

*Living Life: Live It All!!!*  
is published by  
the Foundation for Hospice

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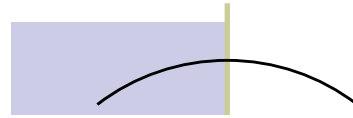
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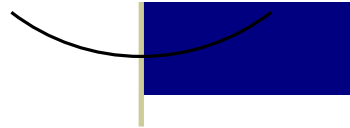
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# Living Life

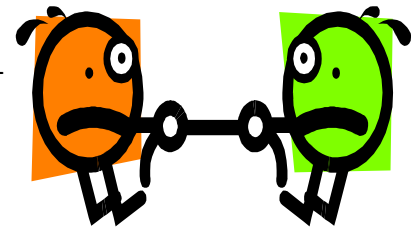
*LIVE IT ALL!!!*



## Feeling Stress? *By Dianna LeDuc*

Are You Stressed? Let's find out.

The following are typical symptoms of stress most people experience. Do they apply to you?



- No longer taking pleasure in once enjoyable activities
- Finding even simple things burdensome or difficult to accomplish
- Being easily distracted
- Feeling on edge, frustrated or annoyed, having less patience
- Change in eating habits, either eating more or less than usual
- Sleeping more than usual or having difficulty getting to sleep
- Having normal emotions that are displayed to an extreme degree or for a prolonged period of time ( fear, tearfulness, and nervousness)
- Marked changes in personality or mood
- Listlessness, lack of energy
- Trouble concentrating or making decisions
- High levels of irritability, including abrasive, unruly or aggressive behavior
- Banging on walls with your fists, throwing things to rid yourself of frustration
- Using alcohol or other drugs

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## **Eastern NC's Got Talent! Show & Silent Auction**

Now is your time to see and hear some of the area's best talent, plus, participate in an exciting silent auction with fabulous items.

This year's fundraiser promises to be a Sunday afternoon of enjoyment for the whole family. Our former annual fundraising event, the Variety Show and Silent

Auction, has been transformed and revitalized into a talent competition.

With the popularity of the television show, America's Got Talent, we thought why not show our friend and supporters the talent right here among us. Hence, the name of our show is *Eastern NC's Got Talent! Show*.

Performers from all over Eastern North Carolina have been recruited to audition so that the top ten acts would be judged by a panel of 3 professionals at this November 16<sup>th</sup> event.

You, the audience, will get see and enjoy singers, dancers, rappers, mimes, and

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**Eastern NC's Got Talent!  
Show & Silent Auction  
Sunday, Nov. 16th**

Northside High School  
(Jacksonville)

3:30 p.m. Silent Auction

4-6 p.m. Talent Show

Tickets: \$10/ \$12 at door

*Need medical equipment  
for a terminally ill person?*

## FFH Loan Closet

Wheelchairs  
Hospital beds  
Hoyer Lifts  
Lift chairs  
Portable toilets

We also accept donations of slightly used items.

Contact Foundation for Hospice at  
(910) 455-3925

***We make a living by  
what we get. We make a  
life by what we give.***

Sir Winston Churchill  
(1874-1965)



**Extra! Extra!  
Read all about it!**

## Silent Auction—Sunday, Nov. 16th at 3:30 p.m.

On Sunday, November 16, 2008, the Foundation for Hospice will conduct a Silent Auction as part of its annual fundraiser. The event will be held at Northside High School in Jacksonville and will begin at 3:30 p.m. *All proceeds will benefit terminally ill persons and their families in Onslow, Lenoir, Craven, Pender, Carteret, Duplin, Jones, and Pamlico counties.*

The following is a list of items to be auctioned. An updated list can be found at our website: [www.thefoundationforhospice.org](http://www.thefoundationforhospice.org). Go to the Events page.

**White Gold Round Diamond Pendant**

**Swiss Quartz Wristwatch**

**Diamond Ring**

**Ciccia Pod Shoes**

**Hobo Cell Phone Bag**

**Jovani Printed Scarf**

**B B Simon Studded Belt**



**Weaves Lace Top**

**Tululah Patent Clutch Bag**

**Swanoski Gold-filled Earrings**

**Matching Pair Table Lamps**

**Framed Hand-colored Art Pieces**

**Framed Needlework**

**Framed Artwork**

*Tickets for the Talent Show and Silent Auction can be purchased at the door or in advance at any Continuum Home Care & Hospice office (Jacksonville, Kinston, or New Bern. For more information, call 1-888-814-8904.*

## Business Sponsors of the Foundation for Hospice

*Special thanks to our sponsors for this year's fundraiser, Eastern NC's Got Talent! Show & Silent Auction. Their contributions will help us to serve more people in our community in the coming year.*

***Please patronize these businesses:***

Continuum Home Care & Hospice

j Nicolson

Barnhill Contracting Co.

Ernie Everett Site Prep

Furniture Fair

Rotary Club of Richlands

Eastern Builders of the Carolinas

ABA Rental Properties

Anderson, Slack & Assoc., PA

Bailey and Associates

Johnson Funeral Home

Lejeune Motor Co., Inc.

Jones Onslow Electric Membership Corp.

Marine Chevrolet Cadillac

Walter S. O'Berry, D.D.S.

Mine Safety Appliances (MSA)

Stevenson Automotive Group

B & B Tractor

Bea's Construction co.

C. T. Duff & Son

Century 21 Champion

Jacksonville Curves

Duff's Fabricating, Inc. & Home Builders

Forbes Mobile Home Supply

Gaylor, Edwards, & Vatcher

Jones Funeral Home

Kennedy Brothers

Mike Babson, Real Estate Broker

Totally Toes

Moore Buick

My O My Desserts

Sanders Ford

Shawn's Service Station

Shear Magic Hair Design

Sheppard Mfg.

the little bank

Tyndall's Service Center

Office Park Eye Center

Newton Signs

Slavin Art Gallery

Angel Voices

Shogun Restaurant

Olive Garden Restaurant

Carriage House/World Art Gallery

Gold's Gym

Carolina Princess

## How to Contribute to the Foundation for Hospice

Send your gift of any amount to: Foundation for Hospice, 3391 Henderson Dr., Jacksonville, NC 28546. All donations are tax deductible.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Your gift may be given as a memorial or in honor of a colleague, loved one, or friend. In memory/honor of (name): \_\_\_\_\_

Would you like us to notify the person or family?  Yes  No

Name or person to notify: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

## Feeling Stressed

*Continued from Page 1*

*If some or all of these signs describe you, then you are stressed.*

Remember, dealing with stress can harm your health, happiness, work performance, relationships, and personal development. Stress management involves: 1)

recognizing that you are stressed, 2) identifying the cause(s) of the stress, and, then, 3) taking action to address the stressors.

For stressors you can control, lessen and avoid them. For all others find coping strategies to help you.

Here are some things you can do to help manage your stress on a daily basis.

- Increase exercise: it will relieve the stress
- Maintain a regular sleep schedule
- Limit alcohol and drugs

## Eastern NC's Got Talent! Show & Silent Auction

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and more as they display their talents hoping to win the cash prize of \$500.

In addition to the talent show, you must come and participate in the silent auction which will showcase jewelry, clothing, plus unique and practical items. See list of

auction items on page 2 of this issue or for an updated list, go to our web page.



Purchase your tickets today. Ticket prices are \$10 in advance, \$12 at the door.

Reduced prices for children and seniors.

*Tickets may be purchased at any Continuum Home Care & Hospice Office. Call 1-888-814-8904 for more information.*

The event will begin at 3:30 p.m. and will be held at Northside High School in Jacksonville.

## Foundation for Hospice News

Barnes Diamond Gallery  
Bradley's Jewelers  
Brynn Marr Jewelers

- Welcome FFH volunteers, Dianna LeDuc, Hannah

Mozingo, and HyunJu Nor

- Grief Recovery Workshop held in October at Onslow County Memorial Hospital

- FFH joined with Continuum Home Care & Hospice, Totally Toes, and Carolina Pine Needle Quilting Guild in the Annual Bear event. Stuffed bears were made



## Our Mission

To provide for the needs and comfort of persons with terminal illness and their families.

## Volunteers Needed

Provide assistance in all areas:

*Office work, mailings, fundraising, newsletter publication & distribution, medical equipment delivery, hospice volunteering, and more.*

Contact Iris Foreman

Foundation for Hospice

(910) 455-3925

Or go to our website:

[www.thefoundationforhospice.org](http://www.thefoundationforhospice.org)

## EASTERN NC's GOT TALENT! SHOW & Silent Auction

to Benefit the  
Foundation for Hospice

**Sunday, Nov. 16th**  
**Northside High School**  
**Jacksonville, NC**

Silent Auction begins at  
3:30 p.m.

Talent Show from 4:00  
p.m.—6:00 p.m.

*Refreshments will be served.*

TICKETS: \$10 in advance  
(\$12 at the door)

Call 1-888-814-8904

## Foundation For Hospice

3391 Henderson Dr. Ext.  
Jacksonville, NC 28546

Phone: 910-455-3925

Fax: 910-989-2691

E-mail:

info@thefoundationforhospice.org

www.thefoundationforhospice.org



### Upcoming Events

#### 2008

**Grief Support Workshops & Groups** – Call for more information on dates and locations.

#### 2009

**5<sup>th</sup> Annual Lights of Remembrance Ceremony**—Candlelight memorial service to honor loved ones and friends. Open to the public. No cost.

**2nd Annual Eastern NC's Got Talent! Show & Silent Auction**—Annual fundraising event for the FFH. Event to be held in the spring. Sign up now to be contacted if interested in auditioning.

We are a United Way agency.

Support us in your United Way contributions.

Designate your donation to the **Foundation For Hospice**



United Way of Onslow County

## About the Foundation for Hospice

The Foundation for Hospice is a non-profit organization that provides assistance to people who have less than 6 months to live and who do not have sufficient means to pay for the very things that will help to make their remaining days comfortable.

Our primary aim is to provide immediate assistance to terminally ill persons and their families who live in Carteret, Craven, Duplin, Jones, Lenoir, Onslow, Pamlico, and Pender counties. We are available to provide support to every hospice agency and to any terminally ill patient who is not in hospice care but who resides in our service area.

Some of the specific types of assistance that the Foundation for Hospice provides are as follows:

- Assistance with living expenses
- Personal Care Assistance that is not covered by insurance
- Travel arrangements for loved ones to visit
- Facility Respite stays
- Medications, medical equipment, and other services
- End-of-life education and grief support

Since 2002, the Foundation for Hospice has been helping to meet these needs and many others that insurance does not cover.

If you know of someone who may need our help, give us a call at (910) 455-3925.