

Story lines

A bi-monthly publication from
AuthoraCare Collective

September/October 2022

A Time of Reflection

Light Up A Life Service Provides Comfort to the Bereaved

By Linda Ann Fitts

Facing the holidays after the death of a loved one can be excruciating.

Suffering in silence while those around you are joyful can force those grieving to look for ways to find comfort during this difficult time.

Marie Williams was familiar with hospice care and the programs provided.

Until her retirement, she worked as a pediatric nurse for over 30 years, serving at Cone Health and then at Advanced Home Care.

Her mother, Ruth Gamble, was served by hospice until her death in December 2004.

Williams experienced pain associated with the death of a loved one again in 2013 when her youngest brother, Terry, (known as "Cowboy") died in a motorcycle accident.

Then in April 2016, Williams lost her son, Mark, at the age of 44. His sudden death left her understandably devastated. As she went through the painstaking motions of preparing to face the holidays without Mark, Williams made a contribution to honor his memory to Hospice and Palliative Care of Greensboro, now AuthoraCare Collective, and designated it to the Light Up A Life (LUAL) program.

*Mark Williams
died in April
2016. He was
44 years old.*



LUAL is an interfaith service offering a meaningful way to honor or remember a loved one or special friends. **SEE MORE INFORMATION ON PAGE 8.**

After making her memorial gift, Williams received an acknowledgment card, which included an invitation to attend the annual Light Up A Life candlelight service. She attended the service and shared that seeing Mark's name in the program provided her a great source of comfort. It was also a reminder that he is still a part of her life.

"The service is a time of reflection that touches me deeply. The reverence is profound, knowing that everyone there is on the same journey as me," Williams said.

At the program, special music and readings serve as an important part of the service.

The message of hope is presented by a guest speaker.

"When the candle lighting takes place in the service, it gives me great comfort to hold the light of Mark in my hand," she said.

"I didn't get to tell Mark goodbye. I didn't have the opportunity to tell him one more time how much he was, and still is loved. I carry him in my thoughts and heart."

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CEO Reflection

Ongoing Commitment to Serving Our Community

Stewardship is the careful and responsible management of something entrusted to one's care.

For more than 40 years, residents of Alamance, Guilford, and the surrounding counties have donated time and treasure to support our mission. As a result, our team serves the physical, emotional, and spiritual needs of those facing illness and loss from two beautiful campuses.



Kristen Yntema

The spaces ground us for our challenging work and serve as a physical presence in the communities in which we are rooted. We are fortunate to offer two in-patient facilities – Beacon Place and the Hospice Home – for patients who need intensive hospice care, which cannot be provided in a home setting.

Children benefit from our Kids Path spaces, designed to provide a child-centric environment for important emotional healing. As the pandemic evolves, our state-of-the-art meeting rooms will provide critical settings for community members, staff, and volunteers to learn once again. Lastly, our Thrift Store provides crucial fundraising support and a service to those who shop for affordable items.

Entrusted with these community resources, we recognize these gifts come with an ongoing responsibility.

Recently, we began a multi-phase update to our facilities. One goal is to be sure we are utilizing them effectively. There have been many changes in how workspace is used, due either to COVID-19, support of hybrid work or telecommuting, or changes related to our merger. Additionally, the age of the buildings require maintenance to keep them in good condition.

In the coming year, our new master facility plan will refresh our building interiors where needed, ensure all spaces are properly equipped, patients and families are comfortable and safe, and team members traveling to campuses will have flexible spaces from which to work.

This comprehensive plan is the result of many months of hard work by our team and reflects our ongoing commitment to serve the community. We are grateful for the continued support of our donors and of those who made these resources possible. They are a living legacy.

Kristen Wither Yntema

Kristen Wither Yntema, MBA, MHSA

President and CEO, AuthoraCare Collective

Downsizing? Donate to the Hospice Thrift Store

Liquidation/Clearance Sale Items Accepted, Too

By Charity Apple

Dr. Judith Davie Wright became familiar with AuthoraCare Collective's Hospice Thrift Store during the COVID-19 pandemic.

"The trucks were at the Summit Avenue office picking up items at the time because it was closed," she said. "Meanwhile I learned from a friend, who lives in Graham, just how terrific the store was so I decided to visit there myself when it reopened to the public. And I was quite impressed with the mammoth size, the cleanliness and how everything is so carefully labeled."

When Wright decided to downsize, the thrift store seemed like a perfect way to donate furniture and other items.

"I've had numerous experiences with hospice, now known as AuthoraCare," she said. "My mother received hospice care in Florida. Each Mother's Day, I continue to donate on behalf of all mothers. My husband, Kieth, received palliative and hospice care as well. It is in our life plan to contribute to AuthoraCare."

"Kieth was an ordained member of the clergy who worked in hospital chaplaincy for a time, so he was familiar with hospice and palliative care," Wright added. "I truly believe that those who work at hospice are angels walking on earth."

"For me, I looked at it this way - by donating, these items that I loved will be repurposed - take on a second life, if you will. And by doing this, you're helping AuthoraCare provide services for those in our community," she added.

Karen Clark, Thrift Store Manager, said the organization is grateful for donors, like the Wrights. "It's really a win-win situation," she said. "The giver is happy, and the buyer is happy."

In addition to individual/family donations, the thrift store accepts items from businesses as well.



When Dr. Judith Davie Wright decided to downsize, she donated a number of items to AuthoraCare Collective's Hospice Thrift Store. [Photos submitted by Dr. Judith Davie Wright]

"If a business is having a liquidation or clearance sale, we will accept those items," she said.

Following a recent sale, Schiffman's Jewelers in Greensboro donated giftware.

Sandy & Co., a consignment store in downtown Graham, has been contributing items to the thrift store for several years now.

"We'd love to have more local and Triad merchants as well as realtors participate this way," Clark said.

The thrift store is located at 2134 Hanford Rd., Burlington. If you are a business and would like to donate items, reach out to Karen Clark at 336.229.0490. Shopping hours are 10 a.m. to 5 p.m. Tuesdays through Saturdays. Smaller items, such as clothing and decorative décor, can be donated between 10 a.m. and 4 p.m. Tuesdays through Saturdays. Larger items, such as furniture and appliances, can be picked up by calling the Pickup Line at 336.532.0164. You can also Like us on Facebook and Instagram.



We Honor Veterans



Triad Stand Down Served More Than 75 Veterans

Annual Event Provides Assistance & Other Opportunities

By Charity Apple

Seventy-five veterans attended the Triad Stand Down Sept. 9 at Providence Baptist Church, 1106 Tuscaloosa St., Greensboro.

The annual event, which has been in existence for 17 years now, provided 36 services to veterans, who are at-risk for or are experiencing homelessness.

"We are able to provide a multitude of needs to veterans at one place on one day," said Shanna Reece, Executive Director of The Servant Center in Greensboro, which served as one of the event sponsors. Other sponsors included Enterprise Rent-A-Car, AARP Triad Region, and Providence Baptist Church. Seventy volunteers donated their time and talents to the event.

Services included employment opportunities, on-site health assessments, haircuts, housing assistance, Food Stamp/Medicaid assistance, as well as assistance with Veterans Administration and Social Security benefits.

Due to the COVID-19 pandemic, the 2020 event was canceled and the 2021 event was by walk-ups only, but this year, veterans received transportation to the church. A

ceremony took place and Steve Nash, Retired Navy Master Chief Petty Officer and Navy Seal served as guest speaker. AuthoraCare Collective was one of the



AuthoraCare Collective volunteer Barb Dery fills bags with items for the Triad Stand Down. [Linda Ann Fitts]

organizations represented. April Herring, Community Education/Outreach Coordinator, serves on the planning committee.

"We want to extend a thank you to AuthoraCare volunteers for the handmade pillows they provided – they were a hit again this year! They are just the right size for veterans to carry and fit easily into their bags," she said. "We also want to thank AuthoraCare staff for providing items, especially female hygiene items, for our female veterans."

Sixty-eight AuthoraCare bags were handed out during the event. The bags included wet wipes; rain ponchos; feminine hygiene items; insect repellent; sunscreen; mouthwash; and individual packs of tissue.

Providence Baptist Church, which holds its homecoming during the same time, have graciously donated the use of its tent, tables, and chairs for the Stand Down.

"This is such a wonderful partnership," Herring said. "Because of their generous donation, the budget can be used toward other items for our veterans such as food and clothing."



From left to right: Shanna Reece, Executive Director of The Servant Center in Greensboro, poses for a photo with April Herring, Community Education/Outreach Coordinator. [Charity Apple]

Love & Generosity of Spirit

Family Grateful for AuthoraCare's Support

By Charity Apple

No matter what the question or concern was, Marlene Bowden said she could rely on the AuthoraCare team when it came to caring for her in-laws.

"They were so kind, loving and understanding," Marlene said of Nurse Patty Beard, Chaplain Hillary Irusta, Social Worker Katie Powers, and Dr. Don Hertweck.

The team cared for both her mother-in-law, Patty, in 2018, and father-in-law, Tom, from 2020 to 2022.

"Just their love and generosity of spirit meant the world to us," she said. "They were a huge support to us. There didn't seem to be anything that they couldn't do to help."

Patty received care at Beacon Place. Tom was determined to remain at home and the AuthoraCare team honored that decision and provided the support and resources Marlene and her husband, Derek, needed to fulfill that wish.

"Patty, Hillary and Katie became my sisters – I am not exaggerating when I tell you that this team saved our marriage," she said. "They told us it was OK to have feelings of anger and sadness while still having respect for our parents. It was life-saving support for my husband and me. They reminded us that it was OK to take time for ourselves. When you're going through something like this, when a loved one is dying, you get lost in it."

Derek would insist that he and Marlene take a break from time to time.

"We would go sit in the car and play backgammon," she said. "It was our time."

Their son, also named Derek, would deliver food to his grandfather every Thursday from The Sage Mule.

A brown paper bag was filled with the Blue Plate Special and six chocolate chip cookies, which Tom snacked on for the next week. And the staff would write jokes on the bags.



From left to right: Tom Bowden Sr., Marlene Bowden, and Derek Bowden smile for the camera. [Photo submitted]

After Tom died, Derek found 54 of those bags in the kitchen cabinet.

"The staff made my grandfather feel relevant and appreciated," Derek said as he was filled with emotion.

Tom, Derek said, "would look forward to the days that the AuthoraCare team would visit."

"Hillary sang and prayed with him," Derek said. "He looked forward to their visits."

Tom, an Army veteran, served during the Korean War and received the Bronze Star. Following his military service, Tom and Patty got married. They were married for 66 years and had two sons, Derek and Tom Jr., who died in 1997; four grandchildren; and eight great-grandchildren.

Tom enjoyed talking about his late wife, Patty, and sharing family photos with the team.

Patty Beard, whom Tom called Nurse Patty (since his wife was also named Patty), "was just a phenomenal nurse. You could tell she really had a rapport with my grandfather," Derek said.

"AuthoraCare sends the team into people's homes with the understanding that they are walking into situations with family dynamics and that it's during one of the most difficult times in the family's life," Derek said. "But they really understand what people are going through. And they are so gracious and hospitable through it all."

'Spunky Kid with a Bright Personality'

SAM HARVELL INSPIRED KIDS PATH FUND

By Charity Apple

Doug Shambley remembers Samantha "Sam" Harvell as a "spunky kid with a bright personality."

Sam is the namesake for Sam's Wish Fund, which was established at Kids Path in Burlington and throughout the years, has assisted Kids Path patients with financial needs as well as their "wishes."

Doug held the first Tricky Ricky Ride, a motorcycle benefit held in Alamance County, in memory of his brother Ricky, who died of lung cancer. But after such an overwhelming response, Doug realized that the event could be used to help terminally ill children.

That's how he first met Sam.

"We became friends immediately," he said. "Sam wanted to either ride in a hot air balloon or a roller coaster before she died. Well, the doctor wouldn't sign off on the roller coaster, but we made the hot air balloon ride happen."

No matter what Sam was going through, Doug said, "she was always smiling. She was an extremely positive person."

Sam, a high school student at the time, wanted to attend prom. And Doug said Kids Path nurses helped her find a dress and rented a limousine.

The second Tricky Ricky Ride helped one of Sam's friends.

After that event, Sam told Doug, "you know that I'm not going to make it much longer. You must

promise me that you will continue to do this to help other kids.' She passed away two months later."

Sam died on Nov. 15, 2008, at the age of 15.

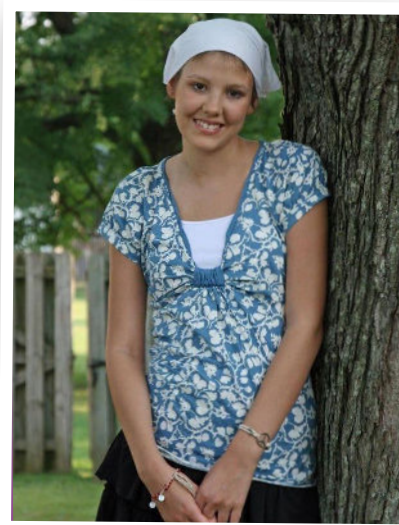
"I promised Sam, when I did her eulogy, that I would continue to help other kids," he said. "And there have been so many kids helped because of that young'un."

Doug began to talk with other friends, including Walter "Bird Dog" Riddle, about Sam's Wish Fund and the importance of helping Kids Path families.

Nine years ago, Sam's Wish Fund Holiday Cheer began to help terminally ill children and their families during the holidays. Allison Nichols, a partner with Maple View Ice Cream in Hillsborough, has been instrumental in raising funds and distributing gifts to Kids Path patients and their families in Alamance and Caswell counties. Bird Dog also has been involved in the effort – organizing community events.

Allison never knew Sam, but coincidentally, they have the same birthday – May 5. And Allison came to know other Kids Path patients and their families, which motivates her each year to collect items for these kids.

"Our goal has been to add some form of normalcy to the holidays," she said. "What our communities have done through the years has meant the world to these families."



Samantha "Sam" Harvell, a Kids Path patient, died on Nov. 15, 2008, at the age of 15. Harvell is the inspiration behind Sam's Wish Fund. [Photo submitted]

LOOKING FOR A NEW CAREER?

Visit authoracare.org/careers to learn more and apply today.

AuthoraCare Collective is now hiring for administrative, CNA, LPN and RN positions – no prior experience necessary!



What's Happening?

CALENDAR OF EVENTS

Grief: What to Expect and What Can Help

Two virtual sessions for those who are newly bereaved

Choose the date and time that works best for you:

Evening: Monday, Nov. 7, 2022 6 – 7 p.m.

Daytime: Tuesday, Nov. 8, 2022 Noon - 1 p.m.

To register and receive information, contact 336.621.5565 or email griefsupport@authoracare.org.

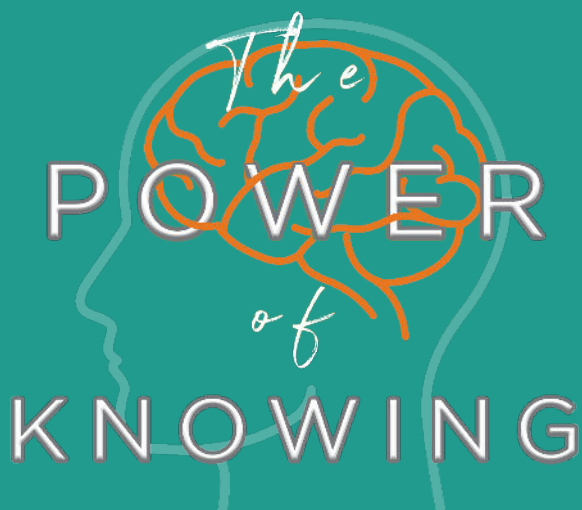
Visit authoracare.org for our most current calendar.

International Survivors of Suicide Loss Day

In person; masks and social distancing are required

9 a.m. to 11 a.m. Saturday, Nov. 19, 914 Chapel Hill Rd., Burlington

Deadline to register is Nov. 4. To register, contact MJ Tucci at 336.532.7216 or email mj.tucci@authoracare.org.



A Free Webinar Series

Caring For Veterans

Serving Those Who Have Served

Thursday, October 27, 2022 | Noon - 1 p.m.

Understanding comes from knowing. Each veteran and family member deserves to know what benefits, services and resources are available to them and how to access them. This webinar will provide information useful to all veterans and family members, especially as veterans age or have a serious illness.

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Grief and Loss During COVID-19 | Parts 1 & 2

The Benefits of Palliative Care During COVID-19

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The Impact of COVID-19 on Children and Teens

Giving Thanks: An Overview of AuthoraCare's Services

Healing Hearts During COVID-19

Beyond the Casserole: Supporting Grieving Persons

COVID-19 Vaccine: Question, Answers, Concerns

Dementia | Parts 1 & 2

Finding Joy During A Long Journey of Illness

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Leaving a Legacy

Transitions & Life Changes

The Death Experience | Parts 1 & 2

Staying Socially Connected **NEW!**

SUPPORTER SPOTLIGHT

SPREADING HOLIDAY CHEER

Program Helps AuthoraCare Patients and Families

By Charity Apple

AuthoraCare Collective's patients and families, with limited financial resources, receive holiday assistance through the organization's Holiday Cheer program.

If your family, community group, business or church is interested in supporting patients and their families this holiday season, we are requesting gifts and gift cards: Walmart, Target, Amazon, VISA/Mastercard, along with grocery and gas cards.

In addition to serving our Kids Path patients and families, these gifts and gift cards can help our adult patients who may have little or no family members in the area to support them.

"It is so meaningful for so many of our adult patients in long-term care facilities who don't have family members to assist them during the holidays," said Cathy Lohr, Volunteer Coordinator.

Lohr is the contact person for Holiday Cheer on the Greensboro campus. She can be reached at cathy.lohr@authoracare.org or by calling 336-544-2274.

Gift cards are requested in \$25 or \$50 increments, but any amounts are welcome along with all monetary donations. The gift cards will be distributed to those in need. It also will give Kids Path families the opportunity to purchase the items needed or requested by kids and teens.

Our nurses and social workers identify the families who need assistance.

Gayle Scott, Director of Social Work, is the contact person for Holiday Cheer on the Burlington campus. She can be reached at 336-532-0155 or gayle.scott@authoracare.org.

Being a part of this gift-giving process in years past made a lasting impact on Kathy Barrow, Grief Counselor.

Prior to the COVID-19 pandemic, people would purchase items which would then be distributed to families.

"My greatest memory is of four children who had lost both parents. Our holiday cheer delivery included handmade quilts, which the children

continued on pg 9



Save The Date

Light Up A Life

An Interfaith Service of Remembrance

First Lutheran Church
3600 W. Friendly Ave.,
Greensboro, N.C. 27410

**Sunday,
December 4, 2022
5-6 p.m.**

Event will be livestreamed for those wishing to attend virtually.

Beginning Friday, Dec. 2, 2022, luminaries will light the path around the Hospice Home

in Burlington and Beacon Place in Greensboro. Each symbolizes those patients currently there, as well as those served in past years.

You are invited to honor or remember a special friend or loved one by making a gift to Light Up A Life at [authoracare.org/light](https://www.authoracare.org/light). A contribution of \$10 or more will place a symbolic light on the Hospice Trees of Remembrance, located at 914 Chapel Hill Road in Burlington and at the Kontoor Building, 400 N. Elm Street in Greensboro. All donors will receive a Light Up A Life card of thanks and all honorees and remembered families will receive a Light Up A Life notification card. Remembrances received by Nov. 29 will be included in our program.

Spreading Holiday Cheer

(cont. from pg 8)

immediately wrapped themselves in,” she said. “Another family was running a drop cord from a neighbor’s house to light their Christmas tree because they had no electricity.”

Gift cards can be mailed or dropped off at the two AuthoraCare Collective locations: 2500 Summit Ave., Greensboro, N.C. 27405 or 914 Chapel Hill Rd., Burlington, N.C. 27215. For more details, call 336-621-2500 or 336-532-0100. Please earmark gift card, monetary or check donations for Holiday Cheer (on the Greensboro campus) or Sam’s Wish Fund Holiday Cheer (on the Burlington campus). Deadline to receive donations is Dec. 12.

Allison Nichols, Maple View Ice Cream manager and partner, has been organizing Sam’s Wish Fund Holiday Cheer fundraising efforts for nine years now.

Nichols begins securing partnerships with area businesses in the summertime.

Donations for Sam’s Wish Fund Holiday Cheer can also be dropped off at:

Al’s Burger Shack
516 W. Franklin St., Chapel Hill, N.C. 27516

Brown Brothers Body Works
411 Erwin Rd., Durham, N.C. 27707

Divine Med Spa
1625 S. Church St., Burlington, N.C. 27215

Eclection Emporium
110 N. Fourth St., Mebane, N.C. 27302

Honeysuckle Tea House
8871 Pickards Meadow Rd., Chapel Hill, N.C. 27516

Maple View Ice Cream
6900 Rocky Ridge Rd., Hillsborough, N.C. 27278

Maple View’s County Line Creamery Company
113 E. Main St., Gibsonville, N.C. 27249

Muffin’s Ice Cream Shoppe
109 N. Fourth St., Mebane, N.C. 27302

ReRe’s Stylish T’s Boutique
6703 Lynx Drive, Mebane, 27302

Southern Acorn Market
203 Main St., Graham, N.C. 27253

The Honeysuckle at Lakewood
1920 Chapel Hill Rd., Durham, N.C. 27707

Union Grove Farms
1052 Lily Pad Lane, Chapel Hill, N.C. 27516

Whiskey Sowers
113 N. Fourth St., Mebane, N.C. 27302

Deadline to receive gift cards at these locations is December 12.

Al’s Burger Shack, Eclection Emporium, Maple View Ice Cream, Maple View’s County Line Creamery Company, Honeysuckle Tea House, Muffin’s Ice Cream Shoppe, and Southern Acorn Market will have Christmas trees with suggestions for gift cards for patients and families as well.

For more details, contact Allison Nichols at allison@mapleviewfarm.com or call 919-530-0539.

“It’s a joy to do this every year,” Nichols said. “These patients and families are dealing with so much adversity; it’s great to be able to give back and support them during the holidays.”

We appreciate your support and help during these difficult times.

At AuthoraCare Collective, our goal is to help patients and their families write chapters in their life story.



Breaking Down the Stigma

Overdose Awareness Day Event a Chance to Honor Lives Lost

By Theresa Hancock

On Aug. 31, 400 names were methodically and reverently read aloud during the International Overdose Awareness Day - NC Raleigh Rally for Change at Raleigh's Bicentennial Plaza.

Each name represented a loved one from North Carolina who died from overdose. Attendees dreadfully and eagerly anticipated hearing their loved one's name. It is a club no one ever wants to be a part of yet hearing their loved one's name read aloud - in public - makes it real. The common denominator of everyone gathered is that they do not want another family to experience what they have been through.

The event was organized by Randy Abbott, a Triad parent who lost his daughter, Vanessa, to a heroin overdose in 2015. He made a promise to Vanessa, while giving her eulogy, that he would do what he could to prevent any other families from feeling such sadness and loss.

It is an opportunity, Abbott said, to celebrate the lives of those lost to overdose as well as a chance to acknowledge the grief of those left behind.

"It's horrible to lose a child, period," he said. "But losing someone to overdose - there is such a stigma. And there is this painful voice inside of those who survive that says, 'maybe you did something wrong.'"

The rally helped break down the stigma. Overdose knows no boundaries and crosses every socioeconomic line from the known addict to a first-time user. Loved ones came together to support each other, learn from each other, and remind everyone that they are not alone.

The panel of speakers focused on hope and education. They included a group of high school students currently in a recovery program, a licensed Clinical Social Worker and ordained minister offering a message of encouragement and a proclamation from Governor Roy Cooper.

Two mothers advocated and promoted the understanding of the Good Samaritan Law. Each of their high school-aged sons, after a night of



Randy Abbott, one of the organizers of the International Overdose Awareness Day - NC Raleigh Rally for Change - talks about his daughter, Vanessa, who died of a heroin overdose. Abbott received counseling from AuthoraCare Collective, following Vanessa's death. [Theresa Hancock]



Candles, often adorned with the name of a drug overdose victim, were on display during the International Overdose Awareness Day - NC Raleigh Rally for Change at Raleigh's Bicentennial Plaza. [Theresa Hancock]



Breaking Down the Stigma

(cont. from pg 10)

drinking, were left behind by friends who were fearful they would “get in trouble”. The NC 911 Good Samaritan Laws state that individuals who experience a drug overdose or persons who witness an overdose and seek help for the victim can no longer be prosecuted for possession of small amounts of drugs, paraphernalia, or underage drinking.

To promote harm reduction, several organizations were distributing naloxone products (Narcan or Kloxado) and drug deactivation system kits. A live, mock demonstration on how to administer naloxone to a person suspected of overdosing was performed for the attendees.

Keynote speaker was Steven Mange, Senior Policy Counsel, and Interim Legislative Counsel to North Carolina Attorney General Josh Stein. Mange has been instrumental in drafting, negotiating, and implementing North Carolina’s Memorandum of Agreement on the allocation, use and reporting of opioid settlement funds.

Following the reading of the names, a candlelight vigil was held. The lights on the North Carolina Executive Mansion, Governor Roy Cooper’s residence, illuminated a purple hue in honor of the evening. Purple is the color of Overdose Loss Awareness.

In 2021, the tragedy of overdose death grew to 107,000 Americans. In North Carolina, about 325 people died from overdose each month. Every overdose death is devastating to the family and friends of the loved one lost.

Abbott found comfort in grief counseling, and ultimately, the Overdose Loss Support Group at AuthoraCare.

AuthoraCare Collective offers a free support group for those who are grieving the overdose death of a loved one.



The North Carolina Executive Mansion (Governor’s Mansion) in Raleigh was lit up with purple lights on Aug. 31 to recognize International Overdose Awareness Day. [Theresa Hancock]

“This is a very unique, and often traumatic loss,” Bereavement Counselor Kimberly Grove said. “Those who are grieving an overdose death need a safe, nonjudgmental place to share their pain and begin to heal. Addiction is a public health issue, and our role at AuthoraCare is to be a community resource for those affected.”

The group meets monthly. For date, time, location, and more information, contact Kimberly Grove at 336-478-2565.



Friends and family members of those who died from a drug overdose walk through the streets of downtown Raleigh on Aug. 31. [Photo submitted]

COMMUNITY CORNER

AuthoraCare Volunteer Completes 116 Miles in 'Race for the Ages'

By Charity Apple

During Labor Day weekend, AuthoraCare Collective volunteer Pete Barusic closed out age 52 by participating in "A Race for the Ages" in Manchester, Tenn.

Barusic had 52 hours to complete as many laps, around the 1-mile course, as he could by Sept. 5. He was one of 114 participants ranging in age from 14 to 90 years old.

He completed 116 miles.

"I had hoped to do 135 miles, but the weather didn't cooperate," Barusic said. "I lost 3½ hours because of bad thunderstorms in the area."

Barusic, a marathoner, ultramarathoner and Ironman triathlete, said the event was easier than he thought it would be.

"I'm a social creature and so I got to hang out and talk to people, while doing laps," he said.

His approach was to go slow.

"I would run a minute, walk two, and the great thing is you get to come and go as you please. It takes place in a park," he said. "The first 24 hours, I went straight, but unlike in a marathon, I didn't go full-speed ahead, I took my time."

He completed 100 miles in 35 hours.

Prior to, and during the event, Barusic requested donations to AuthoraCare Collective and he has received more than \$1,100 in donations so far. He is holding a raffle in which participants who contribute \$25 or more to AuthoraCare will be given the chance to win four gift cards to Bistro 150 restaurant in Oak Ridge. Deadline to enter the raffle is Oct. 9.

As a physical therapist, Barusic has witnessed firsthand the difference AuthoraCare Collective has made in others' lives. And because of that, he supported the nonprofit organization with his fourth annual Summer Solstice Relay Race in June. It raised \$1,720 for AuthoraCare.

If you would like to give a gift in honor of Pete Barusic, visit authoracare.org/run.



AuthoraCare Collective volunteer Pete Barusic completed 116 miles during the "Race for the Ages" in Manchester, Tenn. over Labor Day weekend. [Photo submitted]

Burlington Shag Club's Car Show Benefits AuthoraCare

By Cindy Skinner

It was quite a sight to behold as classic cars, trucks and motorcycles rolled into the Rack & Rolls parking lot, 1243 Plaza Dr., Burlington, on Saturday, Aug. 13.

You could hear the rumbling of the motors at the beginning and the end of the show.

One hundred and nine cars were registered for the Burlington Shag Club's first-ever Car Show for AuthoraCare Collective.

Amber Allen and Buddy Richardson, along with a committee, organized the event. Allen was brought to tears as she talked about how much AuthoraCare's services meant to her family.

The five judges presented 35 awards; over 20 door prizes were presented; and a 50/50 drawing was

held. Food trucks could be found at the outer edges of the parking lot. And inside the venue, a vendor fair was set up.

The nonprofit social club is dedicated to preserving shag dance and beach music. Burlington Shag Club members also hold multiple fundraisers for Alamance County charitable organizations, including AuthoraCare Collective.



The Burlington Shag Club's Car Show, to benefit AuthoraCare Collective, was held on Aug. 13 at Rack & Rolls, 1243 Plaza Dr., Burlington. [Charity Apple]

Circle K Ranch Honors Hometown Heroes SILENT AUCTION BENEFITS AUTHORACARE

By Charity Apple

Circle K Ranch held its first-ever Hometown Heroes concert on Saturday, Sept. 17.

The event recognized first-responders, nurses, and other hometown heroes. Anne and Bob Keen Sr., owners of Circle K Ranch, are familiar with the sacrifices that these folks made during the COVID-19 pandemic. Anne is a nurse in the Trauma Intensive Care Unit (ICU) at UNC Medical Center in Chapel Hill and Bob is a retired lieutenant with the Burlington Police Department.

Faye Boswell, who founded the Hospice League of Alamance-Caswell and served as the president along with being a 30-year volunteer, was honored. Sam Story also received recognition for his fundraising efforts to support AuthoraCare's silent auction. Story's wife, Carol, is a Volunteer Coordinator at AuthoraCare.

Others honored included Linda Watkins for community service; the late Ronnie Kirkpatrick, who was a big supporter of AuthoraCare; and K-9 Prinz, who retired from the Durham Police Department and was honored with the "Guardian of the Night" award for his service. Officer Mike Mues and Durham Police Chief Patrice Andrews were present

to accept the award. Alamance County Sheriff Terry Johnson served as emcee.

Buttermilk Creek Bluegrass Band and the Mason Lovette Band performed, and the Alamance County Sheriff's Office had a cruiser and its BearCat SWAT vehicle on display. The Burlington Fire Department had a firetruck on display as well.

Food trucks and face painting also were offered.

A silent auction featuring 40 items – from high school and college jerseys to helmets – benefitted AuthoraCare Collective.

The event was originally called Festival at the Farm but due to inclement weather in 2018 and COVID-19 in 2020-21, it was canceled.



Faye Boswell, at right, was honored for her volunteerism to Hospice and Palliative Care Center of Alamance-Caswell, now known as AuthoraCare Collective. Her friend, Ronnie Strickland, is at left. [Charity Apple]

Try A Tri for Hospice Celebrates 10th Anniversary

By Theresa Hancock

On a beautiful Saturday morning over Labor Day weekend, 100 participants took to the pool and streets of the Ridgewood neighborhood in Summerfield.

This marked the 10th anniversary of the family friendly triathlon - Try a Tri for Hospice - an annual event created by Karen Buxton. Tri For Hospice is a nonprofit organization made up of athletes from the Triad dedicated to raising awareness of and funds for nonprofit hospice organizations. Their motto is "caring to the finish."

Thanks to generous sponsors, 100% of the entry fees go directly to AuthoraCare Collective.

Several families joined the fun. Dr. John McKinney, a physician from High Point, participated in the event while his family cheered him on. In addition, the Colleran family participated individually and as a relay team to make it a true family affair.

Although figures are still being tallied for this year, Tri for Hospice events have raised over \$150,000 to

support hospice care in our area.

Gears and Beers Ride is Oct. 9

Gears and Beers Ride for Hospice, also organized by Tri for Hospice, will be at 10 a.m. Oct. 9 at The Village Beverage

Company, 1015 N.C. 150 West, Suite A, Summerfield. The ride has 25, 35 and 54-mile options. Each distance is fully supported with rolling mechanics and well-stocked aid stations.

Due to generous sponsors, 100% of the registration fees benefit AuthoraCare.

Additional race information can be found at rideforhospicenc.com.



Try A Tri For Hospice began with a 200-meter swim and continued with a 10-mile bike ride and a 2-mile run through the Ridgewood neighborhood. [Paul Russ]

Our Mission

AuthoraCare Collective empowers people to be active participants in their care journey, enabling them to live on their own terms through personalized support for mind, body, and spirit.

Fashion, furniture, jewelry, toys & more can all be found at AuthoraCare Collective's Hospice Thrift Store!

The store relies on donations – with new items arriving daily.

A boutique has recently been set up with fashionable clothing, jewelry, and accessories.

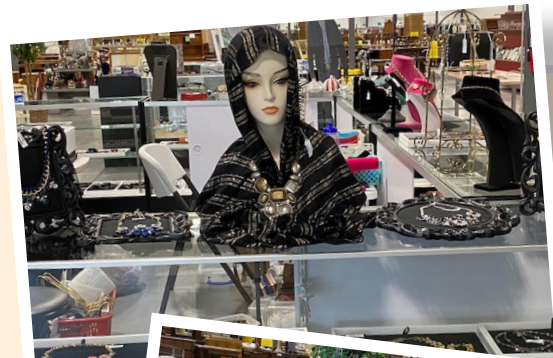
"The store focuses on quality rather than quantity of items," said Karen Clark, Thrift Store Manager.

Donations can be dropped off between 10 a.m. and 4 p.m. Tuesdays through Saturdays at the loading dock, 2134 Hanford Rd., Burlington. Large items, such as furniture, can be picked up by calling the Pick-Up Line at 336-532-0164.

Shopping hours are 10 a.m. to 5 p.m. Tuesdays through Saturdays.

Each purchase helps support AuthoraCare's mission – allowing our patients to be the authors of their life stories.

For more information, call 336-229-0490 or visit the Hospice Thrift Store on Facebook and Instagram.



Getting Social



Connect with us to stay informed about the latest news, upcoming events and more!