

passages



Spring 2005

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Thank You!



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3rd Annual Camp Cocoon August 5th, 6th, & 7th

"We are never prepared for the death of a loved one, even when that death comes after a long and serious illness," reads the UHF brochure for Camp Cocoon. But when the loss is sudden and unexpected, the shock can be overwhelming. No matter the circumstances of loss, our children often feel they are all alone, that no one could possibly understand how they feel, and that there is no hope. Camp Cocoon is a time and place where many of those fears can be faced. Together with other children and youth who have experienced similar loss, campers are surrounded by love, compassion and understanding, where healing through play and activity can enhance a holistic approach to the grieving process.

Camp Cocoon is our grief camp for children ages 5-17. The camp is open to any child who has experienced loss. This summer's camp begins on Friday afternoon, August 5th and ends on Sunday after a live butterfly release. After registration there is a Friday night scavenger hunt with additional activities that focus on team building. Each evening is crowned

with a huge campfire. Saturday is a time for learning and connecting with others through teaching, games, crafts, and recreation. Saturday evening gives way to the ever popular talent show. Sunday morning is time for reflecting and sharing. There is time for Questions and Answers from our medical doctor, and camp concludes with a memorial service.

The Camp Cocoon volunteer staff consists of doctors, nurses, social workers, clergy, directors and administrators in the health-care profession, as well as interested adults with families of their own. Camp Cocoon has a professional grief therapist who specializes in children's issues.

If you know of a child or children who might benefit from Camp Cocoon, please notify their parents and have them contact the Foundation office. Cost for camp is \$25.00 and application forms are available. However, there is limited space. Call today, 770-279-6201 or 800-956-5354 for registration forms and more information concerning directions, or just go to the website to download the information and forms you need, www.unitedhospicefoundation.org.





3rd Annual Neil L. Pruitt, Sr. Classic A Huge Success

May 5th didn't deliver the best spring weather, but the smiling faces added a lot of sunshine to an otherwise overcast day. The cold morning showers cleared out just in time for the 12 Noon shotgun start at both the Renaissance Pineisle and Emerald Pointe Golf Courses. Over 175 golfers gathered to enjoy a day of golf and give tribute to Mr. Neil L. Pruitt, Sr., the founder of UHS-Pruitt Corporation and United Hospice Foundation. His vision for the Foundation and generosity to it has touched thousands of lives who have looked to the Foundation for hospice education and bereavement support programs.

The Neil L. Pruitt, Sr. Classic is the largest fund raising event for the Foundation. All of our participants help support and promote the concept of Hospice, hospice care, and education for end-of-life issues and needs. Camp Cocoon, UHF's grief camp for children ages 5-17, is supported through the tournament's proceeds. This year, 25% of the proceeds will go to the Nursing and Pharmacy Scholarship Program. Each golfer's day extends far beyond the swing of a club. Through this golf classic, participants become a partner with United Hospice Foundation, making a significant difference in hospice education and bereavement support.



(Top) Nancy Pruitt and friends ready for Tournament; (Right) Competition for top prizes hinges on every putt; (Far Right) The fairways had lots of great shots.

Our Mission:

United Hospice Foundation...

- ◆ Works with communities to prepare and promote activities that raise public awareness and understanding of end-of-life issues.
- ◆ Advances the hospice philosophy so more people living with life-limiting illness and their families can find comfort care.
- ◆ Makes grief and bereavement support available for those suffering from loss.
- ◆ Provides the information and resources necessary to stimulate end-of-life discussions among family members to assist them in the development of advance directives.
- ◆ Assists with healthcare providers in developing ways to ensure patients' end-of-life wishes are realized.
- ◆ Offers religious and spiritual support through chaplaincy services.
- ◆ Adheres to the highest level of ethical and moral values as we develop, manage and grant support for this cause.

From the Director's Chair...

CRITICAL CONDITIONSSM Helps Everyone

Thousands of stories are told by family members who were caught off guard when a spouse or loved one suffered a life altering or life ending experience—leaving that loved one unconscious and unable to direct their wants and desires for final health care. Terri Schiavo's struggle in Florida continued for well over a decade. Her husband said Terri had expressed wishes of not wanting to suffer and be left in a vegetative state. Her parents and family argued that Terri would have never expressed those wishes. In the end, the courts ruled in favor of the husband.

No matter which side of the debate we may find ourselves, everyone should clearly see the need to have final health care directives, or advance directives recorded, signed, witnessed, and in an accessible place. If Mrs. Schiavo had recorded her wishes, much of what transpired over the past decade would have been unnecessary. However, many people don't realize that Terri was only 27 when a cardiac arrest left her unconscious. Who of us at 27 years of age have our wishes for final health care in a legal form? Many of us at 40, 50, 60 years of age and older have yet to take the time to record our wishes.

United Hospice Foundation offers to you one of the finest complete documents available, the *Critical Conditions Planning Guide*. This document was specifically written for Georgia residents, although its contents are applicable in any state. This three part guide provides (1) discussion starters, (2) a workbook to examine and record your wishes, and (3) a Directive For Final Health Care. This third part not only formally states your wishes for the medical treatments you do or do not want to receive, but it also legally appoints someone as your Personal Agent for Health Care to make health care decisions for you when you cannot speak for yourself.

Call today to request your *Critical Conditions Planning Guide*. We will be glad to send you a copy and we ask that you consider a \$25.00 donation to assist us in reaching as many people as possible.

Daniel A. Nail
Executive Director

Scholarship Available!

United Hospice Foundation offers a \$1,000.00 scholarship to nursing and pharmacy students who have shown an interest in End-Of-Life Issues, Hospice care and treatment. If you or someone you know is presently studying nursing or pharmacy in Georgia, has a "B" or better average, has an interest in hospice care, we would like to talk to you! Please contact us by letter at 3945 Lawrenceville Highway, Lilburn, GA 30047, or dan@unitedhospicefoundation.org, or call us at 770-279-6201 or 800-956-5354.

United Hospice News...

the **Atlanta** office reports a very successful Volunteer Training event with 25 participating. Also they have had a marked improvement in survey scores...the **Augusta** office had a very successful Teleconference with Medical College of Georgia. They also hosted their first *Critical Conditions Planning Guide* workshop with 17 in attendance... the **Beaufort (SC)** office has been very busy in their first year sponsoring a Grief Teleconference with Technical College of Low Country. Larry Daniel, UHS-Pruitt Corporation Director of Religious Services participated on the local discussion panel... the **Blue Ridge** office sponsored a Grief Teleconference at North Georgia Technical College, Blairsville...the **Calhoun** office reports "we have a great staff." They participated in the annual Prayer Breakfast where 300 attended. Dan Hogan has done a great job with their Volunteer Program...the **Cordele** office hosted the Grief Teleconference at Georgia Southwestern University. Support groups are active and an In-Service was held at Pinehill/Byronville. They hosted a *Critical Conditions Planning Guide* workshop on May 17th with 15 attendees...the **Macon** office has been very busy offering *Critical Conditions* workshops in their community... the **Gainesville** office is humming with activity. Donna has been working with *Critical Conditions Planning Guide* meetings. The whole office will participate in the *Relay For Life* in Hall County June 3 & 4th...the **Pee Dee** office will participate in the *Alzheimer's Memory Walk*...the **Swainsboro** office has created Camp Cocoon Commute (CCC) through their Committed to Caring Campaign funds. They will provide chartered transportation to Camp Cocoon for Emmanuel County/United Hospice of Swainsboro area children who want to attend. Two staff members have volunteered to assist with camp and the office staff is having bake sales to complete the funding and advertising. CCC participants will receive a commemorative T-shirt...the **Valdosta** office has offered the *Critical Conditions* workshop to 15 residents in south Georgia. They hope to send five people to the next *Critical Conditions* training session... the **Peachtree Christian Hospice** office provides meals for the local Meals on Wheels program. We are reminded that the Medical Director, Dr. Groover, recently returned from a trip to Ethiopia in hopes of establishing Hospice care in that country.

If you have news about your local hospice caregivers, please advise us so that we can share that news with our readers. dan@unitedhospicefoundation.org

In Depth— 12 Reflections for the First 12 Weeks of Grief...

Charlie Walton shares, “I am reluctant to tell you that it has been 15 years since my world came crashing down with the sudden death of two of my three sons. My reluctance is because I can still remember how I felt in those first weeks and months, and how unbelievable I found it that anyone could continue living with half a heart torn away.

The good news is: You are going to live and even be glad you did. The bad news is: The moments of deep pain will still be with you after 15 years. However, those moments will grow farther and farther apart. As a survivor of those first horrible weeks and months, Charlie shares twelve reflections for the first twelve weeks of your grief.

1. Shock. Grief will make you appreciate the wonderful design by which your mind and body were created. “Grief shock” is equal to physical shock and the merciful thing that your body and your mind do to protect you from overwhelming events is amazing. Be grateful for the numbness that arrives with horrific news. It protects you from overload.

2. Denial. Denial is natural and continues to appear. Even after all these years, I have moments of denial. Your mind’s efforts to deny what has happened to you are normal, natural, and beneficial.

3. Anger. When you have been hurt, the most natural thing in the world is to want to hurt someone else. Unfortunately, the handiest people we hurt are those we love. When it happens, say you are sorry. Guilt is inevitable in the wake of a life trauma. It is simply your reaction to the pain. Cut yourself some slack. Give yourself some time.

4. Support. People desperately want to do things to help during this time. Let them. Accept their support now and in the future. Keep reminding yourself that if the situation were reversed, you would be insisting for an opportunity to provide loving support to help ease the pain.

5. Loneliness. Even though lots of people are going to gather around and try to console you, this is one test of life that you are going to have to pass all by yourself. Recognizing the natural loneliness of grief can help you a lot. Be as nice as you can to those who try to help. You’ll be thankful later on that you didn’t explode in anger.

6. Loss of Desire. For a while, nothing will seem to matter. Your appetites may disappear for food, for sleep, for sex, even your favorite hobby. Grief gives you a one track mind, and it’s hard to see how anybody else can be free of the same painful tunnel vision you are suffering.

7. Depression. Depression can have many sources—anger that is felt but never expressed, loneliness that settles in for the long term, grief that won’t let go. You need to talk about what you’re feeling. Ignore the urging of people around you to “be strong”—that’s just their way of saying that it makes them uneasy when you cry.

8. Confusion. You need to let people do things for you during this time when your mind has temporarily shut down. Be careful when you try to resume your “normal” activities. Your mind is not likely to return to work as soon as you are. Don’t be surprised if you find yourself lost in your own neighborhood or unable to remember a phone number you’ve used for years. You’re not going crazy, you are just confused—and for good reason.

9. Self Care. This is one time in your life when you need to give yourself permission to take care of yourself. Do whatever is needed to accommodate the natural fatigue and physical changes that go with this unique period of your life. You will eventually be able to return to the caring for others that you value so much. For now, your primary job is to take care of yourself.

10. Compulsive and Addictive Behaviors. Compulsive thinking is a natural result of your confusion and hyper-focus on the tragedy, and will naturally diminish as time passes. In the meantime, your challenge is to regain balance in your life. Also be careful not to over-medicate your pain with substances that can do harm. The desire to “numb” ourselves is natural when we are in a lot of pain, but the pain will remain after the substance has worn off. The more you are able to talk it out and work it out, the less your pain will drive you to unhealthy habits.

11. God. For people of faith, one of the hardest things to cope with in the midst of tragedy is their relationship with God. Anger toward God is especially trying because of our natural reluctance to express it. God is big enough to love you and accept your anger. Be honest with God—God can handle it.

12. Hope. You have never survived a life trauma exactly like the one you face now. And there’s a temptation to think there’s no way you will ever get through this. But you can and you will.

This article is a condensed version of *Carenotes: 12 Reflections for the First 12 Weeks of Grief*, written by Charlie Walton. Mr. Walton is a freelance writer in Atlanta who has written widely on grief and spirituality. His books include *When there Are No words* (Pathfinder Publishing) and *Twelve Faces of Grief: A Grief-Recovery Handbook for Group and Personal Use* (Abbey Press). Used by Permission. For more information on *Carenotes*, call 1-800-325-2511, or address your correspondence to: One Caring Place, Abbey Press, St. Meinrad, IN 47577

How Can You Help?

Charitable Giving and Tax Laws: The tax laws intentionally encourage charitable giving. Because of the income tax charitable deduction, individuals who make a charitable gift—and itemize—can reduce their income taxes for any given year!

The United Hospice Foundation is an independent, non-profit organization that depends on contributions from individuals, businesses and the community to fulfill its mission. We always appreciate your gifts through:

- Volunteer Time • In-Kind Gifts • Wills and Bequests • Cash Gifts • Deferred Gifts • Life Insurance •
- Memorial Gifts (in lieu of flowers) • Gifts of Property • Stocks and Bonds • Life Income Gifts •

No one publication can tell you everything you need to know about giving opportunities and which method would be the most advantageous for your particular situation. Check with your accountant, tax attorney, or other tax advisor for additional information on how these general rules apply to you.

We would be pleased to provide you with additional information and assistance with any gifts you may be considering. Please contact us at **United Hospice Foundation, 3945 Lawrenceville Highway, Lilburn, Georgia 30047-2817**, or contact us at **770.279.6201** or **800.956.5354**. Thank you for your interest and support.

- I would like to pledge my support of the United Hospice Foundation and its mission.
I will contribute \$ _____ every month quarter six months year for the next _____ years.
- I would prefer to support the United Hospice Foundation with the enclosed one-time gift of \$ _____.
- Please send me more information about becoming a volunteer including United Hospice Foundation in my/our will
 other giving options hospice advance directives grief support

today's date: _____ name: _____

address: _____

city: _____ state: _____ zip: _____

phone: (_____) _____ e-mail: _____

This gift is in memory of in honor of _____ (tribute name) SPOS

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Teleconference on Grief Grows...

United Hospice agencies with support from United Hospice Foundation offered four (4) sites for the April 20, 2005, Hospice Foundation of America teleconference. This year's conference, *Living With Grief: Ethical Dilemmas At The End Of Life*, in collaboration with The Hastings Center, assembled a panel of noted ethicists, educators, gerontologists, and hospice experts who examined timely and important issues regarding the social perspectives of medical ethics and how various health care settings may influence ethical decisions in hospitals, nursing homes and hospices. Cokie Roberts, ABC News Political Commentator and NPR Senior News Analyst, moderated the live-via-satellite event.

This year's participation by area United Hospice agencies is the largest yet. United Hospice of Augusta hosted their teleconference in partnership with Medical College of Georgia. United Hospice of Beaufort (S.C.) hosted their teleconference at Technical College of Low Country. United Hospice of Blue Ridge hosted their teleconference at North Georgia Technical College, Blairsville. And United Hospice of Cordele hosted their teleconference at Georgia Southwestern University. The total number of participants was over 250 doctors, nurses, social workers and other healthcare professionals. For more information on next year's conference, go to www.unitedhospicefoundation.org or www.hospicefoundation.org.

Critical Conditions Training and Expansion

CRITICAL ConditionsSM
Make your final health care decisions

Critical Conditions, United Hospice Foundation's program that helps all ages think about end-of-life issues and decisions, has expanded throughout the state of Georgia. Through the training of Mrs. Beverly Tyler, Executive Director of Georgia Health Decisions, United Hospice offices throughout Georgia have a trained leader on their staff.

If you or your organization would like to have the *Critical Conditions Planning Guide* presented, please call United Hospice Foundation and schedule a program for your group. These programs usually require at least 90 minutes to allow time for presentation, discussion and questions. Also, the United Hospice Foundation staff is trained to support you with presentations and answer your questions. Call the Foundation at 770-279-6201 or 800-956-5354, or visit us on our website at www.unitedhospicefoundation.org. The call is free!



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