



Hospice News

Volume XL, Issue 3, Fall 2024
Craven County Hospice

Your Hometown Hospice for over 40 Years

Embroidered Doves: A Heartfelt Initiative

Hospice doves represent peace, comfort, and the transition of life. The presence of doves symbolizes hope and the release of the spirit. The wonderful ladies of the Tryon Chapter of the Embroiderers' Guild of America work together to create these personalized embroidered doves for families experiencing the end-of-life journey of a loved one.



The Tryon Chapter of the Embroiderers' Guild of America was formed in 1992 and Chantal Huestis took over as chair in 2008. The Guild holds two workshops a year where each member has their own role in crafting every personalized hospice dove. In December, Craven County Hospice hosts a Memorial Service to honor all those who passed in that calendar year.

As family members arrive to the service, the loved ones place their dove on the Christmas tree. When their loved ones name is called, the family members light a candle in their memory. After the service concludes, the tree is carefully taken down and displayed in the window of Captain Ratty's restaurant in New Bern.

This year the Memorial service will be held at St Paul Catholic Church on December 3, 2024 at 4:00 p.m.

Special Thanks To...

On behalf of the Hospice Team and our patients, we want to extend our gratitude to all of our talented donors of items such as hand-made lap and fidget blankets, small pillows, bibs, and other much needed items. We are able to provide warmth and comfort to our patients because of your compassion and love you've put into these items.



Meet our Community Outreach Coordinator



Stephanie Leonard has joined our team as the Community Outreach Coordinator! A native of California, she and her family now call New Bern home after living around the world while her husband was in the military. She has a passion for service and a background in volunteer management, and is dedicated to enhancing our hospice program. She is committed to fostering meaningful connections within the community, including volunteers and the patients. In her free time she enjoys spending time with her family, watching her children play sports, volunteering, and exploring new places.

Managing Caregiver Stress

Caring for a loved one is a profound act of love, but it's important to remember that your well-being matters, too. It is crucial for caregivers and family members to prioritize their own well-being. Below are some self-care suggestions that may help:

- **Establish Boundaries.** Set limits on work hours.
- **Ask for and accept help.** Talk with friends and family about your feelings. Make a list of ways others can help you.
- **Get Connected.** Research caregiving resources in your area.
- **Take care of your health.** Move on most days, stay hydrated, eat a healthy diet, and prioritize quality sleep.
- **Volunteer for yourself.** Pursue a hobby, learn something new, journal, eat your favorite meal, etc.

“The closest thing to being cared for is to care for someone else.” – Carson McCullers

Fall Southern Comfort

Smothered Pork Chops in Brown Gravy

Prep time: 10 min

Cook time: 1 hour

Servings: 4

Ingredients

- ◆ 1/4 cup butter
- ◆ 1 onion thinly sliced
- ◆ 4 cloves garlic minced
- ◆ 1/4 cup all purpose flour
- ◆ 2 cups beef broth,
- ◆ 1 1/2 cups sliced mushrooms
- ◆ 1 tablespoon chopped parsley



Instructions

Gravy: Melt butter in a 3-quart saucepan over medium-low heat. Sauté onion and garlic in hot butter until onion is browned, 7 to 10 minutes. Use a spoon to remove onion and garlic to a plate. Stir flour into remaining butter over low heat until flour is a deep brown. Remove from heat. Slowly stir in broth. Return sauteed onion and garlic to the pan. Stir in mushrooms and parsley. Bring to boil, stir occasionally. Remove gravy from heat.

Pork Chops: In a large skillet cook pork chops over medium high heat. Season with salt and pepper to taste. Cook until browned on both sides. Pour in gravy. Cover and cook over low heat until pork chops are tender.

Volunteer Opportunities

We invite you to make a meaningful impact in the lives of patients and families during a critical time. Here are some rewarding volunteer opportunities available:

Patient Companion: Spend quality time with patients, offering companionship through conversation, reading, or simply being present.

Administrative Support: Assist our team with office tasks such as filing, organizing, and data entry.

Event Staff: Help plan and organize community events. Perfect for those with a passion for event planning and community engagement.

Bereavement Support: Making follow-up calls or sending cards to provide comfort during their grieving process.

Please contact Stephanie at 252-636-4930. Thank you for considering becoming a vital part of our hospice team!

“The best way to find yourself is to lose yourself in the service of others.” — Mahatma Gandhi

Inspire through service, words from our Volunteers

Jesus says, "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me... Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." Mat. 25: 35-40 This is what we are commanded by the Lord to do: "To love one another as I have loved you."

-Bob Alexander

My second case was a most interesting person to engage in conversation. After he finished his studies in Clinical Psychology he "ran away" and became a full time sailor. He sailed the world until his sixties. Normally he sailed alone but occasionally he would temporarily take a mate. He told stories of hair raising events; being shot at by the cartel as a warning and by Yemen pirates (not a warning). He was an artist giving us many sessions discussing various artists and techniques. He taught me a "flow-art" technique and we finally accomplished one together. He was mostly blind, so I mixed the colors and he demonstrated the technique, The results were great and I will continue to learn from the experience. I will not forget the stories he shared about his life of adventure.

-Dwaine Harris



Hospice Memorials

Thank you for your donations in Memory Of :

Jan Ebbinge
Jane Hoppe
Kathleen Peterson
Floyd Hohenstein

Patricia Judge
Craig Noyes
Kathryn Bonner

Jean Elson
Diana Varnadoe

Mary Warren
William Warren

Chuck Censullo
Judy Gilbert

Zeno Everette
Carol Everette

Larry Yostyn
Mary Connor

Norman McCullough
Carrie Gallagher

Christine Haggert
Edward Haggert

Judy Riggs
Core Creek FWB
Church

Colleen Gaskins
Elizabeth Schramm
Bonnie Barrett

When you make a memorial gift or donation to Craven County 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 Hospice. Please make the check payable to **CCHD– Foundation, P.O. Drawer 12610, 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.

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for over 40 years!**
www.cravencountyhospice.com



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