

# heart to heart

THE NEWSLETTER OF TANNER HOSPICE CARE

## Tanner Hospice Care Celebrates 20th Annual Holiday Food Sale

On Saturday, Nov. 19, a treasured holiday tradition will take place: the 20th Annual Tanner Hospice Care Holiday Food Sale. The sale will take place at the First Baptist Church in Carrollton, located at 102 Dixie Street. The food sale begins at 9 a.m. and concludes when the last food items are sold.

For 20 years, this tradition has united bakers, cooks and chefs across the community to bring local residents more than 500 homemade dishes for hassle-free holiday meals and entertaining. Dishes will include: smoked turkeys, barbecue, casseroles, hors d'oeuvres, soups, desserts, fresh breads and much more. All food is packaged for easy storage and is labeled and refrigerated as needed to ensure freshness.

Support this time-honored tradition by coming to the sale and purchasing some of the delectable treats, perfect for stocking the freezer for holiday happenings! Proceeds to benefit Tanner Hospice Care, the region's only community-based, nonprofit hospice service.

**To learn more, please call Tanner Hospice Care at 770.214.2355.**



### SAVE THE DATE

For more information, please call Tanner Hospice Care at 770.214.2355. Hospice volunteer meetings are for current volunteers only.

#### Hospice Volunteer Meeting - Food Sale Preparation

Wednesday, Nov. 16  
11:30 a.m.  
Tanner Medical Center/Carrollton Classroom 1

#### 20th Annual Tanner Hospice Care Holiday Food Sale

Saturday, Nov. 19,  
from 9 a.m. until the last items are sold  
First Baptist Church  
102 Dixie Street  
Carrollton

#### Volunteer Christmas Luncheon

Wednesday, Dec. 21  
11:30 a.m.  
Tanner Medical Center/Carrollton Classroom 1

#### Hospice Volunteer Meeting

Wednesday, Jan. 18  
11:30 a.m.  
Tanner Medical Center/Carrollton Classroom 1

#### Hospice Volunteer Meeting

Wednesday, Feb. 15  
11:30 a.m.  
Tanner Medical Center/Carrollton Classroom 1

# Choirs for Cancer Event on Nov. 17 to Benefit Local Cancer Patients

Many in our community are facing cancer without a job, insurance or the resources to afford their care. The second annual Choirs for Cancer will again raise funds through Personal Pages, ticket sales and concert sponsorship to help local cancer patients with treatment and expenses related to their cancer care.

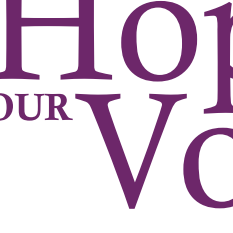
On Nov. 17, Tanner Medical Foundation will host the second annual Choirs for Cancer concert, Raising Hope with our Voices, at 7 p.m. in the Joshua R. Mabry Center for the Arts at Carrollton High School.

This thrilling night of choir music and celebration will feature Grammy-

nominated gospel artist Babbie Mason, along with the extraordinary talents of the Carrollton High School Show Choir, First Baptist Church of Bremen, HIS mark, Tabernacle Baptist Church, Tanner Physician Musicians and United Voices Gospel Choir.

Join us for the Choirs for Cancer concert and let cancer patients in our community know that they are not alone.

**Tickets are available in advance for only \$20 each, and can be purchased online at [www.choirsforcancer.org](http://www.choirsforcancer.org) or by calling 770.836.9871.**



 **Choirs for  
Cancer**  
**RAISING  
Hope WITH  
OUR  
Voices**

 **TANNER**  
HOSPICE CARE

Taylor Gordon, MD  
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Debbie Brock  
*Director*

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*Social Worker*

Kathy Booth  
*Administrative Assistant*

Mandy Jackson  
*Volunteer Coordinator*

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*Bereavement Coordinator*

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Regina Adamson, RN  
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Sharon Moody, RN  
Christy Downs, RN

Rhonda Riley, RN  
Deborah Thornton, RN

Kim White, LPN

#### CNA Staff

Becky Grizzard, CNA  
Martha Moore, CNA

#### Volunteer Chaplains

Rev. Jimmy Bryan  
Rev. Steve Davis

Rev. Larry Insko  
Rev. Parris McCoy

#### DME Staff

Dan Gentry  
Kevin Lea

If you do not wish to receive this publication, please call 770.836.9871 to be removed from the mailing list.

# HOSPICE

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**In honor of:**

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Mrs. Tammy S. Winters

**Gift-in-Kind:**

Mr. and Mrs. Robert G. Harris, Jr.

## Did you know?

- Tanner Hospice Care is the only not-for-profit hospice serving our community.
- Tanner Hospice Care is the only locally-based hospice in the west Georgia area.
- Tanner Hospice Care relies on fundraisers and individual gifts/donations to help serve our patients.

## From the Heart

"Deborah was wonderful. She did a great job, taking care of what we needed, as well as my mothers care."

"My mother was cared for wonderfully. All the nurses showed the upmost compassion for her and treated her great."

"Tanner Hospice Care was courteous and professional in every way. Thanks so much for the support and care we received."

"Thank you for being there for my dad. I will always be grateful to your program and wonderful staff."

"Tanner Hospice Care was an answer to prayer for our family."



# Planning for End-of-Life

No one likes to think about the end-of-life, let alone consider questions about how one's final days will be spent. It's best to make important decisions without pressure. Understanding your options will help you reach the end of your life with dignity, comfort and a sense of control.

## How to begin

First, keep in mind that end-of-life planning is a process; your feelings and wishes may change over time. Once you have put a plan in place, you always have the right to change your instructions. The best place to start is thinking about what matters most to you. Write down these thoughts. Then start talking with your providers, loved ones and anyone else willing to address the topic thoughtfully. Think about the values and beliefs that are important to you and discuss them.

## Some points to consider

**Life quality.** Is it more important to live as long as possible or to preserve a good quality of life, even if it means not living as long?

**Life support.** How do you feel about life support machines? Should they always, sometimes, or never be considered? Talk with your provider to learn about interventions you may be offered.

**Pain relief.** How important is it to be kept as pain-free as possible? Do you prefer pain medication that will allow you to stay mentally sharp?

**Spiritual values.** Are there certain medical treatments or procedures that go against your religious beliefs and traditions?

**Final days.** Would you prefer hospitalization or home care? How do you feel about hospice care? Hospice is medical care that emphasizes pain relief and emotional and spiritual support without aggressive medical care.

**After death.** How do you feel about autopsy or organ and tissue donation? Are these things you would want?

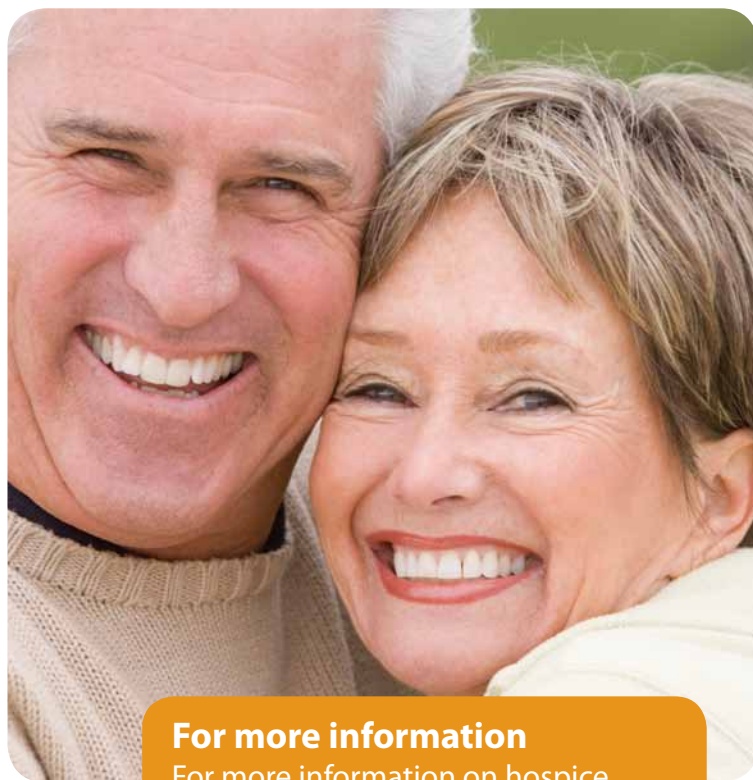
Once you sort through your feelings, it's important to make your wishes known in a living will, or "advance

directive." This legal form is available through a lawyer or you may find free forms and help by visiting the National Hospice and Palliative Care Organization Web site. Any forms you use must be signed, dated and witnessed.

You may need someone to make decisions for you if you aren't able to do so. The person you choose should be named in a legal document known as a "durable power of attorney." This person is often called your "healthcare proxy." Choose someone who understands you, will honor your wishes, and can make difficult decisions in times of stress.

## Making the decisions now

Making these important decisions now also gives you assurance that your wishes will be understood and followed in case you are unable to speak for yourself later. By planning ahead, you also spare your family from having to make difficult decisions without your guidance.



### For more information

For more information on hospice care and whether it is right for you or a family member, call 770.214.2355. Even if you just need to talk, don't hesitate to call. We are here for you.

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770.214.2355

**TANNER** HOSPICE CARE



## The Need Continues

The staff and volunteers at Tanner Hospice Care are always there for patients and their families when the need is the greatest. The last newsletter reported that Tanner Hospice Care now needs the support of the community. The financial assistance of the community and gifts from compassionate donors are a critical component of the continued success of this program. Special thanks to all those who heard the call for help and responded. However, the need continues.

Tanner Hospice Care is the region's only community-based, nonprofit hospice care provider, serving the emotional and spiritual needs of patients in addition to their physical needs. Tanner Hospice Care believes that the quality of life is as important as the length of life, and that patients should have the option of being at home, alert and free of pain, among the people and things they love.

Tanner Hospice Care has never billed a patient for service, relying on private insurance, Medicare and donations to continue providing care. No patient has ever been turned down based on their inability to pay. Thank you for being here in a time of need.

Contributions for Tanner Hospice Care may be mailed to P.O. Box 1136, Carrollton, GA 30112, or call 770.214.2355.