March/April 2023

Trees of Valor

Kernersville Family Honors Military Service Members

By Charity Apple

In October 2018, Lori Egerter wanted a way to honor her son, Josh, a U.S. Marine.

"I started collecting photos of friends and family members who were in the military as a way to show my son the story he was part of. The goal was just to let him know how much we appreciated him. We made them into wooden mementoes with no idea what we were doing with them at the time," she said. "When Josh came home on leave, he loved what we had made. That Christmas, while he was deployed, those mementoes found a home on our Christmas tree."

"Then, he sends me a photo of him, and his buddies stationed in Okinawa, Japan, with the caption 'family.' And that's when it hit me – family is not just the people you're born to – it's the people you're sworn to protect. Those who are willing to give their lives up to protect others are extraordinary and we should never forget their service or sacrifice," she added.

The Tree of Valor, a powerful traveling pictorial tribute to military service members, was born.

Hundreds of trees have been created since 2019. Last year, trees were featured in 50 events and 14 counties throughout North Carolina. This year, the trees are scheduled in states all over the country. Most recently, trees can be seen at the Self-Help



The Tree of Valor was created by Lori Egerter of Kernersville as a way to honor her son, Josh, a U.S. Marine. [Photo submitted]

Center, 122 N. Elm St., Greensboro, in honor of Women's History Month and in vacant downtown storefronts in Salisbury.

For the first time, the trees will be on display during the Veterans Appreciation Breakfast events presented by HealthTeam Advantage in conjunction with AuthoraCare's We Honor Veterans program.

The breakfast events are from 8:30 a.m. to 10:30 a.m. March 29 at the Lusk Center, 2501 Summit Ave., Greensboro, and from 8:30 a.m. to 10:30 a.m. March 30 at the Hospice Thrift Store, 2134 Hanford Rd., Burlington. These events are in recognition of Welcome Home, Vietnam Veterans Day, but all veterans are welcome to attend. Reservations must be made in advance at authoracare.org/veteran.

The Tree of Valor achieved nonprofit status this year and is sponsored by Columbia Forest Products in

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The Storylines Production Team
Charity Apple, Theresa Hancock, Paul Russ, Cindy Skinner

NHPCO Recognizes AuthoraCare for 'Quality Connections'

Recently, we learned that we have earned top recognition in a new national program that celebrates milestones in a hospice's commitment to excellence.

In fact, AuthoraCare Collective is the only hospice in North Carolina to achieve this recognition!

AuthoraCare earned "four rings" in the 2022 Quality Connections program of the National Hospice and Palliative Care Organization (NHPCO). Quality Connections is the only national program designed to support hospice and palliative care providers in their delivery of high-quality, person-centered care.



Kristen Yntema

The program is structured around four fundamental pillars which are represented by four rings: Education, Application, Measurement, and Innovation. Participants are required to achieve milestones within defined time frames by participating in activities such as quarterly data reporting and benchmarking, educational courses, case studies, and engagement on emerging issues; all of which serve to promote high-quality care delivery and service excellence. Achievement is measured by completing activities within each of the four foundational areas, culminating in the closure of up to four rings.

I have written about our commitment to quality many times. As we have grown, AuthoraCare has become the second largest nonprofit hospice provider in North Carolina. As we have made services available to residents across 12 counties, it has been our priority to maintain high-quality care.

Our patients are not numbers. They are individuals, each with a unique story.

Hoping for quality is not an effective strategy. We remain intentional in our pursuit of excellence. And I am proud of our participation in the Quality Connections program.

We are grateful that our dedication has been recognized and that AuthoraCare has earned the highest achievement possible by closing four rings. Our pursuit of this recognition has enhanced our quality improvement program and acknowledges that we are up to date on the newest and best practices in serious illness and end-of-life care.

Quality, breadth of services, and community commitment are woven into the fabric of AuthoraCare. For nearly 40 years, we have served the community with compassionate commitment. And each of these programs create the possibility for someone to be empowered to live life on their terms.

I am grateful for your support. And thank you for being an ambassador of our work.

Kristen Wither Yntema, MBA, MHSA President and CEO, AuthoraCare Collective

Kristen Wlither Yutera

From Friends to Family

(cont. from cover)

Greensboro. The photos are made into mementoes on wood donated by the company.

The trees, Egerter said, aren't just decorative. Each one has meaning. White trees pay tribute to those who have been killed in action, training accidents, or by suicide. Green trees honor those who are active duty. And silver trees honor first responders and veterans who died in 9/11.

Her husband, Scott, helps set up for events as well as many other volunteers. And her 13-year-old daughter, Lexi, is a big part of the nonprofit's mission.

"Lexi, who has cerebral palsy, goes out with her nurse, who is also a veteran, in her motorized wheelchair. Although she is nonverbal, she just has a knack for spotting veterans. I don't know how she does it. Her face just lights up. She gives them a pin, a flag, and snaps their photos. The veterans love her," she said.

Last year, Lexi was honored by the American Red Cross' Salute to Heroes Civilian Hero award for her work with veterans.

For more information on The Tree of Valor, visit Facebook; the website - thetreeofvalor.org; or email thetreeofvalor@gmail.com.



The Triad Honor Flight typically features
Trees of Valor. [Photo submitted]



Lexi, Lori's 13-year-old daughter, loves getting to know veterans. [Photo submitted]



11th ANNUAL

Car & Bife Show

Lakeview Speed Shop will host the 11th Annual "King of the Ranch" Car & Bike Show to benefit Kids Path on Saturday, April 22, at the Cadillac Ranch, 6330 David Moore Rd., Burlington. Registration is from 8:30 a.m. to 1 p.m. Registration fee is \$20 and admission is \$10 per person. Toyz and Red Dirt Revival will perform. Awards will be presented in all classes. Rain date is Sunday, April 23. For more details, call Jamie Boone at 336.213.2684; Walter "Bird Dog" Riddle at 336.260.1685; or Jillian Maricle at 336.269.2933.

Feeling Connected

AuthoraCare's First In-Person Kids Path Camp Set for May 6



By Theresa Hancock

Excitement is building for AuthoraCare's first in-person Kids Path camp since the pandemic and merger.

Camp Cardinal, formerly known as CHAMP Camp on the Greensboro campus and Camp Pathfinder on the Burlington campus, will be from 9 a.m. to 7 p.m. Saturday, May 6, at Summit Environmental Center, Haw River State Park, 339 Conference Center Dr., Browns Summit.

"This is our first camp as AuthoraCare. Our team has been working hard to make this a special and unique experience for children, and the planning process is bringing renewal to our team," said Lindsey Nowacki, Kids Path Counseling Supervisor. "We have so much to look forward to with Camp Cardinal and seeing it all come together is exciting."

Camp Cardinal will include opportunities for fishing, crafting, exploring nature, playing with pet therapy animals, and eating s'mores, among other things. Favorite traditions from each campus will be incorporated as well.

"Our primary goal is for children to feel connected - to one another, to the adult leaders, and to the natural world around them," said Laura Fuller,

Children's Counselor. "Campers will be able to spend time with other children experiencing loss and leave the day feeling supported and connected with others."

The Haw River State Park, which spans 1,485 acres, is centrally located in Guilford and Rockingham counties. Trails and a boardwalk allow visitors to experience the wetlands and floodplain swamp. And The Summit is a residential education center used for retreats and conferences.

"It is such a beautiful outdoor space," Nowacki said. "We can't wait to share this experience with the Kids Path campers."

HOW TO HELP

If you would like to donate to Camp Cardinal, contact either myself, Theresa Hancock, at Theresa.hancock@authoracare.org or my fellow Public Support Coordinator, Cindy Skinner, at cindy.skinner@authoracare.org. We can help you learn more about opportunities to make Camp Cardinal special. These opportunities include help with snacks, art projects, and activities.



Losing Our Companions

Love and Loss of Our Pets

By Cindy Skinner

Nothing compares to the joy of coming home to a loyal companion.

Seventy percent of all households in the United States include a companion animal, according to the 2021-22 National Pet Owners Survey. Research has shown that pets provide emotional support and decrease feelings of anxiety and depression. Regular outdoor activities with pets can improve cognitive function.

At AuthoraCare, we have witnessed firsthand the impact therapy animals can have on hospice patients and their families.

And while fur babies bring us joy, their deaths leave a void in our lives.

"Our pets often become a part of us, like our own family or even like our children," said MJ Tucci, retired AuthoraCare bereavement counselor and co-author of "A Peaceful Path: A Supportive Guide Through Pet Loss" with Laurie Califf. "The death often hurts like we have lost a human relative or friend, though it may seem odd to compare them."



Paul Russ, AuthoraCare's VP of Marketing and Development, is shown with his late fur baby, Truman. Russ said he has found comfort in looking through old photos. [Photo submitted]



While fur babies bring us joy, their deaths leave a void in our lives. [Pexels]

The bond you have with your companion, and the depth of your relationship, can shape the intensity of your grief.

"Our animals accompany us through every bit of life - good and bad - yet those deaths aren't recognized in the same way other deaths are. It's crucial that we allow ourselves to grieve our pets and honor their place in our families and our hearts," said Holly Lux-Sullivan, AuthoraCare Chaplain.

Paul Russ, VP of Marketing Development at AuthoraCare, recently lost his two canine companions - Wrigley and Truman - four months apart.

"I think the greatest challenge in losing a pet is that their love is unconditional. No matter the day, they always greet us with tails wagging as if they can only see the best in us. The void their loss creates takes time to heal," Russ said.

He has found comfort in recalling the silly things they did, looking through old photos, and even holding their leash and collars.

"We recently adopted a new dog. We often see traits or behaviors in him that remind us of the ones we have lost. Maybe they are just letting us know they are still here with us," he added.

NOTE: AuthoraCare is not currently offering pet loss support. If you are struggling with the loss of a pet, you can reach out to Lap of Love Veterinary Hospice & In-Home Euthanasia at lapoflove.com.

Shared Journey

Annual Campaign Chairs Witnessed AuthoraCare's Impact

By Charity Apple

Art and Mary Winstead have witnessed firsthand the impact AuthoraCare's services have provided for not only their family, but friends as well.

That's why the couple is honored to chair AuthoraCare's 2023 Annual Campaign.

Art's mother, Jane, had been healthy and lived independently until she suffered a fall in the summer of 2021.

"She knew she was transitioning and told us, 'I want to go home to die,'" Art said. "We knew what a valuable resource AuthoraCare was, so we reached out to them.



Art and Mary Winstead are the 2023 chairs of AuthoraCare's Annual Giving Campaign. [Photos submitted]

continued on pg 7



16th ANNUAL Corks for Rids Path

Greensboro's Premier Wine Tasting Event

Elm & Bain

620 South Elm Street Greensboro, NC

Friday, June 16 7-10 p.m.

For 16 consecutive years, our signature event – Corks for Kids Path – has benefited the Kids Path program. Each year, a volunteer committee of young professional leaders helps organize and promote Corks for Kids Path to ensure its success. Corks for Kids Path also continues to enjoy the special support of Zeto, Greensboro's premier wine and cheese shop.

Corks for Kids Path is a wine-tasting extravaganza that, in 16 years, has raised more than \$1,600,000 to support Kids Path. The event also features a variety of locally brewed craft beers, hors d'oeuvres and a silent auction. Guests have an opportunity to taste a variety of unique handcrafted wines from small wineries and can place orders for the wines. Zeto generously donates 100% of the profits from any of the completed wine orders.

Contact Theresa Hancock, Public Support Coordinator, at 336.478.2511 or theresa.hancock@authoracare.org for more information. For more details, visit corksforkidspath.org.



The last eight months of mom's life went incredibly smoothly and that's due to the care that AuthoraCare provided. They not only supported mom, but they were there for my brother and I as caregivers. It was a shared journey."

Mary learned about hospice care while serving as a Beacon Place volunteer in the late 1990s. At that time, Beacon Place was a medical hospice for HIV/AIDS patients; it was the first of its kind in the state. She helped with patient care - feeding and/or sitting with patients and other duties.

"I learned so much from the hospice nurses," she said. "They provided physical care with a real spiritual component."

Through the years, Mary said, "we have lost several people close to us and AuthoraCare has been there - offering support for patients and families. Kids Path is a special program as well, assisting children with life-limiting illnesses and counseling for their families."

Serving as chairs of the campaign, Art said, "is a way to give back to AuthoraCare and hopefully educate others about the resources it can provide. No matter how prepared you think you are when a loved one is dying, it is good to have a team to walk alongside you and provide comfort."

"We hope you'll join us in supporting the 2023 Annual Campaign. It's an opportunity to provide services to those who have been impacted by illness and loss," Art said.

To donate to the 2023 Annual Campaign, visit authoracare.org/annualcampaign.



31ST ANNUAL

Authora Care Hospice Golf Classic **Alamance Country Club**

2402 Pineway Dr. Burlington, NC

Monday, May 8 8 a.m. To 2:30 p.m.

Since it began in 1991, the Hospice Golf Classic has raised \$1.6 million for AuthoraCare Collective (formerly Hospice and Palliative Care Center of Alamance-Caswell). Due to the COVID-19 pandemic, the golf tournament was canceled in 2020 and 2021, but it resumed, in celebration of the 30th anniversary, last year. It is a four-person Captain's Choice Tournament benefiting the Hospice Home. Labcorp is the sponsor of this year's tournament and First Horizon is the lunch sponsor. For more information, contact Cindy Skinner, Public Support Coordinator, at 336.329.0313, ext. 7166. Visit authoracare.org/golf to register online as a tee or team sponsor.

Presented by



Recognizing late Hospice Proneer

Dr. John Lusk's 100th Birthday is April 9

By Theresa Hancock

Pr. John A. Lusk was one of the original volunteers to serve on the steering committee that established Hospice and Palliative Care of Greensboro (HPCG). He is credited with making the first patient referral to HPCG and served for many years as one of its medical directors.

An integral part of HPCG's history, Dr. Lusk was humble about his role in the early years of the hospice movement in the late 1970s. Trained in

the traditional medical model of health care, he recognized that hospice would transform medical and supportive care for patients and their families at the end of life. He quickly embraced and championed hospice care for his patients.

"He had the feeling of hospice in him from day one," his wife, Barbara, said recently. "He was tireless in his efforts to provide care for his patients and families – no matter what time of day or night."

On April 9, AuthoraCare acknowledges what would have been Dr. Lusk's 100th birthday.

The Lusk Center, on the Greensboro campus, is named

for him. It honors his pioneering efforts to bring the hospice movement to our community and his lifelong commitment to learning.

Countless lives were touched by his care. As Greensboro's first medical oncologist, he provided expert cancer care for patients – both adults and children – and their families with a kind and comforting touch.

He also was well-known for being an early adopter of computerization in health care systems at what was then known as Cone Hospital. And he was considered a mentor for many Greensboro physicians, including AuthoraCare's Chief Medical Officer, Dr. Juan-Carlos Monguilod.

"I met Dr. Lusk for the first time during the internship year of my medical residency when I attended a hospice IDT meeting. When I arrived, I was amazed to see how Dr. Lusk engaged with every discipline by giving them the time, space, and respect necessary so they could share the information about every patient under their care,"

Dr. Monguilod said. "Dr. Lusk had a magic touch with anyone who came across his path, instilling wonder and ensuring a deep and thoughtful education.

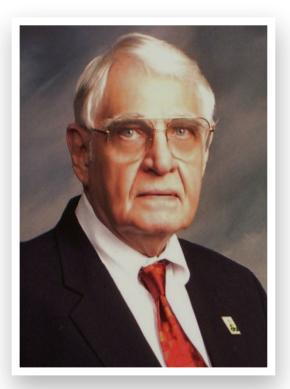
In 2003, upon his semiretirement from HPCG, the Board of Directors conferred upon this gifted teacher the title of Medical Director Emeritus and established the John Alexander Lusk III Endowment for Hospice and Palliative Care Education.

In addition to his wife, Barbara, he is survived by their children, Elizabeth, and John A. Lusk IV. Both Elizabeth and John inherited their father's caring nature. Elizabeth is a

volunteer with Transitions Life Care, a hospice organization in Raleigh.

Barbara and Elizabeth visit the Greensboro campus frequently. During a recent visit, Elizabeth said that the Kids Path building was her father's last outing prior to his death in June 2010. As chair of the annual campaign, he stopped by the office to sign letters before heading to the hospital.

"He was known for his empathetic care for his patients and their families," Barbara said.





We Honor Veterans



AuthoraCare's We Honor Veterans Achieves Level 5

By Paul Russ

AuthoraCare Collective has earned the highest distinction as a Level 5 We Honor Veterans partner, placing the local program among the Top 10% of more than 3,100 We Honor Veterans programs across the nation. In North Carolina, AuthoraCare is one of only five hospices to achieve Level 5 status.

We Honor Veterans is a collaborative program between the National Hospice and Palliative Care Organization (NHPCO) and the U.S. Department of Veterans Affairs (VA). The goal of the program is to ensure veterans receive the compassionate care they need at the end of life and that support is available for their families. During the past year, AuthoraCare cared for 441 veterans.

"Achieving the Level 5 distinction demonstrates AuthoraCare's deep commitment to understanding and addressing the unique needs of veterans as they age and providing them with the compassionate care and support that they deserve," said Kristen Yntema, AuthoraCare's President/CEO. "We are proud to be recognized at this elite level and honored that our team will continue to share their expertise as a regional mentor to others in order to further increase access and services to veterans in our community."

To earn the Level 5 We Honor Veterans distinction, AuthoraCare expanded its outreach to veterans by fostering a high level of collaboration among veteran organizations, health care partners and other community groups to provide veterans with increased services and improved access to care. Level 5 also places greater emphasis on staff education, specifically how to support Vietnam-era veterans and those dealing with isolation or symptoms of post-traumatic stress disorder.

A vital component to the We Honor Veterans program is the role of veteran volunteers. AuthoraCare veteran volunteers are paired with patients who have served in the military, giving them an opportunity to connect with one another and create an environment where life reflection and healing may occur. Veteran volunteers provide companionship and support, grateful recognition, and a comforting presence to fellow veterans and their families at the end of life.

"Veteran volunteers are helping us reach more veterans, especially those who live in assisted living residences or senior communities," said Teresa Pendergraft, Director of Volunteer Services. "Thanks to the support of our veteran volunteers, AuthoraCare has been able to expand important Level 5 initiatives such as pinning ceremonies and Vet Connect gatherings."



Order Commemorative Bricks Today!

Commemorative bricks create a lasting tribute to a loved one. Each fall, these engraved bricks are installed in the walkways of the rose garden at Beacon Place and the Kids Path Garden on our Greensboro Campus. To have your commemorative brick installed in time for the dedication ceremony in the fall, **please place your order by June 1.**

Order today at <u>authoracare.org/brick</u>

AUTHORACARE COLLECTIVE IN THE NEWS

AuthoraCare Featured on Area Radio Stations

AuthoraCare Collective was featured during live broadcasts on three area radio stations in February.

On Feb. 1, Paul Russ, AuthoraCare's VP of Marketing and Development; Karen Clark, Manager of AuthorCare's Hospice Thrift Store; and Charity Apple, AuthoraCare's Communications and Digital Content Specialist, appeared on HOPE 104.5 FM and The Mayerick 95.1 FM.

AuthoraCare's services, including information about the thrift store, were discussed on air.

On Feb. 10, Apple did a live interview on WBAG 1150 A.M. She offered information about AuthoraCare's hospice services as well as grief support, Kids Path, and how to support the thrift store.

If you have questions about hospice services, grief counseling, and more, visit <u>authoracare.org</u>. For more information on the thrift store, visit <u>facebook.com/hospicethriftstoreACC</u> or call 336.229.0490. If you have large items to donate, call the Pick Up Line at 336.532.0164.

Radio personality Tom Britt; Charity Apple, Communications and Digital Content Specialist at AuthoraCare Collective; Radio personality Carson Johnson; Karen Clark, Manager of AuthoraCare's Hospice Thrift Store; and Paul Russ, VP of Marketing and Development at AuthoraCare.

[Photo submitted]



Scott Reavis with HOPE 104.5; Paul Russ, VP of Marketing and Development at AuthoraCare Collective; Karen Clark, Manager of AuthoraCare's Hospice Thrift Store; Charity Apple, Communications and Digital Content Specialist at AuthoraCare; India Kingery and Kurt Ward, both of HOPE 104.5 FM. [Photo submitted]





Veterans Appreciation Breakfast

Lusk Center 2501 Summit Ave. Greensboro, NC Wednesday, March 29 8:30 a.m. to 10:30 a.m.

AuthoraCare Collective's Hospice Thrift Store 914 Chapel Hill Rd. Burlington, NC Thursday, March 30 8:30 a.m. to 10:30 a.m.

AuthoraCare Collective's We Honor Veterans program, in conjunction with HealthTeam Advantage, will present two Veterans Appreciation Breakfast events in honor of Welcome Home, Vietnam Veterans Day. The breakfast is open to all veterans. Registration is required and can be made at authoracare.org/veteran. Veterans will receive a 10% off coupon for the store. For more details on the events, call 336.478.2502.



Grief: What to Expect and What Can Help

Zoom | 6 p.m. to 7 p.m. Monday, April 24

Deadline to register is April 20.

To register, call 336.621.5565 or email griefsupport@authoracare.org.

Grief: What to Expect and What Can Help

AuthoraCare Collective | 2500 Summit Ave. Greensboro, NC

Noon to 1 p.m. Tuesday, April 25

Deadline to register is April 20.

To register, call 336.621.5565 or email griefsupport@authoracare.org.

Celebrating Our Mothers: An Expressive Arts Workshop

AuthoraCare Collective | 2500 Summit Ave. Greensboro, NC

6 p.m. to 8 p.m. Thursday, May 4

Deadline to register is April 28.

To register, call 336.621.5565 or email griefsupport@authoracare.org.

Celebrating Our Mothers: An Expressive Arts Workshop

AuthoraCare Collective | 914 Chapel Hill Rd. Burlington, NC

1 p.m. to 3 p.m. Tuesday, May 9

Deadline to register is April 28.

To register, call 336.621.5565 or email griefsupport@authoracare.org.

ONGOING SUPPORT GROUPS

Homicide Loss:

6 p.m. to 7:30 p.m. fourth Tuesdays of each month.

Facilitated by Lynley SanGeorge. If interested in participating, call 336.579.3799.

Overdose Loss:

6 p.m. to 7:30 p.m. second Tuesdays of each month.

Facilitated by Kimberly Grove. If interested in participating, call 336.478.2565.

Suicide Loss:

6 p.m. to 7:30 p.m. second Mondays of each month.

Facilitated by Jennifer Moore. If interested in participating, call 336.532.0112.

McMasters Light Show Raises \$2,274.75 for AuthoraCare

For 10 years now, the McMasters Christmas Light Show has generated funds for area charities.

Randy and Karen McMasters decorate their home in Graham with holiday lights, set to synchronized music from 87.9 FM. Last year's light show was open from Dec. 1 through Jan. 1 and a drop box was set up for donations. This year, Venmo donations also were accepted.

"We split the funds equally between two local charities in recognition of all the hard work and nice caring people that provide a loving atmosphere to those in a time of need," Randy McMasters said.



The McMasters Christmas Light Show raised \$2,274.75 for AuthoraCare Collective this year. [Photo submitted]

The first event, McMasters said, was a way to thank the Hospice and Palliative Care Center of Alamance-Caswell, now AuthoraCare Collective, for the way they cared for Karen's late mother.

This year, the McMasters presented AuthoraCare with a donation of \$2,274.75.

"We appreciate AuthoraCare and hope you can use these funds in support of your operations," he added.

For more details on the light show, visit The McMasters Christmas Light Show on Facebook.



Jesse L. Hudson, General Manager of South Atlantic Galvanizing in Graham, (right) presented a donation to Paul Russ, AuthoraCare's VP of Marketing and Development, on Dec. 22. [Charity Apple]



Your Story. Our Expert Care.

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Formerly Hospice & Palliative Care Center of Alamance-Caswell & Hospice and Palliative Care of Greensboro

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.



The Role of Faith in End-of-Life Decisions

Understanding comes from knowing. For many, faith is a part of life. When end-of-life decision making is being discussed, faith can provide formal and informal support and resources. This webinar will focus on how faith can be a part of planning for end of life, providing comfort to ourselves and our loved ones, and ensuring wishes are known and followed.

Tuesday, April 18, 2023 | Noon - 1 p.m.

Register at authoracare.zoom.us

Now Streaming On Demand at <u>authoracare.org/knowing</u>

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

The Benefits of Palliative Care During COVID-19

Advance Care Planning During COVID-19

Diversity & Inclusion Series

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

Aging in LGBTQ+ Communities | Parts 1 & 2 Leaving a Legacy

Transitions & Life Changes

The Death Experience | Parts 1 & 2

Staying Socially Connected: Avoiding Social Isolation

Life Tools for People Living with Dementia and Their Care Partners

Caring for Veterans: Serving Those Who Have Served

Celebrating Diversity in Hospice & Palliative Care

Healing at the Holidays: Practical Guidance for Grieving Adults & Families During the Holiday Season

Women's Heart Health

Practical Resources for Aging Well **NEW!**













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