

A
**Seamless
Transition**
for our community

Linda Darden
and Dr. Mike Lalor



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CEO Linda Darden
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HONOR • REMEMBER • CELEBRATE
SATURDAY, APRIL 5 • BAILEY PARK
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29th Annual
Hope Run/Walk
Register at
TrellisRun.org

A MESSAGE FROM LINDA DARDEN, PRESIDENT & CEO



With my retirement just months away and knowing this is my final Circular message as president and CEO, I'm writing with a range of emotions. Gratitude is undoubtedly at the top of the list. I am especially grateful to our Trellis family of staff and volunteers who are by all measures the heart and soul of this wonderful organization.

I am grateful to our board members for their guidance and leadership, and to so many in the community who support our mission financially and otherwise. I am grateful to the medical community for their faith in our care, and to the patients and families who trust us and turn to us at a most vulnerable time in life.

This organization is a blessing to thousands of patients, families, and community members who seek our support, year after year. I have always known what a significant responsibility – and honor – I have had to be its leader.

I have treasured my time Trellis, including serving on the Board before joining in 2010. I started as the Quality and Compliance Officer, then became Senior Vice President of Clinical Operations before becoming the CEO in 2014. I have been surrounded by an extraordinary team every step of the way.

My time in this role has come with both great rewards and challenges. For instance, I think back to how much confusion there was among many who believed that all hospices were the same. We knew we had to change our name to something that better reflected who we were, that would also help strengthen our unique identity. That was in 2018 when we became Trellis Supportive Care.

Then came the uncharted territory brought on by COVID-19. With our expert physicians and our mantra; COVID Can't Stop Compassion, we prevailed, and we adopted new technology and processes that are with us to stay. Another challenging reality was knowing that our beautiful KBR Hospice Home, a unique service to our community, needed infrastructure and technology updates. To accomplish this, we raised the funds needed, and the updates are well underway. The Trellis team sees challenges as opportunities. That has been my experience, and that is how I know that this organization is well situated for success for decades to come. Far outweighing the challenges has been the rewards of watching our dedicated staff achieve so much through their caring expertise - outstanding quality scores, adopting and inventing best practices in patient care, and creating a culture of belonging, to name a few. It has been heartwarming to read countless thank you letters from families praising our staff who go above and beyond day-in and day-out. After all, the exceptional care of our patients and families is what it's all about.

While I look forward to my next chapter, serving this wonderful organization has been the highlight of my career. Among other things I take with me the recognition that life moves quickly, and that every moment is precious. I'm looking forward to slowing down and enjoying the things that are most meaningful to me – especially the people I love and cherish.

Knowing that our very own long-time Chief Medical Officer, Dr. Michael Lalor, will be our next CEO gives me enormous peace of mind. I'm confident that he will carry on the ideals of Trellis and build on the reputation and stability this organization has enjoyed for nearly 47 years. Trellis was created by the community, for the community. We fully believe that and are committed to many more years of service.

MEET INCOMING CEO – DR. MICHAEL LALOR

Many of you may know Dr. Michael Lalor as our Chief Medical Officer. He joined our organization in 2014, has provided outstanding clinical leadership, and built an expert team of physicians and nurse practitioners who elevate the level of care we deliver. Dr. Lalor is a respected thought leader in the hospice and palliative care world, serving on many state and national organizations that advocate for end-of-life care.



He is currently our Chief Operating Officer and will become our CEO in June upon Linda Darden's retirement. His background is impressive with many medical leadership roles and, just prior to joining Trellis, he was the medical director for a nation-wide hospice organization.

As impressive as his resume is his bedside manner. Those who have been fortunate enough to experience his care first-hand know his expert care is a gift. His compassionate care is on par with his business and operational acumen. Friends of Trellis will surely get to know Dr. Lalor more and more in the coming months and years ahead.



ON YOUR MARK. GET SET. REGISTER TODAY!

This fun and meaningful event is a perfect opportunity to honor or remember your loved ones.



Join us for the 29th annual
Hope Run/Walk and Music in the Park!

REGISTER

- 5k Run/Walk
- Live Music & Food Trucks
- Incendiary Brewing Co. for those 21 +
- Kaleideum Kids Zone
- WSSU Red Sea of Sound Marching Band

*There's no better way to start your Saturday.
Register at TrellisRun.org or scan the QR code.*



SAVE THE DATE

**Saturday
May 3, 2025**

Presented by the
Foundation Leadership
Council

Food/Drinks Live
Music, Silent Auction
and More!

*Learn more
at TrellisSupport.org*



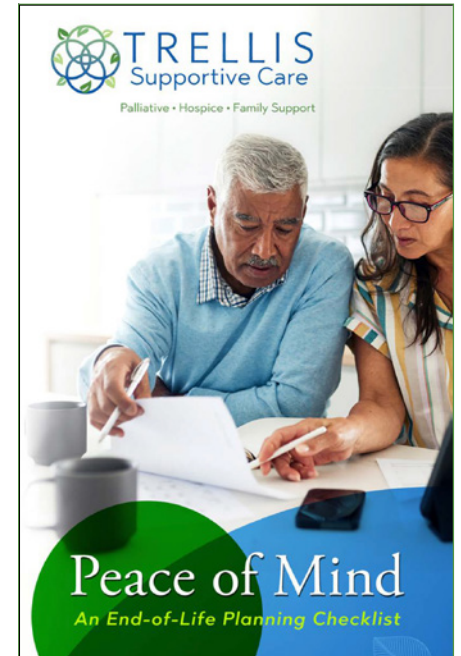
TRELLISRUN.ORG



GETTING YOUR AFFAIRS IN ORDER – A HELPFUL GUIDE

Getting your affairs in order is an invaluable gift to your loved ones, and it will bring you peace of mind. We want to make it easier for you, so we've created a checklist. If the following suggested steps are taken now, you can greatly reduce stress and uncertainty for those you leave behind. Please note that this list is for North Carolina residents and rules/guidelines may vary by state.

Here is our suggested pre-planning checklist. We have abbreviated the descriptions of these steps for this newsletter; however, we have placed a QR code here so that you can get a complete copy with more detail to print for your personal use.



- ✔ **Complete an Advance Directive.** An Advance Directive is a legal document that allows you to state your preferences for medical treatment and life support and to appoint individual(s) to speak for you if you are unable to speak for yourself.
- ✔ **Create a Will and/or a Living Trust.** Preparing a last will and testament lets you decide how you want your assets (e.g. property, vehicles, bank accounts) to be distributed and who to appoint as a guardian for any children or dependents.
- ✔ **Prepare a funeral planning declaration.**
- ✔ **Determine eligibility for the NC Veterans Cemetery Program.**
- ✔ **Add a payable-on-death (POD) designation to bank accounts.** By adding a POD beneficiary to your bank accounts, your beneficiary will be able to access your accounts after your death without having to go through probate court proceedings.
- ✔ **Set up a Transfer on Death Agreement (TOD) for real estate.** If you own property, you can designate a beneficiary to automatically inherit the property upon your death, avoiding a lengthy probate process.
- ✔ **Create a list of online accounts and passwords.** Make a list of all your online accounts and corresponding passwords, including social media, home and utilities, insurance, payment applications and bank accounts, smart phones, online storage accounts, subscription services, and loyalty/rewards programs.
- ✔ **Make a list of bills/utilities.**
- ✔ **Make a care plan for your pets.**
- ✔ **Discuss your wishes with your loved ones.**
- ✔ **Consider seeking support for anticipatory grief.** Anticipatory grief can occur before an impending loss and can affect individuals at the end of life.

We hope this becomes a valuable resource for you. We have also created a checklist of important steps to take when your loved one dies. You will see that list immediately following the pre-planning checklist above.

A GRIEF CAMP – SOUNDS HEAVY BUT LIGHTENS HEARTS

Summer camps are synonymous with summer fun, offering opportunities to grow in body, mind, and spirit. It may seem unusual to consider a grief camp, yet if your child or teen has experienced a loss, Camp Carousel may be the perfect camp for them. This camp weaves together some of the fun you would expect from a summer camp with expert counseling and support specifically designed to help nurture and heal hearts and minds impacted by the death of a loved one.



This July, we will offer the 35th annual Camp Carousel. Grief is a natural response to loss, and it is especially important for children and teens to have opportunities to tell their stories and receive support.

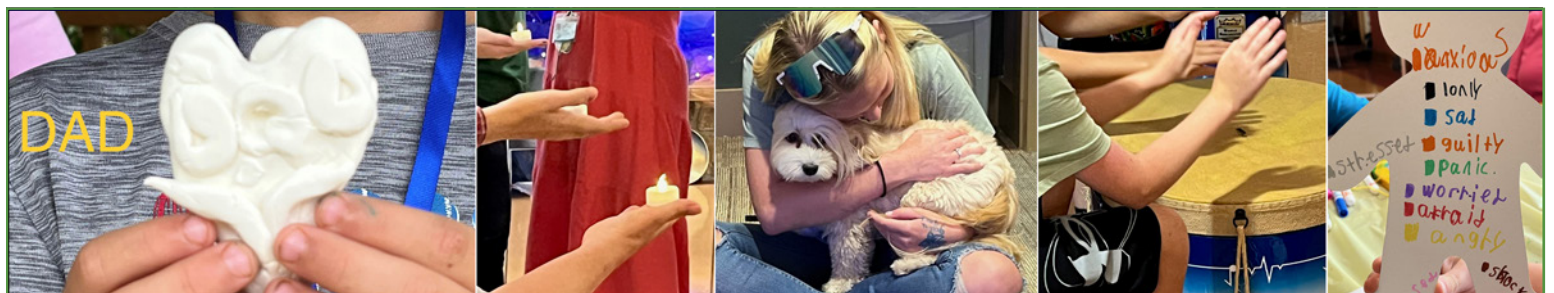
Campers will develop skills for healthy coping, find support with peers their own age, and explore ideas for expression and remembering. “We know that fun, creative, meaningful activities, as well as the chance to tell stories, can foster connection and deepen the healing process,” shared Susanna Lund, a long-time art therapist and grief counselor.

Here are some tips for supporting children and teens in your life. (*hint: these are great tips for adults, too!*)

- **Make time to listen.** Offer opportunities to talk, without forcing conversations. Make it known that you are available and ready to listen to whatever feels important to share.
- **Accept all feelings as OK.** Grief encompasses a wide range of emotions, and there is no script for how someone should or should not feel. Allow space for all feelings to be expressed.
- **Invite questions.** Provide simple, honest responses. It is OK if you do not have all of the answers!
- **Invite the sharing of memories.** Practice traditions or create new memories that honor your loved one. Encourage storytelling and connection with comforting items or photos.
- **Stick to routines.** Maintaining routines helps to create feelings of security.
- **Allow space.** Kids are adept at touching in with honest and deep emotions and will often need time to be alone or to play. Allow space for drawing close to family, as well as for space to be alone or with peers.
- **Model healthy grieving.** It is OK to share tears with your child, and to share how you are feeling.

Camp also offers a day retreat for adults who are grieving. This retreat includes rituals for remembering, mindfulness practices, and expression through the arts.

Thanks to community support and donations, Camp Carousel is offered at no charge. For more information about sessions and online registration, visit our website TrellisSupport.org or call (336) 331-1300.



DEMENTIA – A LONG JOURNEY

A diagnosis of dementia can be the start of a long journey. Early signs may be an impaired ability to reason or make decisions, and in cases of advanced dementia, patients may have trouble eating, have a greater likelihood of infections, and in general require more urgent care as they become more frail. Dementia not only impacts the quality of life for the patient, but it can also take a toll on the caregivers.

For patients with advanced dementia and their families, it can be reassuring to know that specialized care and support can provide some relief. In 2024, we launched our Advanced Dementia Care Program that includes well-developed training to be sure our teams have a rich understanding of their part in providing what patients and caregivers need most. In turn, we support caregivers with training and education, so they are better equipped with tools and resources to ease some of the stress.

Compassion and Expertise

Patients in this program receive all the care and services every hospice patient receives from our trusted professionals and volunteers. Here is what you can expect:

- Medical, emotional, and spiritual support for the patient and family
- Volunteer companionship and respite
- Music and massage therapies
- Nursing Aide's assistance with specialized dementia related activities
- A Patient & Caregiver Resource Guide with caregiver tips to help with home safety, communication, pain, medications, sleep, and so much more



Our team is available 24/7. If care becomes too difficult to manage at home, or a need for respite care arises, patients have access to our KBR Hospice Home. To learn more or begin receiving support, call 336-331-1271. Use this QR code to preview a video with more information.

Did you know that many dementia patients respond well to music therapy?

Learn more about the benefits of music therapy from our very own Emily Kiefer.



 YouTube



ATTENTION ALL CAREGIVERS – 2 RESOURCES FOR YOU

We know caring for a loved one is hard work. It is a responsibility most of us are honored to accept wholeheartedly. Yet, it can be overwhelming at times.

For new caregivers, and even those with a medical background, we have two resources we hope most caregivers will find helpful.

1 Caregiver Confidence workshops – A two-part workshop, free of charge, typically offered on the 3rd and 4th Wednesday of the month. These workshops are designed to make caregiving, and life, a little easier. Participants learn practical things like setting up the home to be safe, managing medications, safe transfers in and out of bed/chair, preventing bed sores, managing incontinence, self-care, and much more. As a bit of self-care, Trellis provides lunch for participants.

2 Our caregiver-focused website, [SeriousIllness.org/Trellis](https://www.SeriousIllness.org/Trellis) is filled with an abundance of information and resources. If you or a loved one is living with a serious illness, you can learn so much about managing symptoms, making decisions, learning how to navigate specific diseases, and more. We offer this website as a helpful tool for anyone looking for information and support.

If you know anyone who is caring for a loved one or simply looking for support or information – please share these resources.



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.

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The **CIRCULAR** - SPRING/SUMMER 2025 Issue

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Serving 13 counties from four offices and the Kate B. Reynolds Hospice Home

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 (336) 768-3972
 Mocksville
 (336) 753-0212



Walnut Cove
 (336) 591-1124
 Salisbury
 (704) 637-7645

TrellisSupport.org

