

Pillar *for* Hospice

Issue 7
Summer 2019

News from Spartanburg Regional Hospice

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Grateful for the Opportunity To Serve Our Hospice Program



We use the word “special” in the name of the fund, because donations support efforts that go beyond what’s normal or expected. The fund enables caregivers to really go the extra mile for patients and their families.

I am nearing my one-year anniversary as a director of philanthropy and hospice division liaison for the Spartanburg Regional Foundation. In the past year, I have learned so much about the wonderful work of Spartanburg Regional Hospice. The nurses, doctors, social workers, chaplains and support staff of the hospice program are truly dedicated to providing the best care possible for their patients. It is an honor for me to focus on raising money to support their work.

Donations to the Spartanburg Regional Foundation on behalf of the hospice program are designated to what we call the Hospice Special Needs Fund. The cover article in this issue of *Pillar* shares stories and perspectives of the Hospice Special Needs Fund, but I want to also say a few words about it here.

We use the word “Special” in the name of the fund, because donations support efforts that go beyond what’s normal or expected. The fund enables caregivers to really go the extra mile for patients and their families.

You may have heard about the meals that volunteers deliver to hospice families at Thanksgiving and Easter. They are made possible by donations to the Hospice Special Needs Fund.

But there’s much more. The fund provides assistance for patients facing financial hardship who need help with utility bills, medicines, or other necessities. It funds special occasions that build memories for families. It supports bereavement programs for grieving loved ones. I often hear hospice team members say how much it means to them to have a fund that makes it possible to provide additional – *special* – support for the patients and families they serve. And, again, it means a great deal to me to play a role in making it happen.

I want to also mention that in my time here at the Foundation, I have worked with the many wonderful volunteers who care deeply about Spartanburg Regional Hospice. The Foundation’s Hospice division is supported by a board of 19 community members who give back to help those in need. It is a privilege to work with these talented and dedicated leaders. On page 11, we introduce to you five new members of the hospice board. There are numerous other volunteers who help the hospice program in diverse ways; on page 5, you’ll read a feature about Kelly Hall, who manages the work of more than 65 volunteers.

Thank you for reading this edition of *Pillar*. I think you’ll see why I’m so grateful to have the opportunity to support the work of Spartanburg Regional Hospice.

Gina De La Cruz Turcotte
Director of Philanthropy
Spartanburg Regional Foundation



“Hope for the best, but prepare for the worst” is a motto used by some to emphasize the importance of being ready for whatever life throws at us.

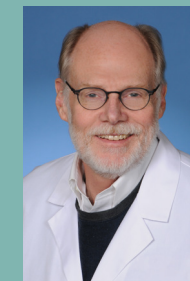
And it is a valid approach to being prepared in most situations. When it comes to our health, taking care of ourselves in the many ways the evidence has shown that we should, is the way to promote the “best” and healthiest life.

But what if the time comes when it doesn’t go that way?

Advance Care Planning refers to a variety of decisions that we can and should make when we are healthy, so that when we are not, our medical care will go the way we want it to. For relatively healthy people over 18, usually the only relevant choice to make is to designate who we would want to guide our care if we aren’t able to, called a “health care proxy.”

If a person has a condition with the potential to seriously impact health, it is best to think about the goals and values that would guide our choices.

After we are clear about what is most important (e.g. simply living longer, quality of life, being comfortable), it is beneficial to consider our wishes regarding the type of medical interventions we would be willing to undergo in order to achieve our goals. And whatever choices or plans we make, it is always important



Advance Care Planning

What is it, and why should you do it?

By Garrett Snipes, MD

to make sure that they are documented in a way that these advance decisions are available both to the proxy decision-maker and medical providers.

But it is a real drag to think or talk about these things, isn’t it? So why should we? There are two reasons, one for you and one for the people you love.

First of all, many studies and common experience tell us that a fundamental human goal throughout life – even at the end of life – is to maintain our independence and autonomy. Considering these matters in advance is one of the best ways to control even life’s final chapters.

Finally, as some have said, “I have an advance directive not for myself so much as I have one for the people I love.”

It is a huge burden to make important decisions about medical care for another person, and people in that position feel the responsibility acutely. The best way to relieve that burden is to make the decision yourself prior to need and then discuss it with your proxy so that there will be much less uncertainty, and possibly guilt, should that time come.

Next time: How to create an advance care plan — you are not alone.

Special Needs Fund

Integral to Hospice Program for Patients and Families

Assistance for patients in financial distress, special occasions for families to build memories, enhanced bereavement support.

These are among the numerous ways that Spartanburg Regional Foundation's Hospice Special Needs Fund benefits hospice patients and their families. And it's made possible by the generosity of donors – through gifts in memory of friends and loved ones, sponsorships or the purchase of tickets to the annual Hope Blooms for Hospice luncheon, donations during the Foundation's annual employee campaign, and in-kind gifts and other special projects.

Spartanburg Regional Hospice provides a team approach for expert medical care, pain management, and emotional and spiritual support tailored to the patient's wishes. The Hospice Special Needs Fund provides an additional layer of support.

"Donors to the fund make a difference for patients and families each day," said Kim Ross, director of Spartanburg Regional Hospice and Palliative Care. "There are countless stories about the ways our team is able to use the fund to help patients in financial distress, to create memories for loved ones, and to lighten the burden on family members."

Here are three stories that illuminate some of the ways the Hospice Special Needs Fund makes an impact:



"Staying Where God Put Me"

Denise Ferguson Yelensky loved her home in rural Cherokee County. She built a comfortable life for herself there after moving from Minnesota a decade-and-a-half ago.

Yelensky opened Sadie Mae's Café, located about a mile from her home in the Wilkinsville area. The small restaurant was known for fresh, home-style cooking – the pork ribs were the most popular item on the menu.

But chronic obstructive pulmonary disease (COPD) slowed Yelensky down and she had to close the restaurant. Because of the progression of her condition, Yelensky became eligible for hospice. Her health prohibited her from working to earn

additional money, and disability was not enough to cover all of her household expenses.

Through the Hospice Special Needs fund, Yelensky received assistance with some of her utility bills and was provided grocery store gift cards when times were especially tight.

Yelensky said she had never received unemployment or food stamps, and accepting help made her feel uneasy at first.

"But that's false pride," she said. "The support was a Godsend."

For many families that have reached a place where hospice is the best decision for them, they have been through significant life transitions along the way that impact their financial picture. Oftentimes, there is a loss of income due to the patient's debility or a spouse or child taking time away from a full-time job.

Financial stress coupled with illness and grief can be devastating to families in our community.

"At the center of hospice care lies the concept of 'quality of life' however the patient defines it," Ross said. "It's hard to have a good end-of-life experience when the house is without heat or the refrigerator is empty."

Yelensky, who passed away in May, was grateful for both the care she received and the help making ends meet. On a sunny day this spring, as she looked out the kitchen window at the wooded area beside her home, she said, "Without the support, I wouldn't be sitting here enjoying this beautiful place where God put me."

"Reminded How Much He Loved Me"



Kathleen and Ivy Thompson's grandfather, Michael, was a big part of their lives. They saw him most days after school when he and their grandmother would take them to the library to read books together.

In 2015, he entered the hospice program. The family knew that things would be different for the girls after their grandfather passed away.

"We recognized that this would be a major change and tried to prepare the girls as much as possible," said their mother, Leigh Ann Thompson.

Children with a loved one in hospice are often given a teddy

bear and a book called *The Invisible String*, a story to help them cope with separation and loss.

"It helps kids to reflect on how we can love something that we can't see and how it's always part of us," said Leigh Ann, who works with Spartanburg Regional Hospice as leader of the case management team.

Kathleen and Ivy's books were inscribed with a special handwritten message from their grandfather.

(continued)

How You Can Donate

Spartanburg Regional Foundation provides a variety of donation methods to make supporting the mission of our hospice program stress-free and gratifying.

Gifts of Cash and Pledges

A cash donation is the simplest way to provide immediate support for Spartanburg Regional Hospice. The Spartanburg Regional Foundation can accept cash payments in many forms: cash, checks, money orders and credit cards.

- Mail donations to: Spartanburg Regional Hospice, PO Box 2624, Spartanburg, SC 29304
- Donate online at: <https://RegionalFoundation.com/DonateNow/Hospice/>
- Monthly giving: You can set up a recurring gift using your credit or debit card
- Pledges are a great way to distribute large gifts over a predetermined period of time

Tribute and Memorial Gifts

Make a tribute gift to commemorate a loved one's memory, recognize a special occasion, or honor a caregiver, nurse, friend or family member. Spartanburg Regional Foundation will send a tribute card notifying the recipient of your gift.

Spartanburg Regional Hospice can create beautiful markers such as bricks, pavers, a leaf on the Tree of Memory or a plaque on a hospice garden wish list item.

Matching Gifts

You can double your impact if your company matches employee donations. Check with your company's human resources or payroll department to see if a charitable matching gift program is offered.

Sponsorships

Provide funds and support to Spartanburg Regional Hospice while promoting your business by attending or sponsoring Hope Blooms for Hospice and Light Up a Life.

Charitable IRA Rollover Gifts

If you are aged 70.5 and up, the Qualified Charitable Distribution, sometimes called Charitable IRA Rollover Gifts, is a great way to support Spartanburg Regional Hospice and receive tax benefits in return. As you plan your required minimum distributions (RMD) for this year, consider using your IRA account to transfer your gift directly to Spartanburg Regional Foundation.

Life Insurance Transfers

Donors can transfer ownership of an unneeded paid life insurance policy to Spartanburg Regional Foundation's Hospice Special Needs Fund.

Securities Transfers

Transfers of stock to the Hospice Special Needs Fund allow donors to receive an income tax deduction for the fair market value of the securities on the date of transfer and pay no capital gains tax on the securities donated.

Planned Gifts From Your Estate or Retirement Plans

You can remember Spartanburg Regional Hospice in your estate or retirement plans as a lasting tribute to ensure that others may have access to the very best end-of-life care.

Request Memorial Donations In Lieu of Flowers

Many families choose to include requests for charitable memorial donations in lieu of flowers in death notices and obituaries. You may simply request that donations be made to: Spartanburg Regional Foundation, Attn: Hospice Special Needs Fund, PO Box 2624, Spartanburg, SC 29304.

There are many ways to contribute to our mission. If you would like to learn more about ways to give, please contact:

Gina De La Cruz Turcotte, MHA, CFRE
Director of Philanthropy
gturcotte@srhs.com • 864-560-6725

“I’m grateful that I have this book, because it’s something that I can look back at when I get older that my grandpa gave me,” Kathleen said.

Ivy feels the same way.

“I’m glad I have this book, because I can look back at it and be reminded how much he loved me,” Ivy said.

The Hospice Special Needs Fund pays for the books – one small way the fund supports not only patients, but their families as well.

In fact, Spartanburg Regional Hospice bereavement support services often begin prior to the patient’s death, and the fund enhances these efforts in ways that go beyond other area hospice agencies.

“We strive to provide families with an experience, a memory, a memento, or a new ritual in honor of a deceased or dying loved one,” said Ross.

Here are a few ways the fund is used to create special moments:

- Spartanburg Regional Hospice can offer a professional family portrait.
- Staff will sometimes host graduation and birthday parties.
- The fund can provide a date night for a patient and their partner.
- It helps to purchase beautiful hand-carved holding crosses that can bring comfort to patients and family members.

“Our hospice program recognizes that providing holistic care includes supporting both the patient and the patient’s loved ones,” said Gina De La Cruz Turcotte, director of philanthropy with Spartanburg Regional Foundation. “The Hospice Special Needs Fund enables the hospice team to give this support in so many meaningful, personalized ways.”



Valentine's dinner for grieving loved ones

The work of Spartanburg Regional Hospice does not end when a patient passes away. A robust bereavement program that includes support group sessions, one-on-one counseling, and services of remembrance provides comfort for those grieving the loss of a loved one.

As with other hospice services, the Foundation’s Hospice Special Needs Fund enhances the bereavement program and touches the

lives of family members.

For Michael Scruggs, it meant taking part in a special Valentine’s Day dinner for those who had been widowed in the past year. His wife, Dana, passed away in 2018. They had been together since they were teenagers, and the transition hasn’t been easy for Michael.

“I’m just now realizing how much I miss her,” he said. “I miss her tremendously.”

“Those working in hospice sometimes refer to a ‘year of firsts,’” said Amy Knight, social work and counseling manager for Spartanburg Regional Hospice. “It is natural for people to think of past rituals and celebrations on holidays, birthdays, anniversaries, and other special times. We work to anticipate that for those recently bereaved, as these significant dates can be particularly difficult.”

The dinner, which took place at a local Italian restaurant, was a way for participants to honor the memory of their loved one while enjoying a feeling of support and togetherness.

“There were a lot of hurting people there who had just recently lost a loved one,” Scruggs said. “I think the dinner came at the right time for everyone, and I enjoyed it.”

It wasn’t the only special effort by the hospice team to make a connection on Valentine’s Day. Staff members sent Valentine’s cards to all those who have lost a spouse or significant other throughout the year.

This year, 350 cards were mailed.

The Hospice Special Needs Fund makes all of this possible, and it’s one of the reasons Knight believes the Spartanburg Regional Hospice bereavement program is “unmatched.”

Knight is new to the field of hospice. But as an experienced social worker, she is amazed at the resources and creativity made possible because of the Special Needs Fund.

“It is wonderful to brainstorm with the team about how we can do something special, mark a wish off of a patient’s bucket list, and bring a smile to the faces of those we are entrusted to care for,” Knight said.

Donors to Spartanburg Regional Foundation benefit many areas of Spartanburg Regional Healthcare System, including funds that support cancer prevention and treatment, heart health, clinical innovations and more.

For the hospice program, Ross said, “the Foundation’s support means so much to the patients and families we serve. In all areas of our work, it enables to us to go the extra mile and we are truly grateful to those who give.”

VOLUNTEERS’ ADVOCATE:

Hall Supports Those Who “Come Together for a Common Purpose”

Kelly Hall started her career as an architect. But spending most of her time sitting at a desk, headphones in, working on a computer “wasn’t for me,” she said.

She wanted to work more closely with people and to see a more direct impact of her efforts on the lives of others. Hall went to work with the Girl Scouts and since 2016 has served as volunteer manager with Spartanburg Regional Hospice.

She works closely with volunteers who provide support at the Spartanburg Regional Hospice Home and in the homes of patients. Volunteers can sit with patients so that family members can run errands, go to work, or have some time to relax. At the hospice home, they greet visitors, arrange flowers, play music, bring therapy dogs, and fill bird feeders. They perform a variety of administrative tasks.

The work of volunteers is essential. According to Medicare reimbursement rules, five percent of all the time spent with hospice patients must involve volunteers. Spartanburg Regional Foundation volunteers exceed that requirement.

“Hospice volunteers have a real passion for what they do,” Hall said. “They usually have a personal story connected to hospice. It’s great working with people who are invested and really care about their work.”

Hall noted that her roster of regular volunteers totals about 65 community members. But there are others who give of their time for special events and projects. Dozens of volunteers deliver meals to patients and families at Easter and Thanksgiving, while others support programs such as the Memory Bears Workshop or services of remembrance.

Hall’s work is part administrative – calculating regular volunteer work hours, coordinating training and arranging placements. She also represents volunteers’ interests at staff meetings.

Volunteering with hospice isn’t for everyone, she said. Providing end-of-life support can take an emotional toll. Those who volunteer in patient homes often form strong bonds with families. They may feel a profound sense of loss when the patient passes away.



“It can be sad for the volunteer,” Hall said. “We try to prepare them for that, and I have to be aware of how they’re doing. If a volunteer has been with a family for a long time, we usually give them a break for a little while after the patient has died. We always keep their feelings in mind.”

Hall and other hospice leaders honor volunteers each year at a special banquet held at the Piedmont Club. Volunteers of the year are named for both at-home support and for

work at the hospice home, and volunteers are recognized for their years of service. Most of all, it’s a time for the volunteers to enjoy fellowship and for hospice staff to let them know how much their contributions are valued.

Hall said she visits health fairs, college community service fairs, and other community events to recruit volunteers. But many come to her word-of-mouth or after visiting a friend or loved one at the hospice.



Each fall, Spartanburg Regional Hospice hosts a volunteer recognition banquet.

“We have a wide variety of people, and it’s wonderful to see them come together for a common purpose – making a difference for hospice patients and families,” she said.

If you are interested in becoming a Spartanburg Regional Hospice volunteer, contact Kelly Hall at 864-560-5636 or khall2@srhs.com.

To donate to Spartanburg Regional Foundation’s Hospice Special Needs Fund, contact Gina De La Cruz Turcotte at 864-560-6725 or gturcotte@srhs.com.



hope blooms for HOSPICE

Luncheon Supports Hospice Patients and Families



The fifth annual Hope Blooms for Hospice luncheon was held May 2 at the Spartanburg Marriott. The program featured perspectives on end-of-life care and honored the work of Spartanburg Regional Hospice caregivers. The sold-out luncheon grossed \$142,000. Proceeds benefit the Spartanburg Regional Foundation's Hospice Special Needs Fund.

We want to thank Hope Blooms sponsors and table hosts, as well as all who purchased tickets and attended for making this year's luncheon a success.



To learn more about becoming a Hope Blooms sponsor, please contact Gina De La Cruz Turcotte at 864-560-6725.

Thank You to Our 2019 Hope Blooms for Hospice Co-Chairs and Sponsors

Honorary Co-Chairs

- Libby Lowndes
- Vicky McAbee Noe

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- Marsha and Jimmy Gibbs**

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Silver Sponsors

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- Spartanburg Regional Palliative Care Medicine Physicians**



- Spartanburg Regional Senior Health Physicians**
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- Palmetto Sound Works**



Table Hosts

Thank You to our Table Hosts!

- The Berlines** (In memory of the families our company has served)
- Blakely Funeral Home and Crematory**
- Panny and Skipper Brawley*
- Mary Lee Cantey* and Peter Moore** (In memory of Peggy Bettis)
- Cedar Springs Family Dentistry, LLC* (In honor and memory of our patients and families)
- Sally Chambers and Libby Lowndes* (In memory of Rebecca Ramsaur Pennell)
- Mr. and Mrs. William V. Cummings* (In memory of Mr. and Mrs. Irving W. Blake)
- Dr. and Mrs. Caesar P. De La Cruz (In memory of Helen S. Ordoneza)
- Dunbar Funeral and Crematory*
- April and Danny Falatok* (In memory of W.H. Peeler)



- Bill Fitch (In memory of Beth Fitch)
- Gosnell Menard Robinson Infante CPAs PA**
- Catherine Gramling (In memory of Liz Patterson)
- Kerin Hannah* (In memory of Elsa C. Fleming)
- Home Instead Senior Care/ 3 Hearts LLC*
- Cynthia B. Hutto (In honor of Corporate Integrity and Research Compliance Departments)
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- Susan Hodge Irwin* (In memory of Dr. G.B. and Katie Hodge)
- J. F. Floyd Mortuary, Crematory and Cemeteries** (In honor of the families we have served)
- Jo Ann McMillan** (In memory of Bill Brady and Bill Seidman)
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- Kim and Jimmie Ross** (In memory of Phillip Warren)
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- Spartanburg Hospital for Restorative Care* (In honor of Linda Edmond)
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* Sponsor of Hope Blooms for two or more years

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Light Bulb Provides "Calming" Effect

Connects Hospice Home to Local Arts Community

When artist Jeremy Kemp was selected to paint one of 28 giant fiberglass light bulbs as part of the Spartanburg Art Museum's "Lighten Up Spartanburg" public art project, he had no idea where his creation would end up.

The light bulbs, each given a unique design by local artists, were sponsored by businesses and arts advocates and placed in various locations throughout town.

Thanks to Kerin Hannah's bright idea – pun intended – Kemp's work can be found in the garden at the Spartanburg Regional Hospice Home.

Hannah is a member of the Spartanburg Art Museum's board of directors and a former member of the Spartanburg Regional Foundation Hospice Division board. In Kemp's artwork, she saw an opportunity to bring together two causes she cares deeply about.

"I remember from my time on the Hospice Division board, we wanted the back of the hospice home to be open to the families and we wanted to do something grand," Hannah said. "There are flowers and all these different places where you can sit and reflect or rest or have discussion with another family member. And it's beautiful and serene."

Hannah believed that Kemp's light bulb artwork would be a perfect addition. She was drawn to its shades of blue and wave-like imagery.

"This bulb was something that I thought was calming," she said. "The colors, the way it moves – it's like water, and water is very calming."

A feeling of water and movement was what Kemp hoped to achieve with the light bulb. He titled it "The Swell."

Kim Ross, director of the hospice program, credited Hannah with securing the opportunity to have "The Swell" installed

at the hospice home. Spartanburg Regional Hospice paid for the artwork out of its operating budget.

Hannah has been a generous supporter of Spartanburg Regional Hospice over the years, contributing to fundraising events such as the Hope Blooms for Hospice luncheon and Light Up A Life that benefit the Foundation's Hospice Special Needs Fund.

"Kerin is a wonderful friend to our hospice program. In addition to being a donor, she has helped decorate for Christmas at the hospice home and helps plan and put on Light Up A Life. I can call her with anything, and she's willing to help," Ross said.

Hannah's aunt passed away at the hospice home.

"We all felt very good about this place," Hannah said. "The nurses were wonderful, the staff was wonderful, and you could open your doors and go out into the garden."

Now the garden is home to a unique work of art – a piece that connects the hospice home to the wider Spartanburg community, where the light bulbs have been on display in prominent locations since completion of the "Lighten Up Spartanburg" project.

Kemp appreciates the significance of the destination for his light bulb.

"I know it's a sad time for many people there, but to think of people seeing my artwork at the hospice home, that makes me feel good," he said.

We invite you to see the garden and light bulb installation at the Spartanburg Regional Hospice Home, located at 686 Jeff Davis Drive in Spartanburg.

Transported to a New Place Through Virtual Reality

There may be something you never got to do, like travel to the Grand Canyon. Or maybe you want to see the beach again.

But traveling while in hospice care is not always an option.

Now, through Spartanburg Regional Hospice and the Foundation, patients can be transported to another place through virtual reality without leaving their bed.

All it takes is a special viewer and a smart phone. The hospice team uses 3D videos to simulate the experience.

"From the Eiffel Tower, to their hometown, to the World War II Memorial, the patient is immersed in a different place," said Kelly Hall, hospice volunteer coordinator. "This can be used as a distraction to help a patient forget about their pain, but also as entertainment or a bucket list item."

Recently one patient was able to go to Disney World in Florida through virtual reality.

"He hadn't been to Disney World since 1979 and wanted to see how it had changed," said Katie Harbin, chaplain and bereavement counselor. "He was able to experience Disney as part of the crowd."



Virtual reality is a simple process. The smart phone is slipped into a viewer, purchased by the Spartanburg Regional Foundation. The video moves with the patient as they look from side to side or move forward.

While virtual reality can be fun for the patient, it brings more than entertainment.

"Patients experience decreased levels of stress, and they may be experiencing joy for the first time in a long time," said Andrew Fisher, chaplain and bereavement counselor. "For patients who are bed bound, it makes them feel like they aren't stuck in their bed for once."

Harbin counsels patients in guided imagery, where they close their eyes and think of positive images and places as a form of therapy to bring them peace. Virtual reality takes this a step further.



"He hadn't been to Disney World since 1979 and wanted to see how it had changed," said Katie Harbin, chaplain and bereavement counselor. "He was able to experience Disney as part of the crowd."

"This allows patients to take time away from reality," Harbin says. "It's another way to bring them peace."

"When people become ill, their lives become their illness," Fisher said. "This is one way we are allowing them to take their lives back."

If you would like to support the Spartanburg Regional Foundation Hospice Special Needs Fund, call Gina De La Cruz Turcotte at 864-560-6725.

Spartanburg Regional Foundation Hospice Division Board Member Brings "Wealth of Knowledge"

Jeff Barker moved to Spartanburg 17 years ago to work as an administrator at Converse College. With him, he brought valuable experience in the field of health care and, in particular, hospice.

Barker holds a doctoral degree in philosophy and specializes in biomedical ethics, a field that is concerned with questions surrounding patient safety, allocation of resources, and other moral issues related to the practice of medicine. While working at a college in Reading, Pa. during the 1980s, he led the creation of an ethics committee for an HIV/AIDS hospice program.

It was in the early years of the AIDS epidemic, and there was great stigma surrounding the disease. There were no effective treatments for AIDS, and the public was frightened. Many patients were shunned by their families. The need for compassionate, high-quality care in a specialized setting was tremendous.

"If you didn't live through that era, it would be difficult to understand what people were going through," Barker said.

Barker was passionate about serving the HIV/AIDS hospice population, and he gained a deep appreciation for those who care for patients with a terminal diagnosis.

After he settled in Spartanburg, where he now serves as the Converse provost, local health advocates learned about Barker's work in Pennsylvania. He became a member of the Institutional Review Board for Spartanburg Regional Healthcare System and joined the Spartanburg Regional Foundation Hospice Division board in 2006. He started his third term as a board member in 2018.

Barker chaired the board when the Spartanburg Regional Hospice Home was built. Along with other board members and Spartanburg Regional Healthcare System leaders, he visited hospice facilities in other communities "to see what they had done well and also what mistakes they had made."

And as planning for the hospice home was underway, he played a key role in fundraising efforts.

"I don't mind asking for money when I know that we're putting people together with something they truly care about," he said. "That was the case with the hospice home."

Barker has been a supporter of other fundraising and volunteer efforts as well, contributing to such events as the Hope Blooms for Hospice luncheon and the Easter and Thanksgiving delivery of meals to patients and families. His son used to ride with him to deliver meals, and Barker said the experience was a very important part of his education.

Spartanburg Regional Hospice director Kim Ross recalled that one year, the Barkers delivered a meal to a patient whose birthday happened to be that very day.

"They stopped and bought flowers to help celebrate," Ross said. "The Barkers have been extremely committed to the holiday meals program."

As he looks to the future of Spartanburg Regional Hospice, Barker believes that fundraising in support of the Foundation's Hospice Special Needs Fund will continue to be important.

He envisions growth in the hospice program as more people move to the area and the population ages. And for low-income patients and their families, costs that aren't covered by private insurance or Medicaid – including non-medical expenses such as utilities – can be a significant burden. Barker said the Special Needs Fund can be used to help in such situations.

Gina De La Cruz Turcotte, who serves as the Foundation's Hospice Division liaison, touted Barker's experience and big-picture approach to the needs of the hospice program.

"We have a great group of board members," she said. "They bring diverse and impressive backgrounds and talents. In Jeff's case, he has so much history with our program and the world of hospice. He's made a tremendous impact and is truly a wealth of knowledge."

If you are interested in serving as a Spartanburg Regional Foundation Hospice Division board member, please contact Gina De La Cruz Turcotte at 864-560-6725.

"Jeff has so much history with our program and the world of hospice. He's made a tremendous impact and is truly a wealth of knowledge."

New Hospice Division Board Members Bring a Broad Base of Experience, Talents



PHIL PHILLIPS

Phil Phillips is returning to the Hospice Division Board, which he previously chaired. He is a well-known community leader, serving such organizations as the YMCA, the Spartanburg Area Chamber of Commerce, Westminster Presbyterian Church and the Rotary Club.

Phillips was a member of the Hospice Division Board during planning and fundraising for the Spartanburg Regional Hospice Home. Along with other board members and hospital leaders, he visited hospice facilities in other communities to learn from their experiences and support Spartanburg Regional's planning process. Phillips has supported events such as Hope Blooms for Hospice and the holiday meals program. He's among the volunteers who delivered meals to the homes of patients and family members at Easter and Thanksgiving.

"I look forward to speaking with the patients," he said. "I remember one who sticks in my mind: A gentleman said to come in, and he asked if we would pray for his wife. The experience is like an extension of church. What you're giving people is God-given."



LIBBY LOWNDES

Libby Lowndes is a Spartanburg Regional Hospice donor and advocate and a supporter of numerous community organizations. She has volunteered with Safe Homes Rape Crisis, Mary H. Wright Elementary School and Mobile Meals.

Spartanburg Regional Hospice provided end-of-life care for Lowndes' mother at the hospice home.

"Our family was able to spend time with my mother in a beautiful and nurturing setting," she said. "If we had not been afforded this, we would not have had this special time."

She looks forward to giving back as a Hospice Division board member.

"I consider it my way of paying back the special care my mother and family received. I hope that in serving on the board I may help others in their time of need."



KIMBERELY BROWN

Kimberely Brown is a reporter and weekend anchor for WSPA 7 News. Before moving to the Upstate, she served non-profit and professional organizations in Augusta, Ga.

Brown, who has won awards for her work in journalism, contributed to the success of the 2018 and 2019 Hope Blooms for Hospice luncheons, serving as emcee. She is pleased to join the Hospice Division Board.

"I'm grateful to be a part of the Hospice Division Board," she said. "It is a privilege to help our fellow man, especially during a time of transition."



JAN GOLDSTEIN

Jan Goldstein is the owner and administrative director of GTI Chemical Solutions, Inc. She is also an active community servant. She is a member of the Cancer Association of Spartanburg and Cherokee Counties board of directors and the Lady

Slipper Garden Club. The garden club is in the midst of an ongoing project to cultivate a flower garden behind the hospice home.

"Over the four years I have been involved with the Lady Slipper hospice home garden project, I have come to admire and respect even more the dedication, service to our community, and invaluable support offered by Spartanburg Regional Hospice" she said.

Goldstein said she's excited about serving on the Hospice Division Board.

"When asked to join the board, I was both honored and awed to become a small part of this organization," Goldstein said.



DAVID CATO

David Cato brings a strong background in issues affecting older citizens. Before relocating to Spartanburg in 2017, he was founder and owner of David Cato Designs, a Maryland-based company that assisted seniors in areas such as downsizing,

transportation, relocating, remodeling and advocacy. He is passionate about advocating for seniors, especially those who do not have a family support system.

In his volunteer work with seniors, Cato has become familiar with the world of hospice.

"It's such a worthwhile cause," he said. Cato is a gifted musician, with experience in piano performance, choral arranging and directing, music therapy and vocal coaching. He has also worked as a motivational speaker.

Paying for End-of-Life Care

How can we pay for the rising costs of health care? Concerns over these costs are shared not only by elected officials but by almost every family across the country. Many baby boomers are providing care for their aging parents just as they are facing their own healthcare issues.

Yet, for more than 30 years, the Medicare Hospice Benefit has provided a model for financing end-of-life care that can bring great relief and support to families during one of life’s most difficult times.

This benefit covers virtually all aspects of hospice care with little out-of-pocket expense to the patient or family. As a result, the financial burdens often associated with caring for a terminally ill patient are lifted.

Hospice care also offers support to the loved ones of the patient; bringing them an added level of relief, knowing their loved ones are being cared for as well.

Hospice is paid for through the Medicare Hospice Benefit, Medicaid Hospice Benefit, and most private insurers. If a person does not have coverage through Medicare, Medicaid or a private insurance company, Spartanburg Regional Hospice will work with the patient and their family to ensure needed services can be provided.

The Medicare Hospice Benefit covers the cost of the following services related to the hospice terminal diagnosis:

- Doctor services
- Nursing care
- Medical equipment (like wheelchairs or walkers)
- Medical supplies (like bandages and catheters)
- Drugs for symptom control and pain relief
- Home health aide and homemaker services
- Short-term care in the hospital, including respite and inpatient for pain and symptom management
- Physical and occupational therapy
- Speech therapy
- Social work services
- Dietary counseling
- Grief support

Hospice care involves a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the patient’s needs and wishes. Families making end-of-life decisions for a loved one need compassion and support, not financial worries. The Medicare Hospice Benefit helps alleviate these concerns.

To learn more, visit the hospice page at SpartanburgRegional.com or contact **Spartanburg Regional Hospice at 864-560-CARE.**



A Place For Respite

Spartanburg Regional Hospice Home is known for providing comfort and compassionate care during a patient’s final days. But it also serves patients who will return home following what’s known as a “respite” stay.

The hospice care team strives to keep patients comfortable in their own homes. But there are times that demand flexibility. Family members who help provide care may need to be out of town. They may need to take time to recharge.

Often, respite care is considered a benefit for family caregivers.

“The patient also can definitely benefit,” Barnwell said. “Some of them have been at home in bed for a long time, so this is a change of scenery and a chance to connect with new faces.”

Medicare provides patients with respite benefits – up to five consecutive days in an in-patient facility. Many hospice agencies contract with nursing homes that don’t specialize exclusively in caring for hospice patients.

Spartanburg Regional Healthcare System offers patients and families more with the hospice home. As Barnwell noted, the Spartanburg Regional Hospice Home staff “is specifically trained for hospice patients.”

And the environment is not institutional. “It’s a more calming, pleasant, home-like environment. We have space set aside for children. Patients and families can enjoy the serenity of the garden from the room or outside on the patio,” Barnwell said.

While hospice home staff provide around-the-clock care for patients in respite care, Barnwell said her team of outpatient nurses continues to make regular visits.

“Our nurses and social workers all continue to visit patients at the hospice home,” she said. “If the care team visited a patient

two times a week at their home, then try to do same when they are in respite care at the hospice home.”

This coordinated effort is all part of providing the best end-of-life care possible.

“I think Spartanburg Regional Hospice is special and unique,” Barnwell said. “Patients deserve the best experience possible, and everybody working with our program is truly called to be here.”

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

Hospice Easter Meals



On Saturday, April 20, meals prepared by Wade’s Restaurant were delivered to the homes of Spartanburg Regional Hospice patients and their families.

A team of more than 50 volunteers loaded meals into cars and made deliveries to 120 patient homes and to the Spartanburg Regional Hospice Home.



Thank you to all who donated and volunteered!



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For hospice referral information, please call 864-560-CARE

Contact the Foundation:

PO Box 2624
Spartanburg, SC 29304
RegionalFoundation.com
864-560-6727

