

# Lifting Spirits for all of us.

Anne and  
Louis Kent

Volunteers at  
our Hospice Home



What's  
Happening:



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HONOR • REMEMBER • CELEBRATE  
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28th Annual  
Hope Run/Walk

Register at  
[TrellisRun.org](https://TrellisRun.org)

## *A MESSAGE FROM LINDA DARDEN, PRESIDENT & CEO*



As I write, it has been just over a year that former President Jimmy Carter was admitted to hospice care. Those of us who believe so strongly in the benefits are grateful for the spotlight his choice has put on hospice. We hope that his journey has demonstrated that hospice was never intended for the final days, but rather months. Further, it does not mean giving up, nor does it mean that patients will die sooner.

On the contrary, his journey has shown what study after study and article after article have suggested; with quality hospice care, patients can live more comfortably, more fully, longer, and with a better quality of life. Their loved ones are also treated with compassion and support as well as given time to process and plan.

Sadly, far too many patients are not admitted in time to fully benefit from all the care and support they deserve. More specifically, 37% of our patients die within seven days or less of being admitted. These numbers make it clear that myths and misconceptions about hospice remain. We will continue to do our best to provide information, raise awareness, and create easy access for all people.

At a time that can be particularly frightening and beyond our control, it helps to know about the benefits of hospice care before you need it. People do not need to wait for a physician to ask for care. If you are reading this, consider talking about your end-of-life plans with the people you love, and know that our doors are open to help anyone ease the journey and enhance quality of life.

I would like to close with a thank-you to the entire team at Trellis for their most recent achievement. We are one of only two hospice organizations in the state to attain Four Rings in the National Hospice & Palliative Care Organization's (NHPCO) Quality Connections program. NHPCO developed Quality Connections to recognize hospice and palliative care providers for delivering high-quality, person-centered care. You will read more about this achievement in this newsletter, and I hope you will join me in congratulating our teams on this wonderful accomplishment.



## *MEET OUR BOARD CHAIR – MIKE GWYN*

After nearly seven years on the Trellis Supportive Care Governing Board of Directors, Mike Gwyn is now serving as the Board Chair. Join us for a short Q & A with Mike.

### **Q. What prompted you to join the Board of Directors?**

**A.** I was working at BB&T, now Truist, when my colleague Margaret Ann Hofler was leaving the board. Wanting another BB&T representative, she asked if I would join, and I agreed it was a good fit. I was familiar with Trellis from the perspective of our KBR Hospice Home, but not as much with the in-home care.



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**Q. Has anything surprised you about the organization?**

**A.** While I was familiar with the high level of care offered by Trellis, I was pleasantly surprised to see what a well-oiled machine the organization is. I am so impressed by the governance. I've seen Trellis respond to changes in the healthcare environment and the pandemic, and I admire how well we manage change. Quite frankly, it's a top-shelf organization. I'm grateful also to know how many people want to volunteer and support our mission.

**Q. Enough about Trellis. What can you tell us about you?**

**A.** I retired in 2020 after a 40+ year career in banking. My wife and I have three grown children and we love to travel, but she is still working. It's been funny how many people have asked me what in the world I've been up to. I think the question is more about them wondering what they would be up to. I can tell you that after all those years working, our house needed some attention. Being a yard boy and a Mr. Fixit have kept me busy, as well as significantly increasing my involvement in my church and other community services.

**Q. Is there anything you would like to add?**

**A.** It's important to have strong communities and I believe organizations like Trellis lead the way. I'm honored to be a part of Trellis.



## *TRIBAL MATTERS*

*SUBMITTED BY ADDISON ORE*

"Absolutely not. We're not there yet." Those were my less-than-gentle words to a kind nurse who asked me if I wanted to learn more about hospice services when my mother was in a hospital dying from cancer in November of 2002. Back then, the word hospice was synonymous with giving up to me. I've learned in the passing years that nothing is further from the truth and that often, hospice care is the most compassionate way to lean into a loved one's impending death. My dear friend Lynn Parsley knew this, and she also knew that hospice would help our tribe of friends give her the good death she longed for.

Lynn was diagnosed with ovarian cancer in the spring of 2017 and underwent surgery and several rounds of chemotherapy. Early last year, her oncologist told her that she had only a few months to live, and that's when cancer was no longer the boss of Lynn. She was in charge now, and she mapped out her final few months as efficiently as a tour director. She planned her own memorial service – which was magnificent – and wrote her own obituary – including selecting a clever photo – oh, and she told us, rather emphatically, that she was going to die at KBR Hospice Home. Her decision made sense for a couple of reasons - both of her parents had spent their last days there, and she was quite pleased with the care they received. Also, Lynn felt that dying at home might be too hard on Kathy, her partner of over 25 years. Death is not great at following directions, and in the end, Lynn did die at home in



Lynn's Obituary Photo

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her beautiful sunroom surrounded by Kathy and her family of friends. And she was able to do that because of Trellis Supportive Care.

Lynn was a bit of unicorn – an optimistic realist who, while never giving up hope, looked fate straight in the eyes. “I don’t fear death,” she told us on many occasions. “I only fear suffering.” Her hospice care team provided Lynn and those of us who cared for her many gifts in her final days, but none more treasured or immeasurable than the gift of pain management. Kathy said it best. “They anticipated what I didn’t know I needed.” Kathy’s greatest fear was failing to stay ahead of Lynn’s pain, but that never happened. We could all see it – Lynn’s beautiful face was gently relaxed in a way we had not seen in a very long time. Pain was no longer her shadow.

The hospice care team gave us confidence in our capabilities to care for Lynn while remaining present for our final sacred days with her. Every nurse that came to the house told us what a great job we were doing. I’m sure they tell everyone that, but we believed them, and we were able to hold Lynn in a tender cocoon of love while we cared for her. Nurse Cindy came most often, and we quickly became quite fond of her. Lynn was certainly her priority, but it wasn’t until Lynn died that we realized that Nurse Cindy was caring for the caregivers, too.

Lynn died on a sunny afternoon in late March – two days before her 68th birthday. There were plenty of tears, of course, but there was also abundant gratitude knowing that we had been able to provide for Lynn what she so wanted, what we all ultimately want – a peaceful and beautiful death.

One of the last conversations I had with Lynn was about a movie we both loved – Starman. It’s the charming story of an alien who visits earth and eventually shares his observations on humans with a scientist. The alien, played by Jeff Bridges, says, “You are a strange species. Not like any other. Shall I tell you what I find beautiful about you? You are at your best when things are worst.”

That was my friend Lynn Parsley – and that was her hospice team, too.



Lynn’s partner Kathy (l), and her tribe.

So MUCH MORE THAN A 5K. IT'S COMMUNITY. IT'S LOVE.




**HONOR • REMEMBER • CELEBRATE**  
SATURDAY, APRIL 13 • BAILEY PARK

Presented by **TRUIST** 



REGISTER

Make plans to join our 28th annual Hope Run/Walk 5k & Music in the Park! It's a beautiful tradition of community connection, where people come together to honor and remember loved ones, as well as support the hospice mission. It's also a great time for a bit of exercise and fun! It all starts with the heart-pounding, adrenaline-pumping sounds of the WSSU marching band – the Red Sea of Sound! Enjoy a stroll with family and friends or join the friendly competition of the 5k run. Return to beautiful Bailey Park for a



wonderful gathering where you'll find plenty of activities for the kids at the Kaleideum Kids Zone, great live music for everyone, food trucks, and cold beverages from Incendiary Brewing for the adults.

Scan the QR code above or visit [TrellisRun.org](https://TrellisRun.org) to learn more and register today!




2024

**KENTUCKY DERBY**  
Party

**TRELLIS**  
Supportive Care

Please Join Us  
**MAY 04**  
The Atrium At Wake Forest Biotech Place  
VIP: 4-7 pm  
Regular Admission: 4:30-7 pm

## Camp Carousel

Supporting the Grief Journey for  
children ★ teens ★ adults

Pre-registration is required for participation  
Visit our website for session details

*Let's Journey Together*



*Discovering Hope*



*Join us for group sessions at Triad Park!*

### DAY CAMP SESSIONS

Rising 1st – 5th graders  
July 8 & 9, 2024  
8:30 am – 4:00 pm

Rising 6th – 12th graders  
July 10 & 11, 2024  
8:30 am – 4:00 pm

**Retreat for Adults**  
Friday, August 2, 2024  
10:00 am – 3:30 pm

**LOCATION**  
Intergenerational Center  
for Arts and Wellness  
Winston-Salem, NC

## *MUSIC. MASSAGE. ART. ANIMALS.*

If the title of this piece sounds like an ad for a spa, perhaps it should. These are things that can soothe the soul, much like a visit to a spa. You might not expect them to be synonymous with hospice care, but indeed they are, at least at Trellis.

At its very core, hospice care is holistic care. Patients are provided with comfort that comes not just from medication and physical interventions, but from complementary therapies that have an impact in a different way. The level of expertise our staff have in providing these therapies, combined with the loving animal-assisted therapy our volunteers provide, has the potential to take comfort to a new level.

We had an opportunity to hear about the impact from families who have experienced it first-hand. Sandra Stinson, who is the mother of our patient Patrick Stinson, said that music therapy had given Patrick the voice he needed to share things he needed to say. She said it brought him so much joy and helped him remember things he had forgotten.

Please scan this QR code to see a video that will really tell you how patients and their caregivers respond to these wonderful offerings.



## *LIGHT UP A LIFE*



We are bringing back **Light Up A Life**, our sale of personalized holiday ornaments. These beautiful handmade ceramic bells are a special way to honor or remember someone. Watch for more information as the holiday season approaches.

Special thanks to our Presenting Sponsor,  
Salem Funerals and Cremations.



## *FOUR RINGS – WE DID IT!*

We achieved national recognition by earning *four rings* in the 'Quality Connections' Program of the National Hospice & Palliative Care Organization (NHPCO). Additionally, we were one of only two hospice organizations in the state to be recognized. If you are wondering what that really means, here is a short summary.

There is more to quality than meets the eye. We strive to deliver the absolute best patient-centered care. To do that, there is a lot that goes on behind the scenes. This achievement rewards our commitment to our continuous quality improvement initiatives. The four rings represent education, application, measurement, and innovation. The Quality Connections program tracks activities such as quarterly data reporting and benchmarking, educational courses, case studies, and engagement on emerging issues, to name a few. We were proud to spotlight the knowledge, skills, and competency of our team and thrilled to receive this national recognition.



Trellis Supportive Care was the first hospice in North Carolina and has been the Piedmont/Triad's hometown hospice since 1979. We remain an independent nonprofit organization. Thank you all for the continued community support we receive. With your generous help we're able to go above and beyond in the way we provide care, and we never deny anyone care because of an inability to pay.



Palliative • Hospice • Family Support

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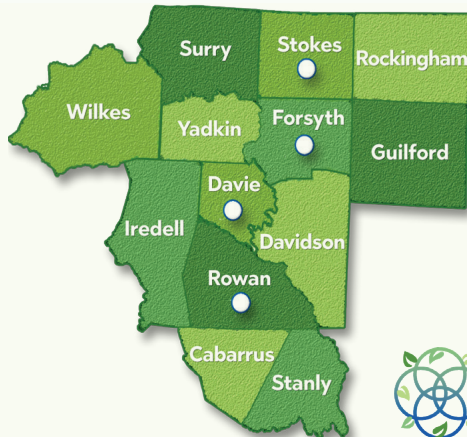
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**The CIRCULAR - SPRING/SUMMER 2024 Issue**

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[TrellisSupport.org](http://TrellisSupport.org)

