

Pillar *for* Hospice

News from Spartanburg Regional Hospice



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Welcome to the Inaugural Edition of *Pillar*: a Newsletter Celebrating Spartanburg Regional Hospice.



Each day, our hospice program serves more than 100 patients and their families in need of hospice care.

Each week, hospice provides grief counseling and support to families that have lost loved ones both from our hospice program, as well as from the broader community.

Each month, our hospice program utilizes the talents of almost 100 hospice volunteers who help at hospice home, with patients and families, with the hospice division board, and with special projects and events.

I am proud of the excellent care provided by Spartanburg Regional Hospice and I am grateful for the support our community generously gives to nurture hospice in so many ways.

You are receiving *Pillar* because you are a friend of hospice and we appreciate your partnership.

This newsletter highlights the many ways your support of hospice helps. Examples in this issue include a grief camp for children, holiday meals for patients and special programs for families.

You make a positive difference. We look forward to sharing how you make an impact through the *Pillar* newsletter.

With appreciation,

A handwritten signature in black ink that reads "Kristy Caradori".

Kristy Caradori
Executive Director
Spartanburg Regional Foundation



Why I am a HOSPICE PHYSICIAN

By Garrett Snipes, MD

As a hospice physician and medical director, one of the more common questions I hear is along the lines of "Why do you do this type of medical work? It must be very depressing."

The plain and simple answer, in fact the only one I can offer, is "Because I love it."

But why?



Garrett Snipes, MD

I love relieving misery, even when I can't do much about the disease causing it. Few things give me more satisfaction than helping a patient who is suffering from severe pain, vomiting, shortness of breath, agitation, delirium or the host of other symptoms that seriously ill patients can experience. Being the doctor on a team that takes a person from feeling awful to a place

of comfort and peace is among the best experiences in my life.

I love being with patients and families during what is often the most difficult time in their lives.

I love working in our inpatient facility, the Spartanburg Regional Hospice Home. It is a beautiful place with a special healing environment.

I love working with the extraordinary team of people at Spartanburg Regional Hospice. From nurses and social workers, to chaplains, techs, administrative staff and volunteers, these folks live their mission daily and regularly exceed the call of duty.

I love the chance to teach medical students, residents and fellows in palliative medicine about the best way to provide medical care to people approaching end of life.

I love still being able to practice medicine in the way that attracted me to it in the first place. That is, medicine based on a close relationship with patients, using whatever skill I possess to help them have the best kind of life that they can for as long as they live. And then, when it is their natural time to do so, help them conclude their lives with peace, comfort and dignity.

For those of us who do hospice work, it is far from depressing. It is really a gift. I hope that the ideas and thoughts I present in this column in the coming months and years will be thought provoking and helpful.



Christopher's Camp

Helping Kids Cope with Grief

Every day after school, Lawson Page would head straight over to his grandparents' house next door. He wanted to catch his Papa up on his day. On the weekends, they enjoyed playing sports and cheering on the Carolina Panthers. And each Wednesday, Lawson and his grandfather went to dinner at Wade's Restaurant.



Lawson's grandfather, Jerry Houck, was diagnosed with cancer in February. He died only four months later. His rapid decline and death hit the whole family hard. It left a major void in Lawson's life.

"He lost his best friend," said Lawson's mother, Leslie Page.

Houck died at Spartanburg Regional Hospice Home. It was a difficult time for the family, but Leslie is grateful for the care her father received.

"He was loved and taken care of in a dignified kind of way," she said.

In addition to caring for patients at the end of life, Spartanburg Regional Hospice also provides bereavement support for families. Leslie learned about a program offered by Spartanburg Regional Hospice to help children grieving the loss of a loved one – Christopher's Camp. Page thought it would help 15-year-old Lawson through his difficult time.

The camp – named for Christopher Mockabee, a five-year-old who died in the care of Spartanburg Regional Hospice – is a one-day program offered at St. John's Lutheran Church in October. It's one of the only bereavement programs for children

and adolescents in the Upstate. Christopher's Camp brings together both children and parents/guardians who are grieving the loss of a loved one. In age-appropriate groups, children engage in writing and art activities, discussing their feelings, and experiences.

While the children are learning about ways to cope with their loss, the adults attend a special session where they are coached on ways to provide support and help continue their child's healing process. The adults and children are then reunited to share lunch together. The day ends with a balloon release to remember their loved ones.

"The camp helps children realize they are not alone in loss," said Christi Foster, manager of bereavement services for Spartanburg Regional Hospice. "When you're a child, you don't realize how big the world is and that things are happening to other people





too. It's huge for them to understand they're not the only ones who are hurting."

That was a valuable connection for Lawson, Page said.

"I was thankful for him to have the opportunity to realize that other people have experienced the same kind of pain," she said.

The Hospice Special Needs Fund of Spartanburg Regional Foundation provides funding for Christopher's Camp as well as other Spartanburg Regional



Hospice programs to support the healing process, including remembrance services, grief support groups and individual counseling.

Several families that participated in the recent Christopher's Camp had loved ones in Spartanburg Regional Hospice – but not all. "It's open to the entire community," Foster said, adding, "The whole day feeds my soul – being able to work with the children, to help them cope with their feelings, and to help them speak to their parents and guardians about their feelings. If the camp helps even just one child, then it's worth it."

To find out more about Christopher's Camp, or any of the bereavement services offered at Spartanburg Regional Hospice, contact Christi Foster at 864-560-3856.



10th Anniversary

Hospice Home

Celebrating 10 Years of Caring

It's almost difficult to remember the time before the Spartanburg Regional Hospice Home was opened, said Kim Ross, director of Spartanburg Regional Hospice, Palliative Care and Senior Health.

Spartanburg Regional Hospice Home is home to patients who need pain control or acute symptom management that cannot be provided in any other setting. More than 4,700 patients have been served at the home since it

opened. Family members visit at all times of the day. And while Spartanburg Regional Hospice continues to provide robust at-home services for patients, the Hospice Home has become a key part of the Hospice program.

"It's our fixture," said Ross.

But there was, in fact, a time when such a facility was only a dream.

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Hospice Home (cont.)

"We wanted something
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- Jeff Barker

In the past, hospice patients received care in a special unit of Spartanburg Medical Center. "We recognized that (a hospital) was not a perfect setting for them," said Jeff Barker, former chair of Regional Foundation's Hospice Division and a supporter of the campaign to build the hospice home. "We wanted something that was more like a home, where patients could be comfortable and family members could be with them all the time."

At the time, there were not many facilities of this kind in South Carolina. Leaders of Spartanburg Regional Healthcare System visited hospice care centers in different parts of the country "to see what they did well and where they had problems," Barker said.



Soon, they acquired a site only a few miles from downtown Spartanburg and a short drive from Spartanburg Medical Center – but that feels set apart, peaceful and quiet. Ross said the wooded property in back of the home is "such a soothing setting, naturally." She sees families sitting on the back patio or



walking along the nature trail, "enjoying just a break and some fresh air."

Most hospice care facilities of this sort have the word "house" in the name. It was Marsha Gibbs' suggestion to call Spartanburg's new center a "home."

"I thought maybe it should be a home – because we're going to have Thanksgiving dinners, Christmas visits... all kinds of things, just like a home," Gibbs said.

While there was easy agreement about the kind of environment donors and healthcare system officials wanted to create, there were also plenty of challenges along the way. The project hadn't been part of the normal budgeting process, so fundraising was essential, and state regulations presented logistical and administrative hurdles. But the dedication of chairpersons Gibbs, Thompson and Hodge, along with the contributions of many other donors, and the persistence of key healthcare system officials, carried the day.

Those who were involved in the project call it "the home that Spartanburg built." Spartanburg Regional Hospice Home is, indeed, a reflection of the community's commitment to helping those in need.

"It was a beautiful thing watching people all over the community, all different walks of life step up to give," Thompson said. "It was a great synergy of like-minded people."

hope blooms

for HOSPICE

Generosity Boosts Care for Hospice Patients

Last spring, Spartanburg Regional Foundation hosted the second Hope Blooms for Hospice luncheon. The event raised more than \$120,000 to support Spartanburg Regional Hospice and honored the three committee chairpersons who raised money to develop the Hospice Home – Marsha Gibbs, Jim Thompson and the late Katie Hodge. These and other donors wanted a place designed and constructed with patient comfort in mind that was also welcoming and soothing to families and visitors.



Susan Hodge Irwin, Marsha Gibbs and Jim Thompson receives the award. Susan Hodge accepted the award on behalf of Katie Hodge.



Hope Blooms sponsors Jeff and Jan Barker. Jeff is the former chair of the Hospice Division.



Friends Forever



Maggie Gainey (L) and Sharon Parham hold a photo of their late friend, Susan Clark.

Doctors and Nurses are Always Willing to Answer Questions From the Gainey Family

Maggie Gainey talks with Spartanburg Regional Hospice social worker Beth Cutshall weekly, if not more frequently. The two have grown close over the past year, a period in which Gainey's life has changed in immeasurable ways.

Last spring, Gainey's best friend, Susan Clark, passed away in hospice care following a battle with brain cancer. Gainey and her husband, Spencer, started the process of becoming legal guardians to Clark's teenage son, Daniel.

"I miss Susan a lot," Maggie Gainey said. "It's like an ocean wave. There are days when you're riding along OK, and on some days it knocks you down."

The Gaineys have two younger sons of their own. The boys are excited about Daniel, Gainey said, but they have felt the loss of Clark, too. Their family's transformation has come with some inevitable stress. Cutshall provides steady support for all.

"I think the most important thing for me to do to help individuals and families is to simply offer a comforting presence and to listen," Cutshall said.

Gainey and Clark became friends at their church, Covenant Presbyterian, after the Gaineys moved to Spartanburg in 2008. Clark's husband, Randy, died about five years ago. Gainey and other friends pitched in to help Clark with Daniel and

his older sister, Kathryn. Things were going well for the family until Clark became sick last year.

*"I miss Susan a lot,
It's like an ocean wave.
There are days when
you're riding along OK,
and on some days it
knocks you down."*

The diagnosis was grim, and caregivers were not sure that Clark would make it through the summer. Radiation treatment was not successful. She soon was put in the care of Spartanburg Regional Hospice.

Gainey said her friend "got amazing care," and that her condition improved for a time. She was strong during the Christmas season, but her health began to decline in January. Still, said Gainey, Clark felt it was helping her quality of life and helping her family." Clark spent her final days in the Spartanburg Regional Hospice Home.

"Hospice Home was a blessing for so many reasons," said Gainey, who was by her friend's side throughout her struggle. "It is so comfortable there...I never felt that I was bothering the doctors and nurses. They were always willing to answer my questions."

Gainey has come to view Beth Cutshall and other Hospice caregivers as friends she can rely on. "I've never questioned whether they were there for us," she said.

Spartanburg Regional Hospice provides bereavement services for family members. Cutshall works with families with varying circumstances and said that it's always an honor to be part of the healing process. Still, Cutshall said, "The Gainey's story is truly remarkable. Maggie Gainey is the essence of what a true friend should be."

Leadership and Support

Darwin Simpson Devotes Time and Energy to Hospice

Darwin Simpson appreciates the importance of a high-quality hospice program. His father received hospice care several years ago at his home in Arkansas.

He is impressed by the services offered through Spartanburg Regional Hospice. "How many places have a hospice home like ours? And Regional Hospice does in-home support as well or better than anyone else."

As former chair of the Spartanburg Regional Foundation Hospice Division, he is passionate about raising money to support these programs. "I enjoy it," he said, adding, "You can't do any of these things without money."

Simpson is no stranger to leadership in Spartanburg and beyond. He is the retired President and CEO of Univar Corp., a global chemical distribution company. As a member of the US Army National Guard, he rose to the rank of Major General.

Since retiring about a decade ago, Simpson has taken on leadership roles at several local non-profits. His community service has earned multiple recognitions, including the 2016 Neville Holcombe Distinguished Citizenship Award.

Simpson has also taken a new job (without pay) in retirement: He is the

director of the Spartanburg Downtown Memorial Airport. Under his leadership, the airport has undergone several renovations and expansions. It has also continued to be a key partner for Regional Foundation, as the site of the annual Hangar B dance party, which raises money to support heart health.

Asked about his willingness to serve and take on leadership roles, Simpson talked about his love for Spartanburg and bringing about positive change. Regional Foundation's Hospice Division has certainly been well served by his vision and advocacy.

"Darwin is one of those people who brings so much energy to anything he does. But he also brings steadiness and wisdom," said Shelly Sinclair, a foundation Director of Philanthropy and liaison to the Hospice Division board. "We are grateful for his leadership and friendship."



Darwin Simpson photographed at the Spartanburg Downtown Memorial Airport.

Cheers for Volunteers

Annie West Provides Loving Care

Twice a week, Annie Laura West is at Spartanburg Regional Hospice Home, where she has been a volunteer since the facility opened 10 years ago.

West began working with the hospice program after her husband passed away in 1997. "I've said to people, 'I needed hospice more than hospice needed me,'" she said.

That may well be the case, but nurse manager Tammy Abernathy applauds the contributions of West and other volunteers. "They are so eager to help and assist in any way that we need them," she said. "We can't thank them enough for their service."

One of the defining features of Regional Hospice Home is its warm, home-like atmosphere. It's quiet and clean, and there are plants all around. West keeps the plants watered and sweeps the leaves at the entranceway.

West also works with patients, getting water or ice when they need it, sometimes just keeping them company. While she's usually at the Hospice Home, she also visits with patients in their homes. "You meet so many people, and they're so grateful for what you do," she said.

Building relationships with patients and their families is one of the rewards of her volunteer work, West said. She talks with patients about their loved ones. Sometimes they want to show her family pictures and share stories about their past. She even helped to plan a party for a patient who was turning 100.

West acknowledged that it takes certain strengths to work with patients near the end of life. "If you're upset, then you can't help someone else."

West lives in Inman and, in addition to her efforts with Regional Hospice, she's a volunteer at Inman First Baptist Church. She enjoys spending time with family and working in the yard. But Hospice clearly has a special place in her heart. For nearly 20 years, she said, "it has absolutely been my passion."



11TH ANNUAL

Southern Legends Ride for Hospice

Nearly 200 motorcycle riders participated in the annual Southern Legends Ride for Hospice that raised \$11,000 for the Spartanburg Regional Hospice Special Needs Fund. In the last decade, Southern Legends Motorcycle Club has donated more than \$120,000 to Spartanburg Regional Hospice.

Participants were escorted on a 100-mile-long ride. Each rider received a specially designed T-shirt, a barbeque lunch and the opportunity to win great items during a live auction.

"We just believe the Spartanburg Regional Hospice does a lot of good," said Sandy Bass, club treasurer. "It helps people who are going through a hard time."



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Thanksgiving Meals



Spartanburg Regional Foundation was once again privileged to provide Thanksgiving meals for Spartanburg Regional Hospice patients and families. For more than 20 years, donations to the Spartanburg Regional Hospice Special Needs Fund were used to purchase a traditional Thanksgiving meal from Wade's Restaurant.

This year, more than 120 Thanksgiving meals were delivered to patients' homes by Spartanburg Regional Hospice volunteers and staff. A meal was also prepared and served at the Spartanburg Regional Hospice Home so patients and families could celebrate the holiday together.

"Moments are precious for hospice patients and families," said Shelly Sinclair, director of philanthropy for the hospice division. "It's an opportunity for people to come together without having to worry about preparing a large meal while caring for their loved one."



Celebrating Hospice Volunteers

Volunteers provide support, companionship and hope to patients and families facing serious and life-limiting illness

Spartanburg Regional Hospice recently hosted a dinner to celebrate the many gifts of its dedicated community volunteers who provide support, companionship and hope to patients and families facing serious and life-limiting illness.

"Hospice volunteers play an indispensable role in enabling Spartanburg Regional Hospice to offer the best care possible for our patients, their families and caregivers," said Kelly Hall, volunteer manager. "By sharing their time, energy and

expertise, our volunteers bring compassion and caring to the lives of those in need."

Hospice volunteers often serve patients and families at the bedside, and they also assist in the office, help raise awareness, contribute to educational programs, and provide fundraising support and more.

To learn more about volunteer opportunities at Spartanburg Regional Hospice, contact Kelly Hall at 864-560-5636 or khall2@srhs.com.

THE GIFT OF BEAUTY

Beth Fitch was an accomplished artist. Her work drew local admirers, and was juried in a statewide watercolors show.

"She always loved painting," said her husband, Bill Fitch.

Beth battled pancreatic cancer and received end-of-life care from Spartanburg Regional Hospice.

Fitch was grateful for the attentive, timely, and compassionate care Beth received. To show his thanks, he wanted to give the

Spartanburg Regional Hospice Home a high-quality print of one of Beth's paintings.

The painting depicts a butterfly that landed in the backyard of their eastside Spartanburg home. The painting, now hanging at the hospice home, was also used on the bulletin at her funeral in 2015.

Bill Fitch donated the piece through Spartanburg Regional Foundation's Healing Arts program.

Dates to Remember - 2017

Grief Support Groups

- Requires Registration, call **864-560-3856**
- Groups meet for four weeks at the Regional Hospice Home on Thursdays or Wednesdays beginning:
 - **March 26** – 7:30 p.m. Thursdays
- Support groups that meet once a month at the Regional Hospice Home:
 - **March 15** - 10-11:30 a.m.

Grief support groups provide a safe and supportive environment to find support and talk about thoughts and feelings.

Service of Remembrance

- A time to remember our loved ones
 - **March 28** – 6 p.m.
 - **May 23** – 6 p.m.
 - **July 25** – 6 p.m.
 - **September 26** – 6 p.m.

At Hospice Office, 1530 Drayton Rd, Spartanburg

Veterans Day Memorial Service

- **May 21** – 2 p.m.
- **November 5** – 2 p.m.

At Regional Hospice Home

4-Week Support Group

- **May 10** – 10-11:30 a.m. Wednesdays

Once-a-Month Support Group

- **April 13** – 10-11:30 a.m.
- **May 18** – 6-7:30 p.m.

Other

- **April 10-18** – **Advanced Care Planning** - Community Education
Various locations in Greenville, Spartanburg, Union and Cherokee Counties
- **May 6** – **Healing at Hatcher** – bereavement event at Hatcher Garden
- **May 18** – **Hope Blooms for Hospice** - fundraising event at Spartanburg Marriott

Call Christi Foster at **864-560-3856** for information on these programs.

Hospice Division Chair



Mary Hope Rhodes

New Board Members for 2017



(L-R) Melissa France, April Falatok, Jeffrie Berline, Dr. Garrett Snipes

John S. Barber, Sr.

Jeffrie Berline

William V. Cummings- Vice-Chair

April Falatok

Melissa C. France

Ellen H. Gramling

Chris N. Harakas

Michelle B. Hunt

Richard L. Jolley

Peter A. Moore

L. Allen Pendergrass

Debbie C. Philbeck- Secretary/Treasurer

Kyle Renfrow

Mary Hope G. Rhodes, Chair

Jane H. Ryan

Darwin H. Simpson, Former Chair

Dr. Garrett Snipes

Rodman C. Tullis

Chuck C. White, Ed.D.

Stewart P. Winslow



For referral information, please call 864-560-CARE

Contact info for Foundation:

PO Box 2624

Spartanburg, SC 29304

regionalfoundation.com

864-560-6727



Spartanburg Regional
Foundation