



Living Our Core Values'

Sara Vesta

Administrative Assitant
Clinical Services



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A MESSAGE FROM LINDA DARDEN, PRESIDENT & CEO

As I write this message, we continue to learn more about the devastating impacts Hurricane Helene has had in so many communities. Our neighbors have experienced trauma and loss on a widespread scale, and they are suffering. The images and stories are heartbreaking, and the rebuilding efforts seem unimaginable.

Like most healthcare organizations, we routinely evaluate our disaster preparedness plans. However, no amount of planning could have prepared for that level of impact. The one slice of hope has been witnessing the outpouring of humanity and support from so many corners of society. I am proud of my colleagues at Trellis for reaching out to our hospice friends in the western part of the state, and I'm proud of the compassionate team at Trellis who continue to donate and provide support in the ways they are able.

Their sense of caring and compassion is no surprise. It's a hallmark of our staff and a key element of my professional fulfillment. It is one of the reasons announcing my retirement was so bittersweet. Many of you may know that I plan to retire in June of 2025. While I look forward to that next chapter, serving this wonderful organization has been the highlight of my career. I began in 2010 as the Compliance & Quality Officer and shifted to Senior Vice-President for Clinical Operations before becoming the CEO in 2014.

This milestone, both for Trellis and me, is coming with great peace of mind and confidence because of the remarkable team at Trellis and our strategic succession plan. Our very own long-time Chief Medical Officer, Dr. Michael Lalor, will become our new CEO. As part of this transition plan, he is now serving as the Chief Operating Officer. I know the strength and wisdom of the leadership team that surrounds Dr. Lalor, and combined with his deep understanding of the industry and his expertise, this can only mean continued success for our organization and unmatched care for those we serve.

You're receiving this newsletter in November which happens to be National Hospice and Palliative Care Month. This year's theme is Care Heroes, asking that people recognize the outstanding care provided by hospice and palliative care professionals. I want to close with a heartfelt thank you, and bravo, to our Care Heroes right here at Trellis who are the cornerstone of our organization. We have extraordinary talent within our team and together we make a world of difference every day.



MOTHER AND SON – FINDING THEIR PATH

“We have had mountains of blessings.” Gratitude emanates from Sandy Stinson. From the outside looking in, not everyone could or would have her fortitude. Sandy raised Patrick, her only child and a Trellis client, by herself. She supported them by working as an LPN. Her career started in New Jersey assisting those in physical rehabilitation. Little did she know at the time her training would be a necessity in providing care for her son. She says her Winston-Salem home has become a care facility for Patrick.

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When Patrick was twelve, he had his first seizure. His neurologist told Sandy and Patrick that he would “grow out of it.” Patrick was denied this healing. He was a popular high school student. Charismatic, charming, and handsome, Patrick played and loved football. Sandy says she held her breath the whole season in fear of her son seizing on the field or developing other injuries. Patrick was also in R.O.T.C. He was an expert, award winning rifleman. He planned to join the military after graduation. Yet, due to his epilepsy, he was denied the dream of serving his country.

Patrick, taking a different path, trained with Job Corps and became a chef. He had a knack for cooking and developed a specialty seven-layer lasagna. Employed and happy as a chef, his first major injury occurred. This meant, yet again, a new path for Patrick. For a time, he had a smoothie business inside the Glade Street YWCA. The ladies at the Y loved to spend time, money and (perhaps) flirtation with Patrick as he served them smoothies and smiles.



Patrick is also a single dad to his daughter Camry. Camry grew up in the home with Sandy and Patrick. She lives in Greensboro and deeply loves her father and grandmother.

Seizure after seizure took a toll on Patrick. His 6’6” height colliding with cement, pavement, and hard surfaces did irreparable damage to his spine and brain. His medical condition included a significant level-four bed sore, which landed him in the ICU. At this time, he would need to have his legs amputated. “At no time did his doctors tell us he was not a candidate for prosthetics,” Sandy says. Patrick’s dream of walking again was denied.

The doctors projected Patrick would have only a couple of months to live. “We could have put him in a nursing home, or Trellis’ Hospice Home. That was an easy decision. The Trellis team focused on Patrick’s overall wellbeing. He is back home, and his care is a total package,” Sandy says. Under Trellis’ care, Patrick enjoys music therapy twice a month with Sarah. He is tremendously proud of the four (and a half) songs he has written. Through this complementary therapy of instruments and song, he has been able to release difficult feelings and regain precious dormant memories in a safe space. He was able to share his gratitude to a dear friend through these lyrics:

*You came to see me there
Reminded me who I am
You showed your love and care
Your hearts were there!*

The layering of care Trellis provides has extended to Sandy. Caregivers rarely get a break, but thanks to Patrick’s social worker, Celestia, she does now. “She sees me. I used to cry all day and stay up all night.

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Now I don't. With Trellis' respite program I've been able to take a break and go on vacation. I don't worry about Patrick. He is thrilled to go back to the Hospice Home and see his friends," says Sandy.

Patrick has an energy, a force of happiness, and positivity. He wants his days to be fulfilling and replete with love. Thanks to Sandy and the Trellis team, that will not be denied.

CHAMPIONS OF DIVERSITY

The Trellis Supportive Care IDEA Committee has been selected to receive the *2024 Champion of Diversity Award from the Association of Fundraising Professionals Triad Chapter*. This award recognizes an individual, group, or family who has demonstrated leadership and promoted diversity that creates community impact and engagement.

What is IDEA? – Inclusion, Diversity, Equity, Access. The Trellis IDEA committee is a group of 13 employees who have committed their time and passion to promote a Culture of Belonging within Trellis Supportive Care. The mission of this employee-led group is to foster a culture that helps the agency better provide compassionate, high-quality healthcare for all populations, while recognizing that culture change starts within the organization. They collaborate with the IDEA Steering Committee and the Inclusion and Access Committee of the Governing Board to raise awareness and encourage inclusive initiatives and policies throughout the organization that honor the diversity of characteristics, experiences, and perspectives found both among employees and the patients that we serve.



A QUIET RENOVATION

While only about one in three of our hospice patients and families will utilize our beautiful Hospice Home, it is often the face of our organization. Opened in 1998, this place of respite is getting a much-needed update. Thanks, in part, to the success of our **careforward** campaign, the list of improvements is long. It includes many intangibles, like high tech air purification systems, to more tangible updates like 75" smart TV's and Smart Beds in each room. The TV's are equipped with capabilities beyond traditional TV's – enabling families, near and far, to be connected live. Smart Beds, too, are not just an added layer of comfort; they are also monitoring patients and communicating directly with our care staff. These renovations are happening quietly, with minimal impact, and will position our Hospice Home to be a sanctuary for the next quarter century.



ANNUAL GOLF CLASSIC – A SWINGING SUCCESS

Many thanks to our sponsors, golfers, and friends at Hemlock Golf Course for another year of support and great fun on the course. We were grateful for a beautiful day, for the many returning players and volunteers, and generosity of spirit from everyone involved.



A BELOVED KEEPSAKE

Over the years, Trellis has offered beautiful handmade ornaments as a way for people to honor or remember a loved one. These commemorative ornaments are the centerpiece of our **Light Up A Life** tradition and a special memento for you to give or hold onto as a keepsake. These unique 2024 handmade porcelain bells are a \$35 donation each and can be inscribed with your loved one's name. Donors may also receive display stands for an additional donation of \$5 each.

Your support of **Light Up A Life** directly benefits the patients and families we serve. Whether as a keepsake of your own or a meaningful gift, your support is greatly appreciated. Special thanks to our Presenting Sponsor, Salem Funerals and Cremations.

Visit our website to place your order or simply scan here. If you have questions, email LightUpALife@TrellisSupport.org or call (336) 331-1323.



Presented By:



WHY A VALUES STATEMENT?

Delivering end of life care is an important and honored part of a family's healthcare journey, and it is our privilege to serve each patient and family member. Our value statements reflect our core principles and inform our organization's decisions and culture, serving as the North Star that guides the way we deliver care. Value Statements set the stage for what every family, patient, and employee can expect from Trellis Supportive Care.

Living the Values

- We honor the unique experiences and perspective of every person we serve.
- We comfort our patients and their loved ones, offering high quality care and bringing meaning to each encounter.
- We commit to being the trusted partner in serious illness for the community.
- We promote a caring culture that fosters teamwork and supports each person's growth and success.



Helpline: 336-331-1457

LOOKING FOR HOLIDAY GIFT IDEAS?

One great way to support Trellis in this season of giving is through our Holiday Honor Card program. Holiday Honor Cards remind your loved ones you are thinking of them and that you have donated to Trellis in their honor.

For a \$10 donation per card, we will provide cards that you can personalize and mail yourself. For a \$15 donation per card, our staff will personalize and mail your cards to the recipients of your choice. Our cards are appropriate for any holiday in this festive season – but if you would like them to be delivered by Christmas, please place your order no later than December 18.






To place an order, email HolidayCards@TrellisSupport.org or call Shannon Neal at 336-331-1322.



THERE ARE MANY WAYS TO SUPPORT THE HOSPICE MISSION!

With your generosity, you have the power to make an impact now or create a meaningful legacy for years to come.

-  If you have a donor-advised fund, you can give by making a grant recommendation to the institution that oversees your fund.
-  For donors 70 ½ or older, a Qualified Charitable Distribution through an IRA is an effective way to reap tax savings to go alongside your generosity.
-  Planned gifts, such as bequests, have a long-term impact on future generations.

Have you already included us in your gift planning? Let us know so we can thank you and ensure your gift is fulfilled exactly as intended!

To learn more about giving options, call 336-768-3972 and ask for a member of Donor Relations or consult your trusted financial and legal advisor.

ON THE COVER

Featured on our cover is Sara Vesta, an Administrative Assistant for Clinical Services. Sara represents 24% of our team who make up our 'administrative side,' while the other 76% make up our 'clinical side.' Together, we make a strong team, valuing each other and our respective parts of the whole that make up Trellis.



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The **CIRCULAR** - FALL/WINTER 2024 Issue

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and the KBR Hospice Home**

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