



Your Hometown

Your Choice, Your Hospice

Volume 9

“Discover the Difference”

Fall 2016

Richmond County Hospice, Inc., Hospice Haven, Anson Community Hospice

The Big Apple comes to Richmond County



Three hundred and five tickets sold, 70 volunteers, 17 restaurants, 8 dancing duos, 3 judges, 2 performing couples, 1 fantastic playbill, and an amazing amount of support from our community allowed us to raise twenty-four thousand dollars (\$24,000) for hospice care at our First Annual “Taste of the Sandhills, Showcasing Dancing with the Stars.”

The evening began with the Taste of the Sandhills where the restaurants presented their best food items for sampling. We are so thankful for Captain George’s Seafood, Chapman’s Food and Spirit, FATZ, G. Charles Bakery, Half Baked Creative

Catering by Melissa, Henry’s Uptown Café, Hickory Tavern, Hidden Treasures Catering, Los Cabos, Mi’Casita, Oliver’s Hometown, Pattan’s Downtown Grille, Peking Wok, Plaza Jalisco, Taco Loko, Wing Queen Café, and Smithfield Chicken and Barbeque for their delicious dishes. The guests mingled through the streets of “New York City” and enjoyed sites such as the “Statue of Liberty” and the “Brooklyn Bridge.”

After trying the various menu items, guests then moved to the “Majestic Theatre” with its Broadway décor to enjoy the Dancing with the Stars Competition. Vying for the mirror ball trophy were eight dancing duos cheered on by their admiring fans and scored by national dance competition judges.

Kenneth and Claudia Robinette shagged to “You’re the One that I want”; Crowell Poplin and Melissa Billingsly hustled to “Waiting for Tonight”; David Smith and Gayvin Powers danced a Fox Trot/Cha-Cha blend to “All that Jazz”; Alex Kelly and Onequa Crump sambaed to “Magdalena”; Dennis Quick and Trish Hodges Cha-Cha’d to “Conga”; Terry Greer and Calendra McDonald swing danced to “Boogie Woogie Bugle Boy”; Tavares Bostic and Jenna Staub tangoed to “Cellblock Tango,” and Matt Harrelson and Mary Kate Lambeth discoed to “Knock on Wood.”



Additional entertainment was provided by our 2012 Richmond County Hospice Dancing with the Stars returning champions, Sharon and John Hutchinson, and nationally recognized Shag champions, Kyler Bynum and Sydney West. Although all the dances were truly wonderful, three winners had to be chosen.

Thank you to all the dancers, food vendors, in-kind donors, volunteers, sponsors, and Richmond County Hospice Staff. This amazing successful event would not have been possible without any one of you!

**To enjoy more pictures and videos of our event go to Shandi Webb Photography or Richmond County Hospices Facebook pages.*

Meet Our Hospice Family

HOSPICE AIDES

Tammy Bull, CHPNA
Hospice Aide Coordinator

Tina Blake, Hospice Aide

Teresa Graham, Hospice Aide

Sharna Quick, Hospice Aide

Sinatras Slater, Hospice Aide

Stephanie Baldwin, Hospice Aide

Annalisa Thompson, Hospice Aide

Esmeralda Rodriguez, Hospice Aide

Sybil Oxendine, Hospice Aide

Jenny Cowick, Hospice Aide-PRN

Nicole Wilkes, Hospice Aide-PRN

Kelly Williams, Hospice Aide-PRN

Robert Wilkerson, Hospice Aide-PRN

Patricia Mical, Hospice Aide-PRN

LaToya Ratliff, Patient Care Technician

Kay Brewington, Patient Care Technician

Victoria Brown, Patient Care Technician

JoeAnn Smith, Patient Care Technician

Audrey Martin, Patient Care Technician

Kathy Taylor, Patient Care Technician

HOSPICE NURSES

Tammy Driggers, RN/CHPN Case Mgr.

Lisa P. Wood, RN/CHPN Case Mgr.

Lori Jenkins, RN/Case Mgr.

Cayce M. Terry, RN/Case Mgr.

Peggy Gatewood, RN/Case Mgr.

Michelle Rogers, RN/Case Mgr.

Natalie Barbour, RN/Case Mgr.

Kathleen Camp, RN/CHPN
Inpatient Case Mgr.

Karen Geiger, RN/Inpatient Case Mgr.

Ann Elise Taylor, RN/Inpatient Case Mgr.

Shonda Crump, LPN

Lacey Hogan, RN/Inpatient Case Mgr.

Teresa Balzer, RN,CHPN-PRN

Malinda J. Thomas, RN-PRN

Patricia Wheeler, RN-PRN

ON CALL NURSES

Johanna Poole, RN/On Call Nurse

Sylvia Webb, RN/ On Call Nurse

FAMILY SERVICES

Christopher Thornton, CPC-Chaplain

Kenneth Lyerly, MDIV. Chaplain-PRN

Lisa O'Neal, AAS
Volunteer Coordinator

Sandy Black, BSW
Bereavement Coordinator

Shannon Huff, BA
Social Worker

Mary Martha Warnock, BSW
Social Worker

Courtney A. Pope, BSW
MSW Intern

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Faith Jones, Clinical Office Coordinator

Linda Russell, Secretary/Receptionist

Jewel Mabe/PT Medical Coder

Rosa G. English/PT Housekeeping/Admin.

Patricia Hogan/Housekeeping/Haven

Eddie Edwards, Maintenance Technician

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Clinical Specialist

Teri Cowan, LPN
Referral Intake Liaison

David Jenkins, RRT
Marketing/Medical Community
Coordinator

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Director of Human Resources

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Stephanie Thornton, BA
Inpatient Care Assistant Manager

Jenny Mabe, RN, CHPN
Home Care Nurse Manager

Jessica Mims, BSW
Family Services Manager

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Dennis Quick

Allison Farrah

Vickie Cox

All of our volunteers who are
part of our Richmond County
Hospice Family
Their gift of time and dedication
makes our organization the best
“Home Town Hospice” around!





Forever Tree

Our loved ones touch our lives and they forever remain in our hearts. Richmond County Hospice, Inc., would like to invite you to share in the beauty of this joyous holiday season while providing you with the opportunity to share the memory of your loved one on our “Forever Tree.” Our Forever Tree will be illuminated by bright white lights representing memorial and honorarium contributions for individuals as given by their family and friends. Individuals may have their loved one remembered by making a \$10 donation to Richmond County Hospice for each light they would like to have named for their loved one.

On **Tuesday, December 6, 2016, at 6:00pm**, we will conduct a lighting ceremony at Richmond County Hospice, Inc., located at 1119 N US Highway 1, Rockingham, NC. The names of those being remembered or honored will be placed on a light, and all of the names will be read during the ceremony. To be recognized during the ceremony, donations must be received by **Tuesday, November 22, 2016**.

If you decide to place a light on the “Forever Tree” in memory or in honor of your loved one, please complete the attached form and send it along with your contribution of \$10 per light to Richmond County Hospice Inc., 1119 N US Hwy 1, Rockingham, NC 28379. Acknowledgements will be mailed beginning **November 22nd** unless otherwise requested.

As with all contributions to Richmond County Hospice Inc., these donations are tax-deductible; the funds received from the “Forever Tree” help support our mission of providing grief support and bereavement programs to our families and our community.



Place ___ light(s) on the Forever Tree in Honor of : 1. _____

Place ___ light(s) on the Forever Tree in Honor of: 2. _____

Place ___ light(s) on the Forever Tree in Honor of: 3. _____

Name and Address of individual(s) to send acknowledgement to:

1. _____

2. _____

3. _____

Place ___ light(s) on the Forever Tree in Memory of: _____

Place ___ light(s) on the Forever Tree in Memory of: _____

Place ___ light(s) on the Forever Tree in Memory of: _____

Name and Address of the donor to send thank you note to:

_____ Phone: _____

I plan to attend the Forever Tree Lighting Ceremony. ___ Yes ___ No Number of guests attending: ___

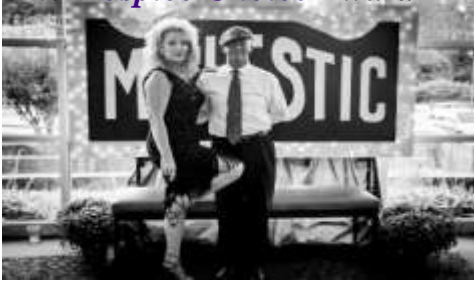
~TASTE OF THE SANDHILLS~

A special thank you to all of the restaurants who provided us with such delicious foods. To Captain George Seafood, Chapman's, Fatz, G. Charles Bakery, Half-Baked, Henry's Uptown Café, Hickory Tavern, Hidden Treasures, Los Cabos, Mi'Casita, Oliver's, Pattan's, Peking Wok, Plaza Jalisco, Taco Loko, Wing Queen Café, and Smithfield Chicken & Barbeque. Thank you for all of your support to Richmond County Hospice, Your Hometown Hospice.



DANCING WITH THE STARS

The Hospice Choice Award



Crowell Poplin and Melissa Billingsly

The People's Choice Award



Kenneth and Claudia Robinette

The Judges Choice Award



Matt Harrelson and Mary Kate Lambeth



“Oh, What a Beautiful Night Dancing with the Stars”



Salute to Veterans Event



This year, we will be hosting our 6th Annual Salute to Veterans Event. This event, focused on celebrating our area veterans, will take place on our campus on Friday, November 4th, beginning at 11:00 a.m. This day will feature special guest speakers, Presentation of Colors by Richmond County Sheriff's Office Honor Guard, musical performance from the 82nd Airborne Brass Quintet, a delicious meal of fried chicken and barbecue and the opportunity to recognize our veterans. Jessica Mims, Family Services Manager and co-chair for this event conveys, "We at Richmond County Hospice, Inc., desire to give back to our community and this annual event is one way in which we do so. It is a festive day of recognition and we feel honored to pay tribute to the brave men and women who have served our nation." Lisa O'Neal, event co-chair and Volunteer Coordinator states, "We always look forward to this event and we welcome our veterans to come out and participate." We are thankful to area businesses for their support through sponsorships for this event. Those interested in more information, or wishing to pre-register to attend, can contact Lisa or Jessica at (910) 997-4464.



Grant Funding

Richmond County Hospice, Inc., is very excited to announce recently awarded grants. We are the proud recipients of \$1,035.00 from the Richmond County Rotary Club for the purchase of a new projector and screen for use during presentations and staff trainings. We have also been awarded \$100,000.00 from the Richmond Community Foundation and \$75,000.00 from the Cole Foundation to assist with expansion at our Hospice Haven. As this project develops, we will share additional information and photographs. The expansion will offer additional space needed to improve staff efficiency and create enhanced comfort for patients and families. As a local non-profit hospice provider, this support is not only needed, but also much appreciated.



91-Year-Old Who Inspired Thousands With End-of-Life Road Trip Dies

A 91-year-old woman, who chose to hit the road over spending her days undergoing chemotherapy treatments and inspired hundreds of thousands in the process, has died.

Norma Bauerschmidt, the inspiration behind the Facebook page "Driving Miss Norma," was diagnosed with uterine cancer just two days after her husband of 67 years had passed. Upon hearing the diagnosis, she told doctors, "I'm 90-years-old. I'm hitting the road."

And hit the road she did. Joining her son Tim and daughter-in-law Ramie in their RV, the trio -- plus their poodle Ringo -- traveled 13,000 miles and visited 75 locations in 32 states in one year. Their journey began on Aug. 24, 2015.

A year later, the family's travels were addressed in a Facebook post.

"Miss Norma has experienced more 'firsts' than we can count. Big things, like riding in a hot air balloon or on a horse, to little things like getting a pedicure or having her first taste of key lime pie, oysters, and fried green tomatoes. She has had her hair done by ten different stylists and has crossed the time zones 9 times (I think). Over these past 12 months, all of us have learned so much about living, caring, loving, and embracing the present moment. No matter where we are, when asked where her favorite spot has been on this trip, Norma now says, Right here! We have also learned so much about the human spirit and the beauty of people from all over the world."

Richmond County Hospice, Inc. shared National Hospice and Palliative Care Organization's Post by Genevieve Shaw Brown - Oct. 4, 2016

102-Year-Old Crosses 'Arrest' Off Her Bucket List

A 102-year-old Missouri woman was handcuffed and placed in the back of a police car last Friday, but it wasn't for committing a crime. Edie Simms fulfilled her wish to ride in the vehicle, thanks to Five Star Senior Center, a multi-purpose day facility that provides services for senior citizens in south St. Louis. "She was so excited that she can ride in a police car and she said, 'Do you think you could put those handcuffs on me?'" Michael Howard, executive director of the center, told ABC News today. "A St. Louis county car pulled up next to the police and Edie holds up her hands with the handcuffs on. She's just a riot."



For the past two years, Edie has produced well over 400 handmade items for the seniors at Five Star including lamp robes, scarves, pot holders, eye glass cases, and walker bags. But until now, Edie has never delivered them in person. On Sept. 30, Sgt. John McLaughlin of the St. Louis Police Department and Howard set it up so Edie would be escorted in a cop car to the center with her homemade gifts -- something she's wanted to cross off her bucket list.

"I've dealt with this program for almost 37 years now and the character of some of our seniors is just amazing," Howard said. "Here we have a senior helping other seniors and it doesn't get any better than that for me."

Edie had never set foot in a police car until that day. When asked if she enjoyed her ride, Edie told Fox affiliate KTVI in Missouri, "Oh yes, handcuffs and all." She added: "Keep going, don't ever stop whatever it is you're doing and spend some time doing community service because sometimes the person you reach out and touch is the only person that they will talk to in a day."

Viral: Us Weekly, by Nicholas Hautman - Oct. 5, 2016

“The Wishing Well”



Richmond County Hospice, Inc. is passionate about making dreams come true for terminally ill adults in our program, and in doing so, improving the quality of their lives in ways medicine alone cannot. Earlier this year, we developed a new program, “The Wishing Well”, which will allow us to grant final wishes to our patients on a case by case basis. Any member of the Hospice Inter-Disciplinary Team may complete an application on behalf of a patient and submit the completed application to “The Wishing Well” committee for consideration. Applications will be approved/denied based on the availability of staff, funds and/or other resources needed.

In March of this year, we were able to grant our very first with a patient that wanted to go to Harrah’s Cherokee Casino in Cherokee, NC one last time. Hospice RN, Lisa Wood, and Hospice SW, Mary Martha Warnock, accompanied this patient to Cherokee for an overnight stay, using the Hospice van for transportation. The patient had a voucher for a free hotel stay at the Harrah’s Cherokee Casino Resort and was able to pay for her own meals, she just needed transportation to get there and Richmond County Hospice was more than happy to accommodate her final wish. If you are aware of a Richmond County Hospice patient that has a final wish, please contact us to discuss the situation and complete an application.



Also, if you would like to make a donation to “The Wishing Well” you can mail checks to Richmond County Hospice, c/o “The Wishing Well”, 1119 N. US HWY 1, Rockingham, NC 28379.



Rev. Chris Thornton

CHAPLAIN'S CORNER



As I prayed to decide what to write about this month, I started thinking about my own dreams and goals. Everyone dreams of success. It is their goal or destination in life. Some see success as making a great deal of money, living comfortably, and retiring easy. Others dream of becoming proficient in their field, making money, and having people look up to them as important and wise. Still, others see success as the accumulation of material things, such as owning your own house, driving an expensive car or being able to walk into the store and buy anything you want. Then there are people who equate success with having a happy family: a loving wife or husband and children who are bright and obedient. To others success is long life, free from disease and heartache. We all have an idea of what success is for ourselves. The Bible says in Psalms 37:4 “Delight yourself in The Lord, and He will give you the desires of your heart.” That’s a marvelous promise. The problem, it seems, is that it seldom works. Please hear me out before you stop reading. If it did work it seems many more people would be healthy, wealthy, and wise for that’s what we desire, isn’t it? Why then aren’t we successful? Could it be that we have the wrong idea of what success is?

I have heard for many years the saying “We as Christians have the blessing of Abraham.” As this statement is very true, it is also true that the only way we can have the blessings of Abraham is to walk in the footsteps of Abraham. We tend to want the blessings without putting in the action. Kenneth Hagin said “Knowledge acted upon brings results.” The knowledge is that we can have the blessings of Abraham. The action is we have to spend the time and have the faith that Abraham did. We see success as having things but we should see success as having a close relationship with the Lord. Then and only then will we have the blessings.

Many Christians misinterpret Jesus’s promise of the “abundant life” to mean perfect health, a comfortable lifestyle, constant happiness, full realization of your dreams, and instant relief from problems through faith and prayer. In a word, they expect the Christian life to be easy. They expect heaven on earth. This self-absorbed perspective treats God as a genie who simply exists to serve you in your selfish pursuit of personal fulfillment. But God is not your servant, and if you fall for the idea that life is supposed to be easy, either you will become severely disillusioned or you will live in denial of reality. Never forget that life is not about you! You exist for God’s purposes!

It very well may be that what we think is success are just the byproducts of what God’s true blessings are. If we worked more to walk in the footsteps of Abraham, then we would know the true success that God has intended for our lives. If there is one thing I have learned from working at Hospice, it is that **everything** the world sees as success means nothing at the end of your life! I ask all of you to take some time and think about how you measure success for your life. Do you need to make changes?

I also want to take this opportunity to remind everyone that November celebrates Hospice Sabbath. Hospice Sabbath, November 20, 2016, honors all those in our community who have passed, whether they received hospice services or not. We would like to extend an invitation for your church to be involved in this time to honor those we have lost. Please contact me if you think your church would be interested and I’ll make sure to contact your pastor with the information.

Rev. Chris Thornton, CPC
Chaplain

HOMECARE NURSING HIGHLIGHTS



(From left to right) Michelle Rogers, Cayce Terry, Natalie Barbour, Lisa Wood, Jenny Mabe (Homecare Nurse Manager), Lori Jenkins, Peggy Gatewood, Teri Norwood and Tammy Driggers.

Hospice care involves a team approach to caring for patients with terminal illnesses. The interdisciplinary team of professionals collaborate together to provide holistic care to the patient and family. The role of the nurse is central to this team and Richmond County Hospice, Inc., is proud to have a team of dedicated nurses providing quality care to our patients.

Our nurses serve patients in a variety of settings including private homes, assisted living, and skilled nursing facilities. Typically, nurses carry a caseload of 10-12 patients and conduct at least two visits per week to each patient. During visits, nurses take vital signs, assess patient's physical condition and provide symptom management.

Pain management is especially emphasized within the hospice philosophy of care, and nurses providing ongoing pain assessments and management to address this symptom. Nurses, along with all members of the hospice care team, strive to promote peace, comfort, and dignity to patients during end-of-life care. For medical needs arising after hours, there is also an on-call RN available during nights, weekends, holidays.

“We are fortunate to have a great team of nurses to provide care to our patients,” says Jenny Mabe, Homecare Nurse Manager/RN, CHPN. Mabe adds, “Our nurses are often described as angels, and it is because they are passionate about their work and truly care about the patients whom they serve.”

VOLUNTEERS CORNER

Richmond County Hospice was very fortunate to have several teen volunteers help plan and prepare for our biggest fundraiser of the year, “Taste of the Sandhills showcasing Dancing with the Stars”. These teens spent most of their summer and many days after school to prep for this event. Each volunteer brought a special talent to ensure our event would be a huge success. These individuals covered every planning detail from set designs and table décor to painting and organizing. Lady Liberty and the Brooklyn Bridge even made an appearance due to one talented young man, Nic Wilkes. In the past, Nic has helped plan the theme and décor for several Richmond County Hospice events. For this event, Richmond County Hospice CEO, Kristina Leyden, let him take the lead and his imagination ran wild. Another teen volunteer, Kayla Hernandez, was also a huge asset while planning this event. She spent many hours by Nic’s side doing anything asked of her, from helping with head shots, preparing table décor, constructing the New York city buildings, or modeling to make a dress form. She is always willing to help. Nic and Kayla alone gave 400+ volunteer hours during the months of July, August, and September. We would also like to mention the other teen volunteers who took a break from their summer activities to help lend a hand; Gabrielle Jones, Madison Walters, and James Mims. We would like to extend a huge, heartfelt “Thank you” to each of these teens for taking time to support Richmond County Hospice. If you or anyone you know is interested in volunteering or have questions, please contact Lisa O’Neal, Volunteer Coordinator at (910) 997-4464.



What's Happening

The Creativity of Nic Wilkes

Kayla Hernandez

& Gabriella Jones



What's Happening



**Thank You!
Freedom Baptist Church**



Freedom Baptist Church offers an outreach community program for different organizations, and we, Richmond County Hospice, were chosen to be their point of interest for the next year. They are very appreciative of our missions and want to give back to us for all that we do for the community. The church has a 10-10-10 program where each member gives \$10 on the 10th of the month. The members then take that day to fast and pray. There will be donations delivered to the Haven twice monthly. The first donation is, of course, on the 10th. Bill and Sandy Hollon are the ambassadors for this wonderful program, and they had a cook out for us on July 29th on our grounds. Above are pictures of our dedicated staff enjoying the cookout in their honor.

Thank you to our wonderful neighbors, Freedom Baptist Church, for adopting us this year!

THE SPORTS CONNECTION



On Saturday July 30th The Sports Connection in Hamlet held a Cornhole Tournament benefiting Richmond County Hospice. First place went to Harvey Melton and Roxey Burr. Second place went to Shot Allen and Andy Ashworth. Everyone who came out and braved the heat had a great time. Thanks to everyone who supported our agency through this tournament. A special thank you to The Sports Connection for hosting the event and Jerry Lamont for running the tournament; and Mary Martha Warnock and David Jenkins were Richmond County Hospice's contacts for the event. We truly appreciate all of the hard work that went into this successful day.

Upcoming Events!

Grief Support Group: Richmond Memorial Park and Richmond County Hospice, Inc., co-facilitate a Monthly Support Group. The meeting is held on the first Saturday of each month beginning at 10:00 am. Scheduled dates are: Nov. 5 and Dec. 3, at Richmond County Hospice Campus in our Hospice Haven Solarium (2nd building) (910) 997-4464.

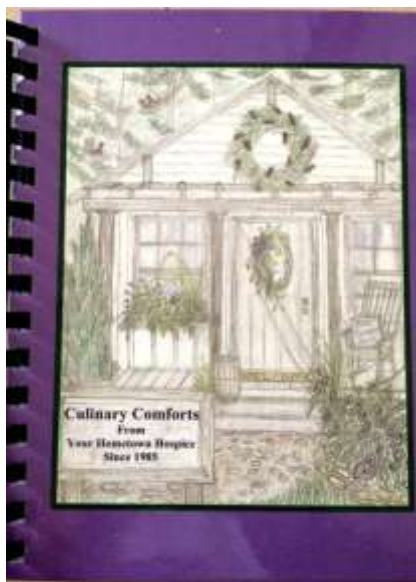
Grief Support Group: This group is sponsored by the Richmond County Hospice and the East Rockingham Senior Center on the second Tuesday of every month at 2:00 pm at East Rockingham Senior Center, Rockingham, NC. If you have cared for or lost a loved one, you are not alone. Each person's journey is different, but together, we can help each other through it. Please join us. The 2016 dates are: Nov. 8 and Dec. 13. Light refreshments will be served.

Sixth Annual Salute to Veterans: November 4, 2016: Registration begins at 10:30 am and the program will be from 11:00 am until 2:00pm at Richmond County Hospice, Inc., Rockingham, NC.

Hospice Sabbath: November 20, 2016: Hospice Sabbath represents a celebration to honor those individuals throughout the community who have passed within the last year. Churches who participate in Hospice Sabbath will receive a white rose to place in the sanctuary and bulletins to offer support and encouragement. We would like to invite any church in the community who would like to be a part of this special day to contact Chaplain, Chris Thornton, Richmond County Hospice (910) 997-4464.

Light of Life: The Light of Life Memorial Celebration will be held on Thursday, Nov. 10th at Freedom Baptist Church, Rockingham, NC from 6:00pm until 8:00 pm.

Forever Tree: Tuesday, December 6, 2016 at 6:00pm, we will conduct a lighting ceremony at Richmond County Hospice, Inc., located at 1119 N US Highway 1, Rockingham, NC. The names of those being remembered or honored will be placed on a light, and all of the names will be read during the ceremony. To be recognized during the ceremony, donations must be received by Tuesday, November 22, 2016.



Culinary Comforts Cookbook

Richmond County Hospice has cookbooks available for a \$20 donation. With your donation you will receive a Richmond County Hospice 30 year anniversary Cookbook, Culinary Comforts from Your Hometown Hospice since 1985.

This cookbook contains over 300 recipes, a message from our CEO, and a timeline of our first 30 years. All proceeds from the sale of this cookbook will go to our Benevolent Care Fund. Cookbooks may be purchased at Richmond County Hospice Administrative Office at 1119 US HWY 1 North, Rockingham, NC 28379 or by calling 910-997-4464.



You are drawing near to the holiday season and it may not be something that you're looking forward to. It can be very difficult when your loved one has died around the holidays or you are experiencing your first holiday without them. Instead of feeling "happy," "thankful," or "merry," you may be feeling overwhelmed with emotions and stress as you wonder how you are going to be able to make it through.

Below are some helpful tips for you and your family if you are having mixed feelings about making it through the holidays:

- ◆ Feeling happy is Okay. Feeling "bah humbug" is Okay: Some people are able to enjoy the holidays no matter what has happened, but that is not a universal reaction. Many people can find the holidays to be bittersweet. If the latter is you, give yourself permission to grieve.
- ◆ Don't overextend yourself: Try and keep it simple. If you try to accomplish too many things when you already are experiencing high emotions, you can set yourself up for disappointment if you're not able to fulfill all that you wanted.
- ◆ Do not try to make this holiday season the exact same as it was in the past: As much as you would like, the holidays will not be the same. You have lost a loved one, and it will not be the same without them. Start new traditions to give yourself and your family something exciting to look forward to.
- ◆ Try to get out and socialize: Don't close yourself up in the house. It will be good to get out even if it's for just a small amount of time.
- ◆ Just say NO: Don't try to cover up the pain with alcohol or drugs. This can actually make your grief worse and can create more depression.
- ◆ Get up and move: You need to take care of our physical body not just our mental health. Eating healthy foods will give you strength. Eating too many fattening and sugary foods can worsen your depression. Exercise is a natural way to reduce stress. Not only is getting some sunshine good for your skin but it also decrease feelings of depression.
- ◆ And the most important tip is to set boundaries: You know what you can handle. Just explain to your family and friends what you are capable of doing this year and what you are not. Don't let others guilt you into taking on more than you can handle.

Please remember that we at Richmond County/Anson Community Hospice, Inc. are here to offer support to you. We realize each person's grief journey is unique, but together we can help each other through it. Please contact Sandy Black, Bereavement Coordinator, at 910-997-4464 if you feel you are in need of bereavement services.

How To Donate To Hospice

Donate

There are several ways to contribute to your hometown hospice. You can donate your time by visiting patients, helping around the offices, helping during special events, in-kind gifts from our Wish List, or sending monetary contributions. Monetary donations may be given in the following ways:

1. Send a check with your donation by mail to our main address
2. Call directly to our office and make a credit card contribution
3. Visit our web site: <http://mpweb.org/hospice>, under the tab GIVE.

You may donate on behalf of someone, in memory, or in honor of a loved one, friend, neighbor, member of your church, or an employee. You may also contribute out of the goodness of your heart.

*Contributions are welcomed towards special projects such as our **BRICK FUNDRAISING** by buying bricks to help build our “Walk to Remember” and the “Veterans Wall.” More information on this project may be found on our web site. All the funds collected through these projects are used directly and exclusively to benefit current and future patients under our care.*



In-Kind Donations

Richmond County Hospice and the Hospice Haven are very fortunate to be surrounded by a compassionate community who supports our not-for-profit hospice agency. We are honored to care for patients and families during their end-of-life journey. With support of our faith community, business community, private clubs, civic organizations, and individuals, we are able to provide various items to our patients. Below is a list of “wish” items that are continually needed and will help our patients in their homes or in our inpatient center, the Hospice Haven.

Reminiscence Items: journals, pens, greeting cards, stationery; Laundry Supplies: laundry detergents, fabric softeners; Food and Basic Staples: applesauce (individual cups), bread, cake mixes and frostings, cereal, cereal bars, can sodas (sprite, diet coke and coke), cookies (snack size packages), crackers, (individual snack packs), Easy Mac, flavored creamers, frozen dinners, fruits, granola bars, individual ice cream, individual yogurts, jelly, juices, microwave popcorn, peanut butter, pudding cups, snacks; Kitchen supplies: aluminum foil, paper plates, napkins, plastic cutlery, Ziploc bags; Personal Supplies: chap stick, conditioner, shampoo, dental floss, Kleenex, lotion, soap, toothbrushes, toothpaste; Gift cards and Certificates: gas stations, Lowes, and Wal-mart.



Supporting Richmond County Hospice is as easy as shopping on-line. The Amazon Smile Foundation and the ebay Giving Works are programs where a donation of 0.5% of your purchase price will be given to YOUR charitable organization. Please go to your Amazon Account and ebay Giving Works and choose Richmond County Hospice as YOUR organization!

<http://smile.amazon.com/ch/58-1678217>



Help Richmond County Hospice, Inc., raise more funds by adding them as your favorite charity on eBay.

<http://givingworks.ebay.com/charity-auctions/charity/richmond-county-hospice-inc/77770>

Our Contributors enable us to provide Excellence In End-of-life Care

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