

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

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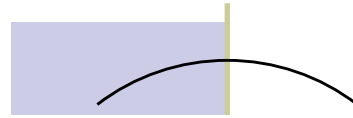
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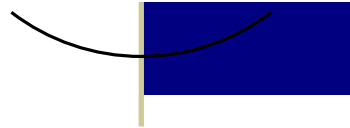
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Living Life

LIVE IT ALL!!!



Life Goes On

Despite what you may be facing or dealing with in your life, life goes on. We sometimes lose sight of this when we are overcome with our own life's tragedies and struggles. Pain and sorrow can sometimes be overwhelming, but they do not have to overtake you. Life goes on.

When you are in the midst of a dark and sometime lonely place, commit to seeking help and strength to both face life and *live* life. Life does go on.

Don't get caught up in the hype of the media. World

economic crisis, the possible new H1N1 (swine) flu pandemic, potential terrorist attacks or nuclear threats, and a growing violent society are stories that dominate the news. Don't let these things dominate your mind. Life goes on. We live in a world that has always had and always will have brewing trouble.

Even when the seemingly worse happened, life went on. People have always survived and found this to be true. We can't stop what is meant to be. But, we can choose to live our lives as fully as we can.

We all experience joy and sor-



row. Just as we revel in the joy, let us rally to get through the sorrow. We live our lives not just for ourselves but for those we love and care about, and for the generations to come. Therefore, don't give up. Your life matters.

Life goes on.

We Need Your Support

Have you ever wondered how the Foundation for Hospice is able to afford to provide funding to enhance the quality of life of a person who is near death? Or provide assistance to a family struggling to adjust to the lost of a loved one? Well, it is because of you and individuals like you who give to us or participate in our fundraisers.

Here are ways you can help now.

Two exciting events are taking place in May 2009 to benefit the Foundation for Hospice.

Pampered Chef Cooking Show -

See and buy these high-quality cooking products while helping the Foundation for Hospice and, even, the American Cancer Society. FFH receives up to 15% of all sales. You don't have to be



present to order products. Orders can be taken between now and the day of the show. See the flyer for instructions.

Annual Yard Sale -

Clean out your garages, attics, nooks and crannies. Donate your no longer needed treasures to this yard sale. All proceeds will go to FFH.

Spread the word!!!



“...we need to take time to be calm, to be quiet, to cultivate peace.”

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



Extra! Extra!
Read all about it!



Our Mission

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

Caregivers' Cove: Learn to Be Calm

By Bill Mansell

Our lives are so arranged today that we seldom have a moment to collect our thoughts. Between the demands of work, family, and social activities, little time remains for personal contemplation. And, even when free moments do arise, we often fill the time with television, or music, or magazines. There is nothing necessarily wrong with these activities, but they can rob us of a great treasure--moments of quiet solitude.

As our society becomes more and more turbulent, we need to take time to be calm, to be quiet, to cultivate peace. Think about it, how can we ever hope to achieve lasting world peace, if we cannot even bring a few moments of peace into our own individual

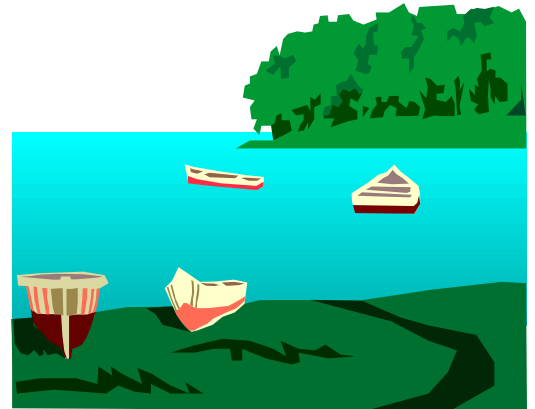
lives? Why not take 15 minutes a day to tap into your inner reservoir of peace. You don't have to be sitting in a quiet room or walking in the woods

to do this. Just retreat into your soul. Open your heart to your creator; listen to your breathing; shut out the surrounding noise, for just a moment.

Imagine that your life is a large clear lake. Our busy environment is as wind on the surface making it choppy and violent. We race here and there--running errands, paying bills, answering the phone, picking

up the kids, interacting with friends and co-workers. The surface of our lake boils with the activities and emotions of the day. But, no matter how turbulent the lake of your life becomes, just a few feet below the surface, there is a great calm.

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Foundation for Hospice News

FFH Grief Resource Center is now open. Free reading materials and other items are available to the public. The resource center is located in our office at 3391 Henderson Dr. in Jacksonville.

Since its opening in February, dozens of people have received materials for themselves and loved ones.



5th Annual Lights of Remembrance Ceremony was held on April 16th. Event was well attended as we remembered the lives of 38 named persons and countless others who have passed. Program participants, Joel Kettner, Kris Burritt, Johnny Thompson, Cynthia Simon, the Young Marines, and Ron Canby, helped to make this year's LOR truly a *celebration of hope and healing.*

Special thanks to the volunteers from Continuum Home Care & Hospice, Young Marines of Camp Johnson, Camp Lejeune Boy Scouts Troop #490 and Newton Signs who pulled everything together for this service.

FFH was the recipient of a \$1,000 grant from the Wal-Mart Foundation thanks to the Wal-Mart Store located on N. Marine Blvd in Jacksonville.

On May 17th, the Camp Lejeune Officers' Wives Club will present the FFH with a \$2,000 grant. FFH was selected as a recipient of their 2009 Charitable Distribution.

The United Way's 2009 Day of Caring brought 14 Marines to the FFH to volunteer their services. Much thanks to Unit HMM-461 from MCAS New River.

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: _____

Learn to Be Calm *by Bill Mansell*

Continued from Page 2

Have you ever been to a neighborhood swimming pool filled with boisterous children and adults? The sound of yelling and laughing is everywhere. Water splashes and the surface is choppy. But, dive a few feet into the pool and, suddenly, all is quiet. The water is peaceful, calm.

You have that same kind of reservoir inside your soul. No matter how busy and tumultuous your life is, you can retreat for a few moments into a place of calm peace. By cultivating this place in your soul daily--whether you call it meditation, or prayer, or quiet solitude--you will find that a feeling of calm

serenity will begin to permeate your daily activities. I challenge you to make time for these moments--you deserve it.

Bill Mansell is president of MindPerk, Inc., the web's largest resource for self improvement and business. <http://www.mindperk.com/resources/articles/22/1/138/Learn-to-Be-Calm.html>

Your Internet Surfing Can Pay Off

What if the Foundation for Hospice earned a penny every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our cause? Well, now it can!

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

GoodShop.com is a new online shopping mall which donates up to 37 percent of each purchase to your favorite cause! Hundreds of great stores including Amazon, Target, Gap, Best Buy, ebay, Macy's and Barnes & Noble have teamed up with GoodShop and every time you place an order, you'll be supporting your favorite cause.

Just go to www.goodsearch.com and be sure to enter Foundation for Hospice (Jacksonville) as the charity you want to support. And, be sure to spread the word!



Support our Sponsors

(New sponsors are in bold letters)

- Continuum Home Care & Hospice
- ABA Rental Properties, Inc.
- Anderson & Slack, P.A
- B & B Tractor
- Bailey & Associates
- Barnhill Contracting Co.
- Bea's Construction
- C.T. Duff & Son
- Chick-fil-A**
- Curves of Jacksonville
- Duff's Fabricating, & Home Bldrs
- Eastern Builders
- Ernie Everett Site Prep & Demo.
- Food Lion #0146 and #0167**
- Forbes Mobile Home Supply, Inc.
- Furniture Fair
- Gaylor, Edwards & Vatcher
- j Nicholson*
- Johnson Funeral Homes**
- Jones Onslow Electric**
- Kennedy Brothers, Inc.
- Lejeune Motor Co., Inc.
- Marine Chevrolet Cadillac
- MSA - Mine Safety Appliances
- Moore Buick, Pontiac, GMC Trucks, Inc.
- Newton Sign Company**
- Dr. & Mrs. Walter O'Berry
- Office Eye Park Center
- Onslow Memorial Hospital**
- Richlands Rotary Club
- Sanders Ford
- Shawn's Service Station
- Shear Magic Hair Designs
- Sheppard Mfg.
- Starbucks**
- Stevenson Automotive Group
- the little bank*
- Tyndall's Service Center

Foundation For Hospice

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Upcoming Events

Pampered Chef Cooking Show Fundraiser—May 19th at Marine Federal Credit Union in Jacksonville. Event is from 4:30 pm—7:30 pm. No cost to attend.

Health Care Expo— Jacksonville Mall on May 19th from 8:30 am to 3 pm. Open to the public.

Annual Yard Sale—Sat., May 30th from 7 am to 12 noon at 3391 Henderson Dr. Ext. in Jacksonville. Accepting donated items now.

Bereavement Support Groups and Workshops—Call to find out dates and times.

Talent Show and Silent Auction—Sunday, September 20, 2009 at Northside High School.

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.