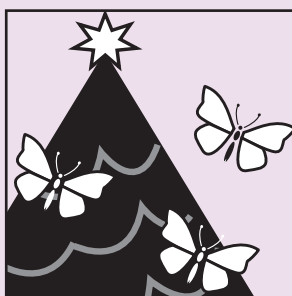


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Winter 2005

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3rd Annual UHF Neil L. Pruitt, Sr. Classic May 5, 2005

The Third Annual Neil L. Pruitt, Sr. Classic Golf Tournament will again be held at the Renaissance Pineisle Resort, at beautiful Lake Lanier. This golf tournament was very well attended last year and we are encouraging everyone to help us build on that success!

This annual tournament serves as a tribute to the founder of UHS-Pruitt Corporation and the United Hospice Foundation, Mr. Neil L. Pruitt, Sr. His vision for the Foundation and generosity to it has touched the lives of thousands of people who have looked to the Foundation for hospice education and bereavement support programs.

You are invited to come play golf with us! Even though the tournament is fun for everyone, it is **important to remember why we are asking for your support.** The UNITED HOSPICE FOUNDATION will

receive all the proceeds of this event. It is by far our largest fund raising event. Consequently, you are helping to support and promote the concept of Hospice, Hospice Care, and Education for End-Of-Life issues and needs!

Camp Cocoon, our grief camp for children ages 5-17, is funded through the Golf Classic (see accompa-

nying article). The Foundation offers annual nursing and pharmacy scholarships to worthy students who show an interest in End-Of-Life care and hospice. Your day of golf extends far beyond the swing of a club and the green! Through the Neil L. Pruitt, Sr. Classic,

you become a partner with United Hospice Foundation, making a significant difference in Hospice Education and Bereavement Support! Mark your calendar—come play with us and support your United Hospice Foundation.

UNITED HOSPICE FOUNDATION 
Neil L. Pruitt, Sr. Classic
Renaissance Pineisle Resort  Emerald Pointe
May 5, 2005



Tree Of Memories Grows In Support...

“Memories are a good thing,” states Tara Hardeen, Lilburn Corporate. “Losing a loved one may bring sadness, but the memories are good. The Tree of Memories helps me to reflect on these thoughts, while sharing that bond with others.” From Thanksgiving through Christmas Eve, United Hospice Foundation reaches out to the tri-state shoppers at the Mall of Georgia in Duluth through the Tree of Memories. This event offers shoppers the opportunity to remember a loved one through placing a memory card on one of the trees. Through a donation, they may choose a beautiful butterfly ornament to take home for their tree.



The Tree of Memories display at the Mall of Georgia, November through December of 2004.

Staffing for this event is challenging. Over 200 four-hour shifts are filled through the generosity of volunteers from within our UHS-PRUITT CORPORATION family, our United Hospice agencies, and Peachtree Christian Church, owners of our in-patient unit, Peachtree Christian Hospice. This year’s total donations were \$13,000, almost doubling last year’s gifts. Over 770 memory cards were placed on the trees.

This year’s display was updated with table skirts (see picture above) displaying the Foundation’s logo, helping to easily identify the event. Marks and Morgan Jewelers, the neighboring jewelry store to the TREES location, served as our evening depository for donations and gifts. This was a tremendous help to the Foundation staff and volunteers.



The staff of Ashton Woods Rehabilitation Center received the top facility award for volunteers.

Ashton Woods Rehabilitation Center took the top facility award for volunteers by staffing Tree of Memories **every Wednesday** during the holiday season. Additionally, they staffed our set-up evening, Thanksgiving Eve (Wednesday 9 PM – 1 AM). Gina Shoemaker, Administrator, said, “We received more from this experience than we gave!” Community Service is a high priority at AWRC. We applaud their dedication and commitment to UHF. Mary Adams, Nurse at AWRC, shares “I asked every-

one what they needed most during the time of transition after their loss, since I recently lost my husband and mother. They all gave me the same answer, “Support! They all said the hardest part was feeling lonely and empty. Physical touch and presence helped tremendously.”

Many individual volunteers worked multiple shifts at the Tree—giving as many as 16 hours (four shifts) to the Tree’s success! Cristy Rowe, Lilburn Corporate Office, a volunteer for 6 years, shares “this year was even more special to me as my 14 year old son, Chris, worked the Tree with me at two shifts,



Dan Nail presents Chris Choquette, Store Manager, with a Plaque of Gratitude for allowing the Foundation to use its safe for donations.

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.
- ◆ 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.

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From the Director's Chair...

As 2005 begins, I am encouraged by the support from our community, state and region. We are grateful for your generosity. Memorial gifts have been stretched to meet all of the needs that come before the Foundation. As you will see, we have had a successful year in reaching out to those who have lost loved ones, to those who need bereavement support, and to those facing end-of-life issues. Back in August we were able to double the camper attendance with Camp Cocoon. We hope to double attendance again in 2005! During the holidays, we doubled the participation with Tree of Memories, making it the most successful ever! During the Fall, we expanded our outreach with *Critical Conditions* to all of our Hospice agencies. As you can see, the Foundation's Hospice programs have grown tremendously and we thank you for remembering us with your memorial gifts. Sadly, though, memorial gifts fall short of overall needs.

Consequently, as the new year unfolds, I hope you will consider becoming a **Partner For Life** with our Foundation. This is the theme of giving for 2005. Your giving supports our outreach with Camp Cocoon, Tree of Memories, *Critical Conditions*, and Bereavement Support, as well as Scholarships for nursing and pharmacy students. Becoming a **Partner For Life** says that you believe in Hospice, Hospice Education, and supporting your neighbor who is struggling with grief.

What is expected of a Partner For Life? We simply ask you to join us with a regular donation to the Foundation.

How much should a Partner For Life consider giving? We ask that you consider a \$50.00 gift each quarter, or an annual **Partner For Life** gift of \$200.00. However, any contribution is greatly appreciated.

When could I become a Partner For Life? Today! Simply send your check to United Hospice Foundation and mark it **Partner For Life**. It's that simple! But more importantly, you will join many of your neighbors and friends who support Hospice as a better choice for life!

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 800-443-4788.

Tree Of Memories...

continued from page 2

as well as helping with set-up and tear-down. The new table drapes really helped a great deal. This year was much more exciting for me and I look forward to next year." We thank everyone who worked, visited and offered donations to the Tree of Memories 2004! A commemorative pewter butterfly pin was awarded to all who volunteered.

Nurse Consultant, Marcia Cannavino, enjoyed most the Trimming of the Trees. "I met so many fun people. Life does go on after loss. The UHF staff did a fantastic job of organizing it and making it so successful. I am looking forward to next year!"



Dan Nail presents the Mall of Georgia Marketing staff Josh Zimmer, Lesley Sifford and Heather Evans with a Plaque of Gratitude for offering free space to the Foundation for the Tree of Memories.

In Depth— The 10 Biggest Myths About Grief...

Most of our behaviors in life are learned or observed. Often they are not the result of formal training where we learn “the best way” to handle a situation, but they are the result of years of observing others, or being molded into certain responses by our parents, family or friends. Therese Rando states, “I have found that the myths and unrealistic expectations that society maintains for grievers are some of the worst problems any griever has. If the information you have about grief is faulty, inaccurate, or unrealistic, then you risk developing unrealistic expectations about your grief.”

Within the Foundation’s support network for bereavement and grief, the Carenotes booklet, *The Ten Biggest Myths About Grief*, is used. We hope these ideas might help you as well.

Myth 1 – The biggest myth about grief is that we “get over” it. You don’t. You absorb your loss and learn from it. You are changed forever after someone you love dies. The harsh reality of loss brings acute grief, a pain that is all-consuming, overwhelming, and unpredictable.

Myth 2 – When a loved one dies, our relationship with that person ends. In her book, *In Lieu of Flowers, A Conversation for the Living*, Nancy Cobb shares her grief experiences after the deaths of her parents. “There’s a cracking open when someone dies,” she says. “You’re opened. When the person isn’t there anymore, there’s a new relationship with them.” Our role changes to that of biographer as we tell their story.

Myth 3 – People who experience the same loss will have the same grief. This is especially evident in the loss of a child. The mother and father will each grieve in their own way, unique to the individual griever, in their own time.

Myth 4 – There is one right way to grieve. The pain that accompanies loss makes us wish for a comforting formula, a prescriptive cure. However, our grief differs from each other just as our fingerprints do. Grief is not a problem to be solved or a disorder to be cured. It is a process to be lived.

Myth 5 – Time heals all wounds. It’s what we do with the time that counts. Healing begins as we acknowledge our true feelings, whatever they are, and share our stories with others. Time doesn’t heal wounds. Time provides the laboratory to examine our new existence in the absence of our loved one.

Myth 6 – All losses are the same. Because a friend lost their son does not mean that they understand what your loss is like for you.

Myth 7 – Feeling and expressing intense grief emotions is a sign of weakness and losing control. Sometimes we are told to “keep a stiff upper lip, be strong, or the pain will pass.” Grief is experienced in body, mind, heart, and soul. Loss challenges us to weave the threads of pain into the unique tapestry of our lives. Acknowledging pain helps loosen its grip on us.

Myth 8 – Once grief is resolved it never comes up again. Most people who find peace after a major loss still experience occasional, temporary upsurges of grief, often around holidays, anniversaries and birthdays.

Myth 9 – Everything about grief is negative and devastating. Erma Bombeck learned differently. At one time she believed that there are just some things you don’t poke fun at. However, “Laughter,” she said, “rises out of tragedy when you need it the most and rewards you for your courage.” George Bernard Shaw put it: “Life does not cease to be funny when people die, any more than it ceases to be serious when people laugh.”

Myth 10 – Religion and spiritual beliefs always bring comfort during times of loss. Many people do find comfort in their faith. It is also normal to question your faith and become angry. “It’s God’s will” is one comment that is often hurtful. Trust yourself and God enough to question your beliefs and struggle with your faith. Yelling and shaking your fist at God is another form of prayer!

For many people, grieving is a wilderness experience. It looks and feels like chaos. Recognizing that helps us realize we’re not going crazy—we just *feel* crazy. That understanding brings hope. Above all, tell God how you feel about your loss and what is confusing about your grief. Open your eyes, look, and listen carefully. God will help you chart your path through what is important and what isn’t.

This article comes from *Carenotes: The Ten Biggest Myths About Grief*, authored by Kay Talbot, Ph.D. She is a certified grief therapist and author living in Vallejo, California., used by permission. For more information on *Carenotes*, call them 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 **770.925.4788** or **800.443.4788**. 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) w05

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Scott Shull
Advisor

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Hour 4 Our Program

United Hospice Foundation is getting ready to roll out its employee giving program for the entire UHS-PRUITT CORPORATION in March, 2005. This program, HOUR 4 OUR, encourages employees to give one HOUR of their pay 4 times a year to OUR foundation. Employees at every level of operation can join hands and become **Partners For Life** with UHF programs. With 4 successive quarters of giving, the employee will be allowed to give 4 hours volunteer time to their community or favorite charity. For more information, go to www.hour4our.org or www.unitedhospicefoundation.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, started the new year with a January training seminar. Held at the Foundation's new offices (2486 Lawrenceville Hwy, #140), 21 participants received training from Georgia Health Decisions Foundation Executive Director, Beverly A. Tyler. This event immediately provided trainers to most of our Georgia Hospice Agencies. United Hospice of Cordele started their *Critical Conditions* program in late 2004, and will also be offering it through Georgia Southwestern's Adult Education program. If you would like a *Critical Conditions* program for your organization, please contact the Foundation office.

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