athlete Raises More Than \$100,000 for HPCG



Hospice Foundation  
of Greater Greensboro

In 2011, Karen Buxton contacted Hospice and Palliative Care of Greensboro (HPCG) with a unique fundraising idea. She wanted to use her experience as a professional coach and endurance athlete to create a series of athletic events called “Tri for Hospice ... Caring to the Finish.”

Buxton’s decision to fundraise for HPCG was inspired by the care her brother, Jeffrey, received in 2011. Buxton still remembers the shock of learning her brother’s cancer was terminal.

“I knew very little about being a caregiver, and even less about hospice,” said Buxton. However, she was pleasantly surprised at the level of comfort and encouragement both Jeffrey and she as the caregiver received from their hospice team.

“I could not have endured that painful time without Jeffrey’s hospice team and our circle of family and friends.”

As an endurance athlete, Buxton had always chosen to race for the satisfaction it offered. She knew she was lucky to have the choice because she was healthy and able. But after her brother’s death, Buxton recognized how quickly luck can change, and like it or not, death is a part of life.

This new awareness inspired her to race for something bigger than herself, and Tri for Hospice was born. Buxton chose the 2012 Ironman Competition in New York for the first Tri for Hospice fundraiser. She recruited three other athletes to participate with her in the 140.6-mile triathlon. Thanks to many sponsors and supporters, Team Tri for Hospice raised \$34,000, more than doubling their goal.

Energized by their success, Buxton engaged the local community by creating two events: “Gears and Steers,” a spring bicycle ride, and “Try a Tri for Hospice,” a fall triathlon event. Since 2013, these fundraisers have been held annually and have continued to succeed and grow.

In 2016, Buxton broadened the impact of Tri for Hospice through another national event: Race Across America (RAAM), a 3,020-mile ride. Through this event, the

team raised money and awareness not only for HPCG but also other nonprofit hospices along their route.

“The coach in me relishes preparing for and executing these events,” said Buxton. “I want everyone who donates, volunteers or races to feel so good about their role that they can’t wait until next year!”

To date, Tri for Hospice events have raised more than \$100,000!



*Karen Buxton participates in a charity ride benefiting HPCG.*

Having achieved this significant fundraising milestone, Buxton has set some new goals, one of which is raising awareness about the scope of HPCG services, such as advance care planning. She wants to encourage the community to have more timely conversations about end-of-life issues ... issues that are far more manageable *before* a crisis occurs.

Events like Tri for Hospice create important connections that strengthen HPCG as well as the community. We applaud Karen Buxton for discovering the team sport of fundraising and the importance of caring ... all the way to the finish.

# Remembrances April 2018 - June 2018

The following list represents those individuals who have been honored or remembered by donors during the past quarter.

## Honorariums

2005 – 2018 Brick Dedication Staff  
and Volunteers\*  
Pamela M. Barrett  
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\* Indicates an HPCG staff member  
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## Memorials

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# Remembrances April 2018 - June 2018

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Carol Glaser  
James Ruben Glass  
Jimmy Wayne Gleason  
Mayfie Ann Gleason  
Barry Goldstein  
Pauline Sudderth Goodwin  
Jane Carol Gordon  
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William, Judith, and Stacey Gray  
Kim and Danny Greeson  
LaVerne Gunn Alley Griffin  
Edna "Fran" Griffith  
Irma Fisler Griffith  
William Shepard "Shep" Griswold Jr.  
Sylvia May Gwynn

Omax Hairr  
Sue Ellis Hairr  
Barclay Hamill  
Theresa Ellen Hansen  
Alexander "Al" Flores Haro  
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Pearl Walker Haygood  
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Dr. Darrell Wayne Haymore  
Grover "Reid" Helms  
Harry Knouse Henson  
James Wallace Herndon  
Marianne Kneier Hertle  
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Betty Canada Hight  
Dwight Willard Holshouser  
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James Edgar Longworth Jr.  
Johnnie Mae Khalida Lovell  
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# Remembrances April 2018 - June 2018

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Charles A. "Mac" McFee	Greg Oxenfeld	Cousin of Erica Rutishauser
Maxine "Maxi" Setliff McGaughey	Mother of Libby Oxenfeld	Harry Samet
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## Planning Your Calendar of Events?

*As you plan programs and events for your school, church, workplace or other group, consider including Hospice and Palliative Care of Greensboro (HPCG). There are a variety of ways HPCG can be a resource.*

### Invite a speaker.

HPCG has trained speakers who can address your workplace, book club, faith community, school, civic group, long-term care community or other organization. Topics include hospice 101, advance care planning, grief and loss, caregiving, support for veterans and much more. Contact [thecenter@hospicegso.org](mailto:thecenter@hospicegso.org) or 336.621.5565.

### Spread holiday cheer.

Is your group looking for a holiday season project to help others? Consider purchasing and wrapping gifts for families of HPCG and Kids Path who have limited financial resources. Contact Cathy Lohr at [clohr@hospicegso.org](mailto:clohr@hospicegso.org) or 336.544.2274 for more information.

### Plan a fundraiser.

Hosting a fundraiser can be a fun way to support patients and families served by HPCG and Kids Path. In the past, groups have held fairs, car shows, fitness classes, dance performances, golf tournaments and more. Contact Jane Gibson at [jgibson@hospicegso.org](mailto:jgibson@hospicegso.org) or 336.478.2511.

# Remembrances April 2018 - June 2018

Jennifer Ann Sproles  
Frederick Herbert Steck Jr.  
Edward Franklin "Frank" Steed  
Paul William Stephanz  
Robert "Bob" H. Stevens Jr.  
Peggy Sue May Stewart  
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Gail Perkins Tillman  
Wallace Norman "Todd" Tolbert Jr.  
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Wilson Davis Trotter  
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Richard "Dick" Tuggle  
Diana Lynne Zukswert Tursky  
Kurt Michael Van Tine  
Carol Anne Vandenoorn  
Robert "Bob" Charles Vanderwedge  
Laura Ellen Weatherman Vestal  
Ruth E. Victor  
Dr. Drewry "Drew" J. Marrow Vincent  
John "Jack" Vonderhaar  
Grace Norris Wagner

Robert Howard Wagner  
Jo Burns Warner  
Richard Smith Watt  
Edward "Eddie" Bryan Waynick  
George and Joanne Weaver  
Norma Palandro Hammar Webb  
JoAnne Webster  
Tommy A. Weisner  
Arthur James Weitz  
Ann Matkins Wilkins  
Kathlyn "Kay" Bullard Wilkinson  
Roy L. Williamson  
Bill Wilson  
Jimmy Lanier Wilson Sr.  
Alexander M. Worth Jr.  
Richard "Dick" Dean Yard  
John P. Young III  
Marie Farrar Younts  
Harriett Lorraine Rivkin Zalkin

*Every effort has been made to include and correctly list all of the names of persons honored or remembered since our last issue of Newlines. This list represents those tributes received between April 1 and June 30, 2018. If we have made an error, we hope you will give us an opportunity to correct our mistake in our next issue.*

*Please call the resource development department at [336.621.2500](tel:336.621.2500).*



*Light Up A Life is an interfaith service for remembering loved ones.*

SAVE THE DATE

34<sup>th</sup> Annual

Light Up  
A Life

December 2, 2018

5 p.m.

First Lutheran Church

3600 West Friendly Avenue

Greensboro, North Carolina 27410



# Kids Path<sup>®</sup> Support for Children



Children cope with illness and loss differently than adults. Kids Path, a program of Hospice and Palliative Care of Greensboro, strives to meet the unique needs of children and their families. Through its grief program, Kids Path offers children and teens who are grieving a safe place to express feelings. And through its pediatric services, Kids Path medical staff care for seriously ill children and teens, improving quality of life for the whole family.

Learn more:

## Grief Support

### Individual Counseling

Kids Path offers individual counseling at no charge for any child or teen (aged 4-18) in the community coping with the illness or death of a loved one. Counselors are licensed clinicians, trained in child-centered therapeutic tools such as play therapy, art therapy and movement.

### Support Groups and Workshops

Throughout the year, Kids Path holds many age-appropriate support groups, workshops and events to help children and teens cope with loss in creative ways.

### Aarvy Aardvark Puppet Show

Designed specifically for elementary-age children in the school setting, Kids Path's Aarvy Aardvark puppet show acts out the feelings associated with loss and includes an educational sharing time.

## Pediatric Services

### Hospice Care

Our Kids Path clinical staff offers a team approach to care for children with life-limiting illnesses. Kids Path staff work closely with the child's family and physician to coordinate care and enhance the quality of life for children, teens and those who share their lives.

### CAP/C Case Management

For patients who are enrolled in Community Alternatives Program for Children (CAP/C), our Kids Path nurses serve as the case manager, developing a plan of care and coordinating services and supplies.

### Perinatal Services

Kids Path provides supportive services to parents who are expecting a baby with a life-threatening condition.

*If you have questions about Kids Path services or would like to make a referral, call 336.544.5437.*

*Visit [www.hospicegso.org/kidspath](http://www.hospicegso.org/kidspath) for resources and events.*

## Introducing the New Kids Path Blog!

Does my child need grief counseling? How do I support a grieving teen?  
Should my child attend our loved one's funeral?

Get answers to your questions about children and grief in this new monthly resource. Subscribe at [www.hospicegso.org/kidspath](http://www.hospicegso.org/kidspath).



Day of Caring

September 19

benefiting  
**Kids Path**

Enjoy a meal from Jersey Mike's at 2104 Georgia Street in Greensboro on Wednesday, September 19, and half your purchase will benefit Kids Path!



# CHAMP CAMP

## Kids Path Holds Annual Day of Fun and Healing

When children are grieving, they often feel guilty about playing and laughing. Kids Path's annual CHAMP Camp not only offers grieving children a chance to connect and remember their loved ones, but it also just lets them be kids at camp.

The 2018 CHAMP Camp (Children Healing And Making friends through Play) was held on Saturday, April 14 at Haw River State Park. Thirty-four children gathered for the full day of activities, which included fishing, a nature walk, arts and crafts, pet therapy and storytelling.

Some activities are more targeted grief interventions. This year, the children made "hope boxes" to memorialize their loved one and create images of their hopes for the future. One child later used her hope box to store a birthday card she made for her loved one who died.

The most meaningful moments often happen during casual conversations, as children discover that their fellow campers have experienced similar losses.



"I will always remember one special moment that I witnessed," said Tracy Hart, Kids Path counselor and a group leader at CHAMP Camp. "On the way to lunch, two campers were talking about their families and realized they had experienced a very similar type of loss. They linked arms and walked to lunch together, suddenly best friends."

Moments such as this allow the participants to return home with renewed spirits and the feeling that they're not alone.

"Grief can be very isolating, so it's very meaningful for kids to meet peers at Camp who understand how they feel," said Hart.

Special thanks to the 27 volunteers, both from HPCG and the community, who helped make this year's CHAMP Camp possible.

## Special Thanks

- The members of the **Teen Volunteer Program** at Hospice and Palliative Care of Greensboro (HPCG) recently chose to expand their volunteer commitment to include three summer projects. The teens organized a snack drive and collected 100 drinks and 100 individually packaged snacks for Kids Path. Their efforts will be part of the welcoming atmosphere grieving children experience when they come to Kids Path this summer. Special thanks go to Danielle Crosby for her role as mentor and lead volunteer for the Teen Volunteer Program.
- Fred Weigel of **Weigel Farms** donated 55 flats of bedding plants in June that were used to beautify the HPCG campus. Some of these plants were also used for a gardening workshop offered by Kids Path for grieving children.
- Members of **Daystar Church** provided a special treat to Beacon Place on Saturday, April 21. Organized by Ashley White, the group served ice cream sundaes to patients, family members and staff.
- Twelve team members from **Beacon Technologies** spent the morning of May 2 volunteering on the HPCG grounds. They removed ivy at the main building entrance and replaced it with slower-growing plants. They also removed and pruned the shrubbery around campus. Garden areas were raked, and several dozen periwinkles were planted at Beacon Place. What a difference 12 volunteers can make in a few hours! Thank you, Beacon Technologies, for your fourth annual visit!
- Several members of **Syngenta's "Volunteers in Action"** accompanied Sally Cobb, HPCG's horticultural therapist, on a visit to an HPCG patient's home. Alerted by the patient's HPCG team, Cobb learned that the patient was distressed about his overgrown garden, which he had meticulously cared for prior to his illness. Cobb and the Syngenta volunteers met with the patient to hear his goals and wishes for his garden. A few hours of hard work and some new plantings transformed the area into a space that offered pride and joy.
- **Caldwell Academy** kindergarten students created 130 hand-decorated pots of flowers to be shared with HPCG patients. This project was one of many included in Caldwell Compassion Day, a day set aside each spring for faculty, students and their parents to come together and serve those in need. Special thanks go to the talented students in the classes of Mrs. Snead, Mrs. Miles and Mrs. Weaver. The plants brought joy to all!



*Clockwise from top left: Members of HPCG's Teen Volunteer Program pose with the snacks they donated to Kids Path; Juliane Kosin delivers flower pots from Caldwell Academy's Compassion Day; Employees of Beacon Technologies beautify the HPCG gardens.*

# Gifts of Gratitude

## Mitzvah Day Benefits HPCG

On May 6, children and adults from the Greensboro Jewish community celebrated Mitzvah Day. This annual day of service encourages Jewish people of all ages to help someone in need. Performing an act of kindness, known as a “mitzvah,” is a way to heal the world through service to others.

Hospice and Palliative Care of Greensboro (HPCG) was one of the organizations selected to benefit from Mitzvah Day this year. Each project was designed to offer encouragement and excitement to HPCG patients being served by Beacon Place and Kids Path. These unique creations included Harry Potter wands, nail art, snacks, personal care items and treat bags for patients. Special thanks go to all the volunteers who participated as well as HPCG Mitzvah Day project leaders, Deb and Steve LeWinter and Erica Aronson.



*Volunteers perform acts of kindness on Mitzvah Day.*

## HPCG Participates in the Human Race



*HPCG's team gathers before the start of the 2018 Human Race*

On April 14, HPCG staff, family members, volunteers and friends participated in The Human Race. This 5K run/walk is an annual fundraising opportunity for all local nonprofit organizations and is sponsored by the Greensboro Volunteer Center.

Seventy-five nonprofit organizations participated in the event, which was held at the Greensboro Coliseum. HPCG has proudly participated in this event since 1994 and was recognized with special emblems adorning the agency race-day sign for 24 years of participation. Thanks to the many generous supporters, HPCG raised more than \$1,500 for the Elizabeth “Clay” Smith Patient Assistance Fund. To date, \$48,500 has been raised to support patient care needs.

A very special thank you to all who ran, walked, rolled, donated or advocated in support of HPCG's team!

## Syngenta Volunteers Spring into Action

A group of 23 Syngenta employees arrived on the HPCG campus ready to give the gardens a good spring cleaning. Before beginning their tasks, Syngenta provided breakfast for the volunteers, offering them a time to relax with co-workers and learn more about HPCG. Sally Cobb, HPCG's horticultural therapist, provided an overview of the gardens as she divided the group into work teams. Assignments impacted every garden on the campus, and tasks included weeding, trimming, raking and watering. They also removed dead limbs and some unwanted shrubs and bushes.

We applaud Syngenta for encouraging their employees to give back to the community. HPCG is proud to have welcomed Syngenta volunteers on its campus twice a year for the past 10 years.



*Syngenta volunteers clean up the HPCG grounds.*

# Counseling and Education Calendar of Events

All events are free of charge and held on the Hospice and Palliative Care of Greensboro campus located on Summit Ave unless otherwise noted. For more information about upcoming support groups or workshops, or to register, please call **336.621.5565** or email [thecenter@hospicegso.org](mailto:thecenter@hospicegso.org).

## SEPTEMBER

### Lunch & Learn: Dementia Talk

Learn practical strategies for addressing the four most difficult dementia behaviors: bath wars, social problems, aggression and agitation.

Register at [www.hospicegso.org/learn](http://www.hospicegso.org/learn).

Thursday, September 13, noon–1 p.m.

Check-in starts at 11:15 a.m.

### What Do I Say?

#### A Course in Talking About Death and Dying

A seminar co-sponsored by the Greensboro Area Health Education Center. There is a fee for this course. Lunch is included.

Register at [www.gahec.org](http://www.gahec.org) or call **336.832.8025**.

Friday, September 21, 8:30 a.m. – 4:30 p.m.

Check-in starts at 8 a.m.

## OCTOBER

### Lunch & Learn: Beyond the Casserole

Hear what deeply grieving persons wish others understood, and learn how to be of support to friends and family in grief.

Register at [www.hospicegso.org/learn](http://www.hospicegso.org/learn).

Thursday, October 11, noon–1 p.m.

Check-in starts at 11:15 a.m.

## NOVEMBER

### When Grief and the Holidays Collide

This is a program to help adults plan for and cope with the holidays.

Choose the time that works best for you:

**Evening: Monday, November 5, 6 – 7 p.m.**

**Daytime: Tuesday, November 6, 1 – 2 p.m.**

### Grief Support Groups and Workshops

Our Counseling and Education Center offers evening and daytime support groups and workshops to those served by HPCG as well as anyone in the Greater Greensboro area.

Recurring CEC Support Group offerings include:

- Suicide Loss Support Group
- Overdose Loss Support Group
- Loss of a Parent
- Loss of a Spouse or Constant Companion
- Loss of an Adult Child

Please visit our website, [www.hospicegso.org](http://www.hospicegso.org), or contact us at **336.621.5565** or [thecenter@hospicegso.org](mailto:thecenter@hospicegso.org) for information about upcoming support group or workshop offerings for adults.

## Reflections on *The Bright Hour*

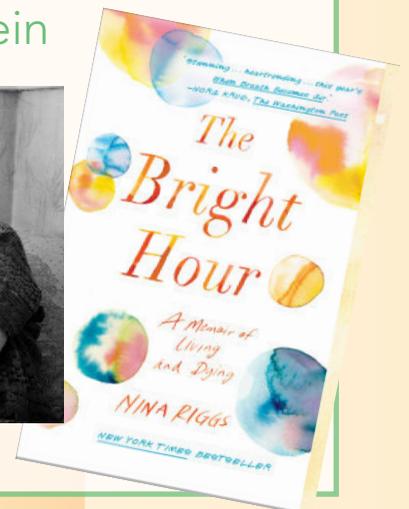
### A Conversation with John Duberstein

Join us as we launch a Community Read of *The Bright Hour*, the 2017 bestselling memoir by local writer, Nina Riggs. John Duberstein, widower of the author, will share his candid reflections on the book, as well as his experiences with love, loss and renewal.

Tuesday, August 28

7 – 8:30 p.m.

Greensboro Public Library Central Branch  
219 N. Church St



# Kids Path Calendar of Events

All Kids Path support groups are open to the public and registration is required. Call [336.544.5437](tel:336.544.5437) to register for a workshop or to schedule an individual counseling session.

## SEPTEMBER

### Connecting Rainbows

A support program for kindergarten–5<sup>th</sup> graders and their caregivers coping with the serious illness or death of a loved one.

*\$15 Materials Fee*

**Tuesdays, September 18 and 25, October 2, 9, 16 and 23**  
6 – 7:30 p.m.

### Teen Night

A gathering for grieving teens (6<sup>th</sup>–12<sup>th</sup> graders) coping with the illness or death of a loved one.

**Thursday, September 27, 6 – 7:30 p.m.**

## OCTOBER

### Teen Night

A gathering for grieving teens (6<sup>th</sup>–12<sup>th</sup> graders) coping with the illness or death of a loved one.

**Thursday, October 25, 6 – 7:30 p.m.**

## NOVEMBER

### Family Make-a-Memory Bear Workshop

A workshop for parents and children grieving the death of a loved one. Families will work together to create a keepsake bear in memory of their loved one (one bear per child). This workshop is open to the community at large. Registration is required.

*\$10 Materials Fee*

**Thursday, November 8, 6 – 7:30 p.m.**

### Teen Night

A gathering for grieving teens (6<sup>th</sup>–12<sup>th</sup> graders) coping with the illness or death of a loved one.

**Thursday, November 15, 6 – 7:30 p.m.**



# Volunteer Services Calendar of Events

Are you interested in volunteering with Hospice and Palliative Care of Greensboro (HPCG)? Mark your calendar for one of these upcoming Volunteer Information Sessions.

Please register by calling [336.621.2500](tel:336.621.2500) or emailing [volunteerservices@hospicegso.org](mailto:volunteerservices@hospicegso.org).

## SEPTEMBER

### Volunteer Information Session

**Thursday, September 6**  
5:30 – 7:30 p.m.

## OCTOBER

### Volunteer Information Session

**Thursday, October 4**  
5:30 – 7:30 p.m.



# Hospice

and Palliative Care of Greensboro

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Connect with Us



## Our Mission

Hospice and Palliative Care of Greensboro enhances quality of life by providing expert interdisciplinary care, consultation, support and education for those affected by serious illness, death or grief.

**TIME-SENSITIVE MATERIAL**