

heart to heart

THE NEWSLETTER OF TANNER HOSPICE CARE

HEALING HEARTS

A Story of Life After Loss

"It's a tough story but it's a happy ending, finally," explained Barbara Yawn Farmer. She's not describing the latest romantic movie or a best-selling book, but the journey that brought her to her husband, Ron.

They met at Tanner's Roy Richards, Sr. Cancer Center while their spouses were undergoing cancer treatment. "We knew each other when Bill and Marsha were in chemotherapy and radiation," she said.

When Marsha Farmer and William Charles Yawn lost their battles with cancer, Ron and Barbara's journey through grief was slow.

"I was going crazy," said Barbara. "I saw in the paper a grief support group with Tanner Hospice Care."

"They both came to the grief support group not knowing that the other person's spouse had passed away," explained Neda McDonald, M. Ed, bereavement coordinator for Tanner Hospice Care.

Tanner Hospice Care's grief support group for adults is a free, community-based program that helps those who have lost a loved one through

Continued on page 2



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 — Annual Evaluations

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

Hospice Volunteer Meeting — Program TBD

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

Hospice Volunteer Meeting — Program TBD

11:30 a.m.
Tanner Medical Center/Carrollton, Classroom 2
Wednesday, April 18

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Medical Director

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Director

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Social Worker

Kathy Booth
Administrative Assistant

Mandy Jackson
Volunteer Coordinator

Neda McDonald, M.Ed
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*Assistant Director
of In-home Services*

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Editor

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death. The group focuses on issues such as loneliness, adjusting to living alone and healthy grieving.

“When you start talking to different people, you realize that they were having the same feelings that you were,” said Ron. “You realize you weren’t going crazy; it was just kind of normal. That helped me a lot.”

Eight months later, Tanner Hospice Care started a spin-off social support group program. This group, which named themselves “Healing Hearts,” shared activities, ate together and found “relief to be in a group where you could be however you were feeling,” Ron explained.

Ron and Barbara were charter members of Healing Hearts, continuing their journey. Barbara found it easiest to relate

to others who had lost their spouse – those who had never experienced this loss “just don’t know how we feel. How can they? I couldn’t before I lost mine.”

After four years of being friends and supporting one another, Ron and Barbara went on their first date. On Jan. 9, 2012, Ron and Barbara shared a special gift at their monthly Healing Hearts meeting at Tanner Medical Center/Carrollton by becoming husband and wife.

“Barbara has always told me how much Tanner Hospice Care has meant to her,” said McDonald. “She couldn’t always share it without tears but now she has such a joy about her. It’s great to see how far they have both come.”

To learn more about grief support services offered by Tanner Hospice Care, please call 770.214.2355.



HOSPICE

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Corrections from the Winter 2011
Heart to Heart Newsletter

In memory of:

Mr. Ray Musick

Mrs. Rebecca S. Smith was mistakenly listed
as Mr. and Mrs. Eugene M. Smith.

Mrs. Charlotte Worley

Joe and Donna Hubbard should have
been listed.

We apologize for the errors and appreciate them
being brought to our attention.

From the Heart

"God put all of you in our life and we are so blessed. Thanks to all of you."

"I could not think of anything they could have done better. Terrific support."

"Your nurses, Regina and Kim, are on top of everything. My mom is happy being home with all Tanner Hospice Care is doing for her."

"Thank you for the loving, caring, professional care given to my husband and family. Rhonda, Belinda, Martha, Dan, Kevin, Tommy and Neda were wonderful. Thank you!"

Healthy Grieving

After experiencing a significant loss, especially the death of a loved one, grieving is the natural healing process. It's important to try to find healthy ways to cope during this process.

Healthy grieving starts with allowing yourself to feel the emotions of grief (sadness, anger, numbness), realizing that whatever you are feeling is OK and finding healthy ways to process these feelings. It also includes:

- Asking for help
- Communicating with others about what you're feeling
- Dealing with practical necessities (paying bills, insurance paperwork, grocery shopping)
- Getting regular, moderate exercise, eating healthy and getting adequate rest

Unhealthy grieving can be:

- Avoiding people and responsibilities
- Making major decisions and changes in your life early in the process



- Drinking alcohol, which can make you feel more depressed
- Eating poorly, not sleeping and not exercising

Talking with others who also have lost a loved one can help. Groups like Tanner Hospice Care's Grief Support Group offer a safe environment to talk about feelings and be with others who understand and are experiencing grief, too.

For more information on Tanner Hospice Care's Grief Support Group and other support services, please call our 24-hour help line at 770.214.2355.

Holiday Food Sale a Success

Thanks to everyone who supported the 20th annual Tanner Hospice Holiday Food Sale, more than \$16,200 was raised to help Tanner Hospice Care patients who could not otherwise afford care.

"For 20 years, community support of the Hospice Food Sale has helped make a difference in people's lives," said Debbie Brock, director of Tanner Hospice Care. "Everyone deserves the chance to have their final days at home in the company of the people they love. Through the generous support of our community, Tanner Hospice Care makes this option possible in west Georgia."

Carrollton High School's Health Care Science Students of America (HOSA) came to volunteer at the sale and made a \$3,000 donation with funds raised from a parking place raffle, change drives and other student fundraisers.



Walmart.com showed its support to the community by presenting a check for \$1,500 to Tanner Medical Foundation, designating \$500 to Tanner Hospice Care and \$1,000 for Choirs for Cancer.

Carrollton High School's Health Care Science Students of America presented a check for \$3,000 to support Tanner Hospice Care.



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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.