



Hospice News

Volume XXX, Issue 1

Spring 2010

Craven County Home Health-Hospice Agency

Celebrating 30 years of Serving Craven County!



In 1980, Craven County was forever changed when Hospice services were added to the pre-existing Craven County Health Department Home Health. Under director, Dr. Verna Barefoot, Hospice started its footing in a little yellow house on Neuse Blvd, and its first patient referred to the agency was received from Dr. Phil Mahaney.

After years of steady growth and growing patient referrals, Craven County Health Department Hospice outgrew its “little yellow house” and thus moved into a much bigger location, the Health Department on Neuse Blvd, where it could grow even more over the years.

With the guidance of so many hard-working individuals that have passed through our doors in these 30 years, we have done just that, grow. However, this growth has not just been through patient referrals, but has been: emotionally, intellectually and the growth that only comes with the experience of passing years. It is important however, to note that this growth does not come by age alone, but with the wonderful patients and families, employees and the community of Craven County.

These past 30 years of serving and being a part of the Craven County community has been truly rewarding for us as an agency. We have been blessed with the support of those in the community that have given their generous donations, time and talents to help this Hospice agency to grow. In return, we want the community to know it has been an honor to serve you and we will continue to give our best services to you. To our previous patients and families throughout these past years, thank you for letting us into your home to help you through your time of need. We have always thought, and continue to think, it is a gift when a patient and their family let us into their lives during this very precious time.

So yes, it is not only a celebration for this incredible landmark, but in all actuality, it is a sincere time of reflection when we can look back and see all the wonderful people who have had a hand in our growth; and for that we the Craven County Health Department Home Health-Hospice say, “Thank You”.



**Our First Home
The “Little Yellow House”**



Our Annual Bereavement Memorial



The Hospice National Month Pig Pickin



**Our New Home
The Craven County Health Department**



Recipes

Stan's Chunky Italian Soup

Chunky Italian Soup Ingredients:

- ◆ 1 pound lean ground beef
- ◆ 1 medium onion chopped
- ◆ 29oz Italian style tomatoes, canned
- ◆ 15oz tomato sauce, canned
- ◆ 6 cups water
- ◆ 3 cloves garlic, minced
- ◆ 1 tablespoon dried basil
- ◆ 2 teaspoons dried oregano
- ◆ 1 teaspoon salt
- ◆ 1/2 teaspoon pepper
- ◆ 1/2 teaspoon chili powder, *optional*
- ◆ 15oz kidney beans, canned
- ◆ 15oz Italian style green beans, canned

- ◆ 2 carrots, chopped
- ◆ 1 medium potatoes, sliced 1/3" thick and cut into squares
- ◆ 8oz rotini

Yield: 18 cups
Serving ideas: This soup plus a loaf of Italian or French bread is a meal.

Directions:

1. Cook beef, onion and garlic over medium heat, stirring until beef crumbles and is no longer pink; drain
2. Stir in tomatoes, next 7 ingredients, and, if desired, chili powder. Bring to a boil; reduce heat and simmer stirring occasionally, 30 minutes
3. Stir in kidney beans and next 3 ingredients, stirring occasionally, 10 min.
4. Stir in pasta and simmer for time indicated on package. Do not overcook pasta.

Craven County Hospice has been asked to start up a section in our newsletter listing different types of recipes.

We plan to eventually have a Hospice Recipe Cookbook that everyone could enjoy.

If interested in sending in your recipe, please mail to: Craven County Home Health-Hospice

PO Box 12610

New Bern, NC 28561

or e-mail your recipe along with a picture to: mmurray@cravencountync.gov

fax them to: (252) 636-5301

The Craven County Health Department Foundation's 7th Annual Spring Breakfast Fundraiser



On Wednesday, May 12th, 2010 from 7:30-9:00am the Craven County Health Department Foundation will host its 7th Annual Spring Breakfast at the New Bern Country Club in an effort to raise funds for our Respite Aide services for Hospice patients and their families. Unlike most fundraisers, the Spring Breakfast is quite unique as sponsors of tables are asked to serve their guests beverages in order to raise "tips" which will be in the form of donations to the Respite Aide program of our Hospice Agency.

The Spring Breakfast has always been a treat for our agency, because not only is the breakfast an effort to raise money for a good cause, but it is also a really exciting time. There will be good friends, good food and great guest speakers. Sponsorship for a table this year is \$100 and sponsors are invited to bring eight guests with them to join their table.

At this point, you might be asking yourself "What are Respite Aide Services?" Respite Aide services are when our agency sends a Certified Nursing Assistant to a Hospice patient's home to look after and care for a Hospice patient while the caregiver gets a much needed break. Each Hospice patient offered this service can get up to six hours of Respite service a week. This respite service can be very crucial to a caregiver, who is essentially "on call" 24 hours a day, 7 days a week, caring for a sick patient.

So, we invite you to our annual breakfast and hope that you can support this wonderful program. For more information, please contact our Volunteer Coordinator at 636-4930.



Six New Wonderful Additions to the Hospice Volunteer Team!



Volunteer Training was held at the Craven County Health Department on January 11th and 12th, 2010. This training welcomed six new wonderful volunteers into the Hospice Volunteer Team:



*Jean Bedford
Lori Gover
Mary Lou Infinito
Susanne Murray
Stephanie Toomey
Louise Vondran*



During these two full days, the new volunteers learned the skills necessary to become a knowledgeable, trained Hospice volunteer. All topics that a newly inducted volunteer would need to know to feel comfortable in the home were covered. These topics included: Psycho-social issues of death and dying, Nutrition, Sanitary Practices, Body mechanics, Palliative Care and the Dying Process, the History of Hospice, to name a few. At the end of the two days of training, these six women were certified as Craven County Health Department Home Health-Hospice official volunteers.

Hospice volunteers are critical for Hospice by providing everything from: office work, Hospice events to visiting a patient's home to provide companionship and rest for the caregiver, light household work, and much more. It takes a very special person to volunteer for Hospice. If you are interested, our next training will be the Summer of 2010. Contact our Volunteer Coordinator, Meghan Murray at 636-4930 for more information

We want to thank the various staff and community members who volunteered their own time to train our Hospice volunteers:

*Patty Katich
Lynn Barry
Sam Smith
Jan Cahoon, Clerk of Court
Rev. Angel Lorton
Elizabeth Junak
Dr. Sydney Barnwell
Tammie McKenna
Sheila Williams
Barbara Clifton
Miki Buie and Phyllis Wiltrout
Patricia Kelly, Sharon Warren
and Patricia Farrell*

Meet Our New Hospice Nurse!



Kelly Gomez!

Our new Hospice Nurse, Kelly Gomez, joined the Craven County Health Department Home Health-Hospice team in February 2010. Kelly started out in the medical field in 1984 after graduation from the LPN School in Baltimore. After working as an LPN, Kelly was married in 1998 and in 1999 was blessed with her son, Matthew.

Kelly is not a stranger to Hospice, having started in 2000 at another Home Health-Hospice in Baltimore. In 2004, she moved to North Carolina and also graduated from the Excelsior College as an RN. Before joining our team, she worked for Tarheel Home Health, so she joins our team with the experience and knowledge to be quite the addition to our Hospice Team. Welcome Kelly!

Congratulations are also in order to our former Hospice Nurse, Patty Katich, who was promoted to Craven County Health Department Home Health Supervisor! Congrats Patty!!

Anna Pavalonis

Michael & Lois Calderaro
Local 1049 I.B.E.W.
James & Marian Myles
William & Kim Russell
Diane M. Myles
Roger & Priscilla Wormell

Dolphus Mayo

Stewart Enterprises, Pollock-Best Funerals

Lila Belle Davis

Harry & Ann Davis

Celia H. Willis

Eddie & Jeannette Key
Mary Hamner Burton
Mary Jean Burton

M. Schroyer & A. Pavlonis

Cotton Funeral Home

Marie Sager

Robert E. Sager

Janice E. Parker

Ruby R. Knight
Charles & Sherry Parker

Mae Lee Blanchard

Peggy L. Armstrong

James S. Woolard

Rebecca P. McLawhorn

Regina Harmon

Estate of Regina V. Harmon
by Jacqueline H. Attaway, Exec.

In Honor of Karen Sayder

Dr. J. Benjamin Hooker

Martha Phelan

Gail Higgins

E. Ohlsson, G. Jenkins,

L. Holton

Stewart Enterprises, Pollock-Best Funerals

Stephanie Egan Lima

Richard & Barbara Mushet

Al Catalano

Albert & Marion Friedlander

Michael Dirnberg

Cotten Funeral Home & Crematory

Ann Hannigan

Lorraine T. Wretne
George & Louise Halyak
Canterbury Park Street & Garden Club, Inc.
Stanley & Margaret Bazydola
John & Mildred Coates

Robert Lurie

Sachiko Gause

Phyllis Manners

Jack & Louise Townley

Charles (Ed) Sharp

Col. Hubert E. Allen

Reginald Daugherty

Joseph & Sylvia Morris
Mabel & Marvin Weatherly
Cyril & Evelyn Harant
Winnie W. Cotton

Jane & Frank Verster
Trent Cadillac Buick GMC
Sarah C. Sibley

Roger & Deloris Wooten
Dr. & Mrs. O. Drew Grice
Aubrey & Nancy Wooten

Jack McDonald

Stewart Enterprises, Pollock-Best Funerals

Thomas J. Weiss

Catherine & John Powers

Woolard, Avent, Daughtery & Hannigan

Cotton Funeral Home

Donations to Hospice

Christopher & Ann Hayes
Dr. David & Anna Hurst
Calvin & Darrie-Ann Anderson



Donations to Craven County Health Dept. Home Health-Hospice

The donations you send in to our agency are vital to our Hospice patients. Hospice is a service of Craven County Health Department Home Health Hospice Agency, a non-profit organization. Your donations will go to in need Hospice patients for supplies they might require including respite, medications, services and equipment.

Mail your check to:

Craven County Health Department Home Health-Hospice
PO Drawer 12610
New Bern, NC 28561

*Please make the check payable to CCHD- Foundation.
Your support is a true relief to any Hospice patient.*



Craven County Home Health-Hospice will be holding two six week bereavement support group sessions. The first session will be held on March 2nd-April 6th. The second session will be held from August 3rd-September 7th. All sessions are on Tuesdays at 10:30am at McCarthy Court Apartments and they are open to the community.

For more information, please contact:
Sam Smith at **636-4930** or
email: ssmith@cravencountync.gov

Phone: 252-636-4930

Fax: 252-636-5301

Email: mmurray@cravencountync.gov

**Craven County
Health Department
Home Health Hospice Agency**
PO Drawer 12610
2818 Neuse Blvd
New Bern, NC 28561



Hospice Wish List

- ◆ Baby Monitors
- ◆ XL Twin Sheet

Hospice is a coordinated palliative and supportive care (physical, psychological, social and spiritual) for dying persons and their families. Services are provided in the home by an interdisciplinary team of professionals and volunteers. Bereavement care is available to the family.