

Pillar *for* Hospice

News from Spartanburg Regional Hospice



IN THIS ISSUE

Legacy Gift

Long-time Advocate Puts Hospice
in His Will
page 6

Volunteers

Honoring the Many Volunteers
Who Support Regional Hospice
page 9

Meet the Meadows Family

A Story of Hope in the Midst of Change
page 2

Hope During Times of Difficult Transition

Author and psychologist Carol McClelland Fields writes about how the seasons affect the way we look at the world and our place in it. She gives particular focus to transitions between seasons.

Writing about the death of her father, she said she observed the daily changes she saw in nature – especially in the spring, as trees started to blossom and animals became more lively – and she was inspired to make incremental changes in her own life. “Bit by bit, as I made proactive choices about how I wanted to live my life, my life turned from one of grief and sadness to one of joy and engagement,” Fields wrote.

When I think about our work at Spartanburg Regional Foundation in support of hospice, I feel that McClelland’s words ring true. The foundation is here to help hospice provide patients and families support – and hope – during times of difficult transition. The team at hospice accomplishes this through their daily work. Our team accomplishes this by working with the community to provide resources that allow for exceptional care.

Spartanburg Regional Hospice strives to help patients live life to the fullest. Gifts to hospice support many diverse activities: delivering meals to patients and their families during the holidays, providing financial assistance for qualifying patients, supporting special events and celebrations for families, and more.

Meanwhile, families coping with the loss of a loved one go through difficult transitions. Our hospice program provides a wide range of bereavement services, from one-on-one counseling to group sessions to special remembrance events. Community gifts support bereavement events such as Light Up A Life in December; Healing at Hatcher in the spring; and Christopher’s Camp, a program to help children navigate the loss of a loved one.

I am amazed by the work of our hospice team, from physicians and nurses to social workers and volunteers. It is an honor for our team to partner with you to support their work.

I hope you enjoy this edition of Pillar for Hospice. It features themes of transition and hope – the journey of the Meadows family, the work of team members who care for patients and families, and information about events aimed at bringing healing and support.

Thank you for being our partner in supporting hospice.



Kristy Caradori

Kristy Caradori
Executive Director
Spartanburg Regional Foundation



I am amazed by the work of the Spartanburg Regional Hospice team, from physicians and nurses to social workers and volunteers. It is an honor for our team to partner with you to support their work.



"Cure sometimes, treat often,
comfort always." – Hippocrates



Palliative medicine as an important component of the very best medical practice goes back eons. Palliative medicine as a specialty is relatively new, with the first accreditation dating back about 10 years.

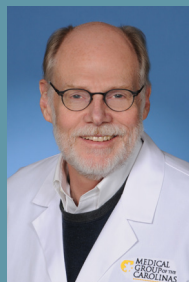
As a natural part of the evolution of any specialty, training programs need to be developed to meet the considerable needs for person power in this new medical enterprise. Those of us involved in the Spartanburg Regional Hospice and Palliative Medicine program are pleased to say that we began the first fellowship training program in South Carolina and one of the first in the southeast, having accepted our first fellow in 2014-15.

That physician, Chris Powers, MD, is now an integral part of our various palliative care programs and serves as associate director of the fellowship.

Training a Palliative Medicine Doctor

Fellowship training in palliative medicine involves a yearlong program of instruction after residency training in one of seven entry-level primary specialties. As in most post-medical school training, it is a combination of self-study through reading, classroom training and experience.

Training is structured under the following general headings:



How Does a Physician Become a Specialist in Palliative Medicine?

By Garrett Snipes, MD

- Medical knowledge
- Practicing within the systems and teams that constitute palliative care
- Skill in patient care
- Learning effective communication
- Professionalism within the realm of palliative medicine

Key to this medical knowledge is developing the ability to manage the varieties of human suffering in advance disease (pain, shortness of breath, vomiting, delirium, etc.). Perhaps even more challenging for fellows is learning how to communicate in order to support the best decision-making and how to function effectively in interdisciplinary teams that deliver all forms of palliative care.

In order to master the knowledge and skill, the fellow rotates through hospice,

non-hospice palliative care, long-term care/geriatrics, pediatric palliative care and various medical services where palliative care is particularly relevant, including cardiology, critical care, oncology and inpatient neurology. The main objective of this training is for the faculty to be able to certify that the fellow is "ready for independent practice" upon completion.

There is a major shortage of palliative care personnel projected in the coming decades. We are pleased to be part of the solution and expect to do more in the future by expanding our fellowship.

Grief Experts Make Cloudy Days Sunny



Pamela Meadows recalls an overwhelming feeling come over her — the realization that she needed help.

It was 2016, and her mother had recently passed away at the Spartanburg Regional Hospice Home. Her father would also pass less than three months later. Meadows had become the legal guardian and

primary caregiver of her twin sisters with autism — Kenya and Keicha.

At the same time, there were disputes with her other siblings over their parents' estate and the future of the twins. One sister proposed having them institutionalized, Meadows said.

"I never wanted children, but I would shudder to think of my sisters being sent to live in a facility," she said.

Everything — the death of her parents, estrangement from siblings, the weight of assuming responsibility for the twins — was taking a toll. Meadows remembered that she had received information from Spartanburg Regional Hospice about its bereavement services.

"I got (social worker) Beth Cutshall on the phone and I said, 'I don't know you, but I need your help.' Those were the only words I could muster," Meadows said.

Cutshall said it's common for those who are grieving to seek help a few months after the passing of a loved one.

People need to talk about their feelings, Cutshall said. "I do a lot of listening, and people realize that having a sounding board is helpful to them."

It was, indeed, helpful for Meadows.

"In a nutshell, Beth gave me peace of mind," Meadows said. "She helped me to believe that everything was going to be alright."

"When the shock factor wears off, then people tend to reach out. We get referrals from schools, hospitals and doctors offices."

— Beth Cutshall, Social Worker

Meadows is the oldest of Rose and Bennie Gist's six children. She was born in Spartanburg, where her parents met, but the family would later settle in New York. Meadows attended school there and worked as a photographer. She successfully battled drug addiction in the early 1990s — an experience she says that made her determined to look out for others in need.


When Rose and Bennie decided to move back south about 15 years ago, Meadows and all but one of her siblings moved too.

Meadows' parents wanted her and the twins to live with them. They bought a house on Spartanburg's east side together. Meadows said all the family members in town remained tight-knit, going to movies together, enjoying Sunday dinner each week and helping one another in times of need.

Along the way, she became involved with her future husband, Randy Meadows. Their relationship became serious about the time that Rose and Bennie began encountering serious health challenges. Pamela knew she would likely be taking on responsibility for Kenya and Keicha.

Pamela and Randy were married in 2016. They enjoy life together. They take Kenya and Keicha on outings — bowling, excursions, gospel concerts and church. The four always go out wearing matching outfits, some of which Pamela makes by hand.

"That way, we can keep track of one another," she said.



Kenya and Keicha are employed through the Charles Lea Center's WorkAbility program. Asked if they enjoy their jobs, they answer in unison, "Yes!"

Meadows is proud of how well the twins are doing. She gets up before six each morning to get them ready for the day. She has worked on improving their diet, helping them to lose weight and feel better. "Their self-esteem has really risen," she said.

But the journey isn't always an easy one. Meadows has days when "it gets cloudy." She, Kenya, and Keicha miss their parents. Meadows feels that she also has lost three of her siblings, too. She becomes emotional when talking about her family. "This is the hand I've been dealt, and I'm playing it to the best of my ability," she said.

Spartanburg Regional Hospice has been there along the way. Meadows continues to attend bereavement support groups. It has given her the opportunity to share her story and bond with others who are grieving.

The family has participated in annual events such as Healing at Hatcher and Light Up A Life, as well as a special program recently in which participants used their deceased loved ones' clothing to make teddy bears.

And she calls Cutshall when she needs to talk.

"I can't imagine life without Beth," she said.

Cutshall, meanwhile, feels grateful to have been part of the journey.

"They have done so well," she said. "They were completely devastated when all this happened. They've learned to rely on one another and put one foot in front of the other. They have transformed from devastation to living again – and living a good life."

(See page 5 for related story)



The Meadows family has participated in annual events such as Healing at Hatcher and Light Up A Life, as well as a special program recently in which participants used their deceased loved ones' clothing to make teddy bears.

To learn more about Spartanburg Regional Hospice bereavement services, please contact Christi Foster at 864-560-3856.

Affirming Love

CHAPLAINS PLAY A VITAL ROLE IN HOLISTIC CARE

As Hospice Chaplain Andrew Fischer puts it, human beings are holistic creatures. We have physical needs – but our bodies are only part of who we are. “We’re more complex,” Fischer said. “We have a spiritual side and an emotional side.”

And that’s why chaplains are such an integral part of the care that Spartanburg Regional Hospice provides.

Fischer and his colleagues – Marie Graeper, Katie Harbin and Brian Siefert – spend time with patients and their loved ones every day.

There is no set agenda or routine. Some patients want to talk about their experiences and feelings. Patients might want to hear scripture or discuss their faith. In times of immediate crisis, chaplains provide calm and reassurance.

“A lot of what I do is listening and observing,” Fischer said.

Usually the patient is the focus – but not always. Graeper’s home visits include a man who has been caring for his wife, an Alzheimer’s patient, for several years. Graeper sometimes reads

scripture by the patient’s bedside, but she spends most of her time talking and praying with the husband.

Chaplains value the relationships they develop with the people they serve, though situations

vary widely. Some patients are in the hospice program for a year or more, others for only a few days or weeks.

“Some folks you really get to know,” Fischer said. “You make friends. You know everything that has gone on. Others are not on the service long, and I might meet with them only one time.”

“Sometimes people ask me, ‘Do you have your own church?’ I feel like this kind of is my church.”

– Katie Harbin, chaplain

Most of Harbin’s work is based at Spartanburg Regional Hospice Home, though she makes home visits as well. At the hospice home, there are comings and goings, and situations arise that demand minute-by-minute attention.

“My schedule is flexible when I’m at the hospice home,” Harbin said. “Sometimes I see people three or four times during the day as they’re coming in and out. It’s a blessing to be able to be present when I’m needed.”

In addition to their work with patients in hospice care, chaplains support the grieving process for loved ones. They have an important role in services of remembrance and bereavement group sessions.

In all, Spartanburg Regional Hospice chaplains strive to provide hope, healing and understanding. This is their ministry.

“I know people for brief periods of time – sometimes for longer – but our mission is similar: affirming that people are worthy of unconditional love and of excellent care,” Harbin said.

To learn more about the chaplain program and bereavement services at Spartanburg Regional Hospice, contact Christi Foster at 864-560-3856.





MEMORY BEARS BRING COMFORT

People are often associated with the clothes they wear – a favorite sweater, a signature tie or an old college sweatshirt. The clothing of a deceased loved one can illicit strong emotions.

In November, Spartanburg Regional Hospice hosted a new event to promote healing – the Make-a-Memory Bear Workshop. Participants made teddy bears from items of clothing that belonged to their late family members.

“It’s something tangible to remember their loved one by,” said Hospice Volunteer Coordinator Kelly Hall, who organized the event.

Hall said about 25 participants and their family members were on hand. “We had mostly kids, but there were people of all ages,” she said.

The event drew considerable support from the community. Supporters donated buttons to be used for eyes, and the Piedmont Piecers quilting guild helped in the bear-making process.

Hall said plans are to hold at least one teddy bear workshop in 2018.



To learn about the Make-a-Memory Bear program or to become a volunteer, call Kelly Hall at 864-560-5636.



New Physician Thrives on Helping Others



Spartanburg Regional Hospice is pleased to welcome its newest physician, Hallie Pobanz, DO. She began work for Spartanburg Regional Hospice in August following fellowship training in Cleveland, OH.

Dr. Pobanz sees patients in their homes and at Spartanburg Regional Hospice Home and has quickly become part of the team.

“Everyone has been supportive,” she said. “And everyone works so hard to support our patients.”

Dr. Pobanz became interested in the field of hospice during a rotation when she was a student at the Lake Erie College of Osteopathic Medicine’s campus in Bradenton, FL. She said she likes the team approach to hospice care and appreciates being able to provide comfort for the patients she serves.

“I realize I’m not able to save my patients, but I can help them,” she said.

If you or someone you know may benefit from a hospice referral, call 864-560-CARE (2273).

Moore Asks Others to Leave Hospice in Their Will

By Committing to a Planned Gift, Peter Moore Continues his Dedication to Hospice

Peter Moore has a new passion: asking hospice supporters to consider including hospice in their will. This year, Moore did just that as part of his own estate planning process. "It gives me comfort to know that part of my legacy will help hospice patients," said Moore.

This recent commitment follows a long history of Moore's dedication to hospice. Moore is frequently seen at Spartanburg Regional Hospice Home and at hospice events playing the violin.

"I'm not a virtuoso by any means," Moore said. "But I enjoy it very much. If my music is soothing for people going through a difficult time, then I really feel that I've accomplished something."

He plays in the lobby of the hospice home and in rooms with patients and families. Sometimes family members sing along, and he has been told by caregivers that patients can often hear the music even when they appear unconscious.

"That has always meant a lot to me," he said. "It's a spiritual experience for me."

The gift of music isn't Moore's only contribution. He has delivered meals to patients and families as part of the hospice holiday meal program funded by Spartanburg Regional Foundation.



Moore has been a consistent donor to the Hospice Special Needs Fund, which provides direct assistance to qualifying patients and their families, funds holiday meals and supports bereavement services. He has also served as chair of the Hospice Division Board.

Recently, Moore decided to become a member of Spartanburg Regional Foundation's Legacy Society by leaving a gift in his will to hospice.

"Based on my experience with hospice, I would love for my support to continue on to help others," Moore said. "That idea really appealed to me."

Moore spent his career helping others. Trained as a psychologist, he was an Army medic during the Vietnam War. He returned to Spartanburg and served as the first director of the Spartanburg Girls Home, which is now part of the Hope Center for Children. He went on to work for the South Carolina Department of Rehabilitation.

"I've been involved in caring for people in their final days. It is a phase of life that has always interested me," he said. "And I strongly believe that end-of-life care should be outstanding."

"I strongly believe that end-of-life care should be outstanding."

Peter Moore



To learn more about leaving a legacy gift to support Spartanburg Regional Foundation's Hospice Special Needs Fund, contact Shelly Sinclair at 864-560-6467.




hope blooms

for HOSPICE

Luncheon Raises Awareness About Hospice Care

*For information about being a sponsor
or a table host, or to purchase tickets,
contact Shelly Sinclair at 864-560-6467
or ssinclair@srhs.com.*



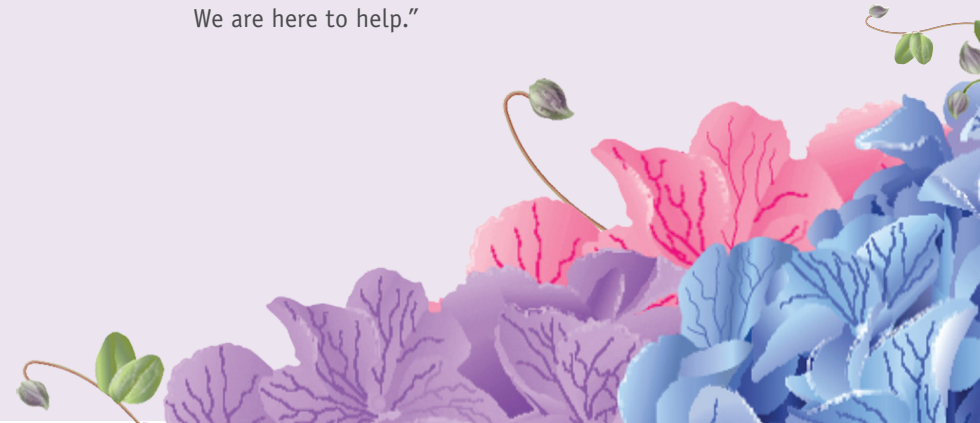
The annual Hope Blooms for Hospice luncheon, held at the Spartanburg Marriott, raises money for Spartanburg Regional Foundation's Hospice Special Needs Fund. This year's event on April 26 begins at 11:30 a.m. and features insights on end-of-life care, as well as perspectives from those whose lives have been touched by Spartanburg Regional Hospice.

"We are always pleased to have the opportunity to raise awareness about our wonderful hospice program and to share messages of hope and inspiration," said Shelly Sinclair, Spartanburg Regional Foundation director of philanthropy and hospice liaison.

The Hospice Special Needs Fund sustains a Thanksgiving and Easter meals program for patients and their families and covers a wide variety of basic expenses for patients in need. The fund also supports bereavement programs, including services of remembrance and Christopher's Camp, a program for children who are coping with the loss of a loved one.

"The Hospice Special Needs Fund really helps caregivers go the extra mile for patients and their families," Sinclair said. "We hear stories about patients who were able to pay their electric bill because of the fund or those who enjoyed a special family celebration that the fund paid for. In ways large and small, it makes a difference for patients and loved ones."

Kim Ross, director of Spartanburg Regional Hospice and Palliative Care, said, "The Hospice Special Needs Fund gives us the ability to help. When we see a need, we fill it. No one has to face the end of life alone. We are here to help."





VOLUNTEERS

A KEY FOR HOSPICE SINCE THE START

From the very start, volunteers have been an integral part of Spartanburg Regional Hospice. They have supported patients and families since 1980, when the program was founded. Two years later, the federal government brought hospice services under the umbrella of Medicare. For a hospice program to be eligible for Medicare funding, at least 5 percent of the total hours spent with patients must involve volunteer activity.

Today, Spartanburg Regional Hospice has more than 75 active volunteers. Their efforts are diverse, ranging from visits with patients in their homes to attending to patient and family needs at the Spartanburg Regional Hospice Home to lending support in the program's business office.

Volunteer director Kelly Hall finds it rewarding to work with the many community members who give their time and talent to help others.

"Our patients have a genuine need, and it's great to match that need with passionate volunteers who care so much about helping patients and their families," she said.

April 15-22 is National Healthcare Volunteer Week. We want to take this opportunity to recognize and thank the many volunteers who have supported Spartanburg Regional Hospice throughout the years.



IF YOU ARE INTERESTED IN
BECOMING A VOLUNTEER WITH
SPARTANBURG REGIONAL HOSPICE,
CONTACT KELLY HALL AT
864-560-5636.



Musician Lends Talents to Hospice Patients

He Was Part of Spartanburg's Burgeoning Rock Scene Years Ago and Now Performs at Hospice Home

In the 1960s, Wayne Casasanta played keyboard in a regionally popular band called the Toy Factory. The group disbanded when its leader, Toy Caldwell, went off to war in Vietnam. Band members reunited a couple of years later – except for Casasanta, who had finished college and started a career in social services.

The Toy Factory soon evolved into the Marshall Tucker Band – a group that would pioneer the Southern Rock movement, producing radio hits and selling out concerts around the world.

Casasanta, who retired after a lengthy career with the state Commission for the Blind, has chosen not to dwell on what might have been.

“Sure, it would have been really neat to play at Madison Square Garden,” he said. “But what I do here is more special to me. God has given me the opportunity to touch people’s lives.”

Casasanta plays his portable keyboard in patient rooms at the Spartanburg Regional Hospice Home. It can bring comfort to a patient to hear a religious hymn or a popular song from their youth.

Sometimes the patient is sleeping and the music is a comfort to family members and visitors. But, even when the patient is not alert, there are times when family members tell Casasanta that they can see an expression of calm come over their loved one’s face when he plays and sings.

Patients and their families aren’t the only ones who are moved by the experience.

“Sometimes it can be very emotional for me,” said Casasanta, who also plays for seniors at nursing homes in the area.

He recalls being called into the room of a 41-year-old man who caregivers said had only about an hour to live. The family asked Casasanta to play “Buelahland.” Gathering around their loved one, some of them were singing. Others were crying. Casasanta said he began to cry as he performed.

Casasanta usually suggests a hymn when he respectfully introduces himself at the doorway of patient rooms. But sometimes he gets other requests – maybe a blues or country song. Of course in Spartanburg, there are still plenty of fans of the Marshall Tucker Band, so Casasanta occasionally gets asked to play a song by his old friend Toy Caldwell.

“I tell them, ‘Oh yeah, I know some of those songs,’” he said.

Mostly, Casasanta is gratified to have the chance to bring comfort to people going through a difficult time.

“I’m certainly not the most talented piano player,” he said. “But the Lord can use anybody who’s willing to give of their time to help others.”



To learn more about volunteering with Spartanburg Regional Hospice, contact Kelly Hall at 864-560-5636.



Thank You For Your Easter Gift

Because of you, we were able to deliver more than **100 meals** this Easter to our hospice patients and their families.

If you would like to make a donation or would like more information on our holiday meal program, contact Shelly Sinclair at 864-560-6467 or visit RegionalFoundation.com.



NEW WEBSITE COMPARES HOSPICE PROGRAMS

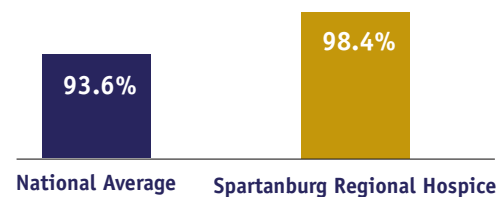
Spartanburg Regional Hospice Exceeds National Average

In 2017, the Centers for Medicare & Medicaid Services unveiled the Hospice Compare website. The goal of Hospice Compare is to help consumers compare hospice providers on their performance and assist consumers in making decisions that are right for them.

Spartanburg Regional Hospice exceeds the national average on each data point. These include areas such as management of pain and other symptoms, and timely treatment for shortness of breath. Patients surveyed were also asked whether hospice caregivers had talked with them about their core beliefs and values.

"Hospice Compare is a valuable tool," said Kim Ross, director of Spartanburg Regional Hospice and Palliative Care. "There are numerous hospice providers in our service area, and this gives

QUALITY OF PATIENT CARE – 2015-2016



patients and family members an opportunity to make informed decisions. It also gives us important feedback about our work. We are pleased that the survey validates what we already know – that Spartanburg Regional Hospice caregivers give their best each and every day to provide outstanding care for those in need."

Welcome New Hospice Division Board Members

The Hospice Division of Spartanburg Regional Foundation welcomed four new board members in January. These individuals bring a wealth of talent, experience and vision. We are grateful for their willingness to serve.



Mary Lee Cantey

Mary Lee Cantey enjoyed a 32-year career as a public school educator. She taught art in Newberry and Union county schools and in Spartanburg County School District 5.

"When I was teaching school, I really didn't have very much time to be involved in the community," she said. "Now that I'm retired, I want to give back."

Cantey said her uncle and brother died in hospice care.

"I saw how much hospice helps," she said. "It's just a wonderful, wonderful organization."

Cantey is a sustaining member of the Junior League. She continues to work as an artist, creating watercolor paintings and collages.



Vicky McAbee Noe

Vicky McAbee Noe is the manager of the garden center at Roebuck Greenhouses. She has worked for 42 years with the company, which was started by her grandfather and where her father is still active.

Three years ago, Noe's mother passed away at Spartanburg Regional Hospice Home.

"I was so overwhelmed by the generosity and kindness of everyone," she said. "Everyone there was so wonderful."

Following her family's experience with hospice, Noe attended Hope Blooms, the annual luncheon that raises money to support the Spartanburg Regional Foundation's Hospice Special Needs Fund. "I really wanted to get involved, so I was overjoyed when I was called about being on the hospice division board."



Jeff Barker

Jeff Barker serves as provost and professor of philosophy at Converse College and is widely published in the field of bioethics. He is vice-chair of the Institutional Review Board for Spartanburg Regional Healthcare System and serves as a consultant to the South Carolina Medical Association Bioethics Committee.

This is Barker's second time serving on the Hospice Division board.

"Spartanburg Regional Hospice is a vital part of our community and a very important part of my life," he said. "Since joining the board nearly 15 years ago, I've watched home hospice services grow in size and types of services provided. I've also seen the creation of the Spartanburg Regional Hospice Home, the first of its type in our area and one that has served my own family."



Dorothy Josey

Dorothy Josey is a Spartanburg-based artist and longtime supporter of Spartanburg Regional Foundation. She was previously a member of the Hospice Division board and is excited about serving again.

"I really have enjoyed it," she said. "I love the opportunity to visit the hospice home – it is such a special place. And delivering meals to patients and their families at Thanksgiving and Easter is so meaningful."

Josey said Spartanburg Regional Hospice took care of her brother and both of her parents.

"I think the hospice program provides unbelievable care," she said.

Her husband, Julian Josey, MD, was instrumental in developing the Spartanburg Regional Hospice program, which was the first of its kind in South Carolina.



Dates to Remember - 2018

Grief Support

Groups meet for four weeks at the Spartanburg Regional Hospice Home beginning:

May 3-24: 6-7:30 p.m. on Thursdays

July 3-24: 10-11:30 a.m. on Tuesdays

We offer support groups that meet once a month on the following days at the Spartanburg Regional Hospice Home:

Tuesday, April 17: 10-11:30 a.m.

Tuesday, May 22: 10-11:30 a.m.

Thursday, June 21: 6-7:30 p.m.

Thursday, July 19: 6-7:30 p.m.

Wednesday, Aug. 15: 10-11:30 a.m.

Tuesday, Sept. 18: 10-11:30 a.m.

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

Services of Remembrance

A time to remember our loved ones.

Tuesday, May 22: 6 p.m.

Tuesday, July 24: 6 p.m.

Tuesday, Sept. 25: 6 p.m.

Hospice Office – 1530 Drayton Rd, Spartanburg

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

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864-560-6727

