



## The Power of Social Work

### How a Simple Tool Transformed a Woman's Life

Shirley Rothrock had always been a strong, independent woman. Retired from a 24-year career in government, Rothrock lived alone after her husband Owen's death in 2002. Owen had built their home, where the couple lived for most of their 60-year marriage.

After being diagnosed with a heart condition, however, Rothrock watched her world grow smaller. Previously, Rothrock had spent her days buzzing around town: grocery shopping for the elderly, volunteering and being active in her church community. Gradually, though, she began to spend more time in her recliner.

Rothrock's lessened activity was a result of what she called "wavy" episodes, which made her feel dizzy and faint. These episodes frightened Rothrock so much that this fiercely independent woman became afraid to even walk around her house.

Hoping to improve her symptoms, Rothrock decided to call upon palliative care.

Palliative care is a service for people facing serious, life-limiting illnesses. Its primary objective is to improve patients' quality of life by alleviating distressing symptoms.

Together with her longtime doctors, Hospice and Palliative Care of Greensboro (HPCG)'s palliative care team developed a plan of care to help Rothrock regain control over her life.

Unfortunately, traditional medical intervention wasn't improving Rothrock's wavy episodes. Seeing the emotional distress that her shrinking world was causing, the palliative care team called in Risa Hanau, an HPCG clinical social worker.

"I wanted to explore what we could do outside of clinical interventions to lessen her symptoms. Could we ease them in any way, no matter their cause?"

Knowing how much Rothrock loved the home her husband built, Hanau asked her to close her eyes and visually "walk" through each room.



*Social worker Risa Hanau holds touch stones, similar to the one she gave Shirley Rothrock.*

According to Hanau, this type of guided imagery exercise works by distracting the patient from physical discomfort. It occupies their mind with something they find soothing.

"She moved from room to room pointing out what was most important to her, including a bedroom full of dolls from her childhood," Hanau said. "Afterwards, she was amazed by how calm and fulfilled it made her feel."

However, the guided imagery exercise was a bit time consuming, and required Rothrock's total concentration.

"I saw a need for something more immediate that she could use while watching TV or having a conversation. I decided to give her a 'touch stone,' a physical object she could use to embody a feeling of calm."

Hanau brought three different stones for Rothrock, who decided on a large, irregularly shaped one.

Rothrock's response to the stone was immediate. She held it whenever she felt a wavy episode coming on, and it immediately soothed her. It became a point of control that helped her regain power and independence.

By taking a holistic approach to Rothrock's care, Hanau was able to help alleviate physical symptoms that traditional medical interventions could not.

Rothrock took the stone everywhere, and her world began to reopen. She returned to church, proudly showing off her stone. She went grocery shopping, out to lunch and to visit friends. Tasks and outings no longer embodied the frightening

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*Shirley Rothrock in her youth.*

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## 2019-2020

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# A Message from Kristen Yntema, President and CEO

## Stronger Together

HPCG’s merger with Hospice and Palliative Care Center of Alamance-Caswell took effect on October 1. And while this change represents a momentous milestone in our combined history, most things felt the same on that day... our staff remained focused, keeping our patients and families at the center of their work.



Kristen Yntema

We still have a way to go, but I want to stop and celebrate how far we have come. With our expertise multiplied, we are transitioning into one of the state’s principal caregiving organizations. I am especially grateful to our boards, volunteers and staff for all their hard work. In just a few months, we were able to lay the foundation of our new organization.

This work is not without challenges, however. Separately, we both provided the same basic services, but we provided them differently. For example, each organization used different software programs for keeping medical records. There are many system differences like these, and together, we must align all of the details. We expect it will take the next year to complete the process.

So, in the meantime, we will continue to operate as Hospice and Palliative Care Center of Alamance-Caswell and Hospice and Palliative Care of Greensboro. We will continue to provide great care. We will continue to get to know our new team members, and we will

go about providing a diverse set of programs like counseling for adults and children. Beacon Place and our Hospice Home will continue to serve as a refuge to patients and families. And we will continue to rely on a generous community to provide vital funds that make our work possible.

In January, we will announce a new name and logo for our organization, one that remains dedicated to caring for those with serious illness, helping them to live as fully as possible while supporting their loved ones and caregivers.

When we began this journey, we were motivated by the opportunity for our two mission-driven, not-for-profit organizations to better meet the needs of more than 3,000 hospice patients each year and thousands of others who seek palliative care, Kids Path support, and grief counseling services in multiple North Carolina counties.

Today, we are better positioned than ever to realize this vision.

*Kristen Althea Yntema*

# Surprise Gift Brings Joy to 100-Year-Old Golf Fan

At 100 years old, Margaret Rheingrover is pro-golfer Jordan Spieth's biggest fan! A patient of Hospice and Palliative Care of Greensboro (HPCG), Rheingrover watches Spieth play any chance she gets, tuning the television to golf every Thursday through Sunday. She has even gotten her whole care team rooting for him.

Rheingrover admires Spieth not only because of his outstanding skill at such a young age, but also because of his mature disposition.

"He never loses his temper, even when his ball goes in the water," Rheingrover said.

Having raised four children, Rheingrover also connects with Spieth because of the demonstration of love he shows to his sister with special needs.

"Mom finds Jordan Spieth's whole aura very appealing," said Rheingrover's daughter and family caregiver, Joann Benson.

So when Rheingrover's HPCG nurse, Karen Kaplan, wanted to do something special for her beloved patient, the people at the Wyndham Championship stepped up to help. They decided to surprise Rheingrover with a Wyndham golf hat, autographed and personalized by Jordan Spieth himself.

On the day of the surprise, there was much laughter, joy, tears and—of course—lots of pictures. What made the gift even more special was that it was delivered by Rheingrover's nurse, Kaplan.



*HPCG nurse Karen Kaplan reacts after surprising Margaret Rheingrover with a hat signed by Jordan Spieth.*

"Mom and Karen share such a special bond," said Benson. "She asks such great questions and is genuinely interested in Mom ... Hospice gives me a sense of relief because of the confidence I have in Karen and in her hospice doctor, Dr. Hertweck."

Benson even credits hospice services with extending her mother's life, adding valuable time together and easing the emotional and physical toll of caregiving.

"When Mom got out of the hospital, she was not doing well," Benson said. "But since she's been under hospice care, she has flourished. The whole team even came out to celebrate her 100<sup>th</sup> birthday. And my pre-grief counseling with hospice has given me a safe place to share my feelings ... We feel so blessed to have hospice in our home, going the extra mile to create special days like these."

**CAPTURING  
MOMENTS**  
That Really Matter



## The Power of Social Work *continued from page 1*

possibility of a wavy episode. If Rothrock had her stone, she was not afraid.

Rothrock's story exemplifies why palliative care is important. When the HPCG team first met her, she had a physical condition that impacted her quality of life. Because of the work of her palliative care team, Rothrock was able to enjoy months of renewed independence and fulfillment while setting goals for her life and her death. Her voice was heard, and her wishes were known.

Eventually, Rothrock's health declined. With her health care wishes well-established, her team seamlessly transitioned her to hospice care. After three months, she died peacefully in her bed.

Sally Bulla, Rothrock's niece, was amazed by the difference that HPCG made in her aunt's life.

"She was going out to lunch two weeks before she died," Bulla said. "Palliative and hospice care allowed her to live well through the very end. After our experience, I want everyone to know that they should call palliative and hospice care as soon as possible!"



Palliative and hospice care allowed Rothrock (left) to fulfill her greatest wishes: to live her life to the fullest for as long as possible, and to die at home, in the house she loved so much.



WE HONOR VETERANS

# HPCG Wins Prestigious Veteran Partnership Leadership Award

On September 9, the We Honor Veterans program at Hospice and Palliative Care of Greensboro (HPCG) was awarded the Hospice Veteran Partnership Leadership Award, presented by The Carolinas Center (TCC) at their 43rd Annual Hospice and Palliative Care Conference in Greenville, South Carolina. This award recognizes a hospice organization that has excelled in providing veterans services in its community.



*HPCG CEO Kristen Yntema accepts the Veterans Partnership Leadership Award from TCC.*

HPCG has been an enthusiastic We Honor Veterans Hospice Partner since the Veterans Administration (VA) and National Hospice and Palliative Care Organization (NHPCO) launched the program in August of 2010. HPCG immediately became a partner at the “Recruit” level and, in August 2011, completed Level One status to earn its first “star.” In January 2016, HPCG was one of the first hospices in North Carolina to achieve We Honor Veterans Partner Level Four status, the highest

level offered at the time. HPCG hopes to complete the newly created Level Five status by the end of 2019.

HPCG’s approach to providing support, education, recognition and services to veterans is well known for its creativity and impact. The agency has strong community partnerships to advance the delivery of care and service to veterans. In addition to working closely with local VA hospitals, HPCG has been actively involved with the Triad

Veteran Partnership, various political officials, Triad Stage, The Servant Center, the Disabled Veterans of America, Humana and AARP.

HPCG’s level of engagement in the community and work with other veteran-centric organizations continues to deepen, leading the community in serving the unique needs of veterans.

## Five Things Veterans Want you to Know

- |  |  |
|--|--|
| 1 We did not all kill someone.                                     | Those who have do NOT want to talk about it. Never ask this question.  |
| 2 We do not all have PTSD.   | Combat service can be traumatic, but not all people who have experienced a trauma develop PTSD.  |
| 3 Some of us do have invisible wounds of war.                      | Invisible combat wounds, including PTSD, depression and substance use disorder are real injuries that deserve treatment just like any other combat injury. |
| 4 We differ in how much we identify with the military.             | Every veteran is different. Try asking: “How do you define yourself now? How has your military service shaped you?”  |
| 5 We made this sacrifice to serve something bigger than ourselves. | The sacrifice that each veteran made when choosing to serve their country can not be overstated. The least we owe them is our thanks.                      |

# Join Us for Light Up A Life on December 8, 2019

You are invited to attend the 35<sup>th</sup> annual Light Up A Life Service, which will take place on Sunday, December 8 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 friends and family members.

The featured speaker will be Morris Brown, senior pastor of Christ United Methodist Church. Born and raised in Asheville, NC, Brown graduated from Mars Hill College in 1985, and subsequently, worked for four years as a loan officer. Feeling called to enter the ministry, Brown left his job and moved to Louisville, Kentucky to attend Southern Seminary. He graduated in 1991 with a Master of Divinity and was named Associate Pastor of First United Methodist Church of High Point, NC. He went on to serve five other Methodist churches in Western North Carolina before being called to Christ United Methodist Church in 2017.

He and his wife, Pamela, have two adult sons, both of whom are married and live in NC. They have one granddaughter, Addison Marie.

Musical selections will be organized by Melissa Burris, First Lutheran's accompanist and worship coordinator. Featured musicians include Jessica Mashburn, a well-known singer/songwriter, and the First Lutheran Hand Bell Choir.



Pastor Morris Brown

## Light Up A Life

After the service, you are invited to view the Hospice Tree of Remembrance that stands in front of the Kontoor Brands Building at 400 N. Elm Street in downtown Greensboro. The tree will be lit during the Festival of Lights on Friday, December 6, and remain lit through December 31.

You can place a light on the Hospice Tree of Remembrance by making a gift of \$10 or more in honor of a loved one. HPCG will acknowledge your gift and notify the family of those who are being remembered with a lovely seasonal card. All proceeds benefit children and adults receiving patient care and counseling support at HPCG. Visit [www.hospicego.org/light](http://www.hospicego.org/light) to learn more or make a donation.

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

Donate Online!



[hospicego.org/light](http://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, 2019.



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 December 3 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 2019 - September 2019

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

## Honorariums

Wyenita Alston\*  
Maura Barber\*  
Beacon Place Staff\*  
Glenn "Buck" H. Campbell  
Jonni Catlett  
Ryan Colgan\*  
John Connor\*  
Betty Carol Elmore  
Max Elmore  
Dr. John Feldmann\*  
Melanie Fuqua\*  
Kimberly E. Grove\*  
Doris Hartsfield  
HPCG Team that cared for Mary Barham\*  
HPCG Team that cared for Harry K. Henson\*  
Ron Johnson  
Kim Ketchum  
R. C. and Betty Lee  
Molly Canipe Lyle\*  
Bonnie and Dan McAlister  
Jeanne Murtaugh  
Melissa Pridgen\*  
Amy Pierce and Family  
Charlotte Davidson Quinn  
Ruthie Roberson  
Kristen Rumble and Family  
Milagros "Millie" Russell  
Lori Henson Shaw\*  
Lisa Smith, RN\*  
Terence "Terry" Stanaland  
Andrea Summers\*  
Marcia Patterson Vanard\*  
Sarala Vebber  
Frank Wellnitz

\* Indicates HPCG staff member honored by a gift.

## Memorials

Alta Mallard Abernathy  
Max G. Abernathy Sr.  
Charles F. Acquisto  
Wesley "Wes" Thadeus Adams Jr.  
Dr. Rexford "Rex" Earle Adelberger

Frances Holt Alcon  
Marina S. Alexiou  
David Allen  
James "Jim" H. Allen  
Lillie B. Alston  
Josephine "Jo" Purgason Alton  
Ken Sheetz Anderson Jr.  
Mae Lee Andrews  
Ferry Lee Apple  
William "Bill" H. Bailey  
Mary Shepherd Barham  
Otis Raymond Barham  
The Barham Family  
Worth Bagley Barnes Jr.  
Clifford Barr Jr.  
Robert Sherwood Baxley Sr.  
William "Bill" Bunn Beavers  
Evelyn Berger  
Elaine R. Bieksha  
Alfred "Al" A. Birge  
Anna Margaret Bistline  
Mack Beech Blankenship Jr.  
Ruth W. Boger  
Mary Anne Bolick  
Erskine Miller Bradley  
Gregory Miller Bradley  
Eleanor "Ellie" Restall Braiman  
Judithe Bald Briggs  
Ethel "Lori" Brooks  
Miriam McKinley Morrison Bryant  
Mickey Bullard  
Lisa Goldstain Burns  
Thomas James Campagnolo II  
Glenn Harrison "Buck" Campbell  
Charles William Canada  
Velma Hasley Cansler  
Linda Fleming Carraway  
Martelia "Telia" Elizabeth Carroll  
James "Jim" Levi Catlett  
Edward William Caubre  
Maurice Alvin Cawn  
Mr. and Mrs. R. S. Chandgie  
Brenda Inman Chrismon  
James Cameron Clark  
Juanita Coates  
Jane Dunham Cocklereece  
Annie Elizabeth Cook Cockman

Ronald "Ron" M. Coiner  
Allen Wayne Coleman  
Bessie Brown Collins  
Joel Andrew "Andy" Collins  
David "Dave" Arthur Cook  
Roger T. Cooke Sr.  
Dr. Arthur Frederick Costantini  
Mary "Hilda" P. Cox  
Donald Conrad Creed  
Karen A. Cribbin  
James B. Curl Jr.  
Jimmie "Jim" L. Dagenhart  
Bobbie Randolph Dameron  
Peggy Shields Daniello  
Beatrice Jean Page Davis  
John W. Dickens  
April Denise Dorman  
Ronald "Ronnie" Wade Easter  
Jennifer M. Edwards  
Clay Lee Elkins  
Max Oliver Elmore  
John A. Emerson  
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Victor Bernhardt Evans  
Roger Dale Felder  
Cheryl Ann Fields  
Louise King Floyd  
Billie "Bill" Joe Fortson  
The Rev. Lonnie Kyle Foust Sr.  
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Shirley Lyon Freedman  
Vallie Cox Freeman  
Georgia Boatright Frison  
Naomi Kinney Gales  
Robert Carl Garrett  
Philip Christian Renatus Gelzer  
Harry McCarley "Mac" Giles Jr.  
Fay Glazier  
Dr. Ethel Chappell Glenn  
Imogene "Gene" Tolley Royal Goldston  
Margaret "Maggie" P. Grace  
Jo Ann Green  
David "Buddy" Nathaniel Gregory  
James "Jim" Dwight Gregson Jr.  
Eddie Jean McCollum Grigg  
Barbara "Bobby" L. Zaleon Guthmann  
David Mark Haber

# Remembrances July 2019 - September 2019

Gano and Ida Hall  
Peggy Ann Barger Hall  
Catherine "Cathy" V. Halliday  
William Hazel Hamilton Jr.  
Anna Marie Harris  
George Parker Harris Jr.  
Elemmia Boykin Herring Hayes  
Dr. Darrell Wayne Haymore  
Brenda Cook Hemphill  
Fredrick "Fred" Bruce Henderson  
Ann Pleasants Hendrix  
Trudy Coffey Hennings  
Barbara Lane Herndon  
Edward "Eddie" Lee Herndon Jr.  
James Wallace Herndon  
Kathryn Greene Hewitt  
Margaret Lee Stanley Hicks  
Nathaniel Cicero "N.C." Hicks  
Lois Ellen Lowery Hinely  
Katherine E. Hitchcock-Smith  
Ella Mae Sheppard Hobbs  
Fredd Milton Hodge  
Claude Terese Mourrot Hoffman  
Gertrude Brown Holland  
Peggy Marie Reece Holton  
Farisa M. Horton  
Donald James Huntley  
Daniel Scott Hurley  
John Carter Ingram  
Daniel Lee Isley  
Russell Lane Isley  
Russell Leelon Isley  
Jessie Marie Foust Johnson  
James William Josephs  
Anne S. Kazazes  
Jim Kazazes  
Susan E. Kegley  
Lisa Ketchum

James "Bruce" Kirkman  
William "Bill" Hartsell Kirkman Jr.  
S. Paul Klein  
Paul "Clem" Wayon Langley  
Edmond "Ed" Bevan Lanier  
Jerry David Lee  
The Rev. R. Cole and Evelyn Lee Sr.  
Sadie Marcelene "Marcie" Shields Lemar  
Charles Levine  
Larry M. Lewis  
The Rev. Richard Clyde Lewis  
James "Jim" Bruce Lillie  
William David "Dave" Lindley  
Rebecca "Becky" Simpson Livengood  
Winfred Lee Loman  
Mary E. Long  
Revauda "Sandy" S. Lurey  
Dr. John Alexander Lusk III  
James "Jimmy" Allen Mabe  
Mary Elizabeth Cole Madren  
Patricia "Pat" Anne Magnuson  
Aaron Chandler Mansell  
Joyce A. Mansell  
Kenneth Greer Marsh  
Ruth H. Martin  
Todd David Martinez  
Martha Catherine "Cat" Maxwell  
Mike Maynard  
Suzanne Roe Maynard  
Edith Riley McBee  
Sarah Brown McCain  
Dawn Holmes McClintock  
Robert "Bob" Lewis McClintock  
Francis "Frank" Joseph McCormack  
Howard Smith McDaniel Jr.  
William "Bill" Pope McDevitt  
Mary D. McGee  
Esther Ann Buchanan McGinnis

Douglas "Doug" Wayne McLeod  
Mary Moira McQuade  
Hedwig "Heidi" R. Meadows  
Sylvia M. Meadows  
George Phillip Melvin  
Mary Lou "Ammma" Michaels  
Marianna Elizabeth Campbell Miller  
Mark W. Minor  
Donald "Don" Edward Modie  
Charles Kemp Moore  
Larry Cletus Morgan  
Camille Lyn Blackburn Morris  
Ida Elizabeth Jeffreys Morton  
Silvio P. Mossa  
Harold "Harry" W. Nagel  
Arch "Bud" L. Nash  
Virginia Blymer Nash  
Robert "Bob" Julian NeSmith  
Jim Ocello  
Mary Lowe Osborne  
Richard Osborne  
Michael Dean Parker MD  
James "Jim" Lester Parker Jr.  
Jimmy Ray Parks  
Jean Webber Payne  
William McKinley "Bill" Payne Jr.  
Betty Jean Turner Strader Peele  
Billy Keech Peele  
Helen Peterson  
Garland William Phillips  
Janie Creel Phillips  
Lester James Pieh  
Gordon Franklin Popp  
Lucy Raye Saunders Powell  
William "Bill" Otway Printup  
Kevin Michael Pulaski  
Ben Gaston Rapp  
Lillian H. Rauch

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# Remembrances July 2019 - September 2019

Peggy Jean Rayle  
Timothy Joseph Redden  
James Arlington Riggsbee  
Earl Franklin Robbins  
John Lawrence "J.L." Roberson  
Kenneth "Kenny" Clay Roberts  
Ronnie B. Robinson  
Dr. Julian Richard Rogers Sr.  
Joan "Marcia" Roskelly  
Dr. William Thomas "Tom" Rowe  
Josiah "Joe" Russell  
Barbara "Bobbi" Weil Sametz  
Lauren Hilemn Sandifer  
William "Bill" Charles Schneider  
Edward Scott  
Joseph Gary Setzer  
James "Jim" A. Shell Jr.  
Helen Montsinger Shore  
Barbara E. Smith Sickenberger  
Jackson "Jack" Haywood Siler  
Robert Charles Siller  
Rosa Lee Mitchell Simpson  
Dr. Charles Gregg Singer

Cecil James Sitton  
Ethel Oliver Sizemore  
Josephine R. Smith  
Margaret Collier Smith  
Darrell Martin "Marty" Southard  
Vicky Annalee Gragg Speckhard  
Paul William Spoon  
Louise Tuttle Stadler  
Ralph Edward Stafford  
Courtney Leigh Staley  
Phyllis H. Stewart  
Rebecca Hargrove Strong  
Frank Samuel Sutbblefield Sr.  
Norman Joseph Swider  
Jane Brothers Swindell  
Norma "Puddin" Kennedy Swofford  
Joseph "Joe" Willard Tallant  
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Charles Warner Thompson  
Harriet Lillian Wray Thompson  
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Jean Davis Wagner  
Betty Louise Patterson Walker  
Alexander Stefan Ward  
Evelyn McGowan Waters  
Charles Carroll Whitehurst  
Dr. Miles Clark Whitener  
Barbara Beckwith Whittemore  
Juanita Fogleman Wicker  
James Dixon "J.D." Williams  
Norwood Scott Willis  
Betty Lee Johnson Wilson  
Eula White Wray  
Mildred Lois Ross Wray  
Laura Belle Durham Wyrick  
Rebecca Sheppard Yow  
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, 2019. 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.*

## Dedication Ceremony Held for Commemorative Bricks

On Saturday, September 28, Hospice and Palliative Care of Greensboro (HPCG) held the annual Blessing of the Bricks ceremony for those who had a commemorative brick installed in the gardens this year, in honor or memory of a loved one.

HPCG chaplain John Connor spoke at the event, and Neill Clegg provided the music.

"This day we add to the paths," read a passage from the dedication. "This day we celebrate life / And this day we dedicate our gifts to the future."

Each fall, these engraved bricks are installed in the walkways of HPCG's rose garden at Beacon Place and in the Kids Path garden. To learn more about HPCG's commemorative brick program, please visit [www.hospicegso.org/brick](http://www.hospicegso.org/brick)

Thank you to all who chose to celebrate their loved ones with HPCG and to adorn the gardens with their names.





Hospice Foundation  
of Greater Greensboro

# Corks for Kids Path 2020 Planning is Underway

Volunteers have been working hard to lay the groundwork for the 13<sup>th</sup> annual Corks for Kids Path event.

“Our planning committee is eager to build on the legacy of this special fundraiser,” said Aphton Lang, who will chair the 2020 event. “Working on Greensboro’s premier wine-tasting event is exciting; however, supporting the work of Kids Path is what inspires me the most.”



*Aphton Lang, the chair of  
Corks for Kids Path 2020.*

Lang, who has worked as a school counselor, said she witnessed the impact of the Kids Path program firsthand.

“Over the years, I saw students who were struggling with illness and loss benefit from the counseling and workshops provided by the team at Kids Path. At our school, Kids Path was a tremendous partner.”

This year’s event is more important than ever. In July of 2019, the United Way of Greater Greensboro removed Hospice and Palliative Care of Greensboro from its list of Strategic Partner agencies, significantly reducing primary annual funding for Kids Path.

“Fundraising for Kids Path has become even more crucial,” said Lang. “When we heard this news, our planning



*The 2019 Corks for Kids Path was an exciting event, enhanced by the natural beauty of the Cadillac Service garage.*

committee knew we had to do our part to ensure there is funding to meet the needs of these kids! We are dedicated to making sure services continue uninterrupted, and a successful Corks for Kids Path is our mission.”

Scheduled for **Friday, March 6, 2020**, 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 Su Peterson, Zeto co-owner. “We are really proud of our partnership with this amazing organization and vital community program.”

Crumley Roberts will also return as the presenting sponsor.

“Owners Kim and Chris Roberts are true partners to the nonprofit community,” said Paul Russ, vice president of marketing and development. “They devote time and treasure to ensure everyone reaches their potential.”

Throughout the past year, Crumley Roberts has engaged their own employees to support HPCG’s programs and has also invested in HPCG’s staff development.

“Everything is coming together, and our volunteer committee is super excited to build on the history of Corks,” said Lang. “I am thrilled to work alongside a committee full of caring individuals whose efforts throughout the next four months will ultimately raise essential support and awareness for Kids Path and its heartfelt mission.”

# New Board of Directors Founded

Hospice and Palliative Care of Greensboro officially merged with Hospice and Palliative Care Center of Alamance-Caswell on October 1. Although both campuses will continue day-to-day operations as usual until January, the board for the new company has been founded and started meeting. New members represent both the Alamance-Caswell and Greater Greensboro communities.

This cross-representation is even written into the bylaws. As board members rotate off in the future, newly appointed board members will follow the model that has been set forth from the start, ensuring there is representation across the combined service area.

The new board will serve a key role in developing the mission and vision statements as well as policies and procedures that will position the new company for a robust future.

Our new, combined Board of Directors for 2019-2020 is as follows:

## Officers

Dr. Vanessa Haygood, Chair  
John Peterson, Vice-Chair  
Becky Loy, Secretary/Treasurer  
Kristen Yntema, President and CEO  
Caroline Durham, Assistant Treasurer  
Lori Shaw, Assistant Secretary

## Directors

Chan Chandler  
Kathy Colville  
Mary Copeland  
Lisa Duck  
Eddie Gant– Foundation Representative  
Ronald P. “Ron” Johnson  
Jeff Jones  
Paul Klever  
Dr. Richard Letvak  
Anne Macner  
Becky Neiduski  
Ellen Pancoast  
Kenneth J. Rempher  
The Rev. Milton C. Williams, Jr.



*The 2019-2020 Board of Directors*

SAVE THE DATE

March 6 | #corks2020

*You won't want to miss it.*

13<sup>th</sup> Annual  
**Corks for Kids Path**

Greensboro's Premiere Wine Tasting Event

**Cadillac Service Garage**

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[corksforkidspath.org](http://corksforkidspath.org) to learn more.



Z E T O

# Holiday Travel and Serious Illness

When a loved one is sick, figuring out how to coordinate holiday gatherings can be a real challenge, particularly if you have family that lives far away.

**Before deciding what to do, take the following concerns into consideration:**

## Is your loved one well enough to travel?

Plane and car rides are exhausting even for people who are in good physical health. If you are unsure about whether or not your loved one will be comfortable during travel, you might consider asking their doctor's opinion. Perhaps certain travel accommodations can be made to make the journey easier, or perhaps travelling is not a good idea at all.

## If traveling is not an option, can your loved one handle a lot of visitors?

If your loved one is not up for a plane or car ride this year, you might consider bringing the party to them. However, depending on how ill they are, your loved one might not have the energy to entertain people in their home. For some, interacting with large groups of people is exhausting.

## Will your loved one be able to enjoy the festivities?

Once again, depending on how sick your loved one is, there is a possibility that they will not be able or willing to participate in the usual holiday activities. A large meal, opening gifts or even staying awake for a few hours at a time might not be possibilities. Ask yourself- are they physically able to enjoy this occasion? Furthermore, is their physical inability to participate likely to cause them to feel depressed, frustrated, confused or even angry?

**If you do not think that traveling or having a large group of people over is a good idea, consider the following alternatives for holiday gatherings:**

## Gather somewhere separate, but nearby.



Consider hosting the holiday festivities somewhere other than your loved one's home. If no one lives near your loved one, you could rent a house for a few days (websites like Airbnb are great for renting private houses). Then, you can have small amounts of people visit your loved one in shifts so they are not overwhelmed by visitors coming all at once.

## Include them in the festivities that you know they can handle.

If you know the physical state of your loved one well enough, you can tailor small holiday activities to them so that they feel included. You might bring over a gift or two for your loved one to open, or make them a small holiday meal.

## Do not be afraid to change traditions.

Even if your family has had the same holiday tradition for 20 years, it's okay to change things up when you have a seriously ill family member. Do not feel obligated to stick to tradition just for tradition's sake. When making plans, consider what is best for the emotional and physical well-being of you, your loved one and the rest of the family.



# Gifts of Gratitude

## Triathlon Holds Its Most Successful Event to Date

The 2019 Ridgewood Try a Tri for Hospice was a great success, setting a record for both fundraising totals and participation! Held on Saturday, August 31, Team Tri for Hospice raised \$9,800 for Hospice and Palliative Care of Greensboro (HPCG).

Hosted by Ridgewood Swim and Tennis Club, this event attracted 163 participants ranging in age from 10 to 72. The triathlon consisted of a 200-meter swim, a 10-mile bike ride and a 2-mile run through the rolling hills of the Ridgewood neighborhood.

Organizer Karen Buxton is thrilled that the event continues to grow in size each year.

“People really seem to love this event. It’s not only family-friendly, but also offers a short, fast course for busy athletes.”

The event attracts participants from all walks of life who are eager to support HPCG, showing the community impact of hospice and palliative care services. When asked, “Whose lives have been touched by hospice care?” more than half of the large crowd raised their hands.



Bob, a local minister (bottom right), braved his first ever triathlon to show support for HPCG. Struggling to catch his breath, he said, “I’m not a swimmer, I’m not a cyclist, I’m not a runner. I participated today because I believe in hospice!”

Special thanks go to the many generous sponsors and auction item donors who supported this event. Thank you also to the Team Tri for Hospice organizers, including Becky Sage, Jane Koenig, Cary Gentry and Michelle Lolamondere, who worked closely with a large group of event volunteers.

Buxton and her team of Tri for Hospice volunteers began raising money for HPCG in 2010 as a way of honoring the memory of Buxton’s brother, Jeff Martindell. Since that time, Tri for Hospice has organized a variety of events that have collectively raised more than \$124,000. Thank you, Tri for Hospice . . . for caring all the way to the finish!



## Preschoolers Participate in Fundraiser for Kids Path

The Childhood Enrichment Center of Christ United Methodist Church recently raised \$525 for Kids Path through its “Art to Remember” campaign. Collectively, this fundraiser has raised over \$10,000 for Kids Path.

Art to Remember offers children the opportunity to create a piece of art that can be transferred onto a variety of keepsakes. Funds are generated as these items are sold to friends and family members.

To help the students better understand the impact of their fundraiser, director Sallie Bett Theall invited representatives of Kids Path to visit. Using puppets, they engaged the children in a discussion about the impact of change . . . like the kind of change that happens when a family moves to a new city. The students also celebrated the ways their art helps Kids Path serve as a resource for children impacted by illness, loss and change.



Preschoolers pose for a picture with Kids Path representatives.

# Gifts of Gratitude

## Grilling Competition Supports Kids Path

On Saturday, September 28, Lori and Joe Dunlop hosted RibFest, an annual neighborhood grilling competition that raised \$2,000 for Kids Path.

Joe Dunlop explained that the idea to host this event came from a light-hearted discussion he had with a neighbor about one another's rib-grilling talents. As a way of settling the argument, they set a date, pulled their grills into the Saint Francis Court cul-de-sac and let the neighbors decide!

Nine years later, RibFest has grown to include 15 competitors whose ribs are judged on a 10-point scale from "Hard to Eat" to "Hard to Beat." Friends and neighbors now number over 300, each bringing delicious homemade side dishes and desserts to share. There is also live music and a large TV that streams college football games.



*RibFest volunteers pose with a check for Kids Path.*



*Brooke Hartwick (left) and Joe Dunlop (right) prepare ribs for the competition.*

While there are a variety of ways guests can donate to Kids Path at the event, none is more compelling than the opportunity offered by the neighborhood children. They sell everything from handcrafted jewelry and homemade goodies to temporary tattoos. In fact, a group of Irving Park Elementary students raised \$200 this year alone!

As a volunteer with Hospice and Palliative Care of Greensboro for more than six years, Joe is pleased that RibFest is helping to raise money and awareness for Kids Path.

"My family and I have loved hosting this event," Joe said. "Nothing is better than neighbors coming together for good food, fellowship and a worthy cause!"

## Scouts Earn Silver Award through HPCG Projects

Ali Shackelford and Meredith Alt, members of Troop 2040, recently earned their Girl Scout Silver Award. They both chose Kids Path as the beneficiary of their service because of the many connections their church, Guilford Park Presbyterian, has had with Kids Path over the years.

Alt and Shackelford designed and rebuilt a fairy garden for Kids Path. Located within the Kids Path play therapy garden, it offers children coping with serious illness and loss a way to engage their imagination and express big feelings.

In addition, the scouts spent several days pruning and weeding in the Kids Path garden and creating homemade casseroles for Kids Path clients. What a generous gift of time and talent!



*Ali Shackelford (left) and Meredith Alt (right) pose with the Kids Path Fairy Garden that they restored.*

# Counseling and Education Calendar of Events

All events are free of charge and open to the public. Visit [www.hospicegso.org](http://www.hospicegso.org) to see more upcoming events. For more information or to register, please call [336.621.5565](tel:336.621.5565) or email [thecenter@hospicegso.org](mailto:thecenter@hospicegso.org).

## NOVEMBER

### When Grief and the Holidays Collide

A program to help adults plan for and cope with the holidays.

This event is held at the **Lusk Center** at 2501 Summit Ave.

Choose the time that works best for you:

**Evening:** Monday, November 18, 6 – 7 p.m.

**Daytime:** Tuesday, November 19, 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.



Members of HPCG's suicide loss support group decorated rocks with messages of hope and healing.

## 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.

This event is held at the **Lusk Center** at 2501 Summit Ave.

Choose the session that works best for you:

**Evening:** Monday, January 27, 6 – 7 p.m.

**Daytime:** Tuesday, January 28, noon – 1 p.m.



Be sure to check HPCG's Facebook page for upcoming events at the Lusk Center!

## 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](tel:336.621.5565) or [thecenter@hospicegso.org](mailto:thecenter@hospicegso.org) for information about upcoming support group or workshop offerings for adults.

# Kids Path Calendar of Events

All Kids Path support groups are open to the public and registration is required. Events are held at the Kids Path building at 2504 Summit Ave unless otherwise noted. 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 5, 6 – 7:30 p.m.**  
**The Lusk Center at 2501 Summit Ave.**

### 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, December 12, 6 – 7:30 p.m.**

## JANUARY

### 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, January 16, 6 – 7:30 p.m.**

### Connecting Rainbows

A support group for K-5<sup>th</sup> graders and their caregivers coping with the illness or death of a loved one.

**Tuesday, January 28, 6 – 7:30 p.m. (family)**  
**Tuesday, February 25, 6 – 7:30 p.m. (kids only)**  
**Tuesday, March 24, 6 – 7:30 p.m. (kids only)**

## FEBRUARY

### Pathfinders

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

*\$15 Materials Fee*

**Thursdays, 6 – 7:30 p.m.**  
**February 6, 13, 20 and 27**

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@hospicego.org](mailto:clohr@hospicego.org) for more information.



# Volunteer Services Calendar of Events

Are you interested in volunteering with Hospice and Palliative Care of Greensboro (HPCG)? Mark your calendar for this upcoming Volunteer Information Session, 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](mailto:volunteerservices@hospicego.org).

## JANUARY

### Volunteer Information Session

**Thursday, January 9**  
**5:30 – 7:30 p.m.**



# Hospice

and Palliative Care of Greensboro

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Greensboro, NC 27405  
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