



# hearts&hands

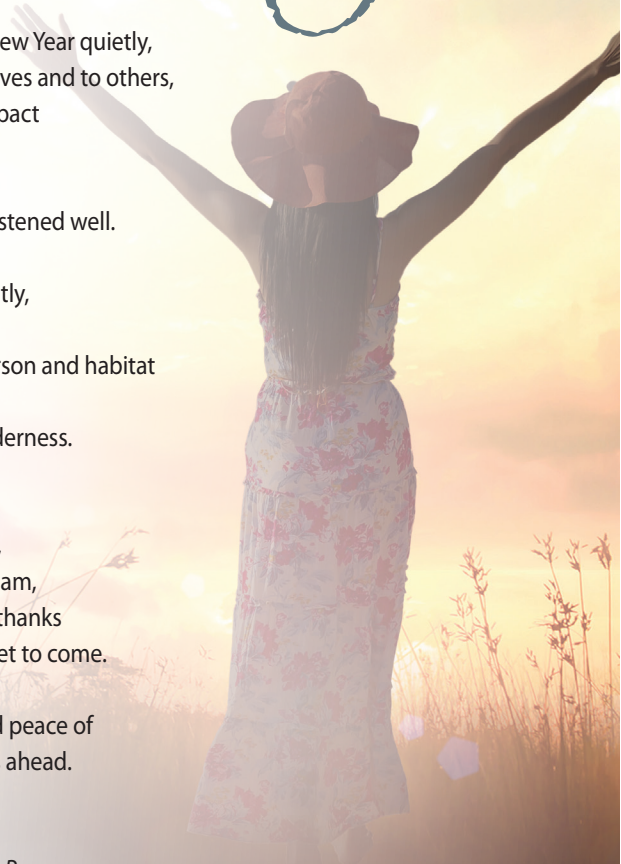
Hospice of Stanly & the Uwharrie Newsletter

January 2022

## Help Us Enter the New Year

God of all time, help us enter the New Year quietly,  
 thoughtful of who we are to ourselves and to others,  
 mindful that our steps make an impact  
 and our words carry power.  
 May we walk gently.  
 May we speak only after we have listened well.  
 Creator of all life,  
 help us enter the New Year reverently,  
 aware that you have endowed  
 every creature and plant, every person and habitat  
 with beauty and purpose.  
 May we regard the world with tenderness.  
 May we honor rather than destroy.  
 Lover of all souls,  
 help us enter the New Year joyfully,  
 willing to laugh and dance and dream,  
 remembering our many gifts with thanks  
 and looking forward to blessings yet to come.  
 May we welcome your lavish love.  
 In this new year, may the grace and peace of  
 Christ bless us now and in the days ahead.

- Vinita Hampton Wright,  
 Author and Managing Editor, Loyola Press



For hospice care call  
**704.983.4216**  
[hospiceofstanly.org](http://hospiceofstanly.org)

## INSIDE

- What Is Palliative Care? ..... 2
- Proper Hand Washing ..... 3
- Donors ..... 4
- Golf Tournament Winners ..... 5
- Festival of Trees ..... 6
- Taking Care of Yourself  
During the Winter Months ..... 7
- Volunteer Spotlight ..... 8



## Board of Directors

Our Board of Directors share their time and talents on a volunteer basis to uphold the mission of Hospice of Stanly & the Uwharrie. We are thankful for their service and their dedication to ensuring end-of-life care to patients and their families.

## Officers

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David Rudisill, Vice Chair  
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Kristi Small

# A note from the Executive Director

I'm drafting this note at the beginning of December – all the Christmas trees are decorated for the Festival of Trees and our office is planning our holiday party. We have so much to be thankful for this year:

- Our census has grown from 42.5 in January to 67.3 in October. That's tremendous growth for the year, but our team has stayed focused on our patients and their families.
- Our agency received the coveted Hospice Honors Elite status recognizing agencies that continuously provide the highest level of quality care as measured from the caregiver's point of view. The elite status is set aside for hospices scoring above the National Performance Score on all 24 measures. I am very proud of the team for achieving this honor.
- Also, this year Hospice of Stanly achieved accreditation through the Accreditation Commission for Health Care (ACHC). The accomplishment serves to validate the incredible compassion of our team and their steadfast commitment to quality care.
- Aside from all the above, I'm thankful and honored to be a part of this organization that brings so much care and comfort to our patients and their families.

Stay tuned for some exciting changes coming in 2022.

Sincerely,

Lori Thayer  
Executive Director



## What is palliative care?

### *How does hospice differ from palliative care?*

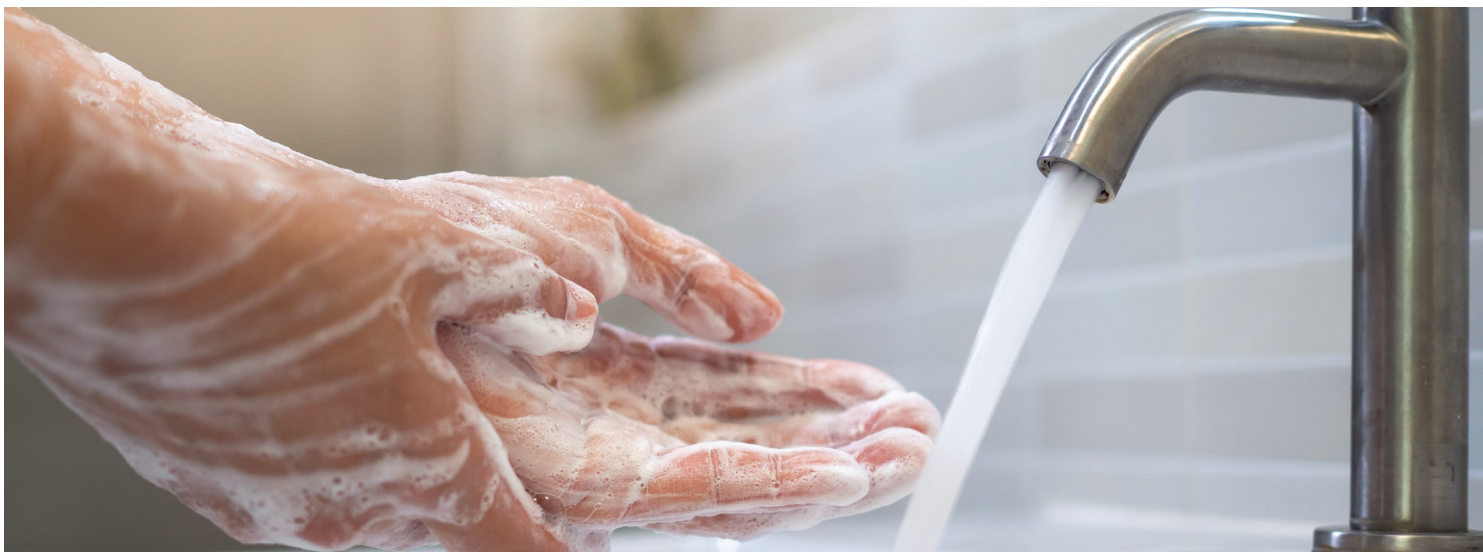
Both hospice and palliative care focus on management of symptoms and minimizing suffering. However, palliative care is not limited to patients who are nearing the end-of-life and can occur as soon as the patient receives a diagnosis of a serious illness.



Ashley Wiltcher, NP



## Proper Hand Hygiene – It's Important!



**Hand washing:** colds, flus and other respiratory illnesses are more common in colder months. People are indoors more often, allowing viruses to pass more easily from one person to another. It's important for everyone to practice good hand hygiene, especially if a hospice patient is in the home.

- Stand away from the sink so that clothing is not touching the sink
- Turn water on
- Wet your hands and wrists
- Apply soap to your hands/wrists
- Wash hands/wrists for at least 15 seconds, using friction
- Make sure to wash under fingernails, between fingers, and the tops of your hands
- Wash 2-3 inches above the wrists
- Rinse your hands with running water
- Dry hands with a paper towel, while pointing your hands downward
- Turn water off using a paper towel

**Hand sanitizer:** if soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash with soap and water.

Hand sanitizer tips:

- Always read and follow the directions on the label to ensure safe and effective use
- Keep hand sanitizers away from fire or flame
- Do not use hand sanitizer for children under 6 years of age without adult supervision
- Always store hand sanitizer out of reach of children and pets
- Grab a few bottles of hand sanitizer, so you can keep a supply in each vehicle. Get into the habit of sanitizing your hands whenever you get into your car.
  - Also be sure to sanitize after blowing your nose, coughing, or sneezing
  - Before and after visiting a public place
  - Before and after touching your eyes, nose, or mouth
  - After using the restroom
  - After changing a diaper
  - Before eating or preparing food
  - After touching animals or pets
  - After caring for an ill person



Hospice of Stanly & the Uwharrie gratefully acknowledges the honorariums and memorials received.  
If we have inadvertently omitted a donation from this listing, please accept our apologies.

*Gifts are from September 1, 2021 through November 30, 2021*

**IN HONOR OF**

**Friends celebrating 70th birthday year**

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Uwharrie Bank  
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Bill & Tonya Wilhelm



A team from Pinnacle Financial Partners (photo at right) in Albemarle was the first-place team. The team from Clint Miller Exterminating scored second place, while Uwharrie Bank was the third-place team. The field was quite competitive as 22 teams competed in the tournament.

Pinnacle Financial Partners Senior Vice President David Smith said, "Pinnacle Bank was very proud to support Hospice of Stanly and the care they provide here in the community."





# Festival of Trees

December 1 - 31 • Stanly Commons



The Festival of Trees has been a highlight of the holiday season for the community since 1998. The event showcases 40 Christmas trees decorated by organizations and volunteers from Hospice of Stanly. The trees are themed and range from whimsical to elegant. Individual and business names are displayed by the tree they sponsor.

New for 2021, Santa and Mrs. Claus visited to take photos with children on Thursday, December 9 from 5:00 pm to 7:00 pm at the Stanly Commons. They returned on Monday, December 13 from 3:00 pm to 6:00 pm for photos with pets.

Hospice of Stanly also offered an ornament workshop for children who have experienced a loss this year.

## THANK YOU TO OUR TREE SPONSORS

Tree sponsors for 2021 include: Albemarle Hearing Center; Albemarle Paper Supply; B.R.S, Inc; Barbee Insurance & Associates; City Council of Albemarle; Clayton Homes (office); Clayton Homes (finish plant); Clayton Homes (construction); Clint Miller Exterminating; D&L Water Treatment Company; Dogwood Farms NC; Edwards Funeral Home; the Kerri D. Efrd Memorial Scholarship; Fiberon; First Bank; Friendly Chevrolet-Buick; H.W. Culp Lumber Company; Hartsell Funeral Home; Anonymous in honor of Stanly County Health Department Employees; the Brewer family; Anonymous in memory of David Mills; Penny Simpson in memory of Libby Simpson; J. Darrell Mansfield, DDS PA; Juneberry Ridge; Kendalls Baptist Church; Mattons Grove UMC; Ocean Boles in memory of Momma and Daddy; Southern Pipe, Inc; Spring Arbor of Albemarle; Stanly Community College; Stanly Funeral Home; Storm Technologies; the Corey Morgan Foundation; Tim Marburger Honda; Uwharrie Bank; Lindsey & Austin Burseson; Stanly Commons Walkers in honor of Hailey Black; Hospice of Stanly board of directors; United Way of Stanly County.



# Taking Care of Yourself During the Winter Months



Michaele Connors, MA, LCMHCS & Janna Spur, MSW, LCSW  
Bereavement Counselors

The post-holiday months can be so long and dark, particularly if you are grieving the death of someone you love. A grieving body is also more susceptible to illness, so taking care of yourself is very important.

**Exercise** reduces stress and can increase your sense of wellbeing. If you are not currently on an exercise program, talk to your medical provider and start slowly. As you gain strength, increase your activity level.

**Eating a balanced diet** can provide the strength and energy needed to fight illness. Load up on fruits and veggies and avoid the convenience of junk food.

Watch your use of drugs and alcohol as it can become unhealthy in your grief process. Prescription anxiety &/or sleep medication provided by your physician may be needed temporarily to help you manage as you grieve. Also watch for signs of overuse as a way to bury the pain and contact your physician or counselor if you notice sign of dependence.

Getting **adequate rest** gives your body and mind what it needs to heal. Don't stay so busy that you don't have time to take care of yourself. Do something to treat yourself each day.

Get some sunlight each day as getting outdoors and in the sun for at least 10 minutes each day will help increase your body's serotonin levels. Increased serotonin has been associated with boosting mood, increasing a sense of calm, and sharpening focus. These benefits will aid your grief process.

If you need a little help during the winter season, please contact the Hospice of Stanly bereavement team at 704.983.4216 extensions 112 or 133.

Michaele & Janna, Hospice Grief Counselors

## Omelette in a Mug Recipe .....



*Part of taking care of yourself is eating regularly and getting plenty of vegetables. The following recipe is easy when cooking for one and a hot breakfast is a great way to start of the day.*

PREP TIME	COOK TIME	TOTAL TIME	SERVING
2 mins	2 mins	4 mins	1 serving

### INGREDIENTS

- Cooking spray or extra virgin olive oil
- 2 large eggs
- 1 tablespoon milk
- 1 tablespoon grated cheddar cheese
- 1 tablespoon finely chopped red bell pepper
- 1 teaspoon finely chopped chives or green onion
- Pinch salt
- Pinch black pepper

### INSTRUCTIONS

- Spray/coat the inside of a large, microwave-safe mug lightly with oil or spray.
- Crack 2 eggs into the mug, add 1 tablespoon of milk, and beat with a fork. Add grated cheese and veggies. Add a sprinkle of salt and pepper. Stir with a fork until well mixed.
- Microwave for 20-30 second on high. Remove from microwave and stir with a fork.
- Return to the microwave and cook for another 20 to 30 seconds.
- You'll see patches of firm cooked egg mixture beginning to form. Remove and stir again.
- Return to the microwave and cook for another 20 to 30 seconds or until the omelette has set.

### NUTRITION FACTS

(PER SERVING)

196	14g	2g	15g
CALORIES	FAT	CARBS	PROTEIN

