

A Message from the Chairman

by Adam L. Shealy

As I am sure you have heard or read, there are a lot of exciting things going on at Four Seasons Hospice & Palliative Care right now. However, there are a couple of things that you may not have heard about that I would like to share with you.

First, we recently were surveyed by the North Carolina Division of Health Service Regulation and received excellent results. This survey is done periodically—approximately every six years—as a condition to our license to perform hospice and palliative care services. The survey cited no deficiencies, which is unusual for a hospice organization. The survey results are tangible evidence of the hard work that our management and staff have put into compliance with the governmental licensing rules and regulations applicable to our organization. Not only are we providing excellent end-of-life care to our patients, but we are doing it the right way. I congratulate our management and staff for this important achievement! I would also like to recognize our former CEO, Cherry Meier, for the important work that she did in focusing our organization on these essential compliance issues during her tenure.

Second, many of you may not know this, but Four Season's Hospice & Palliative Care runs a top-notch research department that has done or is currently doing clinical trials in association with prestigious medical institutions such as Duke University Medical Center and M.D. Anderson Cancer

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Facing the Future

My first 90 days back at Four Seasons Hospice & Palliative Care has been a reconfirmation of how much I love this community and how much I respect the great work done each day by our hospice and palliative care professionals. We have accomplished a lot these past 90 days. We submitted an application to the state to convert our residential beds in order to accommodate the higher acuity of patients in our community and to ensure we have the resources to meet the growing inpatient facility needs of Henderson County. We also had our state licensure survey and our staff got a great affirmation of the incredible work they are doing by getting a deficiency free survey. I have never seen a hospice agency get such great recognition for the work they are doing.

Personally, over these past 90 days, I have spent a lot of time listening. Listening to our staff, to our volunteers, to our community partners, to community referral sources, and to national experts on what the hospice industry may be facing. Much of what I heard confirmed my belief in Four Seasons Hospice & Palliative Care's commitment to the mission of the organization and the day to day striving to accomplish that mission. It was also a confirmation that our values make Four Seasons a great place for many to spend their life's work and for volunteers to dedicate their most precious resource, their time.



Chris Comeaux
 Four Seasons Hospice & Palliative Care CEO

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Clinical Trial Helps with Chronic Pain

by Kathy Thielke, Community Outreach Coordinator



George Hall

George Hall says he is the healthiest sick person you'll ever meet. He makes that claim after participating in a breakthrough pain medication drug trial managed by the research department of Four Seasons Hospice & Palliative Care.

Ten years ago, George underwent treatment and surgery for colon cancer. His treatments were successful, but he was left with chronic pain. Most troublesome was the breakthrough pain (pain that occurs even while on pain medications) that occurred four to five times a day.

After moving to North Carolina three years ago, George started seeing Dr. John Hill of Hendersonville Hematology & Oncology for check-ups related to his cancer treatment. It was there that he learned of the drug trial for breakthrough pain through Four Seasons Hospice & Palliative Care. After a preliminary exam by Dr. Hill, George participated in a blind study and then began taking the new pain medication. Once an adequate dose of the medication was determined, he was then monitored by the Four Seasons research department on a regular basis. "It has been the best thing since sliced bread,"

George said. The new drug works quickly and has hardly any after effects.

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A Great Place

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What we heard on a national level is related to what we may be facing as an organization serving in the future due to potential Medicare reimbursement cuts. The potential cuts have been pre-warned in our industry for the last four years. Currently, approximately 85% of our revenue comes from Medicare and that reimbursement is a per day rate for each patient we serve. Our organization and many others throughout the nation are facing cuts anywhere from 5 to 10% of our current reimbursement. Unlike other businesses which many of you may be involved in and even own, Four Seasons does not run at an excess or net margin amount of 5 to 10%. Therefore, if such cuts materialize, and if we did not change anything within our agency, we would be operating at a financial loss, and thus, jeopardizing the future sustainability of our mission.

Therefore, based on what we heard about the potential rate cuts, our board and leadership is proactively preparing our agency. Over this past month in order to be pro-active, we restructured our organization. One of the biggest driving forces in this restructuring was the furthering and perseveration of something core to the hospice model of care and this is reflective in our value of wholism. This value states: We provide care that addresses the physical, psychological, social, and spiritual needs of patients and their families. The hospice model of care that was founded in England, brought to the U.S., and then to our county by our matriarch

Jean Hoogstra, is founded on the belief that human beings are holistic in nature. Traditionally, in healthcare, patients are referred to by their disease, i.e. "the appendectomy in room 313". Hospice was founded on the belief that people are made up of body, mind, spirit, and psycho-social components and should be treated with dignity and respect. That is why hospice employs physicians, nurses, social workers, chaplains, certified nursing assistants, and provides volunteers, because this team of people cares for a patient and their family holistically.

As many hospice programs throughout the country are challenged due to these potential rate cuts, many of the areas impacted will be in the area of spiritual support, bereavement services, social services and other complementary therapies. In other words, it will jeopardize that holistic approach. Four Seasons went into our restructure not only preserving the holistic approach, we actually furthered it by setting up a leadership and team structure that promotes interdisciplinary teamwork.

What does this mean for you as a community member, patient, family member of a patient, or someone looking for a great place to work? We are ensuring that for many years to come Four Seasons Hospice & Palliative Care will be a great place for patients and families to receive care, a great place for referral sources to entrust the care of their patients, and a great place for employees to work giving the very best end of life care anywhere in the country.

From the Chairman

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Center, and well-known pharmaceutical manufacturers such as GlaxoSmithKline and Wyeth. The research department is directed by Dr. Janet Bull and is presently conducting six different clinical trials that we hope will improve pain management, weight loss, constipation and fatigue in our patients. These studies are chosen based upon the research department's determination that the studies will not only improve symp-

tom management for our patients but also their overall quality of life. Our research department is unique, in that we offer the studies in the home setting. Patients see this as beneficial because we operate around their schedules, reduce the burden of having to travel to an office setting, and our caregivers are often involved. The research department adds another dimension of care for our patients, who appreciate the special attention and the cutting-edge treatments that they receive. Patients also benefit by feeling that they have left a legacy by being involved in the studies, knowing that they are helping others for many years to come.

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Make A Difference Four Seasons HOSPICE & Palliative Care BE A VOLUNTEER



Brighten a day by delivering balloon bouquets to celebrate patients' birthdays



Provide companionship, emotional support, respite to caregivers, practical support such as errands/transportation



Help at Hospice Home Store - customer service, sorting, displaying merchandise, accepting donations, etc.



Gardening - maintain the grounds at Elizabeth House



Assist with office duties - data entry, filing, assembling packets, mailings, acknowledgements, etc.



Sew butterfly pillows, patient gowns, etc.



Provide complementary therapy or special services such as massage, reflexology, hair care, music/art therapy, language translation, etc.



Educate faith communities about Four Seasons services and assist with Memorial Services



Elizabeth House - socialize with patients/families, assist with meals, stocking supplies, etc.



Assist with fund raising - from committee planning to event implementation

Music to our Hearts and Souls (AND Ears)!"

by Tricia Williams, Heart Songs Coordinator

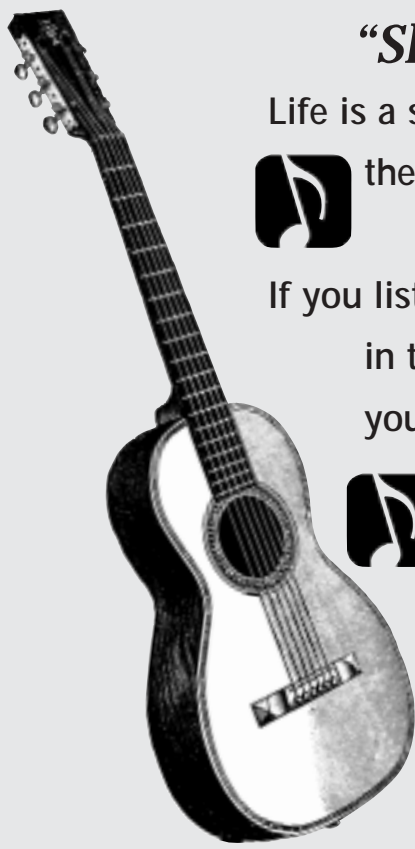
Camp Heart Songs has been honored over the last four years to hear an abundance of beautiful songs composed by over 80 children joining their verses and chorus' to carry on the lyrics of their loved ones melodies!

The campers at Camp Heart Songs have been honored in return, in having a song written just for them by Flat Rock composer and performer, Tom Fisch. He shared his vision of their melodies in 2005 by writing a song titled Let My Heart Song Sing...


*Listen to the melody and the feelings it may bring
I cannot change what happened
But I can do something
I'll remember you every time
I let my heart song sing*



Laura Bollinger, a hospice RN, has entertained the campers with her warm smile and talented guitar playing every year since the camps beginning in 2004. Laura also has written The Butterfly Song for the campers, which carries a healing message through its symbolic lyrics...


*There's a time for new beginnings,
There's a time for things to end.
So take all of the sadness that you're holding deep inside
And give it to the butterflies.
They'll take it for a ride.
Butterflies soar freely on a whisper of the wind.
So let go of your butterfly.
Let healing time begin.*





"Sharing Life's Melodies"

Life is a song... 

 the sad times are the verses 
and the happy times the chorus.

If you listen,
in the secret places of your heart
you will always be able to 

 hear the song 
– carry the tune –
and pass on the lyrics
of your loved ones
life "melody".

By Elaine McKinney, 2001

We are thankful each year that Camp Heart Songs has been blessed with this healing music and the lyrics and melodies from the hearts of our campers. Now, this year we are thrilled to have a Four Seasons Music Therapist, Emily Keebler, join us! She will be bringing a new, therapeutic and joyful technique in leading the campers in the expression of their feelings and continuing the tradition of helping them share the melodies of their loved ones.



Tom Fisch shares with the campers



Tom Fisch and Laura Bollinger



Laura Bollinger performs at Camp Heart Songs

George Hall

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George said that the research department staff has monitored his progress throughout the trial. Dr. Janet Bull, vice president of medical services for Four Seasons, leads the research department and has been instrumental in offering trials that will benefit patients, both currently and into the future.

"Dr. Bull called me almost everyday at first," he said. After his dosage was set, Lisa Massie, clinical research team leader, monitored his

progress. She met with him on a regular basis to do a basic health assessment, discuss his results, ask if he has had any illness related to drug or not, and count dosages taken. "The follow up has been fantastic," George said of the research team.

George credits his participation in the study to being able to lead a much more normal life. He added, "I've never had so much pain relief with so little problems."

Four Seasons
**HOSPICE &
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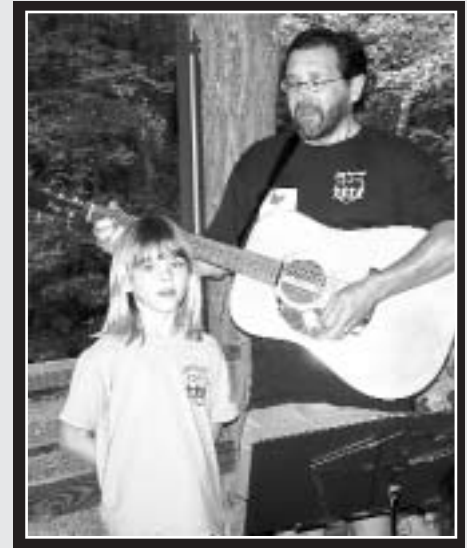
Registration is limited.

Please call for an application:
Elaine McKinney at 233-0325
Tricia Williams at 233-0334

Camp Heart Songs

5th Annual Grief Camp
Presents "Sharing Life's Melodies"

**Please join us for a day of
sharing the melodies of each
other's grief experiences.**



Singing

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Time: 8:00am-5:00pm

Place: Falling Creek Camp
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Ages: 6-14 years of age

**Registration from 8:00am-8:30am.
Parents must be present for registration.**



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The proceeds from the tournament will help Four Seasons Hospice & Palliative Care meet the needs of the patients and their families regardless of their ability to pay.

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Thank you to all who supported our raffle and silent auction:

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- Marble Slab – McCarter Gallery – Nabisco
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- The PumpHouse
- Reems Creek Golf Club
- South Rock Grill – Square One Bistro
- Umi Japanese Fine Dining – Wal-Mart

One Thousand Paper Cranes

by Kathy Thielke, Community Outreach Coordinator

In Japan the crane is a traditional sign of long life and good fortune.

According to the folk tale, if one crane represents a thousand years of happiness, then a thousand cranes would mean one million years of happiness.

A year ago, Kay Duggins, owner of Bo-Kaye's Gifts & Cards, was given a book on origami. She enjoyed it so much that one of her employees soon asked if she had ever read the book, One Thousand Paper Cranes. Once she read the book, she thought, "Wouldn't it be wonderful to see one thousand cranes on our ceiling?" The other ladies who worked in the store agreed, and they soon began folding and hanging the cranes in the store to benefit Four Seasons Hospice & Palliative Care. Kay and her husband both had friends who were hospice patients and several of the other ladies had personal experiences with the organizations as well.

The store, located at 609 Greenville Highway, is decorated with the cranes which hang from the ceiling, but customers can make a donation and receive a crane to take home. "We will give a crane for any donation amount at the store," Kay said. "One child gave a nickel to help. We don't want to hinder anyone's thoughts of giving."



Bo-Kaye's ceiling is decorated with colorful paper cranes.



Jessie White, Kay Duggins, owner, Barbara Everingham-Storms, and Susan Swayze (not pictured) of Bo-Kaye's Gifts and Cards worked together to create a "One Thousand Paper Cranes" fundraiser benefiting Four Seasons Hospice & Palliative Care.

Frugal Design Home Features Local Thrift Store Treasures

by Eric Mills, Hospice Home Store Manager

The Frugal Design Showcase Home event, held on June 19-21, was a great success. A model home in CreekSide was totally decorated with furniture and furnishings from eight local non-profit resale shops. Over 650 people come through the house and saw how various treasures from the thrift stores can be used to create functional and attractive rooms. Many people who had never been to a thrift store commented that they would now be going.

The proceeds from the event will benefit all eight non-profits: Blue Ridge Humane Society, Council on Aging, Four Seasons Hospice & Palliative Care, Habitat for Humanity, Housing Assistance, Mainstay, Salvation Army and Vocational Solutions. We want to thank all the Four Seasons Hospice & Palliative Care volunteers who worked to make this event a success.

Eric Mills, Hospice Home Store Manager, and Terri Thompson, the "spark" behind the Frugal Design Showcase Home.



The stunning Master Bedroom in the Frugal Design Showcase Home.

Visit our store on Main Street in Downtown Hendersonville to find great treasures to decorate your home.

And The Winner Is...

by Anne Marie Scherbarth, Events Coordinator

On June 1, 2008 the Inn on Church Street hosted an Amateur Chef "Cook Off" to benefit Four Seasons Hospice & Palliative Care. It was an exciting day filled with wonderful food and wine, good music and most importantly, over 100 attendees all supporting Four Seasons. There were tears and laughter as many shared their stories of their hospice experience with us.

Eight amateur chefs put their best spatula forward as they created dishes made from North Carolina ingredients. Ethan Boylan, Asheville, stuffed squash blossoms friend in a tempura batter; Debra Cox, Hendersonville, Western North Carolina bread pudding; K. Michael Dennis, Mills River, chicken and oyster gumbo and a salad of scallops and caramelized garlic over arugla; Linda Stower, Hendersonville, North Carolina stuffed chicken breast with shredded zucchini. First place judges' choice winner: Diana Kostigen, Hendersonville, pork tenderloin with roasted apples and fennel. Second place judges' choice winner: Craig Sawyer, Hendersonville, red trout stuffed with sautéed shrimp, scallops and ramps. Third place judges' choice winner: Marisa Kitchen, Hendersonville, grilled beefalo steak marinated in

The Inn on Church Street presents...



Hendersonville's Amateur Chef "Cook Off"

Highland Gaelic Ale and wrapped in bacon with garlic. People's Choice Award winner: Thomas Floerchinger, Hendersonville, mountain trout in phyllo with spinach, red pepper, ginger, garlic and shallots.

Many sponsors participated in the success of this event: Downtown Hendersonville Inc., Empire Wine and Mutual Wine Distributors, BB & the Chic Band, WTZQ AM Radio, Narnia Studios, The Mad Sigtist, Kathy Corbeil as "Paulette Dean", Comedian Cody Hughes and the American Legion. The professional chefs included Chef Scott Adams, Blackwater Grille; Chef Michael Atkinson, Inn on Church Street; Chef Jeff Lloyd, Cummings Cove; and Chef

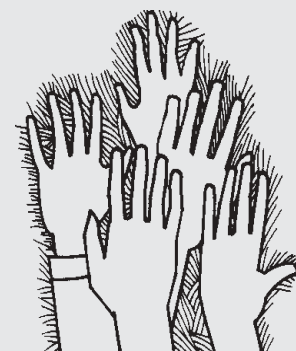
David Sparacino, La Riserva.

This event was created by Chef Michael Atkinson and the Inn on Church Street in memory of Chef Atkinson's father who was a patient with Four Seasons. The afternoon was beautifully done, the attendees were very enthusiastic and we are looking forward to the 2nd Annual Amateur Chef "Cook Off".



How Can Your Time & Talents Be Appreciated? Become A VOLUNTEER! Do You Like To...

- | | |
|------------------------|--|
| play in the dirt?... | help us in the garden at Elizabeth House |
| hunt for treasures?... | volunteer in the Hospice Home Store |
| be "in the know"?... | tell others about our services |
| listen to stories?... | volunteer with a patient |
| plan events?... | help us with fundraising |
| organize?... | help out in the office |
| sew?... | make gowns & pillows for patients |



Training Is Provided
Classes Begin Thursday September 4 At Greatrex Place
For More Info Call Lora Mason 233-0329

Giving the Gift of Music

by Lora Mason, Director of Volunteer Services

Barry's left foot moves rhythmically from side to side, keeping time with the music. His eyes are focused intently on the ceiling as he hums softly. The soothing sound of the classical guitar fills his room at a local nursing home. Once a week Susan Riddle, his hospice volunteer, packs her guitar into the car and heads off to play for Barry. "I can have a busy day and worry about my list of things yet to accomplish," she says, "but then I come here and play for Barry, and those things don't seem so important. Being able to bring him a bit of joy makes me feel good about living."

Barry has end-stage Alzheimer's disease and has been a hospice patient for 3 months. One of the many symptoms of the disease is his continuous agitation. Barry's hands are constantly fidgeting, picking at his pajamas or the blanket on his bed. His social worker learned that music has always been a part of Barry's life and requested a volunteer to share the gift of music. Unlike a music therapist who has specialized training to work with those who have advanced illness, a volunteer provides music for enjoyment and socialization. "Music can often reach people in ways that words cannot," said Susan. "When I went to see Barry for the first time, I was told that he wouldn't really talk to me. But after the third piece, he looked up at me and said, 'It's very nice.' Music just touches the soul." Barry's wife sees how he responds and is very appreciative of Susan's visits. "He'll be having a restless day - and then Susan comes to visit. He's so into the music. It relaxes him - and that makes me feel better too," she said.



Susan Riddle, hospice volunteer, soothes a patient with gentle music from her classical guitar

Susan had little formal musical training until she became interested in the classical guitar in her late 40s. She began taking music classes at Blue Ridge Community College in 2002 and later had private lessons as well. "I'm proof that you don't have to be an accomplished musician to be of service to others," laughs Susan. "Anyone with a lot of love for people and a little musical talent can share their gift with hospice." Barry's wife agrees. "Every patient should have a volunteer like Susan. I hope more people will volunteer so every patient can benefit. Her visits fill such a void for Barry."

Training is provided for anyone interested in volunteering with hospice. People who visit patients are required to attend five sessions over a three week period. The first class begins on September 4th. Susan encourages anyone who is curious about hospice volunteer work to attend the training. "It's comprehensive and answered every question I had about doing this. It was a relief to know that I was welcome to come and learn about hospice without being obligated to volunteer." To register for the training classes or to learn more about other volunteer opportunities, call Lora Mason at 233-0329.

Are You Looking For A Volunteer Opportunity?

Four Seasons Hospice & Palliative Care will be offering its volunteer training classes to all those in the community who would like to learn about or enhance care-giving skills. The information provided is useful in any setting, from homes to facilities. Attendance does not require a commitment to become a hospice volunteer.

A new Volunteer Orientation class will be offered in the fall of 2008.

Thursday
September 4, 2008
1:00pm-4:30pm

The above orientation is required for all volunteer positions other than the Hospice Home Store. Hospice Home Store volunteers will receive orientation at the store.

Additional Training classes will be required for those who wish to be involved in Patient Care (Home Care, Elizabeth House, Nursing Care, or Assisted Living Facilities).

All of the following classes must be completed prior to working directly with patients.

- Session 1 • Tuesday, September 9, 2008 1:00pm-4:30pm
- Session 2 • Thursday, September 11, 2008 1:00pm-4:30pm
- Session 3 • Tuesday, September 16, 2008 1:00pm-4:30pm
- Session 4 • Thursday, September 18, 2008 1:00pm-4:30pm

All Orientation and Training Classes will be held at Greatrex Place located at 571 South Allen Road in Flat Rock (adjacent to Elizabeth House). For more information or to register for any of the above classes, please contact Lora Mason at 233-0329.

The Power of Music Therapy

by Mark W. Neville, Bereavement and Music Therapy Coordinator

The hospice team and family caring for Tom knew that his restlessness was not a physical, emotional, relational, or spiritual problem. Tom's physical symptoms were very well managed. When he was still able to talk he expressed very clearly that he had no fear or guilt and was emotionally ready to die. He loved his family and friends and they him. The reconciliations that needed to happen had happened. There was no unfinished business in his relationships. He was also spiritually at peace and ready to go. Even so, as he lay in his bed at home, surrounded by his loving family and friends, he was noticeably uncomfortable.

The hospice nurse suggested to Tom's family that the hospice music therapist might be able to help. Sometimes the music therapist could use music to meet the dying loved one's needs in ways that nothing else could. The family agreed to have the music therapist come.

When the music therapist arrived, she introduced herself to the family and got acquainted. In their conversation, she learned that Tom loved Gospel music and had a favorite song. She then went to Tom's bedside. Even though he could no longer respond, she spoke to him as if he heard and understood every word. She introduced herself to Tom and told him why she was there. She was quiet as she observed Tom's face and uneasy breathing. She was assessing and tuning in to Tom.

Still at his side, the music therapist picked up her guitar and began to play in a way that matched Tom's breathing. She gradually slowed the tempo. She and everyone around the bed saw that his breathing became more even and less labored.

How are music therapists different from other people who play music?

Music therapists have formal training in music and psychology. Music therapists complete course work for a minimum of a Bachelor of Music degree, field work with individuals and groups, and a 6-month clinical internship. To become board certified by the Certification Board for Music Therapists, one must pass a national certification exam. Every five years, music therapists must complete 100 hours of continuing education to maintain certification. "MT-BC" means "Music Therapist, Board Certified."

Leaning closer to Tom's ear, in a soft, soothing voice, the music therapist sang Tom's favorite Gospel song: *Soon we'll reach the shining river, Soon our pilgrimage will cease, Soon our happy hearts will quiver, With the melody of peace.*

Peace filled the room. Everyone in the room felt it. Both Tom's face and breathing were smooth and relaxed. He was comfortable, at peace. The family drew near and held his hand. They told him that they loved him, that they would be okay, and that when he was ready, it was okay to go. The music therapist continued to play her guitar and hum the melody of Tom's favorite song. As she did, surrounded by a circle of love formed by his family, Tom breathed his last breath.

Certainly, not every death is like Tom's, however it is our goal to do our best. His story illustrates only one of the many ways

that our music therapists, Brenda and Emily, can help patients and families at a critical time. At times, they can use their professional training, therapeutic skills, and the power of music to do what no else can. We at Four Seasons Hospice & Palliative Care are pleased to be able to offer music therapy as one of our many services to the patients and families in our care.

If you would like more information about our music therapy program, please call the music therapy coordinator, Mark W. Neville at 233-0388.

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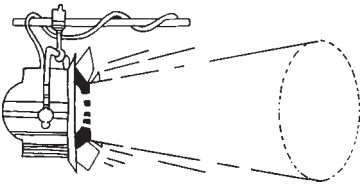
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Board Member Spotlight



John Webb

A native of Western North Carolina, John Webb joined the Four Season Hospice & Palliative Care Board of Directors in 2007. John is currently the president of Webb Insurance in Asheville, an independent insurance agency founded by his grandfather in 1925. The agency has 36 employees and serves all of Western North Carolina.

He says that community service has been part of his family history. "My mother and father set an example of serving their community. I try to do so by giving of my time, my limited talents and my resources. I encourage all my employees to do the same."

John has done just that through his service at Four Seasons. He has contributed in many ways, including working on the committee for the "Live Well, Laugh Often, Love Much" Auction and Gala which was held on April 2, 2008.

John graduated from The Asheville School in 1981 and went on to earn a B.A in Political Science from Wake Forest University in Winston-Salem, NC. He began his career in Greensboro, NC, where he worked for First Union National Bank and later as the account manager for CIGNA selling employee benefit

plans. He returned to the area in 1991 where he began working with Webb Insurance. He became president in 1999.

John is active in both the Hendersonville and Asheville communities, currently serving on the Board of Directors of the YMCA of Western North Carolina, the Presbyterian Home for Children, and is the chairman of a funding council for United Way of Asheville and Buncombe County. He serves as a substitute driver and is past chairman of the Board of Directors for Meals on Wheels of Asheville and Buncombe County. John is active at First Presbyterian Church of Asheville where he serves on the Finance Committee, the Sanctuary Renovation Committee and sings in the Chancel Choir. Some of his other interests include fly fishing and hiking.

John and his wife, Cristina, have three children, Jean Louise (10), Graham (7), and Grace (8 months).

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

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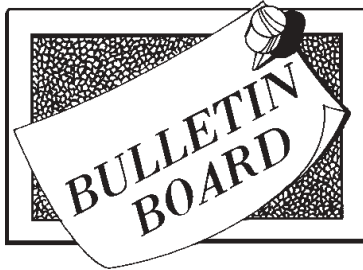
Park Ridge Hospital is proud to partner with Four Seasons Hospice & Palliative Care.

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.



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)
- Masculine colors/prints cotton material to make gowns
- 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
- Crossword, Sudoku, etc. puzzle books, decks of cards
- *Bird seed*
- Knit caps
- Non-slip socks or slippers
- Lotioned or extra-soft facial tissue
- Hard plastic glasses (4 oz. & 8 oz.)
- *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
- Books on tape
- Crossword or word search puzzle books
- Pocket amplifier for hearing
- Headphones
- 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.

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.

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The Hospice Home Store

NEEDS YOU

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

Mark your calendars now!



18th Annual Tree of Lights

December 5th, 2008
at the Historic Courthouse
on Main Street

5:30 pm

Downtown Hendersonville

*Please make plans now to
attend this memorable
evening to honor and
remember special friends
and family members.*



Leaving a Gift of Compassion

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.*

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Bring what you no longer need to

The Hospice Home Store

so someone else can enjoy
your gently used items.

We are open Monday thru Saturday from 9:30 a.m. to 5:00 p.m.

Your donations will be accepted during business hours.

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

