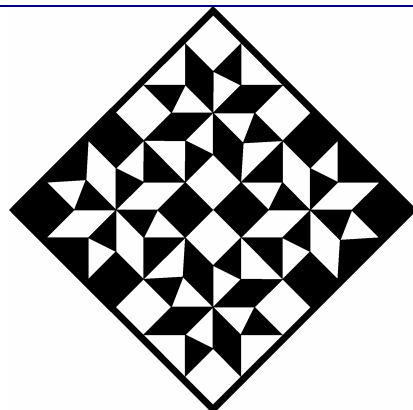


Winter  
2003



# HOT SPRINGS HEALTH PROGRAM

## Hospice and Community Celebrates Life During the Holidays

Special points of interest:

- National Volunteer Week  
April 27–May 3

December 6, community members gathered with Hospice to celebrate life at the Hospice annual Memorial Service and Tree of Life Ceremony.

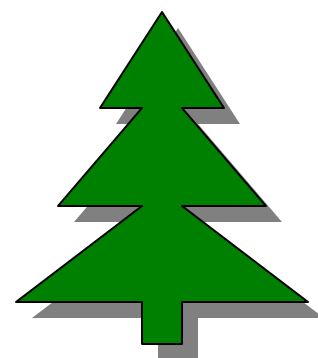
Rev. Sue Fitzgerald led the "Feasts of Memories" celebration with memories shared by Brenda Bullman, Linda Dressler, and Dr. Charles Parham.

Program participants included Janie Franklin, Hos-

pice Bereavement Coordinator, Sandy Melton, Hospice Volunteer, and Betty Penland, Hospice Nurse.

Special music was provided by Martin Dressler, Charlie Brophrey, and George Brown.

The memorial service concluded with the lighting of the Tree of Life. Margaret Pariseau, Hospice family member and volunteer, lit the tree which shone through the holiday season.



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## Long-time Hospice Supporter Passes



*John Haney (right) with Louis Bellemare in August 1999 receiving a gift for his leadership and contribution to the Wolf Laurel Benefit Golf Tournament.*

John Haney, part-time resident of Wolf Laurel and Pensacola, FL, passed away January 26, from leukemia.

A friend of Hospice of Madison, John was one of the founding organizers of the annual Wolf Laurel golf tournament in 1987 to benefit Hospice of Madison County. A supporter of hospice care, he has continued to be involved with the golf tournament which has raised over \$331,800 since 1987.

John was active in many civic and community organizations including Past President of the USO, Hospice, Board of

Directors of the Pensacola Chamber of Commerce, Navy League, and the Cantonment Rotary Club.

"We are saddened by John's death," comments Jerry Plemmons, HSHP Board Chairman. "John was an extraordinary man and we celebrate his life with his family. He has not only left a legacy through his family but through his unselfish giving and support."

There will be a memorial service/celebration of life this summer at Wolf Laurel.

## Hospice Donations & Memorials

A memorial is a special way of remembering someone who has died, or you can honor a person with a donation. Hospice of Madison is deeply appreciative of your donations, as these contributions are a major source of funding for our program. Hospice of Madison acknowledges donations with a thank-you note to the donor and a card to the family or person being remembered or honored. Following is a list of donations received from October 19, 2002 through March 15, 2003.

### DONATIONS/CONTRIBUTIONS

United Way of Asheville & Buncombe Co.  
 United Way of Madison County  
 Church of the Holy Spirit  
 Charles Parham  
 Bobby & Cynthia Moser  
 TEL Class of Walnut Missionary Baptist Church  
 Eron Baptist Church  
 Ray Benjamin  
 Sallie H. Brigman  
 Marshall Presbyterian Church  
 Jean Hope  
 Mars Hill Baptist Church  
 Long Branch Baptist Church

### IN HONOR OF

Dr. Marianna Daly

Chris Chandler

Mike Evans

Edythe Fox

Laura Ponder

Edythe Fox

### MEMORIAL DONATIONS

Virginia Anderson

David & Shirley Kimberly

Jim & Kitty Ball

Ben & Nancy Osking

Margaret Cason

William D. & Ann Dobbins

Sheila Slater

Mettie Cook

Linda Cook

Richard Croom

Elizabeth & Joseph Vogler

Richard & Barbara Cary

Mary Louise Dempsey

Ginny Koranek

Franci & Roy Etheridge

Ben & Nancy Osking

Lowell Fortner

Marshall Postal Employees

Robert Fox

Jerry & Janet Higgins

Ruth C. Peterson

Kelly J. Graham

Rebecca S. Morgan

Gladys Hinson

Jim & Eunice Longworth

Julie Huskamp

Jim Collins

Emil & Marjorie Kleemann

Shirley M. Lyons

James E. & Dorothy Haddock

J. Edward Haddock

Bud Hudson

Sheila Slater

Dewey Mace

Jerry & Pat Ball

Dyatt & Robin Smathers

Jack & Kathleen Phillips

Jack & Lillie Stocker

Grandchildren & Great-Grandchildren  
 of Dewey Mace

Diane Mays

Jerry & Lila Nikla

Connie McConnell

Stephen McConnell

Charles McMahan

John & Catherine Coates

Ken Miller

Bill & Joan Grace

Net Monroe

Sheila Slater

Esta Murray

Linda Chandler

Karen Payne

Charlene Zink

Clyde Hagan

Oree Ruby Payne

Mr. & Mrs. Edward Frisbee

Estie Ramsey

Aileen Todd

Women of the Moose -  
 Asheville Chapter 179

Lillian Proffitt

Mars Hill High School Class of 1962

Aubrey Reeves

Leona & Lujait Hunter

George & John Fisher

William Schuldt

Jay & Susan Maveety

Asheville Veterinary Association

William & Sue Ives

Jack & Marie Rouster

Dr. J.A. Humphrey

Page Ives Lemel

Keystone Camp, Inc.

Julie & Ramey Kemp

Emily Kemp

Stephen & Risi Williams

(continued on next page)

Lois Briggs Smith

Roscoe Briggs Family  
Fred, Bernice, Altha & Polly

Juanita Tolley

Ernestine Plemmons  
Dorothy Cody

Herbert Somerton

Asheville D.O.T. District Office  
Christina Wilson  
NC D.O.T. Bridge Maintenance  
State Employees Credit Union -  
North Asheville Branch

John Vyverberg

William D. & Ann Dobbins  
Les & Mildred Wallace  
Dr. B.B. & Carol Slaughter  
Sheila Slater

Bernice Willis

Kim & Sherry Robinson  
Dennis & Wendy McConville  
Dick & Lucy Gallaher  
Jack & Kathleen Phillips  
Valeria D. Hill  
Orpha W. Demsko & Family  
Ladies Auxiliary to VFW

## Hospice Volunteer Corner—National Volunteer Week

April 27-May 3, 2003 is National Volunteer Week, and organizations across the country are recognizing those who volunteer and help make a difference in their communities. Locally, Hospice of Madison is honoring the many individuals who help hospice provide comfort and compassion to those coping with a life-limiting illness. Whether it's providing companionship to a person in the final months and weeks of life, assisting

family members and caregivers with their needs, or helping with community outreach and fundraising, the gifts of those who volunteer are essential to the important work provided by our nation's hospice and palliative care programs.

To salute those individuals who are an integral part of the hospice team, Hospice of Madison will host a dinner on May 1st at 6:00 p.m. At the dinner, Hospice will recognize the special contribu-

tions of hospice volunteers and publicly thank those who give so much to others throughout the year.

More than 30 volunteers provide 500 hours per year to help Hospice of Madison care for patients and families in our community. Many volunteers bring their personal experiences with hospice to the special work they do for those in need.

"Hospice volunteers are absolutely vital in fulfilling Hos-

pice's mission to care for patients living with life-limiting illness, their families and caregivers. By sharing their time, energy, and expertise, our volunteers help those we serve to live life to the fullest," commented Pam Gregg, MHC&H Director.

To learn more about this special event or to become a hospice volunteer, please contact Pam Gregg at 828-649-9566.

## The Truth About Grief: Expect the Unexpected by Judy Tatelbaum

No matter how much we understand grief or think we know about how it feels to lose a loved one, our actual experience in the midst of facing a loss can be full of surprises. No two experiences of loss are exactly the same. I tell my clients that the best way to confront grief is to expect the unexpected, expect to be surprised. The process of facing a loss is likely to be an uncertain and bumpy road.

There are many reasons why grief cannot be a smooth, predictable path that we simply follow and complete. First, our emotions in response to loss are apt to be more intense than anything we have felt before. We cannot really prepare ourselves for what we might feel. There is nothing in the world that compares to the intensity of pain, sorrow, and regret we

feel when we lose someone we love. We may feel like we can't stop crying or that we cry for days. Our anguish can be all-consuming.

One of the greatest challenges we face in the process of grieving over a loss is how out of control our emotions make us feel. We have to deal with many conflicting and intense emotions that may erupt unpredictably at any moment. We may feel angry, even outraged, sad, guilty, hopeless, lonely, disappointed and more, all at the same time. Few experiences in life bring out so many varied and complex feelings as does facing loss.

We may not be comfortable with many of these feelings, and some may even be new to us. So often, clients tell me that it's okay with them to feel sad, but

they cannot bear to feel angry with someone they loved so very much for dying and leaving them. It may not seem right or fair, but it's human to feel angry and resentful after a loss, whether we can admit it or not. Facing uncomfortable reactions like this is part of healing ourselves.

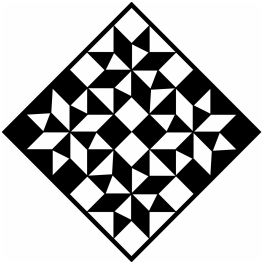
Another unexpected aspect of grief is that we cannot control the feelings that take over us. No matter how controlled, stoic, or sure of ourselves we may be in other situations, grief has a tendency to slip through our controls. This is because grief needs to be expressed, not stifled. Again, I always remind people that feelings that are expressed disappear, while unexpressed feelings may fester and haunt us later.

When we are in the midst of

sorrow, we cannot choose exactly how and when we will react. We may have just had a good cry, wiped our tear, and think we have handled our feelings and are in charge of our emotions. Then, out of nowhere, intense emotions suddenly erupt because of a photograph, a memory, a comment from someone, or any other reminder of our loss. Then, we may feel as if we are grieving all over again, or feeling just as sad as we did last month or last year. The truth is that until the process is complete, we may never know when the next bout of feelings will hit us.

*Judy Tatelbaum, MSW, is a psychotherapist, professional speaker, educator, and author.*

*This article was originally published in "Journeys," A Newsletter to Help in Bereavement, published by Hospice Foundation of America. More information about Journeys can be found at [www.hospicefoundation.org](http://www.hospicefoundation.org), or by calling (800)854-3402.*



# HOT SPRINGS HEALTH PROGRAM

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Address Correction Requested



## 2002-2003 Hot Springs Health Program Board of Directors

<b>Hot Springs Community</b>	<b>Laurel Community</b>	<b>Marshall/Walnut Community</b>
Jerry Plemmons	Karen Cutshall	Ernestine Plemmons
Gerald DeLand	Louie Zimmerman	Roy Reeves
Sidney Harrison	Faye Gunter	Wiley DuVall
<b>Mars Hill Community</b>	<b>Appointed Positions</b>	<b>Executive Director</b>
Betty Kelchner	Patsy Waldrop	John Graeter
Grainger Caudle	June Trevor	
Larry Burda		

*Thank you to the newsletter volunteers who dedicate time out of their busy schedule to keep us informed.*

October 2002

Hattie Hailey  
Margaret Pariseau  
Ernestine Plemmons  
Inez Edwards  
Violet Barker

## MEDICAL CENTER HOURS

Hot Springs Medical Center	622-3245	Monday – Friday	9:00 am – 5:00 pm
		Saturday	9:00 am – 12:00 pm
Laurel Medical Center	656-2611	Monday – Friday	9:00 am – 5:00 pm
Mars Hill Medical Center	689-3507	Monday – Saturday	9:00 am – 9:00 pm
		Sunday	1:00 pm – 9:00 pm
Mashburn Medical Center	649-3500	Monday – Friday	9:00 am – 7:00 pm
		Saturday	2:00 pm – 7:00 pm
		Sunday	2:00 pm – 7:00 pm