

Coliseum Medical Center & Northside Hospital Implement CRITICAL ConditionsSM Program

The staff at Coliseum Medical Center and Northside Hospital in Macon have recently been trained to implement the CRITICAL Conditions Program through funding from the United Hospice Foundation. This program helps families make more informed decisions about the healthcare they would like to receive at the end of life by teaching them how to have family discussions about topics such as *Your Views On Prolonging Life, Cardiopulmonary Resuscitation (CPR), Receiving Food and Water Through a Tube, Living on a Breathing Machine, Having an Incurable Brain Disease, Managing Pain, Organ Donation, Thoughts About Your Death, and Who Should be the One to Make Decisions for You if You Cannot?*

Although it may be difficult at first to have these conversations, it's the only way to make sure your loved ones understand your thoughts and feelings on the issues. At a CRITICAL Conditions workshop you will learn how to have this family discussion. And if your family still struggles with the conversation, volunteers have been trained to help walk you and your loved ones through the discussion step by step.

This process will make it easier for your loved ones if they are ever asked to make healthcare decisions for you when you cannot speak for yourself.

Macon area residents can attend a free CRITICAL Conditions workshop and receive a free Planning Guide at Northside Hospital. The workshops will be held:

July 14, 2003 — 9:00 to 10:30 am
 September 8, 2003 — 9:00 to 10:30 am
 November 10, 2003 — 9:00 to 10:30 am

Private workshops can also be given to civic organizations, businesses, church groups or other interested parties. For more information about the program, please call the United Hospice Foundation at (800) 443-4788 or Nancy White at Coliseum Medical Centers at (478) 464-8171.

CRITICAL ConditionsSM
Make your final health care decisions

Stephens County Program Looking For Volunteers

The CRITICAL Conditions program in the Stephens County area is looking for volunteers to help re-energize its efforts. Anyone interested in promoting or facilitating workshops is asked to call the Foundation at (800) 443-4788 or Bobbi Rees at Stephens County Hospital at (706) 282-4364.

Our Mission

The United Hospice Foundation will work with communities to prepare and promote activities that raise public awareness and understanding of end-of-life issues. ♦ We will advance the hospice philosophy so more people living with life-limiting illness and their families can find comfort care. ♦ We will make grief and bereavement support available for those suffering from loss. ♦ We will provide the information and resources necessary to stimulate end-of-life discussions among family members to assist them in the development of advance directives. ♦ And, we will work with healthcare providers to develop ways to ensure patients' end-of-life wishes are realized. ♦ We will be guided by the highest level of ethical and moral values as we develop, manage and grant support for this cause.



2nd Annual Golf Event Renamed Neil L. Pruitt, Sr. Classic

The United Hospice Foundation's 2nd Annual Golf Tournament at Brasstown Valley Resort on May 8, 2003 was renamed the Neil L. Pruitt, Sr. Classic in memory of the Foundation's Founder who died unexpectedly in an automobile accident on February 27, 2003. The event was a huge success, raising approximately \$30,000 to help the Foundation and its mission.

The tournament was made possible because of the generosity of everyone who participated in the event. Special thanks to our Elite Sponsors who ensured the success of the tournament:

PLATINUM PRUITT CORPORATION (TOCCOA, GEORGIA)
GOLD BDO SEIDMAN, LLP (DALLAS, TEXAS)
GOLD MARSH (ATLANTA, GEORGIA)
GOLD OPTIMUS SOLUTIONS (NORCROSS, GEORGIA)
SILVER GERIMED, INC. (LOUISVILLE, KENTUCKY)

The Foundation also gives its deepest appreciation to all of the other companies/individuals who sponsored holes, drinks and prizes...and to the 156 golfers who took part in the festivities.

If you would like more information about the Neil L. Pruitt, Sr. Classic or would like to add your name to our mailing list for next year's tournament, please call the Foundation at (800) 443-4788.



Neil L. Pruitt, Sr. Classic — May 8, 2003 at Brasstown Valley Resort

UNITED HOSPICE FOUNDATION inc
 3945 Lawrenceville Highway
 Lilburn, Georgia 30047

Grief Program Seeks Volunteers

The United Hospice Foundation, in cooperation with AARP/Georgia, has started a Grief & Loss Program serving northeast Georgia. The Program offers a wide range of resources and support to help those who have lost a loved one, including one-on-one peer counseling, support groups and special programs.

The Foundation is looking for volunteers interested in helping as support group leaders, peer counselors and special program facilitators. But most importantly, the Foundation is looking for volunteers to help contact referral sources (such as hospitals, funeral homes, churches and civic organizations) to inform them about these free services. After all, it doesn't do any good to have the services if no one takes advantage of them!

If you would like more information or would like to volunteer, please call the Foundation at (800) 443-4788 or AARP/Georgia at (404) 881-0292.



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Summer 2003

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The Courage to Care

By Maureen McCarthy, Executive Director of the United Hospice Foundation



Rosalind James
 1952 — 2003

Courage is admitting you're afraid and facing that fear directly. It is being strong enough to ask for help and humble enough to accept it.

source unknown

"I was so nervous to meet you today," said Natalie Callaway.

The comment seemed strange since Natalie looked professional and confident sitting behind her large desk at Macon Municipal Court. If anything, I found myself shaking as

I presented her with a small token of appreciation for her time.

We both seemed to relax, though, as the interview began and I realized that Natalie had to be one of the most courageous women I had ever met. Not because of a cocky arrogance or an irreverence for danger, but because she faced her fears over the last year with inner strength, willpower, faith and love.

More than fourteen months ago Natalie's sister Rosalind James, a licensed practical nurse and mother of two, had been diagnosed with colon cancer at the young age of 50. Her colon had ruptured and she needed surgery immediately. When Rosalind asked Natalie if she would be willing to care for her after surgery in Natalie's Lizella home, Natalie didn't have to think twice.

"I didn't think much of it. I thought she'd recover from her surgery and go home," said Natalie.

A series of chemotherapy and radiation treatments kept Rosalind in Lizella. But she was still active, taking trips with friends and cooking the best soul food around. However, seven months after the surgery, Rosalind starting having trouble walking and was soon confined to bed. At that point, Dr. Cheryl Jones referred Rosalind to Hospice.

"I wasn't so sure," stated Natalie. "I didn't know what it [hospice] was all about and I had a fear of Rosalind dying in my home." So Donna Boland, a nurse with United Hospice of Macon, explained the hospice philosophy and

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The Courage to Care

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asked her, "Who would you want to be with, and where would you want to be if it were you in that bed?" Put that way, hospice seemed to be the obvious choice for her sister.

The Hospice staff cared for Rosalind, but "Anna [the chaplain] taught me how to pray, Donna [the registered nurse] taught me patience, and Pam [the certified nursing assistant] taught me bathing and turning," remembered Natalie. "I was so afraid to do that alone...I trembled at the beginning, but it turned out to be easy."

As we continued to talk, it became very clear why Rosalind chose Natalie to care for her rather than her other sister (Novella Smith), brothers (Paul and Marve Johnson), children (Emanuel Palmer and Gabriel James) or husband (Hollis James). It was something in the way she looked at me as we spoke. I could see the love in her eyes. I could feel her kind heart through her presence. And I could only imagine her smooth, mellow voice was comforting to Rosalind. Most importantly, though, Natalie exuded strength and courage. This experience taught her to rise above her fears and deal with them one at a time.

Rosalind knew she wouldn't live long and she must have been able to tell that Natalie wasn't prepared. "God doesn't make mistakes," Natalie remembered Rosalind saying. "I have accepted this and I need you to accept it, too."

Natalie confided in her pastor, Reverend Jacob Parker, and admitted she had to step up to help her sister. Rosalind was so strong and she felt so weak. "He gave me some good advice," remembered Natalie. "He said 'It's all you can do—stand still and let God work it out. Always look up, but don't give up.'"

Natalie didn't give up. And with the support of her loving husband, Donald, and the assistance of the staff at United Hospice, Natalie helped Rosalind stay as comfortable as possible at home until she died on January 26, 2003. "I feel like I went all the way for her," said Natalie. "I know she would be pleased."

Admittedly, this experience was not easy for Natalie but she would do it all again for another family member if needed. While caring for her sister, Natalie learned a lot about herself and who she could be. And in her words, "The experience has turned my life around."



Rosalind (far left) and her two sisters, Natalie Callaway and Novella Smith.

Grief Support Groups

All groups are open to the public. For more information, please call the United Hospice Foundation at (800) 443-4788.

■ Duluth, GA

Pleasant Hill Presbyterian Church
3700 Pleasant Hill Road

1st & 3rd Tuesday of each month
7:00 pm to 8:30 pm

■ Elberton, GA

Elbert Memorial Hospital
4 Medical Drive

3rd Thursday of each month
6:00 pm to 7:30 pm

■ Gainesville, GA

United Hospice
700 South Enota Street

4th Wednesday of each month
6:00 pm to 7:30 pm

■ Homer, GA

Family & Children Services office
459 Evans Street

2nd Thursday of each month
6:00 pm to 7:30 pm

■ Toccoa, GA

Trinity Lutheran Church
South Big A Road

4th Monday of each month
6:30 pm to 8:00 pm



UHF to Offer Nursing Scholarships This Fall

The United Hospice Foundation is excited to announce it will award three nursing scholarships in the Fall of 2003. The Neil L. Pruitt, Sr., Dorothy Shull and Coy Williamson Nursing Scholarships have recently been created to help defray the cost of nursing school for Georgia residents who intend to work in hospice or other end-of-life nursing fields. These \$1,000 scholarships will help pay for the recipients' tuition and books.

The scholarships were named in memory of three of the Foundation's largest supporters whose families want to help eliminate the nation-wide nursing shortage.

Any Georgia nursing student can apply for the scholarships, given they have an interest in end-of-life care nursing and a desire to work in a hospice, nursing home, hospital or other facility where patients are nearing the end of life. Award recipients will be required to take a nine-month Palliative Care course (offered by the United Hospice Foundation) to prepare them for a career in end-of-life care nursing.

The goal of the Foundation is to establish an endowment fund from which five or more \$1,000 scholarships will be awarded every year. To help build this endowment, part of the proceeds of the United Hospice Foundation's annual golf tournament, the Neil L. Pruitt, Sr. Classic, will be placed in this fund. Any donations from the general public that are earmarked for this cause will be placed in the endowment as well. And, those families wishing to have a scholarship named in their loved one's memory can contact the United Hospice Foundation for more information about naming opportunities.

To learn more about the United Hospice Foundation's scholarship program and/or to download an application, please log on to www.unitedhospicefoundation.org. Applications for this year's awards will be due by August 30, 2003.



Colittia O'Neal accepts an award on behalf of her family for their help in establishing the Coy Williamson Nursing Scholarship.



Scott Shull (left) and Nancy Pruitt (right) receive awards from Maureen McCarthy at the Foundation's golf tournament on May 8 for their help in establishing the Dorothy Shull and Neil L. Pruitt, Sr. Nursing Scholarships.



Grief As A Journey Workshop Well Received



Workshop participants learned to use art, puppetry and storytelling in their work with grieving children.

The United Hospice Foundation hosted a workshop entitled *Grief As A Journey: Tools & Techniques For Helping Children Cope With Serious Illness and Loss* on Friday, March 28, 2003 in Stockbridge, Georgia. Forty-one professionals, including social workers, chaplains, counselors and nurses from all over Georgia attended the event. Sharon Rugg, a licensed clinical social worker and certified grief therapist with over 20 years of professional experience, led the workshop focusing on children's grief and how to help them cope more effectively both prior to and following the death of a family member due to serious illness.

"I appreciated all of the real world examples and creative ways to bring children into the conversation of death and dying," said one participant.

"What a wonderful conference! Very useful information," said another.

Ms. Rugg helped participants learn to understand the unique ways in which children grieve, how to help children cope with both serious illness and loss, and how to use games, art, story telling, music, puppetry, and other activities in grief work with children.

Log on to www.unitedhospicefoundation.org to learn more about the Foundation's upcoming workshops and events.



How Can You Help?

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

- Volunteer Time • Cash Gifts • Memorial Gifts (in lieu of flowers at a funeral) •
- In-Kind Gifts • Deferred Gifts • Gifts of Property • Wills & Bequests •

Call the United Hospice Foundation, Inc. at (770) 925-4788 or (800) 443-4788 for more information regarding your giving options. A United Hospice Foundation representative would be pleased to discuss these opportunities with you. Or, clip out the coupon below and send it with your gift to...

The United Hospice Foundation, 3945 Lawrenceville Highway, Lilburn, GA 30047

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 _____
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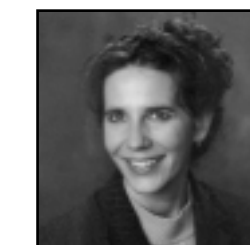
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