

A Message from the Chairman

by Adam L. Shealy

On behalf of the Board of Directors, I am pleased to welcome our new President and CEO, Chris Comeaux, back to Four Seasons.

In the last issue of Life Lines, I announced that Cherry Meier had resigned and that the Board of Directors had begun a national CEO search. Early in our search process, I had a conversation with Andrew Reed, a national hospice consultant, about possible candidates and learned that Chris Comeaux might be interested in returning to Four Seasons. As you may know, Chris was formerly our CEO, but left in July, 2006 to pursue an opportunity to become Vice President of the Studer-Covenant Alliance, an organization that provides sophisticated consulting services to hospice organizations around the country.

The interview process with Chris was thorough and the Board asked him many hard questions about the direction that he would take the organization as well as his commitment to staying with Four Seasons for many years to come. Chris shared with the Board that, while he enjoyed his role with the Studer-Covenant Alliance and had learned to become a better executive through the experience and skills he had acquired there, his duties there required extensive travel and caused him to be away from his family for long periods of time. Chris is a person who puts his faith and his family above all else, so the opportunity to return to Henderson County was very appealing to him and his family at this point in his career. At the end of the process, the Board was convinced that Chris was the right person to lead our organization into the future. He is a dynamic leader

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FSH&PC... A Great Place

I can think of no better way to begin my new position with Four Seasons Hospice & Palliative Care than to say I am so honored for the opportunity to lead this great organization. I want to acknowledge Dr. John Morris and Honey Miller for the fine work they did in stepping up to the plate and providing leadership, focus, and guidance during these past 3 months for our staff and volunteers. They truly did an outstanding job.

My priorities for next few weeks will involve spending time with employees, our community partners (nursing homes, assisted living facilities, and hospitals), our referring physicians, our Board of Directors, and our volunteers. My goal is to really listen and understand where our organization is. I also plan on getting a good feel of where we need to go as an organization. Another priority for my first 30 days is related to the Certificate of Need for Elizabeth House. The State Medical Facilities Plan shows that we have a need for 7 more inpatient beds in Henderson County.

Speaking of future direction, I want to share with the community the upcoming challenges we will face with our hospice reimbursement. Currently, the latest Bush administration budget is proposing a 15% rate cut to hospices. While I don't think the cuts will be that drastic, I do think we will see some cuts in our hospice reimbursement to the tune of 4 to 5% for our next fiscal year. Should you be interested, our volunteer and

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Chris Comeaux
 Four Seasons Hospice & Palliative Care CEO



Dr. Kathleen McGrady

A Tribute to Dr. Kathleen McGrady

It has been said that a measure of a person's life is based on the impact the person has on the world around them. By that measure, Dr. Kathleen "Kay" McGrady was certainly a great person. Her life and influence touched many individuals and organizations in the community, including Four Seasons Hospice & Palliative Care. Her philanthropy and volunteer efforts over the past 19 years have helped make Henderson County a better place to live. Dr. McGrady died at her home on April 9th after a period of declining health.

She had been a caring supporter of Four Seasons Hospice & Palliative Care since she moved to the area in 1989. She served as a Board Member for six years, worked as a patient care and development volunteer, and consistently supported the organization financially. Dr. McGrady made the lead gift in two important Capital Campaigns for Four Seasons. The first campaign made possible the initial construction of Elizabeth House, the in-patient facility, in 1997. The second provided for the six-bed expansion of Elizabeth House in 2006. Her vision and leadership in making these gifts helped others see the importance of the building projects. The Elizabeth House is named in honor of Dr. McGrady's mother, Elizabeth Reilly, and the expansion was named the "Dr. Charles W. McGrady Wing" in memory of her husband.

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What to Say to a Grieving Friend

by Mark W. Neville, Bereavement Coordinator

A friend called me the other day because one of his friends was grieving. Her Dad had died. My friend felt bad because he hadn't called her. He hadn't called her because, in his words, "I didn't know what to say."

All of us know people who are grieving, if not the death of their dad, some other kind of loss. They might be grieving the loss of a child who is grown and leaving home, the loss of a job, the loss of a house and home by defaulting on a loan, or some other kind of loss.

Being with someone who is grieving can be difficult. We want to help them feel better. We want them to know that we care. We want to say or do something and like my friend, sometimes we delay because we don't know what to say.

My friend knew enough to know what not to say. He knew not to say to her things like:

"I know exactly how you feel. When my _____ died....."

"Your dad is in a better place now. He's not suffering anymore."

"Don't cry. You have to be strong and move forward. Put this behind you and move on. Isn't that what your dad would want?"

"Don't think about it so much. Get back in the groove of things and you'll feel better."

"If there's anything that I can do, please call."

Rarely, if ever, do clichés like these help us when we are grieving.

I commended my friend for being sensitive enough to not use the common, unhelpful clichés. I also commended him for being honest with himself about not knowing what to say to his grieving friend. Beyond being honest, he asked for help, "I feel awful that I haven't called her. What should I say?"

Here is the gist of what I told him. Perhaps you will find what I said helpful when you next talk with a grieving friend.

I said, "Say to her what you've been saying to me. When you talk with her, tell her that you have wanted to talk with her and offer her your condolences. Tell her how awful you feel for not talking with her sooner and that you just didn't know what to say. You were afraid that you would say something wrong and do more harm than good."

My friend listened closely and said, "Okay, I think I can do that. What else?"

I said, "Then tell her how sorry you are about her dad dying. If it feels right, you might say something like, 'Tell me about it. What happened?'"

Asking this kind of question allows her to talk. Let her talk about whatever she chooses to talk about. Just listen. Listen in a way that lets her know that you hear her. Say things like, 'I hear you' Or 'I'm listening' or 'I see' and 'What happened next?' or 'What was that like?'"

"Just let her talk. If she cries, let her cry. Tell her it's okay to cry and hand her some tissue."

"One of the best things that we can do for our grieving friends is to listen. Often they just need to talk to someone who is really present and listening. They don't really need advice. They will find their own way through their own grief. They do need friends who care enough to be present, ask sensitive questions, and just listen."

My friend appreciated what I said. He sounded confident and wanted to go and call his friend. I haven't heard back from him yet and look forward to talking with him again to see how it went. I hope that what I shared with him is helpful to you as well.

If you have a friend who is grieving the death of a loved one, in addition to being with them, allowing them to talk, and listening to them, you can also remind them that Four Seasons Hospice & Palliative Care has trained, professional people on staff who can help.

Just call us at 692-6178 and ask to speak with someone in the Bereavement Department. We would be glad to meet with them and care for them as they make their journey through grief.

A Great Place

continued from page 1

development departments have information about how you can write our Congressmen/Congresswomen and Senators about how such cuts would be challenging to our mission. In the meantime, our staff and volunteers will continue to provide the best possible care to our patients and families.

To close out my message, I don't come into my new position with some grand vision other than this: my vision is that Four Seasons Hospice & Palliative Care will be a great place for employees to work, for volunteers to give their time, for patients and families to receive care, and for referral sources to entrust the care of their patients. I do believe that this is something that speaks to the hearts and life purpose for all those connected to our organization. What a privilege to get up each day and strive for this. I am looking forward to it.

Four Seasons Hospice & Palliative Care Featured in the Wall Street Journal

Hospices Are a Growing Venue for Drug Trials

By Sarah Rubenstein
September 27, 2007; Page B1

The powerful drug that the hospice doctor had given Roy Neill helped relieve his shortness of breath. But the medicine that eased the symptoms of the chronic obstructive pulmonary disease that is killing him was also causing severe constipation. "It was a stressful time," says Mr. Neill, 67 years old. A hospice doctor caring for Mr. Neill at his home suggested he try an experimental drug, methylnaltrexone, designed to treat the constipation. After some thought, Mr. Neill decided to participate in the drug trial, though it would take effort. He learned to inject himself with the drug and kept notes on how it affected him. For Mr. Neill, the drug worked within 20 minutes.

Hospices are emerging as a new setting for drug trials as demand rises for medicines to address the needs of dying patients. Progenics Pharmaceuticals Inc., the small Tarrytown, N.Y. company seeking approval of methylnaltrexone, recently tested it among 287 patients, most of them in the final months of their lives and under the care of hospices. The constipation it aims to treat is often an agonizing side effect of opioid drugs such as morphine, commonly used to control pain in the terminally ill. The "greatest medical need for a drug like this is in patients at the end of life," says Paul Maddon, the company's chief executive officer.

The study reflects growing interest in clinical research for such patients and a belief among hospice organizations and academic researchers that dying patients have unique medical needs and not enough information on how best to meet them. But hospices pose especially thorny challenges for clin-

ical research. The programs, seen as an alternative to high-tech, high-cost intensive care units where many patients in the U.S. spend their final days, typically offer physical and emotional comfort rather than cures, and are often ill-suited to handle the rigors of a clinical trial because they lack the research staff common in hospitals.

Interest in clinical research for symptom relief is growing as the population ages and as new treatments keep those with illnesses such as cancer and heart disease alive longer. At the same time, hospice use is rising. "There has been, for a long time, a desire to have more of [the sickest] people in trials," says Robert Temple, director of the Food and Drug Administration's office of medical policy. Such ill people, for instance, are often on many drugs at once and may have impaired kidney, liver or heart functions that lead them to respond to treatment differently from healthier patients, he says.

Hospice and palliative medicine became an official medical subspecialty in the U.S. last October, encouraging more research-oriented doctors into the field. Drug makers are also seeing an opportunity for new products.

Four Seasons Hospice & Palliative Care in Flat Rock, N.C., started its own research department about two years ago, and last week began participation in a mid-stage study sponsored by GTx Inc., a small Tennessee company testing a drug to treat the deterioration of muscle mass in cancer patients, says Janet Bull, the hospice's medical director.

Progenics is among the first companies to conduct a late-stage, multi-hospice trial to seek FDA approval for a new drug. The company tested whether methylnaltrexone relieved constipation among patients taking opioid drugs who were expected to die within six months.

Four Seasons conducts 5-6 clinical trials at any given time. "The reason we started the department was to bring new therapies to patients that were otherwise unavailable, with the goal of helping improve quality of life and functional status," says Dr. Bull, the principal investigator on all of the trials. Most of the clinical trials are geared toward improving troublesome symptoms. The focus has been centered on treating

pain, constipation, shortness of breath, and weight loss. "Patients often tell me they feel they are leaving a legacy and find participating in trials a meaningful experience," says Lisa Massie, the lead clinical research coordinator. If you are interested in seeing if you qualify for a study, please call the Research Department of Four Seasons Hospice & Palliative Care at 233-0359.



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Heart Songs: A Friend and a Trusty Guitar

by Tricia Williams, Heart Songs Coordinator

A teenager and music are inseparable. It is as necessary to their life as their friends are, particularly during a period of grief for a significant loss, such as a parent. Music can be a comfort and provide hours of escape from reality, especially during a time of grief, when things are too tough for a teenager to deal with.

Music can also be a way to emote painful feelings. It has a transformative power that can facilitate a purposeful release of pain and suffering.

Music was already a part of 13-year-old Ashton Melton's favorite pastimes when he came to Heart Songs for grief counseling following the sudden and traumatic death of his father. He discovered that he was spending more time playing his guitar because it "felt good" and provided some comfort to him.

A goal of the counseling process is to help a client find and establish positive coping skills. Ashton already had baseball and his guitar, but during the fall and winter he needed the direction to focus on the one thing he could do well, so he began writing a song. Hearing the song for the first time, his counselor encouraged him to set the lyrics to music. As they brainstormed a theme, a connection between melody and meaning emerged and gave strength to his self-esteem.

Four Seasons Music Therapist Emily Keebler was integrated into the counseling process to provide greater guidance through her musical intervention. A common bond developed by joining Ashton in his goal of writing his song, and she gave him the support he needed toward the positive development of working through his grief. His song became a tribute to the strengths he found as he struggled through his grief. The music became a friend that would always be there to help.

How I Feel by Ashton Melton

It was during the summer I was in my room
Looking out the window at the sunset glow.

Playing guitar, watching baseball on TV
Dad's baseball glove and Logan staring at me.

While I was hiding how I really feel.
While I was hiding how I really feel.



It takes a friend that really cares to handle how I feel.
It takes a trusty guitar to help me cope with what is real.

Hearing the wind blow I was raking leaves with Dad
Next thing you know he's gone and I'm so sad.

Sitting at Beef O'Brady's with Panthers on the big screen
Hot wings and cheering alone for our favorite team.

While I was hiding how I really feel.
Lookin' at the blue sky and knowing it's real.



It takes a friend that really cares to handle how I feel.
It takes a trusty guitar to help me cope with what is real.

Playing in the snow, lots of hot cocoa
Walking to the barn having snowball fights

These were all my excites....
Opening presents and everyone around the Christmas Tree.

While I am hiding how I really feel.
While I am hiding how I really feel.

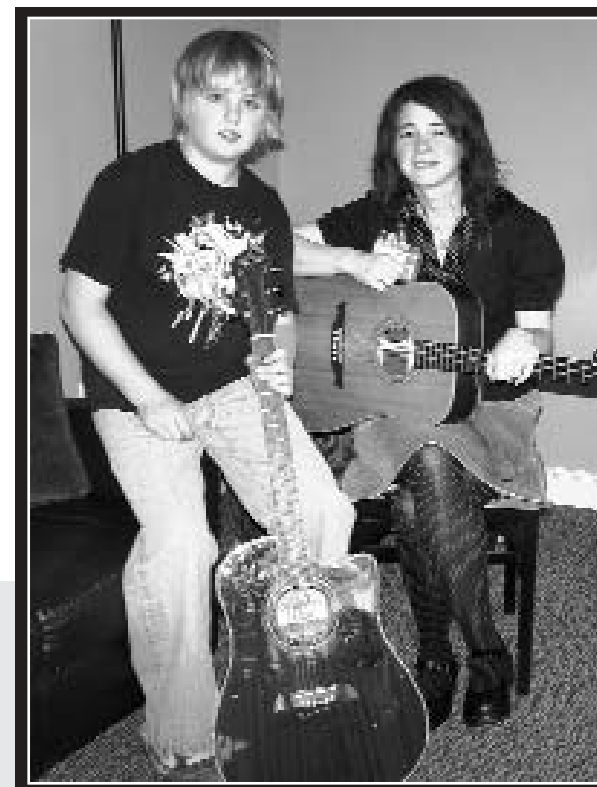


It takes a friend that really cares to handle how I feel.
It takes a trusty guitar to help me cope with what is real.

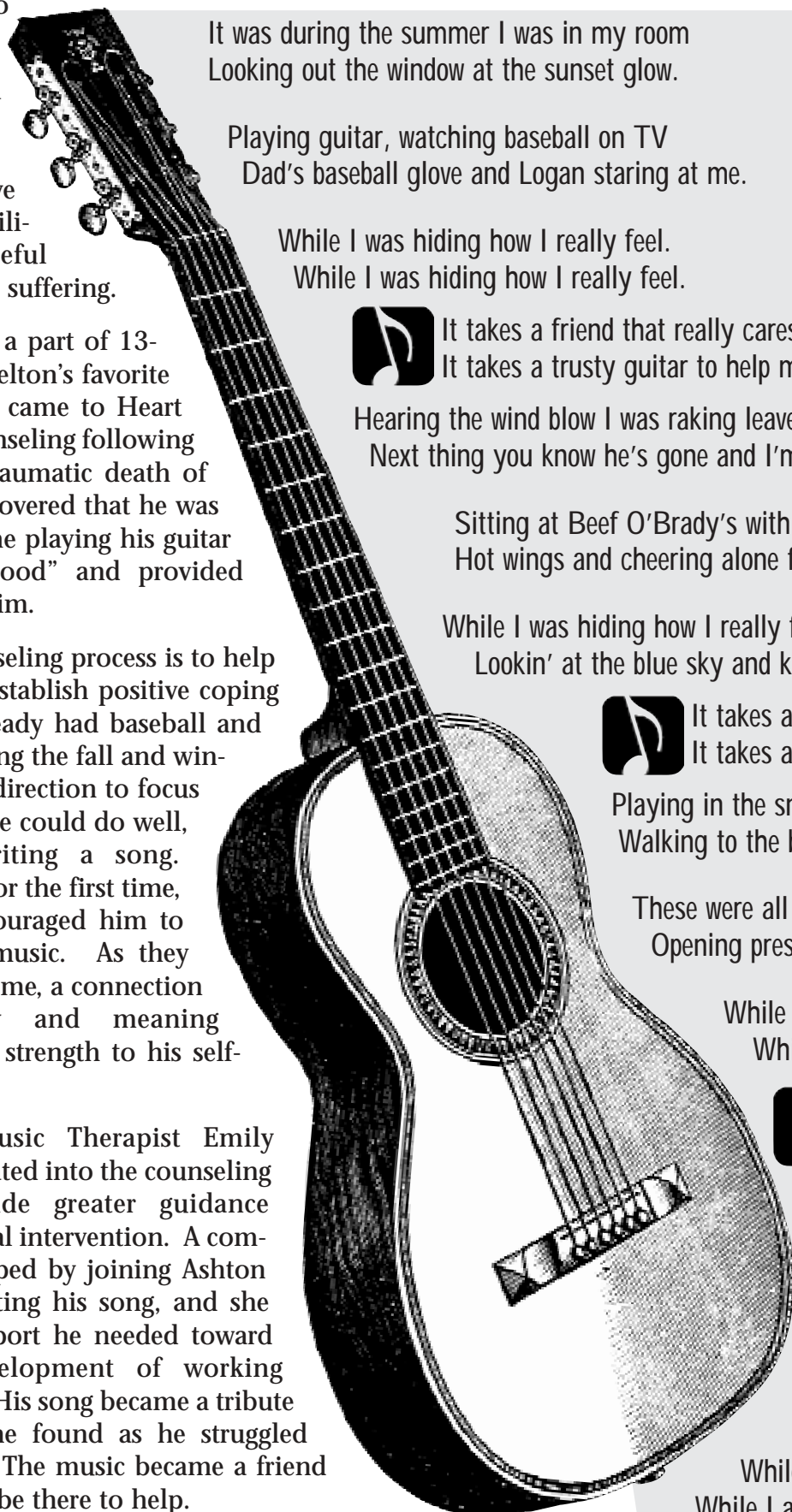
Sun is coming out – I am growing stronger
Having fun skate boarding – baseball – playing my guitar.

Gaining confidence in things I like to do
Knowing Dad's watching and saying "never give up".

While I am sharing how I feel.
While I am sharing how I feel.



Ashton Melton worked on music for his song with Music Therapist Emily Keebler.



Horse Rulz! Sharing the Journey

by Beth Chalmers, Bereavement Counselor

The Heart Songs program was honored to offer Horse Sense Support for Teens for a second time on Saturday April 12th. Six courageous teenagers attended the event. This collaborative program between Four Seasons Hospice & Palliative Care and Horse Sense of the Carolinas began in September of 2007 and has become a bi-annual event to support grieving teens.

The teens spent the day building relationships with the four-legged staff of Horse Sense – Hook, Scout, Dreamer and Captain – and with each other. Together, using “horse rules” (defined as no talking), they participated in group activities that encouraged communication, team work and problem solving. These activities gave the teens the opportunity to identify and express their feelings and learn new ways to cope and move forward on their grief journey.

The emphasis of the day was on building a connection with the horses, which occurred through activities such as grooming the horses and having one on one time with a horse to share feelings openly. The teens expressed feeling comforted by the horses as they were able to talk freely without being judged. They also realized the importance of friendship and learned new ways to take care of themselves and each other through the activities and experience with the horses.

We applaud the teens for their courage and participation in this program and look forward to offering this event again in October of 2008.



Teens bonded with Scout, Captain, Dreamer, and Hook during a day of equine assisted therapy to help them on their grief journeys.

A Tribute

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Dr. McGrady was a “hands on” volunteer for the organization as well. Most recently, she worked as a volunteer to ensure the success of the 3rd Annual “Live Well, Laugh Often, and Love Much” Auction and Gala.

“Dr. McGrady was a tremendous philanthropist, an outstanding spokesperson for our agency and a great advocate for hospice and palliative care services,” said Four Season President and CEO Chris Comeaux. “What we’ll be most thankful to Kay for is the passion from which she approached life. Hospice is about life, and Kay personified that in how she lived her life each day, with great passion!”



**Wish List Bulletin Board
Teddy Bears continue
to provide comfort!**



Thank you for your generosity during the holidays in providing those extra-special HUGS for our little visitors at the Elizabeth House. EVERY CHILD was able to share a Teddy Bear for comfort or take one home.

Our EH Staff thanks you too!! They know first hand how comforting and instrumental these loving stuffed animals have been!

We hope you will join us in continuing to donate brand new Teddy Bears to help keep our basket full!



**Please contact Tricia Williams at Greatrex Place
- 233-0334 or donate directly to the
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Thank you from the bottom of our Heart Songs!**

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Calling all Golfers... Your Support is Needed

Make plans now to attend the Four Seasons Hospice & Palliative Care 10th Annual Golf Tournament. The tournament is set for Monday, July 21st at Kenmure. Player fees are \$175 per person. Team and hole sponsorships are available.



Call Kathy Thielke at 233-0332 for more information.

Community Happenings



The Inn on Church Street presents...

Hendersonville's Amateur Chef "Cook Off"

Sunday, June 1, 2008
1 - 4 pm

An exciting amateur chef competition featuring recipes using North Carolina ingredients.

Tickets: \$50 each

Available at The Inn on Church Street and Four Seasons Hospice & Palliative Care

For more information, call The Inn on Church Street at 693-3258



All proceeds to benefit:

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If you would like to help support Four Seasons Hospice & Palliative Care but are unsure how you can manage it with a fixed income and rising cost of living, a planned gift may be the answer. Planned giving is any gift that is arranged or provided for during the donor's life time that may not actually be received in it's entirety until after the donor's death. Gifts can be made in a variety of ways based on your financial situation and the goals you want to achieve.

Types of planned gifts include:

- **Bequests**
Four Seasons Hospice & Palliative Care can be named in your will as a recipient of a specific amount of cash, percentage of your estate, stocks or other personal property. Your estate may receive a tax deduction for the amount contributed and you do not sacrifice income during your lifetime.
- **Life Insurance Gifts**
Four Seasons Hospice & Palliative Care can be named as a beneficiary of a life insurance policy.
- **Property and Life Estate Gifts**
You can donate your home or other property to Four Seasons now, but continue to use it throughout your and your spouse's lifetime.

For more information on these or other ideas for planned gifts, please call Tina Gentry at 692-6178.

The C.O.N.N.E.C.T.I.O.N.S. C

by Elaine McKinney, CONNECTIONS Coordinator

What is the C.O.N.N.E.C.T.I.O.N.S. Corner? It is a new program developed by Four Seasons Hospice & Palliative Care that assists patients, both hospice & palliative care, with special needs they might have at this time in their life. That's what it does, but what do the initials stand for? Community Outreach Networking for Needs, Education, & Contacts that Inform Others Needing Services. *Say that three times fast!*

Because Four Seasons Hospice & Palliative Care often has patients with more complicated needs and more difficult situations, we needed a program dedicated to those needs, and those families. The Caregiver Program was born and we began searching our community for resources to fit those needs. Now we not only access the community, but national resources as well, and C.O.N.N.E.C.T.I.O.N.S. is a reality.

How does C.O.N.N.E.C.T.I.O.N.S. help our patients? We connect patients, or their family members, to community resources they might need but are unaware are available. This program also assists with applications, the leg work, and moral support through the process. We access national programs as well and do research for specific needs. Connecting patients with resources is so important because it reduces stress for our patients, allowing for more quality time with family members.

FSH&PC is the only hospice to have this program at this time, although there have been many inquiries regarding how to duplicate this program around the country. Our organization is proud to be setting the standard for patient and family assistance with C.O.N.N.E.C.T.I.O.N.S.

C
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3rd Annual Auction & Gala Most Successful to Date

On April 3, 2008, over 150 people attended the 3rd Annual "Live Well, Laugh Often, Love Much" Auction and Gala at Kenmure.

Beginning at 6 pm, guests had the opportunity to bid on a wide variety of silent auction items donated from businesses and individuals in the community. Auctioneer Mark White kept things lively during the Live Auction, which included some very unique packages and trips donated from the community. Guests also enjoyed a delicious dinner and entertainment by comedian Sam Griesbaum.

Overall, \$45,057 was raised to support the services and programs of Four Seasons Hospice & Palliative Care.



Guests had the opportunity to bid on a wide variety of silent auction items donated from businesses and individuals in the community.

Four Seasons HOSPICE & Palliative Care would like to take this opportunity to thank the sponsors and donors who made our LIVE WELL ❖ LAUGH OFTEN ❖ LOVE MUCH event successful.

We are thankful for the gracious contributions from all of these businesses and individuals:

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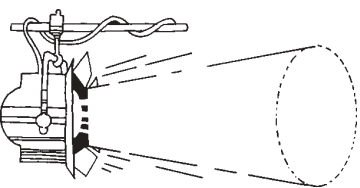
by Mary Cervini, CPPI

Many families who are in a crisis turn to organizations in our community for help. Community Partnership for Pets, Inc. (CPPI) is one of these groups.

CPPI is a 501c3 non-profit organization whose services include the following: low cost or free spay/neuter surgery for a family's pet, free short-term pet food assistance, and financial assistance toward veterinarian expense. In the past three years, CPPI has helped many Hospice and Palliative Care families and they look forward to continuing to help in any way they can.

If you and/or a family member has a pet and need assistance, please call CPPI at 693-5172 or email CPforPetsInc@aol.com or visit the website at www.communitypartnershipfor-pets.org.





This is the eighth in a series of articles highlighting the many volunteer opportunities at Four Seasons Hospice & Palliative Care. Watch for more volunteer profiles in coming issues of Life Lines.

Unique Service Offered to Hospice Patients

by Lora Mason, Director of Volunteer Services

Twice each month David Henry, a nationally board certified reflexologist, sees first hand the benefits that supportive, nurturing touch can provide to patients at Elizabeth House. Reflexology, similar to massage, focuses on the feet and hands and has been shown to successfully interrupt pain cycles as well as create a greater state of relaxation. Reflexology is one of several complementary therapies that volunteers offer to patients; others include massage as well as pet therapy. "Hospice care is built upon caring

for the whole person – mind, body, and spirit," said Rebekah Reeves, director of clinical services at Elizabeth House. "Complementary therapies like reflexology are extremely valuable and well-suited to end-of-life care."

While David provides reflexology to enhance comfort, he finds his time with patients is also spent listening to their hopes, joys, and fears. "Touch can break down barriers and allow people to open up and share their feelings," David said. "I'm honored to provide that."

"David Henry brings his professional, experienced skills of reflexology as well as a gift of healing presence to patients, families, and staff," said Reeves.

For David, the decision to change careers led to a life of giving. He worked for 30 years as a computer programmer before deciding to return to school to earn his certification in reflexology. He became interested in volunteering for hospice after a loved one was cared for by a hospice in Cleveland, Ohio. After moving here, David met the Four Seasons staff and was impressed by the dedication, compassion, and talent that he saw. "I wanted to be part of a team that genuinely loves what they do. It's sacred work to serve someone whose moments are so precious," he said.

There are many opportunities for volunteers to serve patients as well as provide support in the office. To learn more about joining the volunteer team, call Lora Mason at 233-0329.



David Henry provides reflexology treatments to Four Seasons patients.

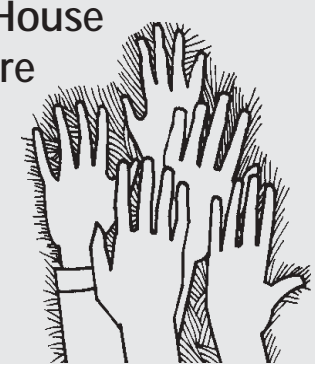
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- plan events?...
- organize?...
- sew?...

- help us in the garden at Elizabeth House
- volunteer in the Hospice Home Store
- tell others about our services
- volunteer with a patient
- help us with fundraising
- help out in the office
- make gowns & pillows for patients



From the Chairman

continued from page 1

and he possesses all of the leadership qualities that the Board was looking for in a candidate and that our staff indicated were important to them in surveys that were conducted by the Board.

Chris served as our President and CEO from May 2002 through July 2006. Under his leadership in that four year period, Four Seasons: grew from serving 30 patients per day to serving over 180; implemented a Palliative Care Program; successfully completed the single largest Capital Campaign in Henderson County - \$5.2 million- resulting in the new Clinical and Administrative Building and an expansion to

Elizabeth House; was chosen by Brown University for a study of successful partnerships between nursing homes and hospice facilities; received the Peter Keese Leadership award; and received numerous grants including those from the Duke Endowment, Janirve Foundation, Cummings Foundation, Kate B. Reynolds Foundation, Community Foundation of Henderson County, and the Kresge Foundation. Chris is currently a member of the National Hospice Workgroup and committee member of the National Hospice Governance Committee.

Chris has a nation-wide reputation as a leader in end-of-life care and has served on many local, state and national boards. The Board of Directors, staff and volunteers look forward to the future of the agency under his able leadership.

Four Seasons Staff Members Support Relay for Life

by Elaine McKinney, CONNECTIONS Coordinator

On May 30th and 31st the Relay for Life for Henderson County will be held at North Henderson High. Four Seasons Hospice & Palliative Care staff members have formed a team, *The Castaways*, and are dedicating all their efforts to staff members and volunteers of hospice who are cancer survivors. Activities begin at 6 pm with the survivors lap, and you won't want to miss the luminary laps. It's a very moving experience.

Four Seasons has already held several events to raise money: a chili cook-off, a calendar photo contest, a silent auction, a hot dog sale, A Time for Change (containers for collecting pocket change), and a softball tournament with WLOS. We will also have a book sale to wrap up our efforts.

FROM: SUSAN H.
RE: Chili Cook-off

On February 29th FSH&PC held their first Chili Cook-off to benefit the Relay for Life 2008. We had 13 tasty entries and made \$250 for the Relay for Life campaign! Congratulations to our First Place Winner Honey Miller and to our 4 way tie Second Place Winners: Amanda Bazan, Brandi Allison, Keith Fields & Yvette Smith! Way to go, folks! Once again, a big THANK YOU to everyone who helped made our first annual chili cook-off a great success.



FROM: DONNA N.
RE: Silent Auction

Staff and Volunteers contributed many wonderful items for us to sell at our staff silent auction from vintage Fiesta dinnerware to hand made scarves, doilies, baskets and jewelry to homemade lasagna dinners for four. The staff kept vigil over their chosen items throughout the day and when the bidding closed we had raised \$1,162. What a great win-win situation! Everyone walks away with a prized possession and the American Cancer Society gets that much closer to finding a cure.

RE: Softball Game

Saturday, May 3 was our annual softball game. This year four teams played a 'round robin' type of tournament. Burgers, hotdogs, chips and drinks were available at the games. Thanks to all who came to support us and help us reach our goal for Relay for Life!

FROM: LAURA B.
RE: Photo/Calendar Contest

For over two weeks we collected photos for our first annual "Relay for Life" calendar photo contest - 6 categories and 51 photos in all. We raised \$255 for Relay for Life! Employees and volunteers voted for their favorites and the top 12 will be made into a July-June calendar. Calendars will be available for \$15 each with all the proceeds going to benefit Relay for Life.

RE: Hot Dog Sale

Friday, April 11th, employees joined us at Greatrex Place for a hot dog lunch. We served up Nathan and Ballpark franks with all the trimmings (we even had some veggie dogs and fat-free dogs). We all had a great time AND we raised \$136 for Relay for Life.

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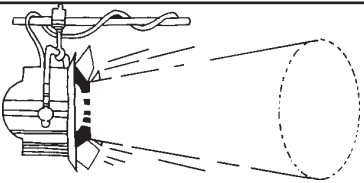
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Board Member Spotlight



Chuck McGrady

Community service comes naturally to Chuck McGrady, son of the late Dr. Kathleen McGrady, noted community philanthropist and volunteer. Chuck has been a Henderson County Commissioner since 2004. He is involved with numerous civic and governmental organizations, and most recently, joined the Four Seasons Hospice & Palliative Care Board of Directors for his second term.

Chuck was born in Baltimore, Maryland, but moved in 1971 to Cashiers, North Carolina, where his father raised Christmas trees and his mother practiced medicine as the only doctor in town. He graduated with a B.A. from Rhodes College in Memphis, Tennessee in 1975 and went on to earn his law degree from Walter F. George School of Law from Mercer University in Macon, Georgia.

Professionally, he worked as an instructor of law at Wayne State University and a law clerk for a federal judge in Cincinnati, Ohio. He practiced law in Atlanta in various positions from 1980 to 1992. In 1992, he and his family moved back to Western North Carolina. He had worked at Falling Creek Camp in Tuxedo when he was a young man, and, when he discovered that it was available for purchase, was able to realize a long held dream of moving back to the area. Falling Creek Camp is a summer camp for boys which offers a wide variety of outdoor activities. Chuck was owner/director of the camp for 15 years. Though no longer the owner, he remains involved as director emeritus of the camp.

Some of his other current community affiliations include: North Carolina Clean Water Management Trust Fund, 21st Century Transportation Committee, French Broad River Metropolitan Planning Organization, Henderson County Board of Social Services, Partners in Health Condominium Assoc., Land-of-Sky Regional Council of Governments, Henderson County Youth Leadership Program, Carolina Mountain Land Conservancy, American Camping Association, Muddy Sneakers (a new non-profit which hopes to give 5th and 6th grade children experimental outdoor education at DuPont State Forest and other public lands), and the Hendersonville Rotary Club. Chuck also served as the 47th president of the Sierra Club from 1998-2000, where he has held several other offices and appointments.

Chuck and his wife, Jean, have two children: a son, Steve, who attends Virginia Tech, and a daughter, Lisa, at Hendersonville High School. As a family man, and as a businessman, Chuck says he is strongly dedicated to ensure the future of Henderson County in the critical areas of health, safety, education and county finances.

Four Seasons Hospice & Palliative Care is an independent, non-profit, volunteer-supported organization led by a dedicated Board of Directors.

- Adam Shealy, *Chairman*
- Ken Adams, *Chair-Elect*
- Greg Burnette, *Treasurer*
- John Hill, MD, *Secretary*

- Shanda Bedoian
- Nancy Bouvet
- Tom Cooper
- Richard Fife, PhD
- John Goins
- Joel Hafer

- George Knudsen
- Keith Love
- David Manly, MD
- Chuck McGrady
- David Rhew
- Heather Stepp
- John Webb

We are collecting: old cell phones, Blackberries, Motorola pagers, and used toner and inkjet cartridges for our recycling program.

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Proceeds will benefit Four Seasons Hospice & Palliative Care patients and families.

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If you would like to make a tax deductible donation to Four Seasons Hospice & Palliative Care, please mail your check to:

Four Seasons Hospice & Palliative Care
571 South Allen Road
Flat Rock, NC 28731

or call
Tina Gentry at
828-692-6178

At Elizabeth House, we wish we had...

- New or unused personal care products such as: lightly-scented body sprays, after shave, body wash, and body lotions (fruit scents are preferred)
- Polyfil stuffing for pillows
- Standard size pillowcases (colors and prints)
- Twin size, colored flat sheets
- Full or Twin size, washable, colorful bed quilts
- Colored bath towels and *washcloths* (great need)
- CDs of Rock'n'Roll, Contemporary, Top 100 & Jazz
- CD/radios for bedrooms & calming music CDs
- Small crossword, Sudoku, etc. puzzle books
- Lotioned or extra-soft facial tissue
- Hard plastic glasses (4 oz. & 8 oz.)
- Masculine colors/prints cotton material to make gowns
- Individually wrapped mints, candy & snacks (commercially prepared)
- Small (dessert-sized) paper plates & napkins

At Greatrex Place, we wish we had...

- Large print books for nursing home patients
- Portable CD/cassette players & CDs
- Solid colored pocket folders of any color
- Crossword or word search puzzle books
- Pocket amplifier for hearing
- Headphones
- Books on tape
- DVDs/Videos

If you would like to donate any of these items, please call Kathy Thielke at 233-0332, or drop them by Elizabeth House at 581 South Allen Road or Greatrex Place at 571 South Allen Road.

MISSION
Four Seasons Hospice & Palliative Care affirms life and provides holistic care in harmony with the goals of individuals with chronic, serious or life-limiting conditions while offering support to their families and loved ones.

Park Ridge Hospital is proud to partner with Four Seasons Hospice & Palliative Care.



For additional information about Palliative Care Services at Park Ridge Hospital, call 828-692-6178.

For additional information about Park Ridge Hospital, or to request a Physician Directory, call 828-687-3947.



You'll like how we treat you.



Garden Jubilee

by Eric Mills, Hospice Home Store Manager

Garden Jubilee is set for Downtown Hendersonville, Memorial Day Weekend, May 24th and 25th from 10:00am till 6:00 pm. During this years Garden Jubilee your Hospice Home Store will have a tent outside the store and in that tent we will be selling combination containers. A local Asheville wholesaler has graciously offered us plants and containers and a person to be on site to create these beautiful combination containers for us. Make plans to stop by and purchase a beautiful container of flowers for your deck or patio. All proceeds directly benefit Four Seasons Hospice & Palliative Care, so how can you go wrong with a purchase like that! Don't forget Memorial Day Weekend - See you downtown at The Hospice Home Store!



The Hospice Home Store

NEEDS YOU

If you are interested in becoming a volunteer at the store,
please call Debra Barlow at 233-0349.

The "Frugal Design" Showcase Home

by Eric Mills, Hospice Home Store Manager

On June 19th, 20th and 21st Hendersonville is hosting its first ever fund raiser that will help support eight local non-profits. This unique fund raiser is the brain child of Terri Thompson, a local business woman. Terri loves to thrift shop and has decorated her home with many treasures she has found at the local non-profit thrift stores here in Hendersonville. We will be decorating a brand new home in Creek Side Development off Highway 191. All eight thrift stores will provide items to be displayed at the home and guess what, these items will be for sale; with all proceeds from those sales going back to the store from which they came. Tickets for this one of a kind event are only \$10.00 each and are available at the Hospice Home Store. Children 10 and under will be admitted free. To find out more about this exciting event stop by the Hospice Home Store for more details or call Eric at 696-0625.

Cleaning up? or Cleaning out?

Bring what you no longer need to

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Your donations will be accepted during business hours.

For any large items call 696-0625 to schedule a pick-up.

