

Hospice Memorials

There's No Time Limit On Memorial Gifts

We usually think about making a memorial gifts shortly after someone's passing. But, memorial gifts hold the power to celebrate a life and give comfort years after the loss. Birthdays, anniversaries, and other special occasions can be difficult when a mother, father, husband, wife, or other loved one is no longer with us. Many donors use these times to make a charitable donation in their memory.

Addie Toler
 Donna Smith
 Sarah Gaskins
 Brenda Morgan
 Myra Gaskins
 Jane A. Peele
 Community Care Plan

"You were so much help to us me during my time of need. May God richly bless you in everything you do".
 -A Hospice patient's family

Dorothy Spence
 Alpha Delta Kappa Sorority

Vickie Mabe
 Jean Mabe

"I think about you all often. You were my only sanity through the months of caring for my Aunt and I will always be grateful".
 -A Hospice patient's family

Joseph Collier
 Pamela Collier
 Donation to Hospice
 United Way Of Coastal
 Carolina

Grace A. Gumbrecht
 Mary McCaffrey
 Adele E. Hauck

William Sugg
 Dell and Patty Ipock
 Joe Allen Ipock
 Helen Freemon
 Angela and Clyde Wall
 Charles and Joan Nelson
 Hardison Hardison PA
 Gray and Melinda Wheeler
 Rachel Sugg
 Margaret Watkins

"Thank you to the nurses who were so nice and caring. Thank you for the ones that made the Christmas pillow with his name on it. Thank you for your visits and calls checking up on me. You will never know how much it helped us get through such a sad time. Bless all of you".
 -A Hospice patient's family

When you make a memorial gift or donation to CCHD Hospice you are ultimately helping patients and families receive compassionate care when they need it most. These donations go towards supplies, medications and medical equipment that are not otherwise covered. Thank you for choosing Craven County Health Department Home Health-Hospice. Please make the check payable to **CCHD- Foundation**. And mail to:

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

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



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.

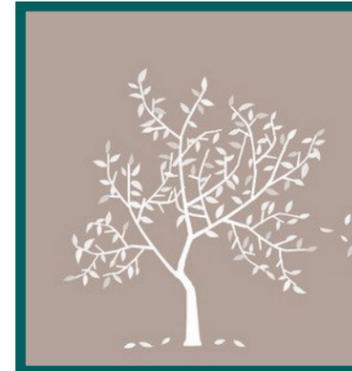


Hospice News

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 Craven County Home Health-Hospice Agency

Quality Service in Craven County for Over 30 Years

A Time of Remembrance



On December 3, Craven County Hospice held it's annual *Time of Remembrance* Memorial Service at West New Bern Presbyterian Church. This was the third year that the church hosted the event and again its members went over and above in helping to get ready for the service. Special thanks to all of them! Special words and prayers were offered by Hospice Medical Director Dr. Robert Fisher and by Home Health-Hospice Director Thomas Smith.

Brandi Holton volunteered her time and talents and sung a beautiful song made popular by Josh Groban called "To Where You Are". They were followed by Words of Hope by Rev. Angel Lorton, Hospice Chaplain. She likened the lives of the bereaved with the tree, which adorned the program cover. "Tree roots intermingle and therefore are more sturdy with the help of others", she said. "Some trees are bent, but they are still here. The person who is grieving could be bent, and that they will never be the same. That is not to say that they will not be good again, but it will be a different good. Each small step gets them closer to a new normal, a new good. The leaves that have fallen from the tree represent the things that need to be discarded, the guilt, the remorse over small things left unsaid or undone. The ones on the tree represent the good things, the shared thing that should be remembered. There will always be memories to hold onto and enjoyed". Rev. Lorton ended the service with a prayer and the families were invited to a reception in the fellowship hall of the church. The ornaments will be on display on the Memorial Tree in the window of Four C's on Middle St. until the week before Christmas when they will be delivered to the families.



"To Where You Are"

Lyrics by Richard Marx and Linda Thompson

Who can say for certain
 Maybe you're still here
 I feel you all around me
 Your memory's so clear

Deep in the stillness
 I can hear you speak
 You're still an inspiration
 Can it be
 That you are mine
 Forever love
 And you are watching over me
 From up above.

Fly me up to where you are
 Beyond the distant star
 I wish upon tonight
 To see you smile
 If only for a while to know you're there
 A breath away's not far
 to where you are.

Are you gently sleeping
 Here inside my dream?
 And isn't faith believing
 All power can't be seen

As my heart holds you
 Just one beat away
 I cherish all you gave me Everyday
 'Cause you are my
 Forever love
 Watching me from up above

And I believe
 That angels breathe
 and that love will live on
 And never leave

Fly me up to where you are
 Beyond the distant star
 I wish upon tonight
 To see you smile
 If only for a while to know you're there
 A breath away's not far
 to where you are.

I know you're there
 A breath away's not far to where you are

Goopy Pastry Bars

Ingredients:

- 1 Frozen Puff Pastry sheet(1/2 of a 17.3 oz. pkg), thawed
- 1/4 c coconut
- 1/4 c semisweet chocolate pieces
- 1/4 c chopped pecans
- 1/2 c butterscotch- flavored pieces
- Caramel ice cream topping

Directions:

Preheat oven to 400° F. Unroll puff pastry onto ungreased baking sheet. Prick pastry with fork. Bake for 12 minutes. Sprinkle with chocolate and butterscotch pieces. Bake for 2 more minutes. Sprinkle pastry with coconut and pecans. Drizzle with caramel topping. Cool completely before cutting into squares.



Craven County Hospice would like to print a Hospice Recipe Cookbook that everyone could enjoy. If interested in sending in your recipe, please mail to: Craven County Home Health-Hospice, PO Drawer 12610, New Bern, NC 28561 or e-mail your recipe along with a picture to: jwhitley@cravencountync.gov

Angels Behind the Scenes



The Hospice Memorial Tree has been adorned with handmade ornaments since 1991. From 1987 until 1991, the Craven County Health Department Home Health-Hospice participated in the Festival of Trees. Then in 1991, the Junior Service League offered to make handmade ornaments for each of the patients that passed that year, so the tradition began. In 1998, the Tryon Chapter of the Embroiderers Guild of America took over for the Service League and have been providing the ornaments ever since. The

From left to right: Louise Robinson, Rae Gee, Maryanne Indoe, Ruth Mortensen, Joan Fiala, Kris Cooke.



Joan Fiala, Kris Cooke, Chantal Huestis. Not Pictured: Marilyn Van Slyke and Nancy Dreier

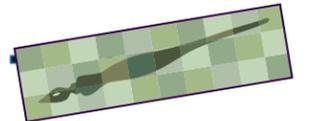
doves provide a very meaningful, tangible memento that can be displayed year round or saved for the Christmas tree. Before the annual Hospice Memorial Service, family members are given the opportunity to place the ornaments on the Hospice Remembrance tree. The tree is then displayed in the window of the Four C's Shop on Middle St. in downtown New Bern until the week before Christmas. Hospice volunteers deliver them to the families so that they will have them for Christmas. Currently, there are 37 members in the Guild and 18 that work on the doves at various times throughout the year. Guild members gather monthly to

Looking Forward...

Volunteer Training is coming up in February– Please call for more information Bereavement Support Group will be held three times in the coming year. There will also be a new seminar in January– *New Year, New Challenges*. These bereavement groups are open to the public and free of charge. Please call the Hospice Office at 636-4930 for information on all of these events.

The holiday season is often a difficult time for the families of Hospice patients and it is for this reason that the Volunteers of Craven County Hospice spend a vast amount of time, creativity and love supporting them. Throughout the season, volunteers prepare for a pig picking for National Hospice Month for friends and families of the bereaved, deliver delicious Apple Pies for Thanksgiving, help to write and prepare for a Memorial Service for the families of the patients that have passed, deliver Poinsettias to the current families, and then when time is short and things couldn't be busier, they take the time to hand deliver all of the ornaments from the Memorial to the families. All this is done along with the regular Volunteer activities and during the hustle and bustle between Thanksgiving and Christmas. We are proud of our volunteers and their service to our patients. Thanks so much!

"A letter is a blessing, a great and all-too-rare privilege that can turn a private moment into an exalted experience." Alexandra Stoddard



Craven County Hospice has a dedicated team of volunteers that carefully handwrite cards each month to send to families that have lost a loved one. These cards are often kept for years to be read and reread– they symbolize a special friendship and heart felt gesture. We would like to thank our volunteers who add the special touch to these cards- Patricia Kelly, Mary Womack, and Sharon Warren. We appreciate you putting our heart into your hands and writing these special notes that touch and warm the souls of so many.

National Hospice Month



A relaxed crowd enjoying fine fellowship, good food and great music.

The New Bern Elks Lodge hosted a luncheon for the staff, volunteers and families of Hospice on November 6 in honor of National Hospice Month. Door prizes were offered by local business such as Dun' Artie, Accidental Artist, Morgan's Tavern, Trent River Coffee, Greenleaf Florist, Amazing Nails and Facials, Carolina Creations, and Ribeyes Steakhouse. Ali Smith Cake Designs donated a beautiful cake and music was provided by the Middle Street Moods. Thanks to all for such a great day of celebration.



Four Ways to Reduce Stress

Caregiving is especially hard on families. Yet there are ways to manage that stress, says Robert Kane, M.D., director of the Center on Aging at the University of Minnesota and author of *It Shouldn't Be This Way: The Failure of Long-Term Care* and *The Good Caregiver*.

How can you manage such stress? Kane offers these tips:

1. **Talk to Each Other** Discuss what caregiving means to your individual family. Who will provide most of the care and how will other family members be supportive? Who is best at being organized and vigilant to your loved one's needs? Create a plan that works for your family, taking into account your finances and your values.
2. **Become a Quick Study** People rarely prepare in advance for caregiving, says Kane, so learn along the way by taking advantage of appropriate resources, such as national caregiving organizations, local area agencies on aging, and other professionals in the industry. Also, rely on other caregivers who have "been there, done that" to provide valuable tips.
3. **Let Go of the Idea of Perfection** Accepting a new reality will help to reduce stress. For example, while Kane and his sister were caring for their aging mother, his sister was bothered by the fact that their mother, who had always been very stylish, was now living in easy-to-wash tracksuits. "Caregiving means letting go of little things," Kane says. "It's a marathon, not a sprint."
4. **Don't be a Critic** If you're not the one providing the majority of care, find something useful to do other than griping and criticizing. This is the time to take on tasks (particularly those you thought you could do better) to learn how truly difficult caregiving can be.