Teepa Snow’s “Becoming a Better Detective”
Available on DVD

Teepa Snow MS, OTR/L, FAOTA, an occupational therapist and nationally recognized Alzheimer’s expert, presented an all-day seminar January 25 at the Carolina Event and Conference Center. Approximately 160 caregivers, social workers, counselors, nurses, skilled nursing facility staff, and other health care professionals, attended the “Becoming a Better Detective” event.

The two set DVD of the seminar will be available for $15 March 1 at the Carolina Event and Conference Center, 374 Hudlow Road. DVDs are available to Hospice of Rutherford County hospice and palliative care primary caregivers at no cost. The taped event will be helpful for anyone caring for someone with Alzheimer’s. Ms. Snow discussed the physical details of the disease, the multiple and varied affects it has on individuals, and how loved ones and health care professionals can better care for people with Alzheimer’s.

Dr. Jack Rainer to Present “Our Stories, Ourselves: Finding Meaning in Life Review for Ourselves and Those We Care For”

Well-known grief expert Dr. Jack Rainer will present an all day seminar May 24 for continuing education credit for nurses, social workers and counselors. Others who care for those at the end of life or those who grieve will also benefit from the course, which is $60 and includes continuing education credit, a continental breakfast and lunch.

The tales we tell hold powerful sway over our memories, behaviors, and identities. Our personal stories, evolved through history and experience, give an individual multiple self truths. Life stories provide coherence to the understanding of childhood, important relationships, major life events, important transitions and epiphanies, and major adult experiences. For individuals at end of life, stories allow spiritual energies to be codified and engaged. For those who grieve and mourn, such stories contain new understandings about the past and present. Participants will examine narrative therapy from multiple perspectives, articulating essential narrative elements, will distinguish between narrative, memory, and reminiscence. Participants will also apply the process of storytelling to resilience in grief and bereavement, and learn techniques of narrative and how such story telling can facilitate caring, hope, and healing. Participants will demonstrate understanding of cultural values, struggles, and context as important causal elements in the narrative.

Jackson Rainer is a board certified clinical psychologist who completed psychology graduate degrees in 1986. He is nationally known and respected as a psychotherapist, teacher, and supervisor. In urban and rural settings, he has directed community mental health institutions and agencies, practiced psychotherapy with children, adults, couples and families, and taught in universities and professional settings for a practice life than spans more than 25 years. Currently, Dr. Rainer serves as Professor and Director of Clinical Training for the PsyD program at Georgia Southern University, Statesboro, Georgia. He consults nationally in the areas of psychotherapy. Dr. Rainer is the former chair of the Publication Board for Division 29, Psychotherapy, of the American Psychological Association, is on the editorial and publication boards of seven psychology journals. He serves as a Media Representative for the APA. Dr. Rainer specializes in work surrounding the crisis of loss due to catastrophic, chronic, and terminal illness. His research appears in such journals as Innovations in Clinical Practice, the Journal of Clinical Psychology, In Session, and the Journal of Ethics and Entrepreneurship. To register for the seminar, go to www.hospiceofrutherford.org. Complete the registration form and mail as directed with payment or stop by CECC at 374 Hudlow Road, Forest City.
What’s Happening at Hospice

Please contact Hospice at 245-0095 or 1-800-218-2273 to register for any of the support groups or events listed.

CAMP RAINBOWS: This is a weekend camping experience for any child in the community who has lost a loved one. The camp is offered June 3 and 4 at South Mountain Christian Camp in Bostic for children ages 7 to 13. The Camp is conducted by trained Hospice counselors and volunteers.

GRACE support group for anyone caring for a loved one. The group is offered the first Tuesday of each month from 4 pm until 5:30 pm at Rutheford Life Services and co-sponsored by Hospice. Adult day care services are available if you RSVP to Hospice at 245-0095. March 1, April 5 and May 3.

HOPE Support Group: A four-week support group for any adult who has lost a loved one offered March 1, 8, 15, and 22, at 6 pm, and again May 3, 10, 17 and 24 at 10 am at the Annette Cash Whitaker Center of Living.

Individual Counseling: Professional counselors provide individual grief counseling at no cost for adults, teens and children.

PROMISE Support Group: Conducted for four weeks May 2, 9, 16 and 23 at 10 am. This group is for any parent who has lost an adult child.

Rainbows Support Group: Rainbows is a six week support group offered in the school system for children who have lost a loved one regardless of the circumstances of the loss.

Volunteer Training: Available on DVD and taking place April 4 through April 6 from 10 am until 3 pm at the Hickory Nut Gorge office in Lake Lure and April 4 through 7 from 6 pm until 9 pm at CECC.

Widow/Widower’s Lunch Bunch Meeting: Third Friday of each month at the Carolina Event and Conference Center. From 12 pm until 1 pm for anyone in the community who has lost a spouse. Cost for lunch is $6. Participants MUST register in order to reserve lunch.

Please remember that the Hospice Annette Cash Whitaker Center of Living library is open Monday through Friday from 8 am until 5 pm. The library contains an Alzheimer’s section as well as information about grief, loss and caregiving. There are children’s books available, as well. Anyone can check out the materials in the library during regular business hours.


Total Number of Hospice Patients: 717
Average Daily Patient Census: 141
Average Length of Stay (Days): 95
Average Bereavement Caseload: 489
Total # of Family Members Served: 1,793
Total # of Admissions: 570
Total Number of Deaths: 466
Total # of Volunteer Hours: 29,765
Total # of Volunteer Miles: 82,332
Total # of Crisis Care Hours: 3,164
Total # of Palliative Care Patients: 675
Total # of Palliative Care Deaths: 55

SUPPORT GROUPS AND GRIEF EDUCATION

Total Number of TAG, Rainbows: 15
Total # of Community Bereavement: 36
Total Number of Camp Rainbows: 33
Total Number of Rainbows Christmas: 34
Total # of Widow/Widowers Part.: 37
Total Number of Grace Participants: 30
Total Number of Hope Participants: 29
Total # of PROMISE Participants: 9

Consultation Sessions Available

Don’t forget that Hospice of Rutherford County has trained Advance Care Planning Facilitators to help people think through their health care options, talk with family members and physicians about choices and prepare documents. Hospice also has physicians, nurse practitioners, nurses, social workers and counselors who can come to doctor’s offices, business or civic organizations or churches to discuss hospice and palliative care services and grief counseling. Hospice receives referrals to the Hospice House and homecare 24 hours a day, seven days a week. For more information about a presentation or consultation at your office or business, in Rutherford County call 245-0095 or 1-800-218-2273. After 5 pm and on weekends, call the aforementioned numbers for Rutherford and McDowell Counties and press 1 for the on-call nurse. In McDowell County, call Melissa McKinney at (828) 447-3143 with questions or requests. For palliative care, dial 245-8471 Monday through Friday between 8 am and 5 pm.

The Hospice House in Forest City is a short drive from Marion, Lake Lure and most surrounding areas. The House consistently achieves excellent reviews for its care.
Speaker’s Bureau Available

The Hospice of Rutherford County Speaker’s Bureau is a free public service offered throughout the community to groups who want to learn more about various aspects of end-of-life care, grief, advance care planning and many other related issues. Hospice team members are available seven days (or evenings) a week to address churches, schools, businesses, and civic organizations. This service is part of the organization’s effort to educate as many people as possible about pressing issues that we will all face at some point in our lives. Hospice speakers can address the following subjects:

- Advance Care Planning
- Care for the Caregiver
- Caring for Someone with Alzheimer’s Disease
- Children’s Grief Perspectives
- Communication-Actions Speak Louder Than Words
- Cultural Considerations at the End of Life
- Developing Communication Skills
- Diabetes-Making Strides Toward Living Well
- End-of-Life Care and Symptom Management
- Family Dynamics
- Grief During the Holidays
- Grief: “Where Do I Turn?”
- Health Benefits of Spirituality
- Hospice Medicare Benefit
- Hospice House
- Hospice Overview
- Hospice vs. Palliative Care
- Is My Grief Complicated?
- Nursing Care at the End of Life
- Pain Management
- Patient Rights
- Quality of Life and the Burden of Treatment
- Palliative Versus Hospice Care
- Survival After the Loss of a Child
- Survival After the Loss of a Loved One
- Stages of Grief
- Teens in Grief
- Total Pain-Physical, Emotional, Psychological and Spiritual
- Volunteer Opportunities
- Who is Appropriate for Hospice Care
- Widowhood - A New Beginning

Please provide at least two weeks notice when requesting a speaker. Call Heidi Owen at 245-0095 or 1-800-218– CARE (2273) ext 105. Provide the group name, number expected to attend, topic requested, date, time, address and contact phone number. Materials will be provided for group members relevant to the topic. Speakers can utilize PowerPoint presentations if requested.

Services Offered to Neighboring McDowell County

In addition to all of these programs and services, Hospice of Rutherford County was asked some time ago to provide the same quality care to people in McDowell County who desperately need help. Hospice of Rutherford County now offers crisis care, a Hospice House, physician home visits, hospice and palliative care in hospital, nursing home and rest home settings, extensive grief counseling, an active volunteer program, and 24 hour admissions in McDowell County. We have assembled a team of current staff and volunteers already living in McDowell who can serve patients when requested. Melissa McKinney, RN and Sandy Davis, MSW pictured below, both have hospice experience and are from McDowell County. Melissa will be available throughout the medical community to ensure referrals are processed quickly and patients receive services as soon as they are needed. Sandy will be available to speak to civic organizations, churches and other groups, to ensure everyone access to care as soon as possible.

Sandy Davis, MSW and Melissa McKinney, RN are committed to ensuring patients in McDowell County receive all that Hospice of Rutherford County has to offer.
Free Advance Directive Clinics to Discuss Living Wills and Health Care Powers of Attorney

Advance Directive Clinics will be offered twice a month at the Hospice Annette Cash Whitaker Center of Living. A Medical Social Worker or trained facilitator will explain Advance Directives including Living Wills, Health Care Powers of Attorney, and the MOST forms - Medical Orders for Scope of Treatment.

2011 Schedule for Advance Directive Clinics
First Tuesday of each Month, 12:30 – 2:00 P.M.
March 1, April 5 and May 3
Third Tuesday of each Month, 5:00 – 6:30 P.M.
March 15, April 19 and May 17

Please call 245-0095 or 1-800-218-CARE (2273) to register or receive more information.