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To: Lt. Governor's OfficeLtGov@scstatehouse.gov
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Subject: August Good News

We are so excited about our upcoming

Get your Holiday Shopping finished in August
and help Hospice & Community Care at the
same time

Crossings On Main in Fort Mill is giving us a day of shopping and Giving Back. Through their Crossings Cares Program, 10% of their overall sales on Saturday August 11, from 9:30 - 4:00, will be donated back to Hospice & Community Care.

We need your help!! Please come out and SHOP, SHOP, SHOP.

Life happens between an inhale and an exhale

Becky Hamilton has been a registered nurse with Hospice & Community Care for over twenty-five years. Becky is a Veteran and our current longest serving Hospice employee, and she has had many wonderful and inspiring experiences as a hospice nurse. As she prepares for retirement, she took some time to share some of her stories.

"Hospice is what I have always wanted to do," explained Becky. "I was a Licensed Practical Nurse (LPN), and I knew you had to be a Registered Nurse (RN) to work for Hospice. So I went to school and got my RN degree in May and started working for Hospice & Community Care in July 1993. Before this I worked for Home Health as a LPN and I always felt like I could do more for people at end-of-life. I felt called to this work. The opportunity to be with people at the end of life and experiencing what they are seeing and hearing. It is a special thing to be allowed to be a part of that. One of my patients was one of my teachers. She was a tough instructor, and you could not pass her class if you weren't good at the work. She didn't know who I was, and one day she asked me who taught me to be such a good nurse. I smiled and told her 'It was you.' She cried, and we talked for a long time."

"When I first started working in nursing, I was in labor and delivery. It is the same thing as

birthing that baby into the world. In hospice, you are caring for that patient, witnessing as they are born into the next world. You help families, allow them to talk, and give them the means to say goodbye," said Becky. "Goodbyes are important. I had one patient who was hanging on, and it occurred to me she was waiting for her son. I spoke to her daughter and told her that her mother was just waiting to speak to her brother. She said well he can't be here. I asked if I could call him. The next day her son called to talk to her, to say goodbye to her. I told him that she couldn't speak but that she was listening now. She hadn't responded to anything all day. But as he spoke, she smiled and started trying to mouth something at the phone. She could hear him and she responded to his voice. I told him that his mother heard him and that she understood him. She died the next day."

To read more about Becky, please [click here](#)

Being Mindful as Part of Life

Ben Motley with the Palmetto Peace Project is working with Hospice & Community Care to offer Mindfulness classes, twice a month, free of charge to the public. When asked to define Mindfulness, Ben explained that Mindfulness is paying attention to the present moment without judgment.

"What we often find is that it takes practice, in the same way we might weight lift or exercise. Mindfulness might be thought of as exercising the brain in a way that allows us to pay attention to the present moment without judgment so that we can be more present for the people in our lives, more present for ourselves, and more aware of our day to day experience. So the benefits that seem to come from Mindfulness practice include better emotional regulation, which is basically the ability to manage different emotions. The ability to manage stress and anxiety as part of emotional regulation. And the ability to be empathetic towards others, to be caring for others and their experiences, and what they are going through."

"I grew up with a lot of anxiety and when I got to be around 20, I didn't want to spend the next 80 years, or whatever time I have left, with that level of anxiety. And so I started studying Mindfulness. I lived in Thailand for a year studying Mindfulness and practicing Mindfulness. And so it was always part of my life from the age of 20. At the age of 34 or 35 I started getting into it full time, practicing it daily, starting some weekly Mindfulness groups, and doing retreats several times a year," said Ben.

"What Mindfulness can offer is perhaps this idea of perspective. The to-do lists are still going to be there, the responsibilities to their family are still going to be there, but they may find that they develop some more acceptance with change in their lives. How life is undergoing constant change. And we can work with this change skillfully in ways that allow us to be more caring towards our family, more caring towards our jobs, and more caring toward ourselves. Often times when we get caught up in these to-do lists, fight or flight kicks in and stays activated, and as a result that our stress levels go way up and continue to remain high. Which creates a lot of health problems. And so I think Mindfulness gives us a chance to start working with that, recognizing when our fight or flight is kicking in and switch into a relaxation response. I think many people think that multi-tasking is very effective, and it has been proven again and again that multi-tasking actually slows us down and makes us less competent. I think Mindfulness gives us the chance to take care of things in a considerate and caring way so we do become more skillful at our to-do lists, and we become more skillful at our

relationships and in our work."

To read more about Ben and Mindfulness, please [click here](#)

Save the Date

Pitching & Riding Event September 1st and 2nd

Each year a devoted group of community volunteers gather together to plan and host an annual event to support Hospice & Community Care. Marie Devinney, one of the event organizers, shared that this event was started as a horseshoe tournament started by Buster Deal to raise money for Hospice. "Buster actually started the event, and after he passed away, other people picked it up. It was held in the Grove. They did that for a couple of years, and then added the motorcycle ride to it and that was when it became Pitching and Riding. This is always held on Labor Day weekend, on Saturday. Both the Horseshoe tournament and the Riding event were held on the same day. Kelly Tinkler and I changed it to a two-day event, with horseshoes on Saturday and riding on Sunday," said Marie.

"This year Peace Pipe will be playing Sunday at Jokers Bar after the ride. Also after the ride, there will be a big auction and raffle drawings. We are planning two raffles, one for a "little bitty vacation" and the other will be for four race tickets to the Coca-Cola 600." According to Marie, they have received some really great items. "We have been reaching out to the businesses in Rock Hill and surrounding areas. Plus, I have sent out corporate letters, and we have gotten numerous items and prizes. They are donating items we can either auction off or put in the live or silent auction. And we have also been receiving cash donations. We are hoping to beat last year's total of \$18,340 and to exceed \$20,000 this year. With the support of the community, the biker community and the community as a whole, we believe we can do that."

"There are lots of memories, so many memories over the years from this event. Every year brings something different," said Marie. "You meet so many different people, people you have never met before who have never heard of this ride. And just because it is for Hospice & Community Care, they want to participate. They have been touched by Hospice in some sort of way and they want to come out and give back. This is one way they can give back, by participating in our ride, bidding on our auction items, and buying the food that we sell."

According to Marie, there is a really diverse group of people involved, people from all walks of life who participate. "Last year, when we did the evening run at Jokers, Carroll Spires, from Hospice & Community Care, came up to me and told me she had so many people come up and talk with her. She said one lady came up and told her she just lost a family member to cancer a few weeks before, and coming to the run was her way to give back to Hospice and remember the family member she had just lost."

"It is just a touching thing when people hear it is for Hospice they want to participate. That's really how I got really involved with it. Hospice was so good with my dad. My dad passed away in 2001, and Hospice was there. The Wayne T. Patrick Hospice House wasn't there when my dad had cancer. It was built after. The nurses and the aides would come to the

house and they would sit with my mom and sit with us. They would help us and do anything we needed them to do. And they were there when my dad passed, Halloween night. They came out that night and sat with us for a while. Once I had the opportunity to get involved with this run, this was my way of giving back for all the help they gave me for my dad."

"When people are touched by Hospice, they want to give. We have all these people show up, like last year we had over 200 motorcycles. We had a man come and fly his drone as the ride was leaving the American Legion last year. He shared the pictures of all the bikes pulling out with us. At the horseshoe tournament, there was a man who came in second with his partner. They randomly draw partners. This gentleman came in second and he was so excited that he donated back half his prize."

Want to come out and participate? "Anybody who wants to pitch horseshoes, it will be at the D'Pour House on McConnell's Highway. Signup starts at 11 am, the pitching starts at 12 noon, they random draw teams, two-man teams, double elimination. Anyone who wants to ride in the ride on Sunday, even if you want to ride in a car and follow the bikes, sign up will be at the VFW on Main Street in Rock Hill at 11 am, kickstands up at 12 noon, and the last bike will be in at Jokers at 5 pm. At the end, we will have auctions. Both Saturday and Sunday, there will be items auctioned off on both days," said Marie.

To recognize our Veteran patients and their service, we started a program called the Tour of Duty Brick Campaign. For each Veteran patient served, sponsorships and donations will fund a brick to be placed in the Veteran garden in their honor. Funds will also sponsor Hospice veteran programs in our communities, including recognizing our Veteran patients with service flags, certificates, and, if desired, a pinning ceremony performed by a Veteran volunteer recognizing their military service.

Starting July 1, every Veteran served by Hospice & Community Care will receive a brick in our Veteran Garden.

We are so grateful to our current sponsors, donors, and the great members of our communities who have already come forward and offered their services to support this effort. If you have a company or business connection you feel would be moved to donate to the Tour of Duty Brick campaign, or if you would like to make a contribution to this campaign, please contact us at 803-329-1500 or info@hospicecommunitycare.org.

Don't forget our We Honor Veterans: Veteran Coffee

Join local Veterans for coffee and fellowship every fourth Thursday of the month at 9 a.m. on the Hospice & Community Care Campus. Gather for a time of sharing and learning. Periodically gatherings will feature speakers on Veteran-centric topics.

The event is free to attend and open to all Veterans. For more information contact:

Hospice & Community Care 803-329-1500 or info@hospicecommunitycare.org.

Upcoming 2018 Veteran Coffee Dates: August 30 , September 27, October 25

To learn more about our We Honor Veterans program [visit HERE](#)

Tour of Duty Donation

Tour of Duty Sponsor

Have a question about hospice care? Check out our frequently asked question section on our [website](#). If you have additional questions, please feel free to contact us at 803-329-1500 or info@HospiceCommunityCare.org

Hospice & Community Care program offerings include individual counseling, support groups, workshops, memorial services, veteran gatherings, and educational resource programs.

Please [contact us](#) for more information and dates of upcoming programs.

Call: 803-329-1500 or 800-895-CARE

Email: info@HospiceCommunityCare.org

Online: HospiceCommunityCare.org

Hospice & Community Care Website

If you haven't checked it out yet - take a moment and look at our new website!

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