



Hospice Pioneer Honored for her Legacy



The license plate reads GUDGREEF, but it's not a reference to Charlie Brown.

The woman behind the wheel is on a mission. She's the Reverend Lou Wallace, and her life's calling has been to help others move forward after devastating loss.

Joining Hospice and Palliative Care of Greensboro (HPCG) as a chaplain in 1986, Wallace is recognized as a pioneer in the field of bereavement counseling. Hospices are known for providing grief support to their patients' families. However, Wallace challenged hospice providers to do more. She established HPCG's community-based grief program, the first of its kind in the state, offering support to anyone who had experienced the death of a loved one.

Not immune to loss herself, she combined her personal experiences, professional knowledge and empathy to become a recognized expert in her field.



"It was remarkable to watch Lou at work in the midst of her own losses," said Marcia Vanard, HPCG's vice president of counseling, education and support services. "Lou was able to acknowledge her own heartache, but she would say the pain didn't have to stop her from embracing life. She could do both."

As her supervisor, Vanard would often assign clients coping with the most complicated grief to Wallace.

"She could sit with people in their pain and not hurry them along. She trusted the grief process to unfold for every person in its own unique time," said Vanard. "She always reminded our counseling team to take note of what our clients could teach us."

"Through my years as a grief counselor and chaplain, I have had the privilege of serving people as they move into new meaning, constructing new lives," said the Rev. Lou Wallace. "People say 'I admire you for doing that work. It must be depressing.' It's not! It's affirming, loving care."

In June of 2011, community volunteer, Rebecca Schlosser, embarked on a journey she never wanted. Her 25-year-old son, David, unexpectedly died following a lengthy struggle with bipolar disorder.

"I was numb, devastated and angry," said Schlosser.

While the weeks that followed were a blur, the grieving mother received notes from friends strongly encouraging her to call HPCG.

"Our son was not a hospice patient, and I wasn't aware that grief counseling services would be available to me," she recalled. Eventually, Schlosser followed the advice and called for help.

"Lou Wallace became my guide, listening and helping me understand that my physical, emotional and spiritual responses to David's death were normal. At a time when it felt like my reason for 'being' was over, Lou helped me find my footing," she said. "We set tiny goals that enabled me to go through the motions of living. She helped me think forward about those things on my journey that might blindsides me, like holidays and all those 'firsts.' The road map we created, complete with signposts, helped me feel less powerless and less alone."

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A Message from Kristen Yntema, President and CEO

Hospice care has always been revolutionary.

In 1971, the hospice model of care was introduced to the United States, sparking a radical movement that disrupted traditional health care delivery. By 1980, our community formally embraced the concept and established HPCG to support and care for those facing terminal illness. We remain proud to have been one of the first hospices in North Carolina.



Kristen Yntema

As our cover story illustrates, support for those who are grieving also became a fundamental offering. Just as we were learning to provide better care for terminally ill patients, we were developing our skills to support those left behind. Elisabeth Kübler-Ross published her groundbreaking book, "On Death and Dying," in 1969. Her theory of the five stages of grief was radical for the time.

HPCG had its own pioneer: the Reverend Lou Wallace. Her imprint on our counseling programs is known by so many. In fact, when people discover where I work, I am routinely asked, "Do you know Lou?" The stories they share about what she did for them are profound and clearly life-changing.

All hospices are not alike, and HPCG's robust counseling and educational offerings set it apart. Our Counseling and Education Center provides grief support and caregiver education to more than 2,000 people each year. Its humble beginnings are credited to the vision of one remarkable advocate—the Rev. Lou Wallace.

We have been fortunate to have many pioneers champion our cause. Some have provided care directly, and some have been leaders. Pam Barrett, HPCG's first CEO, positioned HPCG as a community resource, developing innovative programs like Kids Path and Beacon Place. Pat Soenksen followed and continued our evolution, advancing our palliative care services, adding the Lusk Center to our campus and strengthening our financial security.

I am excited about the opportunities before us. In today's rapidly changing health care environment, hospice continues to play a revolutionary role. Our culture is still challenged to have important conversations at the end of life. Modern advances in medicine defy expected outcomes.

I look forward to the role HPCG will play, continuing to build on our rich history of responding to community needs while we help people capture moments that really matter.

Kristen Yntema

When Lemon Meringue is More Than a Pie

“What’s your favorite dessert?” I asked my patient.

As hospice volunteers, sometimes we ask a simple question that unlocks deep memories.

Her eyes widened as she responded, “Lemon meringue pie!” Instantly, she was transported back many years to her cozy kitchen.

“Can you share your recipe?” I replied.

She reached for an imaginary bowl and spoons. Into that bowl, and as she talked me through her recipe, went key ingredients ... sugar, flour, salt, lemon juice. “And what is that other...? Oh yes, cornstarch.”

She carefully cracked and separated the eggs into yolks and whites ... all in her mind’s eye.

Whisking it into a frothy batter, she poured it into her crust. Still focused, she completed my cooking lesson by whipping the fluffy meringue. *Voila!* Lemon meringue pie without the calories!

Her cooking lesson prompted me to inquire, “How did you learn that ... did your Mama teach you?”

At our next visit, she smiled brightly when I presented her with a slice of lemon meringue pie. I witnessed how a simple question created cherished memories to savor at the end of her life, and for me to hold in my heart.

Sometimes friends ask me, “Is it hard or awkward to talk to someone who is dying?” As trained volunteers, we only have to open our ears and our imaginations. Sometimes, the less we say, the better because we are actively listening for their feelings and distant memories.

Years ago, I volunteered for another lady who requested a day trip to visit her daughter. With special permission from the hospice team, we rode along for hours with only quiet conversation.

Without hesitation, she shared her young husband’s suicide many years ago. A tragic life experience emerged from the darkness as she recalled being a young wife and how others reacted. These conversations with our hospice patients can’t be planned or scripted. They flow from profound memories,

sacred places and trust between two people.

Every hospice patient I have been honored to serve as a volunteer, whether years ago or more recently, has opened my heart and enriched my life immeasurably. And in listening to their amazing and sometimes even heartbreaking stories, we respect and cherish their lives.

- **Pat Soenksen**, *Volunteer Retired President and CEO of Hospice and Palliative Care of Greensboro*



**CAPTURING
MOMENTS**
That Really Matter



Hospice Pioneer *continued from page 1*

Wallace’s compassionate career has left a tremendous legacy.

“Her fingerprints can be seen so many places within our Counseling and Education Center and throughout our organization,” said Vanard. “In fact, Lou authored many of the bereavement resource materials we continue to use today.”

In honor of her work, Wallace was recognized as the 2018 recipient of the Peter Keese Leadership Award by The Carolinas Center (TCC) in September. TCC is a trade organization that promotes hospice and end-of-life care throughout NC and SC.

And in celebration of her legacy, Rebecca Schlosser and her husband, Mike, have seeded an endowed fund to honor Wallace. The Rev. Lou Wallace Fund for Counseling and Education will generate program support for years to come. If you would like to make a gift to this fund, please visit www.hospicegso.org/gudgreef



WE HONOR VETERANS

Caring for America's Heroes

Every service member's military experience is unique. What they have gone through varies depending on their branch of service, which conflicts or wars they were part of, their age and the length of time they served. Their experiences can range from positive to negative, and for most, it is a mixture of both.

Husband and wife, Jerry and Carolyn Cobb, witnessed this firsthand. Over the past year, they each had a brother served by Hospice and Palliative Care of Greensboro (HPCG). Both brothers were veterans. Carolyn's brother, David, died at Beacon Place in September 2017, and Jerry's brother, Clarence, died in September 2018.

David was very comfortable talking about his service as first-class airman in the Air Force. Although he never had to deploy, it was a turbulent time in American history, as he served from 1973 until 1975. The Vietnam War was coming to an end, and the Civil Rights movement had captured the nation's attention.



David Cobb, Jr.

"When David enlisted he was just a 19-year-old boy," said Carolyn Cobb. "When

he returned, he was a man. I think his service experience really matured him and taught him a great work ethic that he carried throughout his entire life."

Despite the challenges David experienced, he had fond memories of his service.

In contrast, Jerry's brother, Clarence, was an Army medic and was wounded in action. He never wanted to talk about his service. Many in his family had no idea what a highly decorated soldier he was until his funeral. Stories of his



Clarence Howard Cobb

bravery came from his fellow comrades who attended. Among his honors, he received a combat medical badge, a good conduct medal and a sharpshooter badge. Clarence was also awarded the bronze star and a purple heart. But he kept much of this to himself.

"It was very beneficial for Clarence's hospice team to acknowledge and recognize his military service," said Jerry Cobb. Carolyn agreed that her brother David also benefited from the recognition he received.

As a We Honor Veterans partner, HPCG is committed to providing the best quality care for veterans and their families. Hospice staff may provide the last opportunity for veterans to feel that their service was not in vain, and that they are appreciated. Understanding how veterans view their service, whether it is positive or negative, has implications for how they view the end of their life.

"When I assess a patient spiritually, it is about learning what gives their life meaning and hope," said Pete Overcash, an HPCG chaplain. "When working with a veteran, it's especially important to allow for space to build trust and rapport. I have found that asking too many questions can cause a veteran to shut down. When a genuine trust and rapport are established, over time, they are more apt to share about their veteran status and experience."

America's veterans have done everything asked of them in their mission to serve our country. At HPCG, we believe that it is never too late to say "thank you."

Join Us for Light Up A Life on December 2, 2018

You are invited to attend the 34th Annual Light Up A Life Service on Sunday, December 2 at 5 p.m. at First Lutheran Church, located at 3600 West Friendly Avenue. Presented by Hospice and Palliative Care of Greensboro (HPCG), this interfaith service offers guests a meaningful way to honor the memories of their loved ones.

The featured speaker will be the Reverend Jay Hilbinger, senior pastor of First Lutheran Church. Born in Fallston, Maryland, Hilbinger earned a Bachelor of Science degree in business administration from University of North Carolina at Greensboro (UNCG) and a Master of Divinity from the Lutheran Theological Southern Seminary in Columbia, SC. He served seven years as associate pastor of Ebenezer Lutheran Church in downtown Columbia, SC, before being called as associate pastor of First Lutheran, Greensboro in January 1999. Hilbinger was named senior pastor of First Lutheran in June 2015, where he remains today. Hilbinger serves as a member of UNCG's Wesley Luther Campus Ministry Board, a role he deeply values for the impact campus ministry had on his own call into ordained ministry. He looks for opportunities to use faith and spirituality to break down barriers and to build bridges between people.

Light Up A Life

Musical selections will be organized by Melissa Burris, First Lutheran's accompanist and traditional worship coordinator. Featured musicians include the church's Handbell Choir as well as Dave Phillips, a violist in the Greensboro Symphony.



The Rev. Jay Hilbinger

After the service, you are invited to view the Hospice Tree of Remembrance that stands in front of the VF Jeanswear Building at 400 N. Elm Street in downtown Greensboro. The tree will be lit during the Festival of Lights on Friday, November 30, and remain lit through December 31.

You are encouraged to place a light on the Hospice Tree of Remembrance by making a contribution of \$10 or more in honor of a loved one. HPCG will acknowledge your gift and notify those who are being remembered with a lovely seasonal card. All proceeds benefit children and adults receiving patient care and counseling support at HPCG.

Remember or honor someone special with a gift to Light Up A Life.

Donate Online!



hospicego.org/light

To donate by mail, please fill out the form below.

Please place a light on our Hospice Tree of Remembrance

In Memory of _____

In Honor of _____

My donation of \$ _____ to HFGG is enclosed.

Donor's Name(s) _____

Address _____

City _____ State _____ Zip Code _____

Phone _____

Email _____

Please let this person know about my gift:

Name(s) _____

Address _____

City _____ State _____ Zip Code _____

Phone _____

Notification cards (below) will be mailed beginning November 12, 2018.



Mail your Light Up A Life donations to:

Hospice Foundation of Greater Greensboro (HFGG)
2500 Summit Avenue | Greensboro, NC 27405

Gifts may be made to Light Up A Life throughout the months of November and December. **Gifts arriving in the office after November 27 will not be in the service program, but will be acknowledged by a card.** A minimum donation of \$10 is suggested; however, all gifts are welcome. Contributions to Hospice Foundation of Greater Greensboro and Hospice and Palliative Care of Greensboro are tax-deductible as allowed by IRS regulations.



Remembrances July 2018 - September 2018

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

Honorariums

All Who Serve

Anne Batten*

Patty Beard*

Bessie W. Black

Whitney Blalock*

Jonni Catlett

Sally Cobb*

Ryan Colgan*

John Connor*

Gary Davis

Skylar Farnham*

Melanie Fuqua*

Bob Hamilton

Ross Harris

Nicole Hogan*

HPCG Staff*

Hillary Irusta*

Ron Johnson

Gail LeBauer

Jack and Peggy MacDowall

Eileen Martin*

Bonnie McAlister

Patricia "Pat" Murray

Doy Ray Rhue

Linda Sloan

Pat Soenksen

Terence "Terry" Stanaland

The Rev. Lou Wallace*

Gloria Weiss

The Rev. Milton Williams Jr.

Kristen Yntema*

* Indicates HPCG staff member honored by a gift.

Memorials

Beth Anne Franklin Abrams

Charles F. Acquisto

Dr. Rexford "Rex" Earle Adelberger

Tommy Joe Aheron

Nyla Lynn Aldridge

Maggie Lydia Allen

Pamela Anne Allen

Josephine "Jo" Purgason Alton

Kristi K. Amend

Nannie "Nan" Lunsford Andrews

Bertha "Mickey" Apple

Frances "Fran" Overman Austin

Kaylen Forbes Ayres

William Michael Babb

Murray "Carson" Bain

Glenn Preston Baker

Robin Puckett Baker

Daniel Whitlock Banner

John Lloyd "J.L." Barbour Jr.

Craig Eugene Barker

James Robert "Bob" Barker Jr.

Steve Colin Barker

Gary Randolph "Randy" Barnes

Hazel Louise Rich Barnes

Worth Bagley Barnes Jr.

Darryl Keith Beckerleg

Dorothy Ann Pleasant Bell

Charlie Odell Belton

Luther A. "Al" Bennett Jr.

Pauline E. Bess

Stanley Bruce Beuchler

A. Margaret Bistline

Bessie Black

Sylvine Hall Blackwell

Randall "Randy" Johnathan Blum

Larry James Bolick

Nonnie Margaret Beach Booher

Patty Thacker Bowden

Lalla Anne Watson Bowen

Nancy Milloway Boyette

Vance Wells Brabham, III

Erskine Miller Bradley

Gregory Miller Bradley

William "Bill" Charles Bradshaw

Harold Edward Brady

Louise Brady

Judithe Bald Briggs

Ethel "Lori" Brooks

Lisa Goldstajn Burns

Terry Lee Burris

Sylvia Burroughs

Sybil Barnhardt Campbell

Lucille Bracken Canter

Dr. George C. Carpenter

Orlene Rose Davis Carroll

Roy Columbus "Chris" Carter Jr.

Vicki M. Scott Cassell

James "Jim" Levi Catlett

Elisabeth "Libby" B. Caudill

Linda Faye Horton Caudle

Robert "Bobby" Russell Chappell

Frederick "Fred" Allen Childress

Virginia "Jenny" Brewer Cobb

Jane Dunham Cocklereece

Ronald "Ron" M. Coiner

Billy Gordon Coleman

J. Ralph Coltrane

Lewis Eugene "Gene" Coltrane

Monnie Digh Compton

Glenn Franklin Conrad

Gearldean "Geri" C. Cook

Charles Wilbur Covert Sr.

Mary "Hilda" P. Cox

Jacqueline "Jackie" East Cox

Vergie Maness Cox

Ann Comstock Crandall

Susannah Darlene Craven

Emma Clemens Crump

Stella M. Crutchfield

James B. Curl Jr.

Jo Ann McIntyre Danley

Robert Norman Davis

Maleika Jaschele Davis-Morrison

Mary Dean

David Lyman DeBerry

Ruthe Breeze DeBerry

Howell "Dee" DeBerry III

Frank Thomas Delfino

Mattie Waller Deloney

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Shardaben C. Desai

Thelma Tickle Dickens

Jennie McKnight Linder Dolin

Marilyn Ranzenhofer Eddy

Shirley Katherine Edwards

Eric J. Eno

James "Jim" Edward Epting Sr.

Victor Bernhardt Evans

Scott Fleenor

Cladora Emma "Clay" Curtis Fogleman

Patricia Touchstone Folds

Mildred Roberts Foreman

Remembrances July 2018 - September 2018

Billie "Bill" Joe Fortson
Deborah "Debbie" Parker Frazier
William "Bill" Ray Frazier
John Joseph Fusco
Donna Jean G. Gannon
Clyde J. Gardner
Harriet Gardner
Dr. Joseph "Joe" and Evelyn Garrison
Robert "Bob" Paul Garrison
James "Jim" Alan Giles
Anna Jean MacDonald Gorrod
Georgette Simone Plourde Gosselin
Flora Parker "Doll" Gray
LaVerne Gunn Alley Griffin
John Lewis Gullely
Virginia K. Gurley
Betty Coleman Guthrie
Sylvia May Gwynn
Carl Enoch Hairr
Ruth Hancock
Gene Melburn Hardison Jr.
Virginia Elmeda Hardman
Dr. N. Gladstone Harrell Jr.
Robert F. Hartsell
Mary Frances Hayes
Dr. Darrell Wayne Haymore
Dermot "Motty" Charles Hedrick Jr.
Melba Faye Milligan Hefelfinger
Harry Knouse Henson
James Wallace Herndon
Ann Marie Herring
Barbara Ann DeMar Hicks
Herbert "Herb" Hoover Hillard
Fredd Milton Hodge
Helen Smith Hodgin
Jesse Gray Holyfield
Mildred "Jean" Horner
Farisa M. Horton
Mary B. Houghton
Ralph Wadleigh Hoyt Jr.
Mary Ellen Hudson
The Rev. Dr. James "Jim" Ernest Hull
George Thomas "Tom" Hyatt Sr.
Mary Rollins Hyman
Gwendolyn Lois Jarvis Idol
Verley Voys Collins Idol
John Carter Ingram

Sam Irby
Alfred "Fred" T. Jacques
Sharon Stanley Jarrell
Thomas Blake Jobe
Bonnie Lee Lackey Johnson
Brenda K. Johnson
Edward "Ted" Armstrong Johnson
James "J.W." Johnson
Patricia "Pat" Gordon Johnson
William "Bill" Leon Johnson Jr.
Agnes E. Jones
James Dennis Jones Sr.
Martin B. "Marty" Kaplan
Naomi Iskowitz Kaplan
Frances "Fran" Kasek
Janice Dagenhart Kennedy
Lisa Ketchum
John "Jack" H. King Jr.
Ronald "Ronnie" Gray Kirkpatrick
Carrol J. Knight
Robert "Bob" Henry Koonts
Jean Barricks Lange
Edmond "Ed" Bevan Lanier
Roger Henderson Lanning Jr.
Leola "Red" Laster
Myron Craig Laughlin
Carol Hughey Lee
Conelia "Neili" Sue Lee
Cory Samuel Lee
Mr. and Mrs. Thomas Carl Lemmons
Martha Smith Lemons
Lillian Rosenberger Leonard
The Ron Leroux Family
The Rev. Richard Clyde Lewis
John Elvin Long
Dr. John Alexander Lusk III
Christine Mary Macdonald
Shari Malone's sister
Cassandra "Cassie" Lytle Mangum
Aaron Chandler Mansell
Joyce A. Mansell
Betty Ann R. Martin
Doris Marie Martin
John Linwood Mathews
Joanna "Jo" Livingston Matthews
Judith "Judy" Catherine Mayo
Ethel T. McCallum

Dawn Holmes McClintock
Richard Jones "Mac" McCollum
Jack Hamilton McGuinn Sr.
Ann Borden Evans McIver
John Jones McIver
Sarah Louise Moore McMichael
Mary Moira McQuade
Ernest Terry McSwain
Sylvia M. Meadows
Rita Medoff
Lorraine K. Meeks
Kenyon Gavin Meeks Sr.
Everett Alan Miles
James Ivey Moffitt
Marie Webster Moffitt
The Rev. Terry Wayne Moody
Fr. Michael Mackreth Moulden
Elizabeth Mueller
Elizabeth "Betty" Duncan Mullin
Thomas Lee "Tommy" Myers
Harold "Harry" W. Nagel
Bobby Wayne Nance Sr.
Zena "Betty" Peterson Ness
Gary Raymond Norris
Belvin Lee Overman
Louise W. Owens
James Lee Paschall
Bhailalbhair N. Patel
Sonya Shashin Patel
The Rev. James Michael Payne
Sally Hunt Pearce
Evelyn Shirley Pearson
George and Lucinda Peeler
Silvana E. Penvose
Vernon "Monty" L. Peterson
Janie Creel Phillips
Oley Swanson Poer Jr.
William "Bill" Otway Printup
Viola Yonce Rader
Mary G. Rajaniemi
Daniel Richard Ramirez
Joseph "Joe" Stanley Rebo
Kathryn Thompson Remy
Richard "Rick" Clinton Remy III
Simon Reynolds
Elizabeth Harriett Richie
Leslie Ulmond Ricketts Jr.

Remembrances July 2018 - September 2018

Earl Franklin Robbins
Dorothy H. Roberts
Kenneth "Kenny" Clay Roberts
Rose Alice Gentry Robinson
George Valerie Roesch Jr.
Elizabeth Ann Cannon Rollins
Patrick Joseph Rooney
Joan "Marcia" Roskelly
Dr. William Thomas "Tom" Rowe
Denver "D.A." Scott
Edward Scott
Wayne N. Scott
Deborah Ruth Seeley
Philip Michael Segal III
James "Jim" LeRoy Seltzer Sr.
Joseph Gary Setzer
William "Bill" LeRoy Shatto
Judy Boles Shelton
Dr. Mark Silvers
Harold Knight Simpson
Marcus Harrison Simpson
William "Bobby" Vester Sims
Clara LaCarrubba Slane
Billy Bryan Smith
Clara Foster Smith
Dane Marshall Smith

Josephine R. Smith
Lena Maie Smith
Margaret Collier Smith
Dana Gibson Smith III
Frances Anastopulos Sonntag
Darrell Martin "Marty" Southard
Leo Hardee Starling
Edward Franklin "Frank" Steed
Edith I. Swaim
Mary B. Swofford
Wiley Arnold "Jack" Sykes Jr.
Shirley Eatmon Thacker
Cheryl "Shari" Lynn Theismann
Hal J. Thompson
Janet Loraine Titus
Richard Eugene Tucker
Jimmie L. Vaden
Marvin Churchill Veto
Dr. Drewry "Drew" J. Marrow Vincent
Robert Howard Wagner
Shuford Mial Wall Jr.
Cecil "Skeet" Eshelmon Ward
Mary June Darden Ward
Thelma Jane "Mickey" Scott Watkins
Edward "Eddie" Bryan Waynick
Gregory Dale Wedding

Tommy A. Weisner
Brenda Bancroft Welker
Jerry Leo Welker
Forrest Burdette Wellman
George Wells
Gerald Anthony White
Meghan White
Kathlyn "Kay" Bullard Wilkinson
Betty Hess Williams
Carol Ann Self Williams
Mary Ellen Rodebaugh Hudson Williams
James Thomas "Butch" Williams Jr.
Lois Brady Winslow
James "Jim" Merritt Winstead
Elvira J. Wood
Juanita "Fran" Hurt Wood
Lovie Annette Wood
Rex E. Wood
Sharon Whipps Woodall
Lurlei Routh Woodard
Betty Hodgkin Wright
F. David "Dave" Wyrick Sr
Julie A. Goodrich York
William R. "Bill" Young, Sr.
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 Newslines. This list represents those tributes received between July 1 and September 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).

Connect With Us!



Like us on Facebook, follow us on Twitter and LinkedIn,
and sign up to receive email at www.hospicegso.org



Hospice Foundation
of Greater Greensboro

Giving Matters

Because So Many Have Asked

Why Support HPCG?

Hospice and Palliative Care of Greensboro (HPCG) cares for all medically eligible patients, regardless of their ability to pay. Insurance covers many of our expenses, but not all. On average, nearly ten percent of HPCG's program costs are not reimbursed.

In addition to ensuring that no one is denied care due to an inability to pay, contributions allow us to provide services for children coping with illness and loss and to offer grief counseling and educational programs for the community.

Because so many people have asked how they can support our work, we offer the following suggestions:

Celebrate A Special Person.

Memorial gifts and honorariums are an excellent way to support our mission. They also provide family members and friends with an opportunity to celebrate their loved ones.

Memorial Gifts: Families can designate memorial gifts to HPCG by adding a sentence to the obituary— "The family requests that memorial gifts be made to . . ." Funeral home staff can help ensure that this information appears in the newspaper.

Increasingly, families are turning to social media to share news of their loved one's memorial services. Adding a request for memorial gifts to a post, with a link to give, can be an effective way to celebrate a life.

Honorariums: Honorariums offer donors a way to express their appreciation or love for a living family member, friend, coworker or other special person. Many people choose to celebrate their birthday or wedding by asking for contributions in lieu of traditional gifts. Such a contribution is a thoughtful and creative way to support our work.

Organize Special Events.

Due to limited resources, HPCG only organizes two events a year: Corks for Kids Path and Light Up A Life. However, we are the grateful beneficiary of many creative events organized by individuals, businesses, community groups and faith communities. If you are interested in planning a fundraiser to support HPCG, contact us to see how we can help.

Learn more at: www.hospicegso.org/donate-to-hpcg/

Volunteer.

Donations can be gifts of time, talent or treasure. The generous offers of time and talent provided by our volunteers are just as important as financial contributions. There is a volunteer opportunity to fit anyone's unique skills and personality. To become a volunteer, attend a two-hour Volunteer Information Session. Information sessions are typically held once per month.

Learn more at: www.hospicegso.org/volunteer/

Be An Advocate.

Lastly, you can become a resource for your friends and family by telling others about the support available at HPCG. Learn about our variety of services. Like our page on Facebook, and share relevant posts with friends. Memorize our website URL (www.hospicegso.org), and refer people to the website for more information. By taking these simple steps, you can help spread HPCG's mission, services and offerings throughout the community.



"A kind gesture can reach a wound that only compassion can heal."

STEVIE MARABOLI

New Members Elected to HPCG Board of Directors and HFGG Board of Trustees

October 1 marked the start of a new fiscal year for Hospice and Palliative Care of Greensboro (HPCG), including the election of two new board members. In addition, the Hospice Foundation of Greater Greensboro (HFGG) elected one new trustee.

Joining the HPCG Board of Directors is:



Devin Griffith, MPA, MSW is vice president of regional development at Advanced Home Care in High Point. Griffith has worked in the health care field for 26 years and spent 16 years with Randolph Hospital as vice president of care continuum and support services. He holds a master's degree in social work from the UNC-Chapel Hill and his master's in public administration from High Point University. In 2014, he received the Ellen B. Winston Award for his work for seniors, the disabled and terminally ill patients, from the North Carolina Association of Home and Hospice Care.



Kenneth J. Rempher, PhD, RN, MS, MBA, CENP is executive vice president and chief nurse executive at Cone Health, where he is responsible for the clinical practice of more than 3,000 nurses across the Cone Health system. Over his 25-year career, Dr. Rempher has also contributed significantly to education and research through many publications and presentations. He received his BSN from the University of Minnesota, his MS degree in nursing from the University of Maryland, an MBA from the University of Baltimore, and a PhD from the University of Maryland.

Joining the HFGG Board of Trustees is:



Tiffany Derby Crenshaw is founder and CEO of Intellect Resources, a talent acquisition firm for the health care information technology industry. Crenshaw brings vast experience in health care recruiting, leadership, marketing, project management, account management, volunteerism and sales. She holds an Associates of Arts degree from Peace College and a Bachelor of Arts degree in journalism and mass communication from the University of North Carolina at Chapel Hill.

Save the Date!

12th Annual

Corks for Kids Path®

presented by



Wine Tasting Event

Friday, March 8, 2019

Cadillac Service Garage

304 East Market Street, Greensboro



Sponsorships are available!

For more information, please call

336.621.2500 or visit

www.corksforkidspath.org

Planning for the 12th Annual Corks for Kids Path is Underway!

A dedicated planning committee is already hard at work creating the 12th annual Corks for Kids Path!

Chairing this year's effort is Morgan Morrisette Hood, who has served on the planning committee for many years. Hood's passion for Kids Path was sparked long before her participation with the annual fundraiser. Her first introduction to Kids Path was as a Girl Scout.

"My troop assisted with the initial design and planting of the Healing Garden at Kids Path," recalled Hood. "Throughout the years, this garden has helped many families walk through times of grieving, providing them a sacred space for healing."

Armed with this deep appreciation of Kids Path—HPCG's program that helps children coping with illness and grief—Hood is poised to build on the tremendous success of Greensboro's premier wine-tasting event.

"I feel like my life has come full circle in the most amazing way," she said. "I am beyond excited to work alongside a committee full of caring individuals whose efforts throughout the next four months will ultimately provide essential support for Kids Path to continue its heartfelt mission."



Some members of the 2019 Corks for Kids Path Planning Committee: Maryanne Cardwell, Megan Cardwell, Lindsey Greear, Morgan Hood, Lydia Whitley and Emily Barringer.

Scheduled for Friday, March 8, 2019, Corks for Kids Path will take place at the Cadillac Service Garage, an industrial urban loft venue in the heart of downtown Greensboro. The event will include an amazing sampling of wines, a silent auction and heavy hors d'oeuvres.

Since the creation of Corks for Kids Path, Zeto, Greensboro's foremost wine shop, has curated wines for the

event. In addition, the local business donates all profits from any wine sales that result from the event. "We are so excited to continue our support," said Penny Demetriades, Zeto co-owner.

Crumley Roberts will also return as presenting sponsor. Visit www.corksforkidspath.org for more information.

Supporting a Grieving Friend this Holiday Season

For many grieving people, the holiday season is a long-dreaded, difficult period. If you have a friend or loved one who is grieving this time of the year, your support can be very meaningful and help make a painful time easier. Here are some quick tips:

Ask Questions.

Ask your friend how they are doing, and inquire how you might be of help. Your friend's needs may change frequently; remember to be supportive by asking more than once.

Be a Good Listener.

If your friend does want to talk about grief, supportive listening is the key. Sometimes there is no right thing to say and being present with your friend is enough.

Be There.

The most meaningful way to help a friend is to be there through the ups and downs of grief. Even if time has passed since the loss, you may ask how she or he is doing during this holiday season.



Gifts of Gratitude

Tri for Hospice 2018 Events Raise \$15,000

Tri for Hospice hosted two events that benefited Hospice and Palliative Care of Greensboro (HPCG) in 2018. Collectively, Gears and Steers, a spring bicycle ride, and Try a Tri for Hospice, a fall triathlon, raised more than \$15,000.

On Sunday, April 8, Gears and Steers participants took a challenging ride on a countryside course. Afterwards, riders returned to the Summerfield Bicycle Shop to enjoy grilled burgers, side dishes, delicious gelato and beer. Thanks to generous sponsors, donors, riders and the diligent efforts of many volunteers, this event raised \$6,400 for HPCG.

Try a Tri for Hospice, held at Ridgewood Swim and Tennis Club on September 1, was the most successful event to date. Not only did it raise more than \$8,600, but the number of participants also nearly doubled over the previous year. The course includes a 200-meter swim, a 10-mile bike ride and a 2-mile run through the rolling hills of the Ridgewood neighborhood.



Gears and Steers participants are in high spirits before their bike ride.

Karen Buxton, founder and organizer of these Tri for Hospice events, shared her pride in the fact that they continue to grow and raise more money each year.

“Our Tri for Hospice team works diligently to present safe, well-organized and enjoyable events,” explained Buxton. “However, we couldn’t do any of this without the generosity of our sponsors, many of whom have been with us since the beginning.”

Since its inception seven years ago, Tri for Hospice has raised more than \$110,000 for HPCG. This outstanding achievement demonstrates the impact of their partnership and the appropriateness of their tag line:

Tri for Hospice . . . Caring to the Finish.



Dancing Clubs Generate Donations

The Folk, Round and Square Dance Federation clubs of North Carolina donated \$1,389 to Hospice and Palliative Care of Greensboro (HPCG) in September. The clubs have been promenading to raise money since 1990, and the proceeds from their efforts have been distributed to 35 hospices across the state. To date, HPCG has received over \$82,000!

HPCG Teen Volunteers Help Homeless Veterans

On September 20, the HPCG Teen Volunteer group assembled more than 150 individual bags of personal items for the 2018 Triad Stand Down event, which helps homeless veterans in the community.

Under the leadership of HPCG volunteer coordinator, Frorhonda Jones, and group advisor and mentor, Danielle Crosby, the teen group meets monthly to work on projects and learn more about hospice services.

“We are so proud to have such an aspirational group of teens on our HPCG team!” said Jones.

As part of the We Honor Veterans program, HPCG staff, volunteers and partnering agencies collected items for this project, including lip balm, hand sanitizer, gum, rain ponchos and packs of tissue.



Clockwise from top left: Frorhonda Jones, Omnia Hassan, Jahara Yahaya, Kelis Johnson, Janeeta Mamane, Asjha Maiden, Cayla Peterman, Danielle Crosby, Kionah Brown, Daisy Toledo, Symone Williams, Myla Cunningham and Ananya Pentakota.

Gifts of Gratitude

Westminster Presbyterian Church Organizes Day of Service

One Great Day of Service, held on Sunday, September 30, 2018, offered Westminster Presbyterian Church volunteers of all ages (below) an opportunity to serve individuals and organizations throughout the community. Three of those projects were chaired by Ann Comfort for the benefit of patients and families served by Hospice and Palliative Care of Greensboro.



“Cooking for Kids Path,” organized by Sandra Sprinkle, was a big success. Volunteers created, baked and wrapped 30 delicious casseroles. For dessert, a group of young chefs baked dozens of chocolate chip cookies. Delivered later by

the Kids Path team, these homemade meals were a great treat for families.

“Sundaes on Sunday,” organized by Justin Harty, served ice cream sundaes with lots of toppings for Beacon Place patients and their visitors. The group consisting of children and adults lifted spirits with their kindness and presence.

“Kids Path Pillows,” organized by Daphne Haverkamp, resulted in a supply of brightly colored pillows to be shared with children and teens receiving grief counseling from Kids Path. Using fleece and bandana fabric, volunteers formed heart-shaped pillows and hand-tied the seams. These pillows will offer comfort to children navigating a difficult time.



Volunteers pose with the pillows they sewed for Kids Path.

Many thanks to Westminster Presbyterian Church volunteers. It was a really great day

Triad Chevy Club Holds Car Show

Triad Chevy Club and event sponsor Bill Black Chevrolet held its 24th Annual Car Show on Saturday, June 9. Event proceeds were divided between this year’s designated charities: Hospice and Palliative Care of Greensboro (HPCG), JDRF’s Piedmont Triad Chapter and Ronald McDonald House in Winston-Salem.

The show featured 37 classes of cars, as well as trucks and motorcycles. New, restored and one-of-a-kind vehicles were proudly displayed by their owners.

Chairing this year’s event was club president, Chuck Bottomley, who sang the praises of fellow club members. “This is a team effort,” explained Bottomley. “Our club members work hard, as do the folks at Bill Black Chevrolet.” He offered a special word of thanks to general manager Jerry McPherson and his team who relocated and returned several hundred cars



from their showroom lot to make room for the show.

Bottomley also acknowledged the club’s pride in the way they give back to their community. “Many of us have family and friends who have needed the services of this year’s beneficiaries. That fact inspires all of us to work harder!”

Thank you, Triad Chevy Club members! Since 2015, they have donated more than \$43,000 to HPCG from their annual charity car shows.



Beneficiaries of the car show, including HPCG, receive a check.

Counseling and Education Calendar of Events

All events are free of charge and held at Hospice and Palliative Care of Greensboro, located at 2500 Summit Avenue, unless otherwise noted. For more information or to register, please call [336.621.5565](tel:336.621.5565) or email thecenter@hospicegso.org.



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.

After the program, please join us in creating a Hope Pot to take home. Materials will be provided. We will plant pansies and bulbs in small pots. Early next spring, your pot will come to life with new growth and flowers. This will serve as a reminder that better days lie ahead.

JANUARY

Grief: What to Expect and What Can Help

A one-hour information session for adults who are newly bereaved to better understand and cope with grief.

Choose the session that works best for you:

Evening: Monday, January 14, 6 – 7 p.m.

Daytime: Tuesday, January 15, noon – 1 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, or contact us at [336.621.5565](tel:336.621.5565) or thecenter@hospicegso.org for information about upcoming support group or workshop offerings for adults.

Is your group looking for a holiday project to help others?

Consider adopting a family in need through our **Holiday Cheer Program.**

Contact Cathy Lohr at [336.544.2274](tel:336.544.2274) or clohr@hospicegso.org for more information.



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.

DECEMBER

Hope at the Holidays

A workshop for families with children who are grieving the death of a loved one. Join us for an evening of hope and remembrance. This workshop is open to current Kids Path clients and families as well as the larger community.

\$10 Materials Fee

Thursday, December 6, 6 – 7:30 p.m.

Teen Night

A gathering for grieving teens (6th-12th graders) coping with the illness or death of a loved one.

Thursday, December 13, 6 – 7:30 p.m.

JANUARY

Teen Night

A gathering for grieving teens (6th-12th graders) coping with the illness or death of a loved one.

Thursday, January 17, 6 – 7:30 p.m.

FEBRUARY

Connecting Rainbows

A six-week support group for K-5th graders and their caregivers coping with the serious illness or death of a loved one.

\$15 Materials Fee

Tuesdays, 6 – 7:30 p.m.

February 5, 12, 19, 26

March 5 and 12

Pathfinders

A four-week support group for teens (6-12th graders) who are coping with the serious illness or death of a loved one.

\$15 Materials Fee

Thursdays, 6 – 7:30 p.m.

February 7, 14, 21 and 28



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, held at HPCG's Lusk Center, 2501 Summit Avenue.

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

DECEMBER

Volunteer Information Session

Thursday, December 6

5:30 – 7:30 p.m.

JANUARY

Volunteer Information Session

Thursday, January 3

5:30 – 7:30 p.m.



Hospice

and Palliative Care of Greensboro

2500 Summit Avenue
Greensboro, NC 27405
336.621.2500 phone
336.621.4516 fax
www.hospicegso.org



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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