

Today is Hospice Sabbath...

a day of remembrance for those who died during the past year.

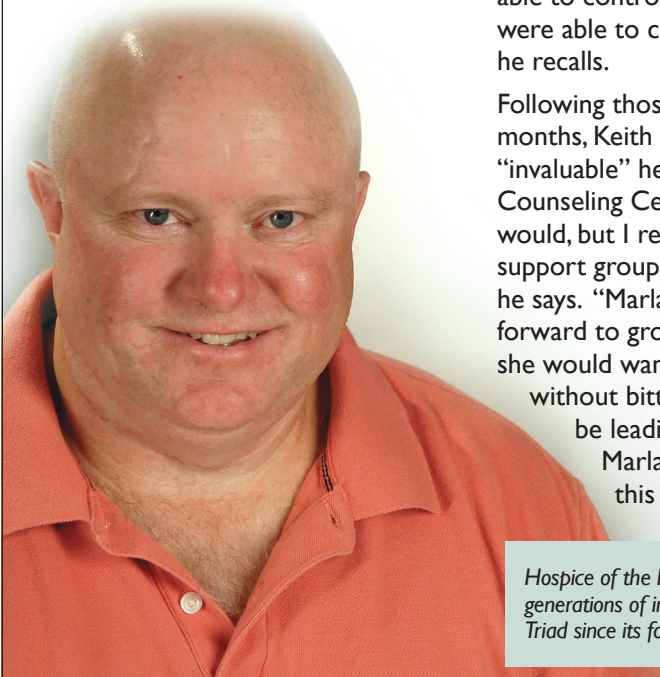
We all think of special people today. One lifelong High Point resident, Keith, is remembering his wife Marla, who battled breast cancer for six years before turning to Hospice of the Piedmont for help.

Hospice team members made Marla comfortable by managing her pain and other symptoms. "I could call Hospice in the middle of the night and they would come," he says. "Between our family, friends, and Hospice, we were able to make her last days as peaceful,

and comfortable, and dignified as possible. My wife was a very special person and she deserved the very best. I don't know how I would have made it without that help." She died in March 2009 at the age of 47.

Later that year, Keith's 94-year-old grandmother became ill, and was in unbearable pain. "She was amazing and lived a wonderful life," Keith explains. She came to Hospice Home at High Point to spend her final days. "The difference was really just night and day when they were able to control her pain and we were able to communicate with her," he recalls.

Following those challenging months, Keith sought what he calls "invaluable" help from the Grief Counseling Center. "I didn't think I would, but I really got a lot from the support group – it helped me cope," he says. "Marla and I were looking forward to growing old together, but she would want me to continue on without bitterness." Keith will be leading the third annual Marla's Ride in her memory this spring. 🌱

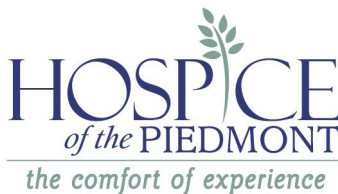


Hospice of the Piedmont has cared for generations of individuals and families in the Triad since its founding more than 30 years ago.

30 ways you can help care for someone who is grieving...

1. Listen unconditionally.
2. Share a meal.
3. Cry with them.
4. Laugh with them.
5. Plant a tree.
6. Send a note.
7. Call to check in.
8. Hold their hand.
9. Allow them to say anything & everything.
10. Listen.
11. Remember together.
12. Be patient.
13. Acknowledge their loss.
14. Help around the house.
15. Offer to babysit.
16. Reminisce.
17. Remember special days & holidays.
18. Listen.
19. Go for a walk.
20. Do laundry.
21. Plan special outings.
22. Listen.
23. Understand that it takes time.
24. Wash the car.
25. Be willing to help.
26. Bake together.
27. Go out for coffee.
28. Leave expectations at the door.
29. Sit quietly.
30. Listen.

If you (or someone you know) have recently lost a loved one, please call the Grief Counseling Center for individual counseling and support groups - both free of charge to anyone in the community. Counseling opportunities are available for both adults and children through Kids Path. For more information on Hospice of the Piedmont and its services, please call 889.8446 or check the website at www.hospiceofthepiedmont.org.



Serving Guilford, Randolph, Davidson, and Forsyth counties since 1981

1801 Westchester Drive • High Point, NC 27262 • 336.889.8446
www.hospiceofthepiedmont.org