As we look back on our most recent Festival of Trees, Southeastern Hospice wants to give a huge thank you to the innovative and dedicated women known as the Friends of Hospice who created, designed and operated this year’s Santa Shop, which raised over $9000 for Robeson County’s only not-for-profit hospice agency!

With Fran Smart as their awesome leader, this hard-working group includes:

- Wanda Aguirre
- Colleen Brown
- Jackie Clark
- Lou Ann Cleveland
- Anne Crain
- Laurie Currie
- Sharon Hudler
- Priscilla Leazer
- Gwen McKiver
- Rebecca Miller
- Peg Paparella
- Shirley Stockton
- Charlotte Thompson
- Carol Wolff

These ladies gave of their varied talents and gifts to provide a beautiful and unique shopping experience for our guests. And we also want to thank the wide array of businesses and individuals who donated. Santa’s Shop is always a multitude of home-made items from our community’s most talented and generous folks.

Southeastern Hospice is proud to present our 2015 Spring Fling on Thursday, March 26th. We’re excited to offer “Women By Design” with three speakers addressing the uniqueness of women and celebrating their special qualities and characteristics. We will open the doors of the Osterneck Auditorium (across from Robeson County Public Library in Lumberton) at 6:15 PM with shopping and refreshments. The Friends of Hospice are known for their ability to garner some truly exceptional crafts and other offerings. Between our wonderful speakers which will begin at 7 PM, our extraordinary Emcee Jack Crain will conduct live auctions of some very special groupings of donated items. There will also be some remarkable raffle items as well as door prizes. Please call Sheryl Taylor at 910-734-2436 for tickets or more information. To donate, please see page 11.
The Heart of Hospice is published by Southeastern Hospice, a not-for-profit agency serving the terminally ill and their families. Southeastern Hospice is an affiliate of Southeastern Health has earned the American Nurses Credentialing Center’s (ANCC) prestigious designation of Magnet and is recognized for achieving the commitment level of the NC Awards for Excellence. This agency receives funding from United Way of Robeson County and benefits from their campaign efforts in our county.

Seeing the Good in Yourself

If you feel lost, disappointed, hesitant, or weak, return to yourself, to who you are, here and now and when you get there, you will discover yourself, like a lotus flower in full bloom, even in a muddy pond, beautiful and strong.

Masaru Emoto

Because our brains have a negativity bias, we are highly skilled at recognizing what is wrong with us. Some of us are skilled at reviewing our areas of challenge over and over until we feel really badly about ourselves. Try to remember that what we rest our attention on grows. When we have thoughts about our good qualities and our successes, the brain builds new structures around that awareness, which makes it easier for us to have more positive thoughts about ourselves. Just for today, try bringing awareness to your habit of focusing on what you perceive as wrong with you or where you perceive you have failed. Try to shift your attention to really focus on one of your good qualities or on something that you’ve been doing well lately. Notice what it feels like in your body, heart and mind when you focus on the good in yourself. See if you can allow your attention to rest on something good in yourself for about two minutes and just soak in the good feelings that this experience generates. And remember, what we rest our attention on grows.

COUNT THAT DAY LOST

If you sit down at set of sun
And count the acts that you have done,
And, counting, find
One self-denying deed, one word
That eased the heart of him who heard,
One glance most kind
That fell like sunshine where it went --
Then you may count that day well spent.
But if, through all the livelong day,
You’ve cheered no heart, by yea or nay --
If, through it all
You’ve nothing done that you can trace
That brought the sunshine to one face--
No act most small
That helped some soul and nothing cost --
Then count that day as worse than lost.
George Eliot

Sometimes a short walk down memory lane is all it takes to appreciate where you are today.

Susan Gale

The tongue is a small thing, but what ENORMOUS damage it can do.
To whom it may concern:

I recently traveled down a meandering street that opened up to a place with grounds which were beautifully landscaped, a discreet building tucked away like an oasis in a desert land. Before me I soon would discover a place that was designed to provide a refuge for the young and the old alike. How could I know that in just a few seconds my life would spin like a powerful storm and would be forever redefined?

I know each day is a gift from God. Yesterday is gone, and tomorrow is a promissory note. I realized this statement as a truth more today than I did several weeks ago. As I sit here and attempt to send a message of gratitude, tears well in my eyes. Because of love, someone had the vision, the fortitude, the resources and the connections with generous donors so that the people of Robeson County might have a wonderful place to spend their final days on earth in comfort and to go peacefully and in dignity. Because of love, every detail that went into the planning and realization of Southeastern Hospice House has resulted in a place of refuge in the midst of life’s storm for so many families.

From the minute I stepped foot in the door and was greeted, I felt the unpretentious love and concern from everyone. Because of love, there is a wonderful staff and gracious volunteers that God has ordained and angels hover over, giving them strength, wisdom and a tranquil loving spirit. Because of love, there is an environment filled with quality care for those who are in great need of relief and attention.

Nothing and no one can prepare you for the departure of a loved one. But, because of love, I was able to sit by the bedside of a brother and spend quality time during his final days of life. The professional staff of Southeastern Hospice House does a phenomenal job of making you comfortable as you release your loved ones into their care. The staff comfort the family’s hurting heart without saying a word. They have a gentle and quiet manner of understanding your pain. Their quiet, yet constant, presence allows you to focus on your loved one and close out the rest of the world. This superb staff has the ability to make the person who is nearing their eternal resting place at ease, assured they are being loved and provided quality care. My brother knew within his first hour at Southeastern Hospice House that he was in the right place.

The facility is wonderfully designed. Many of the comforts of home are at your fingertips. The beauty of the grounds and the building pales in comparison to the inner beauty of the staff and the quality of patient care. It is evident that patient care is top priority to all those affiliated with Southeastern Hospice House. I have pondered for some weeks on the right words that might express my gratitude. I simply say, Thank You. To every person that continues to contribute to this place of love, bless you. Because God so loved the world that He gave His only Son that we might have life everlasting . . . . . May His love continue to fill your heart with a passion to love others.

Respectfully - A Recent Family Member
Traditional marriage vows generally contain the words "through sickness and in health." But, for some, chronic sickness in the form of a painful disease can come close to defining their lives. Ann Becker-Schutte, Ph.D., a Licensed Psychologist says, "Being the primary caregiver for a spouse with serious illness creates several key emotional burdens. The first is that it is incredibly painful to watch someone that you love suffer and to be limited in your ability to alleviate that suffering. The second is the expectation that caregivers often place on themselves to be available 24/7, without relief. Caregivers often report feeling guilt about their own fatigue and need for a break. Because of these challenges, it is incredibly important for primary caregivers to have support of their own." Caregivers need to take care of themselves and the wise ones find ways to do this. Here are some suggestions:

**Tips**

- **Self-preservation:** Attitude matters! Life will always present problems - otherwise known as challenges! How we approach them makes all the difference. If we see problems as puzzles that need solving, solve them by researching, asking those who may know, thinking out-of-the-box and believing that an answer exists somewhere.
- **Stay social:** Get together with friends, family and neighbors. Don't wait for them to call. You can start the conversation and keep it going.
- **Ask for help:** Many people assume that family caregivers don't need or want help because they aren't asked or their offer to help is not taken. Then the communication stops because each one is waiting for the other to come forward.
- **Faith:** Faith can sustain one - reminding they are never alone.
- **Humor:** It's okay—even necessary—to laugh!
- **Show your love:** Show the people who are special to you that they are special to you.
- **Become an advocate:** Become an advocate for loved ones and learn to speak up for them. This can be a very important part of being a family caregiver.
- **Diplomacy and gratitude are more effective than aggression:** Gather the cooperation of nurses, doctors, insurance companies and others by being respectful and friendly, yet assertive. Perhaps you could take cookies to the doctor's and pharmacy staff to thank them for their service.
- **Gratitude:** Be grateful for being healthy enough and able to be a family caregiver. Realize it could just as easily have been you who got ill.
- **Caregiving is a family affair:** Teamwork works. Recruit family caregivers to create a care team that will pitch in for various tasks.
- **Resilience:** We can bounce back from any adversity. Put things into perspective. Educate yourself on the subject, instead of jumping to negative conclusions.
- **Hiccups happen to everyone:** Re-think, search for a new way forward. Choose to move past the challenge and you will find a way.
- **Go with the flow:** Caregiving can undo the best laid plans. So anticipate and take steps to take care of situations that may come up in caregiving, but accept the fact that something else may come up—and it will.
- **Invest in yourself:** Take good care of your own health or you may lose it. You owe it to yourself. How? Where there's a will, there's a way. Check online and local resources. Attend support groups, teleconferences or workshops for guidance.

The same boiling water that softens the potato also hardens the egg. It's not about the circumstance, but rather what you are made of.

Which of the above items does not belong in the group?

Answer on page 6

You're not REALLY rich, until you have something that money can't buy!
Sponsored by the Lumber River Council of Governments, the Robeson County End of Life Coalition is a group of agencies from around our county that strive to provide much needed education to the public around the issues of dying by planning and executing an annual conference. This year’s theme is “Ethical Issues of Life and Death in Today’s World.”

**BRAIN DEATH: AN OVERVIEW**
Lt. Col. Joyce Stanley (retired)
Dr. Jennifer W. Twaddell
UNCP School of Nursing

**CHOICES AT THE END OF LIFE**
Melissa A. Memoli, RN, BSN, CHPN
Southeastern Hospice

**ORGAN DONATION**
Taylor Anderton, Carolina Donor Services

**THEORIES OF LIFE & DEATH**
Dr. James McLeod,
AJ Robinson Clinic/Southeastern Health

Myth: Hospice means that the patient will soon die.
Fact: Receiving hospice care does not mean giving up hope or that death is imminent. The earlier an individual receives hospice care, the more opportunity there is to stabilize a patient’s medical condition and attend other needs.

Myth: Hospice is only for cancer patients.
Fact: A large number of hospice patients have congestive heart failure, Alzheimer’s disease or dementia, lung, liver or kidney disease, Parkinson’s or other conditions.

Myth: Patients can only receive hospice care for a limited amount of time.
Fact: The Medicare benefit, and most private insurance, pays for hospice care as long as the patient continues to meet the criteria necessary.

Patients may come on and off hospice care, and re-enroll in hospice care, as needed.

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**2015 Robeson County End of Life Coalition presents**

**Ethical Issues of Life & Death in Today’s World**

**April 23, 2015 8:30 A.M - 4 P.M**

**Wesley Pines** 1000 Wesley Pines Rd. Lumberton

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**REGISTRATION**

*Early Registration: Save $10 if received by April 7, 2015*

<table>
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<tr>
<th>Professional/Agency Staff</th>
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<td>Students, Volunteers and Family Caregivers</td>
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Please Print

Name:_______________________________________
Address:_____________________________________
City:________________________________________
State:__________________    Zip:_______________
Telephone:__________________________________
Organization:_________________________________
Job Title:____________________________________

Circle one:     Professional       or    Non-professional

Registration and payment due by April 16, 2015
5.50 CEU’s / No refunds

Make checks payable and mail registration to:
Lumber River Council of Governments
30CJWalker Road-COMtech Park
Pembroke, NC 28373-7340
Phone: (910) 618-5533
Fax: (910) 521-7556

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**BEAUTIFUL THOUGHTS**

Build a Beautiful Soul.

There’s always something beautiful to be experienced wherever you are.
Wayne Dyer
National Healthcare Decisions Day is a national initiative to encourage adults of all ages to plan ahead of a health crisis. Making decisions ahead of time and putting your wishes in writing brings peace of mind to families. It helps to avoid the difficult situations that are so common when a person becomes seriously ill and the family is left to guess what their loved one would have wanted. Another goal of this annual event is to encourage health care providers to discuss the topic with their patients.

Last year, hundreds of hospices, hospitals, places of worship, community groups and workplaces, including Southeastern Health, used National Healthcare Decisions Day to step up their community outreach efforts. Once again, advance directives, witnesses and notaries will be available to the public at Southeastern Regional Medical Center Thursday, April 16. There is no charge.

For questions or more information, please call Chaplain Dean Carter at 910-672-5031.

Southeastern Hospice will hold a new volunteer training course on Thursdays beginning April 2 and ending April 16 from 9:30 AM - 2 PM LUNCH WILL BE SERVED at Southeastern Home Care Services 2002 N. Cedar Street in Lumberton.

Please be committed to attend each and every session.

Name ________________________________________
Address________________________________________
City___________________________Zip______________
Phone _________________________________________
Email __________________________________________

Note: Volunteers must consent to a background check (paid for by the agency), a flu vaccination and TB skin test (provided by the agency).

After receiving your registration form, further information will be mailed to you.

Deadline Friday, March 27, 2015

For more information, please call Sheryl Taylor at 910-735-8915.

Please return form to:
Southeastern Hospice
Attention: Volunteer Program
2002 N. Cedar Street
Lumberton, NC 28358

A meaningful life is not being rich, popular, highly educated or perfect . . . It is about being real, being humble, being able to share ourselves & touch the lives of others. It is only then that we have a full, happy & contented life.
The “Walk of Love” at Southeastern Hospice House continues to expand, and we invite you to assist Robeson County’s only not-for-profit hospice and its in-patient hospice facility while also honoring or memorializing a loved one by purchasing a beautifully engraved brick! Your $100 donation will enable you to place a permanent paver with the name of your loved one, club, business, or church’s name, etc. or even yourself in the front garden area of Southeastern Hospice House. These nutmeg-colored bricks will make fantastic gifts for that person on your list who has everything.

Each brick may have up to 3 lines with 20 characters per line. (Spaces and punctuation count as characters.) Dates are not permitted. Southeastern Hospice House will be unable to print passages from any sacred texts, religious references, or political phrases. Those who purchase a paver will be notified when their bricks have arrived and become a permanent part of the Walk of Love. We truly appreciate your support!

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This brick is purchased □ in memory or □ in honor of: ____________________________

Send acknowledgement to: Name(s) ____________________________

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□ I wish this gift to remain anonymous.

Please make checks/money orders payable to Southeastern Health Foundation

$ mail to PO Box 1408, Lumberton NC 28359.

Your contribution is tax deductible, $ you will receive a receipt.

The reality is that you will grieve forever. You will not “get over” the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same.

Nor should you be the same, nor would you want to be.

Elizabeth Kubler-Ross & John Kessler

Don’t start your day with the broken pieces of yesterday.

Every day is a fresh start - a new beginning.

Every morning we wake up is the first day of your new life.
Beautiful people are not always good people, but good people are ALWAYS beautiful!
One of the biggest highlights of each Festival of Trees is the Carolina Shaggers coming to present the funds raised during their annual Carolina Shaggers’ Charity Golf Classic Tournament. The $5,000 donation to Southeastern Hospice House will aid our area’s only not-for-profit hospice facility.

Pictured at the check presentation on Dec. 9 during the Festival of Trees, from left, are Southeastern Hospice House Manager Cathy Hardee, Southeastern Hospice Manager Melissa Memoli, Southeastern Health Foundation Director Sissy Grantham, Southeastern Hospice/Home Care Services Director Vickie Atkinson, Carolina Shaggers Tournament Chair Buddy Bodiford, Tournament Treasurer Gregory Price, and Tournament Committee Member Dixon Ivey.

### DONATIONS:
- M/M Bobby R. Barnes
- Bethesda United Methodist Women
- Dorothy L. Blue
- M/M Woodberry Bowen
- Juliet Brayboy
- Frances Brock
- Lillian Buie
- Carolina Shaggers Golf Tournament
- The Carolinas for Hospice & End of Life Care
- Duke Energy Carolinas
- Gardenettes of Lumberton
- Doris H. Hall
- R. J. & J. P. Nelson
- Dr. Colin P. Osborne, III
- Furman Oxendine
- Robeson-Lumberton Kiwanis
- Scotty Thompson Design Center
- Senior Traveling Companions
- United Way of Robeson County
- M/M Mack D. Walters
- Ruth B. Weaver

### Today’s To-Do List
1. Practice kindness
2. Let go of what I can’t control
3. Count my blessings
4. Instill calmness around me
5. Share my light with others

### DONATION
Please bring to Southeastern Hospice at 2002 N. Cedar Street, Lumberton

- Patient/Baby Monitors - new or used
- Adult-sized diapers
- Individually-wrapped paper towels
- Individually-wrapped toilet paper
- Dry shampoo/Baby Wipes
- Adult-size pre-moistened towelettes
- Boxes of tissue/ Pump hand soap
- Liquid nutritional supplements (Boost, Ensure, Equate, Resource, Breeze, Carnation Instant Breakfast, Glucerna)
Please bring to Southeastern Hospice House
at 1100 Pine Run Dr, Lumberton
Individually-wrapped snacks
canned drinks/bottled water
Hotel-sized soap/shampoo

Microwavable non-perishable meals
We are grateful for all the community support we receive which assists us in providing excellent quality care and assistance to the many deserving.
DONATIONS

Baltimore Baptist Church
Bayside Baptist Church
Bloomingdale Baptist Church
Dr/M Joseph Brum
Carolina Shaggers
Charity Golf Classic
Eugene Caulder
Hyde Park Baptist Church -
Golden Rule SS Class
Tracey Hobo
Holy Swamp Baptist Youth
M/M James P. Jernigan
Elizabeth B. Johnson
Kerns Family
Lumberton Baptist Church
Sally Maynor

John Luther McLean and
Isabelle Gray McLean Trust
M/M William L. Melton
North Lumberton Baptist Church
Oakdale Baptist Church
Tina Peagler Emanuel
Red Springs Presbyterian Church
Robeson Regional Agricultural Fair
The Rock Church of God -
Young Adult SS Class
M/M Steven A. Shearin
Senior Traveling Companions
M/M Horace E. Stacy, Jr
TRUIST
United Way of Robeson County
West Lumberton Baptist Church
White Lake Baptist Church WMU

We truly appreciate each and every contribution made.
We honestly make every effort to register all memorials, honors, and donations correctly.
If you see an error, please tell us so we can correct it in the next issue of Heart of Hospice.
Call 910-735-8915.
THANK YOU!

Memorials & Donations
October - December 2014

Name ________________________________________________
Address ________________________________________________
City ______________________________  Zip ________________
Description: ____________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Non-perishable items can be delivered to Southeastern Home Care Services at 2002 N. Cedar St in Lumberton before March 26th during business hours (8AM - 5PM Monday through Friday).

Food items can be brought to the Osterneck Auditorium March 26th from 10 AM - 2 PM.

If you have any questions or would like us to pick up your donation, please call 735-8915 or email taylor25@srmc.org.

THANK YOU SO MUCH FOR YOUR SUPPORT & GENEROSITY!!

Thursday, March 26
Osterneck Auditorium
Proceeds benefit: Southeastern Hospice,
Southeastern Hospice House & Camp Care – a weekend bereavement camp for children.

SUCCESS MEANS WE GO TO SLEEP AT NIGHT KNOWING OUR GIFTS AND TALENTS WERE USED IN A WAY THAT SERVED OTHERS.
Robeson County’s only not-for-profit hospice agency!

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Executive Director          Vickie Atkinson, RN, MSN
Medical Director           Godfrey Onime, MD
Accounts Supervisor        Dianna Blackmon
Social Worker              Shane Brown, MSW, LCSW-P
Chaplain/Bereavement Care  Bonnie Reedy, M. Div
Volunteer Program Leader/  Sheryl Taylor, BSW
Heart of Hospice Editor
Intake Representatives     Sabrina Scott
                           Wendy Palmer
                           Shelia Perez

ADJUNCT STAFF
SRMC Dietitian Consultant  Pattie Ramsaur, RD, LDN
Pharmacist Consultant      Tina Bullard, R Ph
Community Liaison          Kimberly Walters, RN
Home Health                Shannon Willoughby
Accounts Clerk

IN HOME HOSPICE
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Nurses                     Brandi Davis, RN
Certified Nursing Assistants
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                           Tracy Hunt
                           Carolyn Brewwinton
                           Maxie Locklear
                           Mary Stephens
Home Health Nurses         Shelia Williams
Accounts Clerk/Secretary   HOSPICE HOUSE
Hospice Doctor             Robin Peace, MD
Unit Manager               Cathy Hardee, RN, BSN
Nurses                     Sue Barnhill, RN
Certified Nursing Assistants
                           Iris Collins-Boutselis, RN
                           Danielle Dial, RN
                           Chassity McGirt, RN
                           Cecelia Oxendine, RN
                           Sheena Rexrode, RN
                           Mittie Wooten, RN, BSN
                           Joyce Bullock
                           Judy Horton
                           Linda Hunt
                           Mary McNair
Accounts Clerk/Secretary   Hannah Cummings

2002 N. Cedar Street
Lumberton, NC 28358
910-671-5655 Phone
910-739-3551 Fax