

HOSPICE *Gifts*

HOSPICE OF THE PIEDMONT, SHARING THE JOURNEY
SPRING 2011

A Song of Peace

David Bailey didn't want to talk about hospice or how he wanted to be cared for at the end of his life. The "poster boy" for survival and hope in the face of daunting odds he had lived each day with courage and humor, sharing his passion for life through his music and inspirational presentations.

But in August 2010, fourteen years after the initial diagnosis of a malignant brain tumor, David lay in a hospital bed, unable to make decisions for himself anymore. It fell to his devoted wife, Leslie, to find a place where they could go next. David's condition had worsened, chemo was no longer an option, and his personality—while still loving and easy-going—had changed in subtle but significant ways only a wife might notice.

"The hospital didn't want to keep him now that treatment options were at an end, and I could not imagine him in a nursing home, nor could I afford the payment they required up front."

David had struggled to accept help or admit his limitations during a difficult recovery over the summer. At home he refused to use a wheelchair, fell in the middle of the night, and often experienced terrible pain.

Quietly she admits, "I could not imagine how I would take care of him if we took him home."

Unfortunately, throughout all of their hospital and rehab visits Leslie does not remember any conversation with health care providers about hospice as an option, and she was running out of time. It was their pastor at Blue Ridge Presbyterian, Jay Sanderford, who suggested that Leslie explore what Hospice of the Piedmont could provide.

"Truly, Hospice House was a gift dropped in our lap."

David had been given many gifts in his life. The son of Presbyterian missionaries, David was born in Pittsburgh but spent most of his early life in the Middle East—first in Egypt, then twelve years in Beirut. Music was an important part of his young life and was a passion he continued to pursue in high school in Germany and then during college in Pennsylvania where he met Leslie.

In the early years of their marriage they were building corporate careers and their family when David began experiencing symptoms of a problem. A recurrence of a terrible headache plus nausea and loss of balance resulted in an ambulance trip to the hospital. He awoke from emergency surgery on July 4, 1996 to the news that he had a year or less to live.

David would later admit, "I look at that date as my personal independence day. It was a very dramatic way for God to get my attention."



David Bailey

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See BAILEY, page 8





Roberta White

From Roberta White, CEO

Seasons of Change

As we leave winter behind and welcome spring, Hospice of the Piedmont is poised on the brink of great things for our community. We have weathered the changes in our economy, continued to answer unmet needs, and have kept our focus on giving quality care and support to seriously ill patients and their families from the diagnosis of an illness through grieving the loss of a loved one.

You will see in this edition of our newsletter why we remain a strong partner and resource to our community. First of all, spiritual caregivers like David Flack are key to giving holistic and supportive care and families like David Bailey's highlight the importance of Hospice House as a refuge for patients and families at a critical time.

Operating behind the scenes are the remarkable members of the interdisciplinary team consisting of nurses, physicians, social workers, chaplains, aides, and volunteers. This is a unique model of care within the spectrum of healthcare and nothing like conventional medicine. The focus is on reducing suffering and providing comfort. At the center of this team, driving the decisions, are the patient and family who help the team focus on the goals of care that the patient and family want.

In preparing for this newsletter, I think about my mother who was a patient at Hospice House last winter. She struggled for many years to live alone in her home in Maryland and resisted any efforts on my part to increase support at home or to live with my family. The time came when even she recognized that "this isn't working" and she moved to Hospice House.

I will never forget the day we were leaving her home of almost 50 years. An ambulance was ready and she decided that she would "walk out of my house under my own steam" and she did just that. She also paused before that final moment and looked around and said, "I've had some good memories and some bad ones while living here. Fortunately, the good ones remain thanks to a lot of prayer."

I was a little stunned by her resilience and reference to her very powerful and not always cordial relationship with "the Almighty." She was frustrated with her spiritual life at that time and wondered if "my prayers will ever be answered." Lucky for her, David Flack was a major support and comfort to her as her life neared its end and may well have been one of the answers to her prayers along with every member of the Hospice interdisciplinary team.

My hope for our community is that everyone is as lucky as my mother and finds their way to our organization when facing serious illness. We have spent many years building ways to help you and your family on your journey. It is a reluctant trip for all of us, but we want to be your companions along every step of the way to comfort, support, and fulfill your wishes, dreams and prayers. ☘

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New CMO Brings Extensive Palliative Care Experience to Our Community

Dr. Christopher Pile Joins Hospice of the Piedmont

Hospice of the Piedmont is pleased to announce that Christopher W. Pile, MD has joined the organization in the role of Chief Medical Officer. Prior to joining Hospice of the Piedmont, Dr. Pile was a member of the medical staff at Carilion Clinic – Roanoke Memorial Hospital in Roanoke, VA. In that position Dr. Pile was the first Section Chief for Palliative Medicine, the founding Program Director for the Hospice and Palliative Medicine Fellowship, and Medical Director of Carilion Clinic Hospice. During the past year Dr. Pile has also been an Assistant Professor at Virginia Tech’s Carilion School of Medicine in Roanoke.

In 2005 Dr. Pile achieved Faculty Scholar recognition from The Program in Palliative Care Education & Practice at the Harvard Medical School in Boston, MA. He received his MD from Eastern Virginia Medical School in Norfolk, VA in 1996 and his BS degree in Commerce from the University of Virginia in 1988. Dr. Pile is licensed to practice medicine in the Commonwealth of Virginia, is a member of the American Board of Family Medicine with a certificate of added qualification in Hospice and Palliative Medicine, and is a Certified Public Accountant.

When asked about his new position, Dr. Pile commented: “I am excited about the opportunity to join such a highly respected community-based organization. It is a privilege to be part of an organization that specializes in providing the highest quality care and support to the members of our community who are facing serious illnesses.”

Dr. Pile is an accomplished speaker, and looks forward to providing educational presentations on a wide variety of topics to professional and community audiences related to palliative care and end-of-life issues. Dr. Pile lives in Nelson County with his wife and two teenage children. Please join everyone at Hospice of the Piedmont in welcoming Dr. Pile and his family to our community. 🌸

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Hospice of the Piedmont's Team

Hospice of the Piedmont's program of care is designed around a team concept. Every hospice patient benefits from an Interdisciplinary Team (IDT) to provide care and support and to assist the primary caregivers and family members. The purpose of the IDT is to support the patient and their family, helping them meet their goals for care at end-of-life. The IDT typically includes physicians, nurses, therapists, social workers, home health aides, chaplains, and bereavement coordinators as well as volunteers. Individual IDT members are involved to the extent they are needed to help the patient and family meet their goals for care.

Care and Support Have Many Faces

THE ATTENDING PHYSICIAN AND HOSPICE MEDICAL DIRECTOR

Everything that Hospice of the Piedmont does from admission to care planning and orders for service must be authorized by the attending physician and/or hospice medical director. Choosing hospice care does not mean losing contact with your personal physician. We value the experience and knowledge that the patient's attending physician brings to the care planning process. The patient's doctor typically works very closely with the hospice medical director and other IDT members to plan the best care for our patients.

NURSE—Hospice nurses explain the patient's disease, discuss symptom control, show family members how to provide care and make suggestions about the best way to deal with disease-related problems. The nurse will visit as often as necessary and make sure the family knows what to expect each step of the way.

SOCIAL WORKER—A social worker will help the family deal with the emotional distress caused by a serious illness. Social



workers can also help the family make decisions about care options, financial concerns, and non-medical problems. The social worker acts as a liaison to other community agencies and resources.

HOME HEALTH AIDE—Hospice of the Piedmont's home health aides assist patients and families with the activities of daily life. They can help with feeding, bathing, dressing, shaving, hair care, and changing bed linens. They can also perform basic housekeeping tasks and provide much-needed companionship.

CHAPLAIN—Hospice of the Piedmont offers a chaplain to help provide spiritual guidance and support for patients and families of all faiths. This person can also help the patient and family connect with support groups within a specific faith. (See David Flack's story on page 5.)

BEREAVEMENT COORDINATOR—The Hospice of the Piedmont team includes bereavement counselors trained to help a family cope with grief and loss. Their services are available for at least 13 months after a death. In addition, a variety of support groups and workshops are open to community members as well as hospice families dealing with grief and loss.

VOLUNTEER—Hospice of the Piedmont's volunteers help patients and families in many ways. They can provide extra companionship, take the patient on outings, run daily errands, and stay with the patient for a time so that a caregiver can take a break. They visit Hospice of the Piedmont patients wherever the patient calls home, including nursing homes.

AFTER HOURS ON-CALL TEAM—Specially trained team members provide support to patients and families 24-hours a day, 7-days a week. A nurse is available to answer questions and make visits as necessary overnight and on weekends. Help from an experienced Hospice of the Piedmont staff member is always just a phone call away. ☎



The Hospice Interdisciplinary Team

Focus on the Role of Chaplains

Listening is the one skill that all interdisciplinary team members at Hospice of the Piedmont must possess. For Chaplain David Flack, M. Div., it is the most important.

“My number one objective is to establish a sense of trust with a patient and their family. One way I do that is letting them know that their agenda is my agenda. Listening to them reassures them that I’m not there to preach or try to convert them.”

Flack says that once he establishes that relationship on a human level, the patient and family are able to move on to the areas that are important to them spiritually.

“Sometimes people will confuse the role of chaplain with that of a preacher or pastor,” says Flack. As a hospice chaplain, Flack does not seek to replace existing relationship between patients, families, and their faith communities. The goal is to let patients and family members direct the chaplain as to how he or she can best provide support.

In many instances the chaplain will join the patient and family members in prayer. Like all chaplains, Flack is very knowledgeable of the unique characteristics of all faith traditions. This allows him to adapt his interaction with patients to provide comfort and support to the diverse population in our community, regardless of their religious affiliation or beliefs.

While prayer is a very important aspect of a chaplain’s duties, often there are other areas where they are able to lend support. A chaplain is frequently a guide who assists a patient in discovering that he or she already possess skills and experience that can help them cope with the difficult issues that can arise at the end of life.

“I wish to express to you my sincerest thanks and gratitude for the concern and kindness you extended to my mother.... She enjoyed your visits and she was so very grateful to you for your friendship and most especially for your constant prayer on her behalf.”

✉ LETTER TO A CHAPLAIN



David Flack enters visit notes in Hospice of the Piedmont’s electronic records system. This information is available immediately to all members of the interdisciplinary care team.

“This is another area where listening is critical; listening to people describe difficult times in their lives can help them generate the confidence they need to deal with the new challenges they are facing. The coping skills that people have used throughout their lives are still valid at the end of their life.”

Flack sometimes tells patients, “who you are and what you’ve done is enough to get you through this difficult time.”

Chaplains sometimes find themselves working with patients and families who are struggling with decisions related to choosing hospice care. There may be instances where a family member wants the patient to make different choices about their care. Flack tries to help everyone involved see the issue in terms of a variety of options, not a “right” or “wrong” choice. Helping families come to see that they all want what is best for the patient is of great value.

“Helping everyone differentiate what they may want for themselves in a particular situation versus what the patient wants helps give them perspective.” By facilitating communication between family members, Flack tries to foster an understanding that all choices are valid when they meet the needs of the patient.

Communicating regularly with other members of the interdisciplinary team allows Flack to share his observations with everyone involved with a patient’s care. This coordinated care ensures that issues raised by the patient or family are addressed as quickly as possible. 🌈

HOSPICE OF THE PIEDMONT’S CHAPLAINS

Swami Sarvaananda, Ph.D., M.Div., BS, CPE

David Flack, M.Div, BA

Erminia Janabio, College of Chaplains, BA

Eve Marie Ireland, MA

Alexandra McGee, M.Div.

Each Chaplain at Hospice of the Piedmont provides support to approximately fifty patients and their families at any given time. Chaplains have very specific training that qualifies them to perform their duties. In addition to their undergraduate degree, they have one to three years of seminary or its equivalent. After ministry field experience including care of the sick and dying, with their faith tradition endorsement, they continue graduate studies in Clinical Pastoral Education (CPE) which includes extensive cultural and interfaith study as well as self-reflection and clinical case studies. Board Certified chaplains are required to have 50 hours of continuing education each year. Current Hospice of the Piedmont chaplains include two who have completed Chaplaincy Board Certification, two that are in the process, and one with extensive psychological clinical education as well as a Masters of Divinity degree.

Building Momentum in the

Hospice House Endowment Campaign



Thanks to a generous, leadership gift from The Joseph and Robert Cornell Memorial Foundation, the Hospice House Endowment Campaign has entered the final stretch.

When the \$3 million goal is achieved, the endowment established by friends and grateful families will ensure that Hospice House remains a resource to the community for generations to come, and will ensure that no one in need is ever turned away.

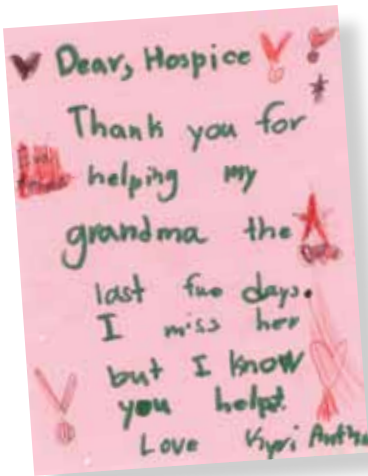
Hospice House was designed to provide safe, skilled, compassionate care in a warm, homelike setting for hospice patients who cannot remain at home during their final weeks or months of life.

While Medicare, Medicaid, and private insurance cover the daily rate for hospice care for patients living at home, Hospice of the Piedmont is not reimbursed for the cost of providing room, board, and round-the-clock staff, in addition to other operating costs at Hospice House.

Families with the means to do so are asked to compensate Hospice of the Piedmont for room and board at Hospice House on a sliding scale, based on income. Patients who are uninsured or unable to share in these costs are never denied access. Prior to 2008 when the endowment campaign began, the cost of their care and the additional expenses incurred at Hospice House were paid for by grants and careful stewardship of the organization's resources. The difference between Hospice House income and expenses, plus charity care, results in a \$150,000 deficit each year.

Like any non-profit, Hospice of the Piedmont must plan carefully for the future. An endowment lives in perpetuity; the principle of the Hospice House endowment will never be spent while the income earned on that investment will provide a permanent, annual stream of income. On average, a \$3 million endowment will generate approximately \$150,000 each year.

Approximately \$400,000 is still needed to reach the campaign goal.



Kyri Antholis, age 7, sent a lovely note and generously donated \$6.41 to the Hospice House endowment in memory of the grandma she misses.

For More Information

For details on making gifts to Hospice of the Piedmont, supporting the Hospice House Endowment, including the charity in your will, or fundraising events and activities please contact:

Karen Ratzlaff
Director of Development
(434) 817-6910
Email: karen.ratzlaff@hopva.org

Exciting News for Donors:

IRA Rollover Provision Extended

On December 17, 2010, President Obama signed the charitable IRA rollover extension into law, allowing donors 70½ years or older to make a direct, tax-free donation of up to \$100,000 from an IRA to a charitable organization like Hospice of the Piedmont. The extension runs through December 31, 2011.

The following limitations apply:

- >> The donor must be age 70½ or older
- >> The cap on annual IRA rollovers is \$100,000
- >> The contribution must be a direct gift to a charity (no planned gifts)

Shop and Run

Show Your Support for Hospice

THE BELK CHARITY SALE PRIVATE SHOPPING EVENT is just around the corner. Mark your calendars for **Saturday, April 16, 2011** for a shopping extravaganza from 6:00 to 10:00 a.m. Hospice of the Piedmont is one of many local charities benefiting from the sale.

Here's how it works: purchase a \$5 admission ticket available now at Hospice of the Piedmont offices and take an additional \$5 off already reduced Belk merchandise with each ticket. 100% of the proceeds of all tickets we sell support hospice programs and services.

Runners and walkers alike will enjoy the **KESWICK CLUB'S 10TH ANNUAL 5K** in memory of Sally Carle on **Saturday, June 4, 2011** at 8 a.m. on the beautiful grounds of Keswick Hall. All proceeds benefit Hospice of the Piedmont.

For information call the Keswick Fitness Center (434) 923-4319 or call Ragged Mountain Running Shop (434) 293-3367. Or visit www.hopva.org/fundraisers.php to download the 5K registration form.



Second Annual Faith Community Symposium Hosted by Hospice of the Piedmont

THURSDAY, MAY 5, 2011

Meadows Presbyterian Church, 2200 Angus Road, Charlottesville

For the convenience of attendees, the program is offered twice (*register for one*):

8:30 am to Noon **OR** 5:15 pm to 8:30 pm

“Spirituality and End-of-Life Care”

Hospice of the Piedmont staff, area chaplains, and local clergy will share their expertise, in concert with material provided by the Hospice Foundation of America and the Foundation for End-of-Life Care.

The Symposium is appropriate for clergy, parish nurses, lay leaders, chaplains, health care providers, and counselors in the communities served by Hospice of the Piedmont (Charlottesville city and the counties of Albemarle, Augusta, Buckingham, Fluvanna, Greene, Louisa, Madison, Nelson, and Orange). Continuing education credits are available for interested attendees for a small fee. All faith traditions are welcome.

Thanks to the support of the sponsor, Home Instead Senior Care, attendance is free and opportunities to attend a series of follow-up, in-depth webinars will also be made available to symposium attendees, at no cost.

Registration is required. Call (434) 817-6900 or visit the website www.hopva.org.

Generously sponsored by:





David Bailey and his family visiting Italy in 2009



Christmas 2007

BAILEY, from page 1

He left his corporate life and—while pursuing aggressive treatments at the Duke Brain Tumor Center that included radiation, surgeries, and multiple chemotherapies—returned to his first love of songwriting and performing. Committed to sharing the hope upon which his life depended he began to write and record his songs. Over the years he recorded 23 albums and shared his music and story in a relentless tour schedule in locations across the country and around the world.

Meanwhile, Leslie and David raised their children, Kelcey and Cameron, in Stafford and then Charlottesville and offered countless hours of support, counseling, and prayers to others diagnosed with brain tumors.

There was a tumor recurrence in November 2008 and another in May 2010. After the second recurrence another surgery was performed at Duke, but the recovery, rehab and healing did not go well. Still, David pushed on and in July insisted that he perform in Iowa and Pennsylvania. However, by the end of summer he was in terrible condition and an ER visit ended with admission to the hospital.

It was clear to Leslie, if not David, that now they needed a different kind of help.

After a meeting with Hospice of the Piedmont admission staff, Leslie waited and prayed that a bed would open at Hospice House and within 24 hours a room was available. David still hoped he would go home, eventually. Leslie had hope, but knew that scenario was unlikely.

As they took David to Hospice House she explained, “This is where I can be your wife and not just your nurse.”

It was clear to Leslie, if not David, that now they needed a different kind of help.

Their life at Hospice House for the next month fell into a routine of sorts. The time and location provided scores of David’s fans and friends an opportunity to visit him and to say goodbye. Leslie had to continue working a reduced schedule but all her mornings and evenings were spent with David at Hospice House. Her confidence that compassionate, knowledgeable hospice staff and volunteers were with him during her absences made it easier to go to work and for Cameron to go to school (Kelcey was away at college for her freshman year). Many of them fed David’s sweet tooth with the cookies and treats he loved. At night Leslie and Cameron went home where they both could get some real rest.

Leslie admires and appreciates the way Hospice House nurses did their best to honor David’s dignity while lovingly providing the help he needed.

David died on October 2, 2010. More than 300 family and friends from across the U.S. joined each other in worship and celebration of his life at his memorial service weeks later. True to his trademark style, tie-dye was the attire of choice for many.

Leslie and her children are coping and, with some support from Hospice of the Piedmont bereavement staff and other parents and children traveling a similar journey, are learning to live with the inevitable waves of grief. Leslie plans to continue to share David’s story and music, but is taking her time.

When asked what advice she would give other caregivers going through difficult times, Leslie says, “It’s not shameful to get help. The support we received was a gift.”

Read more about David Bailey, listen to his music, and celebrate his life at davidmbailey.com.



One More Day

Lyrics by David M. Bailey

Don't let the grass grow beneath your busy feet
Don't let the grass grow above you when you rest
You've got one more day to get to where you're going
One more day to give your very best

Don't let the clouds forever block your sunshine
Don't let the sunshine blind you on your way
You might have years of tears behind you
But right now you've got one more day

One more day you can hold your children
Or your brother or your sister or your wife
One more day you can watch the grass grow
One more day you can live your life

Don't let the cynics tell you they know better
Better yet, don't let them talk to you at all
You've got one more day to prove they know nothing
One more day to find your private call

Don't let your loved ones ever doubt your passion
Don't let your passion ever start to fade
Yes I know how it feels to be afraid
But right now, you've got one more day

One more day you can hold your children
Or your mother or your father or your wife
One more day you can watch the sunrise
One more day you can live your life

Hallelujah you've got one more day!



Italy 2009



Why Should My Child or Teen Participate in the Journeys Program?

Following the death of a loved one or friend, many children and teens have feelings, worries, and even regrets that are difficult to talk about. For many children this may be the first death of someone close to them. They may not have experienced dealing with and expressing feelings that are difficult to talk about.

Many of the children and teens in the Journeys Program have shared that they did not want to bring up their own feelings and fears with family members who were already sad or upset. We have also heard from many attendees that being with other children and teens was really helpful. One child commented, “When I looked around and saw the other children and teens who had lost someone, I felt sad for them, but also relieved ... that I wasn’t alone.”

“I felt sad for them, but also relieved ... that I wasn’t alone.”

Thursday Evening Program for Children, Teens and Parents

These six-week support group sessions combine learning about the grief journey with expressions of grief through a variety of creative activities. Parents often are unsure about whether to sign a child or teen up for a group when they say they don’t need it. In fact, it is often difficult for adults to come to a group, especially the first couple of times, but they come either because they have been persuaded, advised, or just realize that they need the help. Children and teens may need their parents to

be able to say, “We are doing this as a family, because we need this. We are doing it together.”

While committing to attend a six-week group will require planning and may mean missing a few weeks of another activity, the tools that young people and adults learn are very valuable to them as they grow older, and the shared experience often brings family members closer. A former parent said it best, “Death is part of life ... and I know my kids and I will use what we have learned again.”

Spring Camp Day and Fall Family Overnight

On Saturday, May 14 and Saturday/Sunday, November 5 and 6, we are pleased to offer two camp experiences for healing after the death of a loved one. Both camps will offer recreation, great food, and opportunities to remember loved ones.

We will hold our events at Triple C Camp, just a few miles from Charlottesville. Triple C offers an environment children and teens and parents love. Activities may include the climbing wall, zip line, flying squirrel, and horseback riding as well as games and activities for creative expression. The Fall Family Camp Overnight will take place all day Saturday, sleeping in cabins that night after a campfire, and ending Sunday morning. Camps end with a closing memorial ceremony. Transportation may be available for families in need.

For additional information and to register for Journeys events, please call (434) 817-6900.



GRIEF AND LOSS SUPPORT

As a nonprofit organization dedicated to supporting our community along a continuum from serious illness through death, grief, and loss, Hospice of the Piedmont welcomes anyone in need of bereavement services, whether or not their loved one died in hospice care. Grief and loss support at Hospice of the Piedmont is free. These programs are supported by donations and grants.

BEGINNING YOUR GRIEF JOURNEY WORKSHOP — An introduction to basic grief concepts and an opportunity to begin to share the story of your loss, in a group setting. Held the first Wednesday of the month in Albemarle County, alternating each month between daytime and evening sessions. Daytime sessions run 1–3:00 pm; evening sessions run 6–8:00 pm. This workshop is also held in surrounding counties at times throughout the year. Please call or visit the website for specific dates, times, and locations.

EIGHT WEEK SUPPORT GROUP — Meets for eight consecutive weeks to learn about the grieving process and be with others who are grieving. These groups are for adults who have experienced the death of a loved one and three months have passed since the death. Upcoming groups: Mondays, April 18–June 6, 5–7:30 pm.

DROP-IN BEREAVEMENT SUPPORT GROUP SESSIONS — Now held in two locations, three times each month. An open bereavement support group for any adult who has been affected by the death of a friend or family member. This is an opportunity to discuss grief topics and receive support from others going through the grief process.

Hospice of the Piedmont Offices: Second Monday of each month, 5:30–7 pm.

Senior Center, Charlottesville: Second and Fourth Fridays of each month, 3–4:30 pm.

REMEMBERING OUR CHILDREN — First Monday of each month, 5:30–7 pm. If you are a parent or family member who has experienced the death of a child, we invite you to join us for education about grief and loss, support, and healing.

MEN'S BREAKFAST CLUB — Third Thursday of each month, 8:30 am. A social gathering for men coping with the death of a loved one. Gain support through conversation and connection with other men experiencing the ups and downs of grief. A breakfast buffet will be available, payable by attendee at the front desk. Meets at the English Inn of Charlottesville, 2000 Morton Drive (behind Emmet Street Bodo's Bagels).

SPRING MEMORIAL GATHERING — Tuesday, May 3, 6:30 pm. Friends and family members of Hospice of the Piedmont patients who have died in the year since our last Spring Memorial gather together with Hospice of the Piedmont staff and volunteers to remember and honor their loved ones. As the date approaches, invitations to the event will be mailed.

REGISTRATION is required for bereavement events.

Call (434) 817-6900 or (800) 975-5501 for more information, including locations, directions and to reserve space in our groups. For the most up-to-date information on events at Hospice of the Piedmont visit www.hopva.org. In case of inclement weather, events will be cancelled if that county's schools have been closed. 🌧️

WHAT CAN HOSPICE OF THE PIEDMONT BEREAVEMENT SERVICES DO FOR ME?

Just about anyone who has experienced the death of a loved one can benefit from the bereavement services available at Hospice of the Piedmont. Many people believe that as they grieve, the best way to survive is to “stay strong,” or “hold it together.” But we know that, although grief is often a painful process, there are opportunities to do more than just survive. A bereavement counselor can help you work through your grief individually or in a group setting.

A bereavement counselor can help you:

- » Understand that what you are going through is normal.
- » Find your own unique path on the journey called grief.
- » Accept in your heart as well as your mind that the death is real and final.
- » Tell your unique story of grief and loss.
- » Develop tools within yourself to cope.
- » Find alternative ways to grieve other than talking, crying, sharing feelings.
- » Remember your loved one, both the good and the bad.
- » Explore what your loved one meant to you.
- » Feel and express the feelings of grief, because prolonged avoidance of grief can be detrimental.
- » Learn to live a full and happy life, while remaining connected with your loved one in a way that feels comfortable to you.
- » Determine if you need professional support as you cope with your feelings of loss.

You don't have to do it alone. Just pick up the phone and make the call. 434.817.6900 or 800.975.5501

OUR MISSION

Our mission is to serve our community with hospice care and supportive services related to serious illness and loss with the highest level of skill, compassion and respect.

VISION

To be the provider and the employer of choice in our community for the delivery of hospice care and supportive services related to serious illness and loss.

VALUES

Hospice of the Piedmont espouses the following values:

Respect

We recognize and appreciate the diversity, worth, dignity and privacy of every patient, family member, co-worker, and volunteer.

Advocacy

We actively support the patient's choice for end-of-life care.

Integrity

We hold ourselves to the highest level of ethical conduct in every aspect of our organization.

Stewardship

We make effective and efficient use of the resources available to help us accomplish our mission.

Effectiveness

We work with individuals and organizations to ensure the most effective, compassionate, appropriate and highest quality care available. 🌱

CaringBridge Resource for Families

CaringBridge is a nonprofit organization that provides free websites that connect people experiencing a significant health challenge to their family and friends. CaringBridge saves time and emotional energy by centralizing communication, making each health journey easier.

CaringBridge sites offer a personal and private space to communicate health news, allowing everyone to express his or her feelings and offer support. Powered by generous donors, CaringBridge helps people overcome physical and emotional distances when being there is essential.

To find a link to Caring Bridge's website visit www.hopva.org/links.php.

