

An Overall View of Hospice of the Upstate

What a nice view of our beautiful grounds - A view that is rarely seen! Thanks to Frank Alexander, we are proud to share this aerial photo he so generously donated. Mr. Alexander has filled his past times with photography for over 30 years while working full-time with the Dial Corporation. Now retired, he has been able to fully focus on his passion and become a self-employed photographer. On one of his helicopter trips, Mr. Alexander took multiple



Aerial view of Hospice of the Upstate

aerial shots of the grounds and gifted us with a picture-filled CD. Frank's mother was a patient at the Rainey Hospice House and he sees this gift as a way to give back. Knowing how expensive it is to arrange this type of picture, we are so thankful. It couldn't have come at a better time.

Inside you will find:

- Letter from the CEO, Pam Melbourne
- Because Children Grieve Too
- Grief Groups Aren't Always What You May Think
- Jane Gray Suggs Writes Cookbook

Frank, born and raised in Anderson, and his wife Kathy, retired District 5 teacher and Anderson resident for 39 years are members at North Anderson Baptist Church. They spend a lot of time working within their church and volunteering in the community. Hospice of the Upstate is very fortunate for their time. Mrs. Alexander is on the Children's Advisory Council and helps uplift the children of our community when grief is present. This work is very near to her heart since she experienced her mother's death, due to acute leukemia, at the age of seven. She says, "God has tendered my heart and given me an opportunity to connect with these children. It is very difficult for young people to put their feelings into words and I hope by listening with an open heart and lots of hugs we can help manage the emotions of loss."

Mission Statement

Hospice of the Upstate provides compassionate, quality care to terminally ill patients and their families, while offering leadership and community education for end-of-life.

HOSPICE OF THE UPSTATE, INC.

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Letter from the CEO

The past year has been financially challenging for most of us. For Hospice of the Upstate we realize more than ever that what we do in programming is not a given. We are fortunate as a non-profit to receive Medicare/Medicaid and some insurance reimbursement for the basic care we provide, however, this year we experienced the reality that this reimbursement is tenuous. Early in the year we faced the threat of Medicaid cuts for hospice care and were able to communicate our concerns effectively in Columbia to achieve reinstatement of the Hospice Medicaid benefit. Since 2008, we have actively communicated our concerns regarding impending Medicare cuts to our Washington delegation. We have made some progress but if our efforts are not effective, we face severe reimbursement cuts to the Medicare Hospice Program. Our message continues to be that hospice in general and Hospice of the Upstate save Medicare almost \$3,000 for each patient served and that the satisfaction rate among those who use hospice is close to 100%. Hospice offers high quality care in a cost effective manner.



In addition to the challenge of reimbursement cuts, we face the reality that donors have limited resources to give this year and we, like other non-profits, feel the pinch. And like other non-profits, we face the reality of prioritizing the needs of our community related to end-of-life care. Medicare, Medicaid, and insurance do not fund many of the programs that you read about in this newsletter. We depend on community contributions to extend support to our families because we know that it improves lives. Consider the impact of a small child who loses a parent or sibling, the loneliness and confusion they face in trying to understand the loss. We provide expertise through a Children's Outreach Coordinator who understands their language of play and can help them through the grieving process when their family is dealing with their own grief. Emotions are difficult to measure; studies indicate this type of intervention has long-lasting benefits in school work and learning to cope with life's challenges. The true measure is the relief you see on a child's face during these sessions. Hospice of the Upstate is not required to provide this level of bereavement, but we do because it is the right thing to do, and it fills a significant void in our community resources.

Our Children's Program is just one of the programs that provide such long-lasting benefits to families experiencing loss. Your gifts make a difference; to a grieving child, to a spouse losing a partner, to a parent losing a child. Thank you for your support.

Pam Melbourne
CEO

Because Children Grieve Too



Hospice of the Upstate welcomes Candice Slate as their full-time Children's Outreach Coordinator. She is a Nationally Certified Counselor with a Masters of Education in Community Counseling, B.A. in Psychology and a minor in Child Development and Family Relations. As Children's Outreach Coordinator, Ms. Slate provides grief education and support to children and grandchildren of Hospice of the Upstate patients. This can include play therapy, individual counseling, and /or support groups. Community children who have experienced the death of a loved one may attend a monthly group, Expressing Ourselves, which is held at the Anderson Area Arts Council. Educational programs which equip teachers and others to support grieving children are also available through Hospice of the Upstate. For more information about all of our children's services, please call Candice Slate at (864) 224-3358 x3132.



Grief Groups Aren't Always What You May Think

Many people are hesitant to attend grief support groups because they fear the atmosphere would be depressing or too sad. However, at Hospice of the Upstate many attendees find the groups are uplifting and positive instead. For example, our Pot Luck/Activity Group combines a meal and socialization followed by a speaker or creative activity to support the grief process. Hospice of the Upstate volunteers as well as community members are always generous to donate their time and talents to assist our families during this difficult time.

In recent months Angie Runion of Remedy MedSpa has given complimentary mini-massages to groups members. She also taught classes on clay jewelry-making where attendees bring crushed flowers from the funerals of their loved ones. Cathy Bratcher taught the art of paper rolling (known as "quilling" to some) where items such as funeral programs and newspaper obituaries can be fashioned into pieces of jewelry, wall hangings, etc. Connie Bennett, a volunteer in the bereavement department, demonstrated making ornaments from handkerchiefs or bandannas and stuffed teddy bears from shirts or blouses. Pam Lloyd and Connie have made bears galore at many workshops for our bereaved families.



Joan Bruenning also makes teddy bears at home for family members who bring in a favorite shirt or blouse; and Joan was able to have a purse made from a young mother's jeans for her 16-year-old daughter.

We want to send a BIG thank-you to all volunteers who helped with our Memory Bear Workshop in Rose Hall this summer. Approximately 40 bereaved family members and volunteers gathered on a lovely evening in July to create bears from an article of clothing which belonged to their loved one. Volunteers were stationed at dining room tables with their sewing machines, and others assisted attendees with preparations (patterns, cutting out, stuffing, etc.) A good time was had by all, and to see 40 little bears at once was quite the sight!



Community speakers have included Dr. Maria Cayelli (Integrative Medicine), Danielle Little (AnMed Nutritionist), and Kim Reyes (SENIOR Solutions) who have shared interesting and educational information for all of us such as Laughter Therapy. Our group even took a "field trip" to Kitchen Emporium where Gaye McLeskey treated us to a delicious meal and class on "Cooking Solo".

The Pot Luck/Activity group is open to anyone who has experienced a loss within any time frame. We meet on the third Tuesday of each month at 11:00 a.m. at the Sadler Bereavement and Education Center. Should you have questions or would like additional information, please call Donna Davis, Bereavement Coordinator, at (864) 328-1950.

Jane Gray Suggs Writes Cookbook



Jane Gray Suggs

Well-known community member - Jane Gray Suggs, unveiled her new cookbook, *Cooking with JJ II*, at the Hospice of the Upstate cookbook kickoff on September 22nd. Over 500 cookbooks were sold as community members indulged in an array of delectable dishes, which were prepared straight from the book. Ms. Suggs spent her evening visiting and signing cookbooks as they were sold.

Cooking with JJ was published by Hospice of the Upstate in 1996. It was such a success that it sold out resulting in a second printing to satisfy the demand. From Jane Gray in her own

words, "My first cookbook, *Cooking with JJ*, was a labor of love that combined my devotion to food and family with my respect and awe for Hospice of the Upstate. I was humbled when it was received with such open arms! I have continued to collect new recipes, improve old ones and try new dishes. And now I am delighted to produce a sequel: *Cooking with JJ II*".

The cookbook is now available throughout the holidays for a \$20 donation. The book, filled with tantalizing recipes, will make great Christmas gifts (quantity discounts available). All proceeds benefit Hospice of the Upstate. For more information or to order your cookbook, call Wanda White at 864-328-1963.



This edition of Hospice Highlights can be viewed online at www.hospicehouse.net. Comments and questions should be directed to Allison Moody, Marketing Coordinator at amoody@hospicehouse.net or call 864-328-1947

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