

The Care You Trust

Four Seasons C F L. org (828)692.6178

Co-Creating Excellent Care **Together!**

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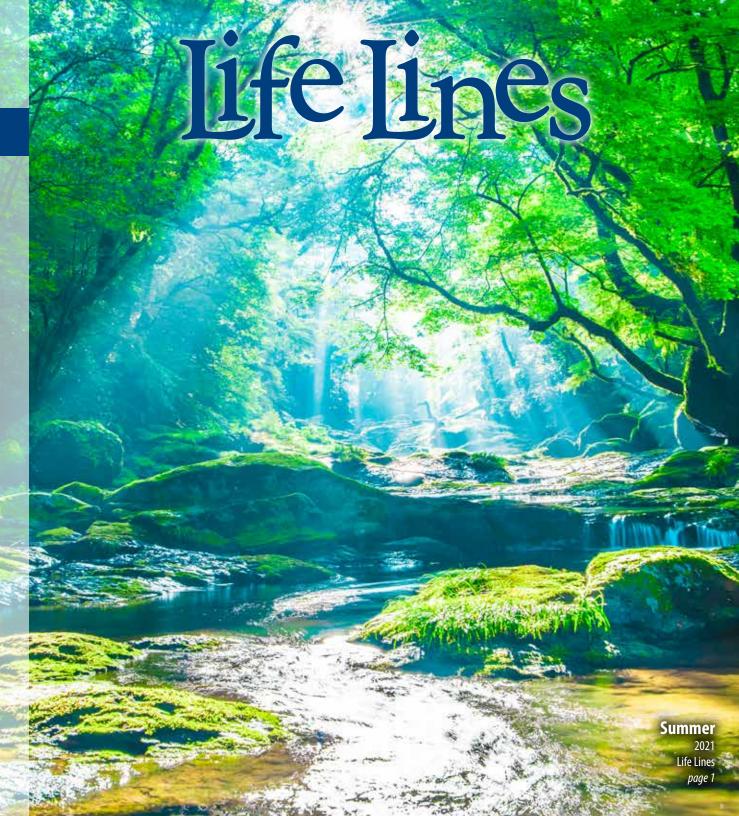
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We are Four Seasons,
the Care You Trust!
For nearly 42 years
we've been providing
quality, responsive and
Co-Created Care to the
members of our community
and we will continue to do
that for many years to come.



Dr. Millicent Burke-Sinclair
President & Chief Executive Officer

Summer 2021 Life Lines

Co-Creating The Care You Trust Excellent Care Together!



If you are willing to share your story about how Four Seasons provided trusted care for you or your loved one, please email us: info@fourseasonscfl.org

Strengthening the Impact of Not-For-Profit Hospices

as shared by Tina Lamb Gentry, MHA, CFRE, Chief Administrative & Advancement Officer, Teleios

Dr. Millicent Burke-Sinclair Ed.D, MBA, President & Chief Executive Officer

This season is one in which we reflect upon our year and plan for the new year. Part of this reflection and planning allows us to connect with our community and to learn about what is most important to you as we consider opportunities to expand our services.

As you think about the services currently offered by Four Seasons, consider additional care that may be beneficial to our community and let us know what recommendations you have. Every single day, in all of our patient and family encounters, we ask "what matters most" so we can provide the most compassionate and respectful care possible. Today, we are asking "what matters most to you and to our community" regarding care that you would like to see us offer. As you are thinking, keep in mind our current care continuum:

- Our Care Navigation service provides support and guidance for individuals and families as they navigate the aging journey, helping them evaluate their current and anticipated needs to ensure that a full range of support and safeguards are in place.
- Our Home Care service provides you and your loved ones with caring assistance to help with life's simple, daily routines, such as grocery shopping/errands, bathing, dressing, meal prep, laundry, mobility,

and taking you to doctor's visits. These services are available wherever you call home, from an hour a day to around the clock care.

- Palliative Care is an extra layer of support for people with serious illness. This type of care is focused on providing patients with relief from the symptoms, pain and stress of a serious illness whatever the diagnosis. The goal of palliative care is to improve quality of life for both the patient and the family.
- Hospice Care is specialized care provided to patients with a serious illness. Patient comfort is the primary goal. Each dedicated hospice team of professionals and volunteers provides pain and symptom management, as well as patient and family support and spiritual comfort.
- Our Grief Services offer counseling and education in both individual and group settings. While grief is a universal process of recovery from a loss, it can be the most difficult experience of our life.
- Through Research & Innovation we are revolutionizing care and treatments for those living with a complicated, serious illness. Four Seasons believes that innovation and compassionate care go hand-in-hand.

Our care continuum is supported by our Foundation because of generous donors who want to ensure that all patients and families have access to the most trusted care, regardless of one's ability to pay. In addition to our current services, we have identified other areas of need across our community and will be highlighting those programs in Life Lines and future articles so you can learn more about them.

We are thankful for our community: our employees, volunteers, patients and families, referral partners, donors, and more. In 1979, Hospice of Henderson County was formed by generous community members who together had vision, heart, and passion. Today, we continue to serve Henderson County, as well as 12 additional surrounding counties, with great vision, heart, and passion as we further the commitment of providing the most trusted care to everyone in need.

Our Vision is to Innovate Healthcare, Influence Humanity, and Impact Life. We look forward to highlighting for you some of the ways we are furthering this great Vision through excellent care today and the advancements in care that we will be providing soon to our communities.

MS

While reimbursements in rural areas have decreased and regulatory requirements have increased, the ability to provide patient-focused high-quality care has been challenged. TCN was formed to navigate these challenges by exploring methods that stand alone hospice and palliative care agencies would not be able to implement.

In addition to providing support services that lower the overhead costs of individual programs, TCN recently became a clinically integrated network (CIN). Clinically integrated networks allow for interconnectedness which contributes to data-driven, evidence-based best practices resulting in better care for patients at lower costs. Therefore, by participating in a clinically integrated network member agencies have decreased burdens and can focus on the care at the bedside.

TCN was founded by Four Seasons and Carolina Caring and co-founded by Amorem and Mountain Valley Hospice & Palliative Care. The network now has eleven member organizations in five states serving over 2,400 hospice patients per day and an additional 3,300 palliative care patients. Recently, TCN was named a Modern Healthcare Best Places to Work 2021.

Since its founding in in 2017, Teleios Collaborative
Network (TCN) has grown to support 11 member
agencies across five states. The non-profit organization
was founded through the leadership of Chris Comeaux,
President & CEO, with Four Seasons and Carolina
Caring. The purpose of TCN is to preserve, strengthen
and support not-for-profit community hospice and
palliative care organization across the country.



Teleios Collaborative Network www.teleioscn.org

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We encourage you to share with us about your needs and what you feel would be beneficial for us to consider providing to our community so that those with serious and advanced illness needs are always prioritized and well cared for wherever one calls home. Just email us at: info@fourseasonscfl.org



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Because of donors like you, the best Co-Created serious illness Care is made possible to all who need it regardless of a patient's ability to pay.



Paige Wheeler, CLE
Executive Director
Four Seasons Foundation

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Four Seasons Foundation Foundatio

as shared by Paige Wheeler, CLE, Four Seasons Foundation Executive Director



Area of Greatest Need

Four Seasons provides exceptional care to our patients and families throughout our continuum of care. Sometimes our needs may be greater in one area and focus must be given toward that special need. For example, the COVID-19 pandemic caused many unexpected expenses such as extensively greater needs for PPE (Personal Protective Equipment) to keep our patients, families, and employees safe. We also sometimes have a higher census of patients who need financial support and perhaps our Angel Funds are not enough to cover these costs. We will never turn anyone away for inability to pay for care. By giving to the Area of Greatest Need you provide the support where there is the greatest need.

Angel Fund

Traditionally our Angel Fund made hospice care possible for those who needed help in funding the care needed to live their final months and weeks of life with comfort, peace, and dignity regardless of their ability to pay. Today, our Angel Fund covers the entire Four Seasons continuum of care. We want everyone in our care to live every moment as fully as their circumstances allow. We are grateful to our donors who support not only Four Seasons' Hospice Care through Angel Fund but also Palliative Care, Home Care and Care Navigation.





Elizabeth House

Our inpatient facility in Hendersonville, North Carolina has a special place in the hearts of many whose loved ones were served there. Elizabeth House provides a home-like environment where patients whose pain and other symptoms cannot be managed at home can receive 24-hour a day care. Most importantly, their family's love and laughter are welcome at any hour of the day or night. Elizabeth House relies on community support to continue to provide the care you trust. Your donation continues the work of our interdisciplinary team at Elizabeth House to receive the support and care they need.



Pediatric Care Fund

A growing area of need is for pediatric patients throughout our region. There are significant differences between pediatric and adult palliative and hospice care programs. Four Seasons is engaging a team to provide holistic medical, psychosocial, emotional and spiritual support for children and adolescents with a serious life-limiting illness. We are committed to the success of this program and all contributions to it will provide the necessary care for our pediatric patients by trained pediatric clinicians. As with our adult Angel Care patients, no child will be turned away for inability to pay.

Your donations also support specific program funding such as:

We Honor Veterans

A national program, originally founded by the Veteran's Administration in conjunction with the National Hospice and Palliative Care Organization, was brought to Four Seasons in 2014 to honor Veterans under hospice care with special pinning ceremonies. Currently, Four Seasons has had the honor of pinning more than 685 Veterans.

Compass

At Four Seasons, we know age-appropriate grief support significantly influences the well-being of the children and teens in our community. Compass helps children and teens who have lost a parent, sibling, grandparent or other loved one through programs that best fit their needs.

Grief Services

Four Seasons Grief Services team is experienced and equipped to assist in a variety of grief situations, including traumatic death and unexpected loss. Your support provides anyone in the community grieving the loss of a person counseling at no cost to the client. Anyone can utilize these services, even if their loved one was not served by Four Seasons, and support is tailored to meet their needs.

Lois' Linens

After a hospital bed was delivered to the home of the Lois Vera Cruz, her husband, Valen, and their children realized that they did not have linens that would fit the twin size bed. Although not a convenient time for shopping, they were able to go out and make the purchase. After Lois passed in February 2017, the family chose to show appreciation for the care she received by helping other families who might have the same need. From their gratitude and concerns for others, the Lois' Linens endowment fund was born to provide twin-size linens for in-home hospice patients and other special care items patients may need.

For more information on giving a gift of cash, IRA, stock or a planned gift, please contact our Foundation office at (828) 513.2440 or email at development@fourseasonscfl.org



Our Donor Stewardship Guarantee assures that from the moment you give a gift, Four Seasons utilizes it as you have intended in accordance with our needs.

We maintain a comprehensive gift processing and recordkeeping system that ensures you receive high-quality interactions and communications.

Excellent patient care is our goal and excellent donor stewardship is as well.

As one of the few remaining local non-profit hospice and serious illness providers,
Four Seasons is the care you trust.

You can also place your trust in our Foundation as the non-profit who stewards and values you.

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Congrats to Our Excellence Award Recipients



Recognized as

as shared by Callie Davis, Four Seasons Community Relations and Marketing Director

Best Places to Work

The Care You Trust

as shared by Lauren Purdy, Vice President of Employee and Volunteer Solutions

Four Seasons is pleased to present the Excellence Award to the following staff members for October 2020 – May 2021:

Michael Bolser, Angela Martinez-Quintana, Sylvia Tate

My Unity Team: Sue Ann Hamby, Alicia Delp, Lauren Brown, Monica Watts, Sybil Arnold, Rhonda Oakes, Heather Halford

> Althea Bivens, Crystal Gera, Shirley Stines

Brandon Loy

Alicia Delp

Anna Vogel

Summer 2021 Dr. Elizabeth Burpee
Life Lines
page 6 Darlene Drum

The values of Four Seasons are integral to everything that we do in every part of the organization. At Four Seasons, we CBRITER (pronounced See-Brighter) together by demonstrating the values of:

- Compassion,
- Balance,
- Respect,
- Integrity,
- Teamwork,
- Excellence, and
- Resilience.

One of the most special values to Four Seasons is that of Excellence.



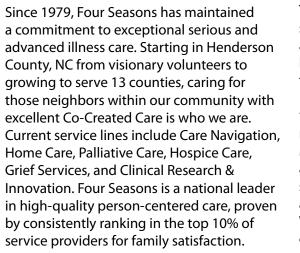
Lauren Purdy, Vice President of Employee and Volunteer Solutions explains, "At Four Seasons, we define Excellence as dreaming more than others think is practical and expecting more than others think is possible. Each month, we recognize a different team or individual for going above and beyond in demonstrating our CBRITER Value of Excellence. Excellence Award recipients are nominated by their peers and leaders, and are recognized at our biannual Employee Forums."

Excellence has been defined by Four Seasons as having the following characteristics:

- Taking personal responsibility for the success of Four Seasons' mission and goals
- Adhering to personal and professional ethical standards
- Providing professionalism and competency in your work and interactions
- Understanding and following all laws, regulations, policies, and continuous quality improvement procedures
- Supporting the communities we serve
- Seeking self-development and utilizing opportunities to grow professionally and personally
- Taking initiative to identify and solve problems
- Embracing change for the betterment of all
- Being good stewards of time, money, and all resources entrusted to us
- Identifying and engaging in best practices

Four Seasons began highlighting Excellence in 2014 by awarding a monthly Excellence Award winner. Winners have been individuals, teams, or groups which have been an exemplar of Excellence as defined by our CBRITER values.

Thank you to each of our Excellence Award Winners from this past year for helping us to expect more, dream more, and do more towards Co-Creating the Care Experience for all we serve!



The work of over 800 employees and volunteers at Four Seasons is supported by our community through the Four Seasons Foundation and two Hospice Home Stores. Donations to and purchases from the Hospice Home Stores enable all patients to have access to the care they need regardless of their ability to pay.

"One year into the pandemic, we've seen the industry transform to meet the needs of its patients and employees," said Aurora Aguilar, Modern Healthcare's editor. "Time and time again, the most resilient and successful organizations show that empathy towards their staff, clear vision and compassion towards the patient buoys teams and sets them up for success. We congratulate the Best Places to Work in Healthcare for eliciting loyalty from their workforce and communities during harrowing times."

This award program identifies and recognizes outstanding employers in the healthcare industry nationwide. Modern Healthcare partners with the Best Companies Group on the assessment process, which includes an extensive employee survey. Four Seasons will find out their ranking on the Best Places list and be celebrated at the 2021 Best Places to Work in Healthcare awards gala taking place on September 16 in Chicago, IL. The complete list of this year's winners, in alphabetical order, is available at ModernHealthcare.com/bestplaceslist.

We are so grateful to have received this award, especially in a year challenged by a pandemic. At Four Seasons, we are able to fulfill our mission of Co-Creating the Care Experience because of the dedication, passion, and excellence that lives within all of our employees. We strive to care for each other with the same level of compassion, dignity, and respect as we care for our patients and their families. We are not just co-workers. We are a team. We are a family.

Dr. Millicent Burke Sinclair
President & CEO



Modern Healthcare

Best Places

to Work 2021

At Four Seasons, we create an environment where staff are not just encouraged, but empowered, to collaborate with their colleagues and to share feedback openly with their leader. When our employees speak up, we listen. Communication is vital in most jobs, but especially when working in serious illness and end-of-life care. We value each staff person's input on our day-to-day operations, in care planning for patients, and in developing our organization's long-term strategic goals.

Lauren Purdy
VP of Employee & Volunteer Solutions

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SPOTLIGHT

VOLUNTEER Anyone Can Truly Make a Difference

as shared by Kena Shaw, Blue Ridge Community College Student and Four Seasons Volunteer



There are many different ways you can volunteer at Four Seasons. There is always something you can do to support the staff and patients no matter what skills you bring to the table.



Kena Shaw Four Seasons Volunteer

Call (828) 692.6178 to find out more about volunteer opportunities. I first learned about Four Seasons through my student advisor, Vanessa Capps. Four Seasons was a volunteering option available to me to complete my hours for the Work-Based Learning Program at Blue Ridge Community College. Before learning of this opportunity, I was only vaquely aware of the many wa you could volunteer for this non-profit organization.

Since I began volunteering in January 2021, I have been able to work with several departments to complete tasks and use my new knowledge from college to help assist others. I have made birthday and thinking-of-you cards for patients to help brighten their day, as well as put together face shields for the clinicians who care for patients and their loved ones in Four Seasons' facilities. I guickly learned that there are many opportunities I did not know existed, from knitting face masks to filing records in the office, and many more.

I enjoy volunteering at Four Seasons for many reasons. I gain real-world knowledge and experience in an office setting to help me further my education and career skill set. I can be creative with tasks like making birthday cards which are given to patients to remind them that they are never alone. I can help others in a way that benefits everyone involved in the care experience, from the patient to the caregivers.

I love and appreciate that Four Seasons is dedicated to not only helping patients, but also helping the community at large through the many opportunities and services they provide. At Four Seasons, you are

not just a volunteer, you are a valued member of an organization which daily touches lives.

Four Seasons dedicates itself to Co-Creating the Care Experience and that includes caring for not only patients and their families, but also caring for the nurses, doctors, administrators, volunteers, and the many other staff members who provide compassionate care every day. I know that when I offer my time at Four Seasons, it is valued and needed.

If you take one thing away from my story, I hope that it is understanding that there are many different ways you can volunteer at Four Seasons. There is always something you can do to support the staff and patients no matter what skills you bring to the table. Sometimes, even a listening ear and a warm heart are all that is needed.

Anyone can truly make a difference! If you have a pet therapy animal, you can volunteer to bring your furry friend to Four Seasons and help put a smile on someone's face. If you really like to drive, you can assist patients in getting to their appointments on time. If you like the retail environment, you can volunteer for one of Four Seasons two Hospice Home Stores, where every dollar spent directly supports the non-profit services of Four Seasons.

There is something for everyone at Four Seasons. I encourage you to consider dedicating your time to Co-Creating the Care Experience and making a difference in the lives of others!

Connecting at Camp Heart Songs

as shared by Blair Stockton, Compass and Camp Heart Songs Coordinator



2021 Camp Dates

Children ages 5-11: Saturday, August 28th • 10 AM - 7 PM

Teens ages 12-17: Sunday, August 29th • 10 AM - 7 PM

Location: YMCA Beaverdam Outdoor Camp Asheville, NC

Camp Heart Songs is provided at no cost to these families through the incredible community donations made to the Four Seasons Foundation. For most, summer is a favored time of year because school is out, vacations occur, and there is more time to be outdoors. This year, the feeling that accompanies summertime is different. Schools that recently reopened have closed again. We've said goodbye—again—to friends that we were finally able to see. For those who are grieving, the need for connection is essential. The Four Seasons Compass Program is excited to announce Camp Heart Songs will meet in person for 2021.

Camp Heart Songs is celebrating our 18th year of providing a camp for children and teens who have experienced the death of a loved one. Camp Hearts Songs provides a safe and welcoming space for children and teens to connect as they learn coping skills to help them grieve. For those who have never experienced Camp Heart Songs, it's hard to imagine wanting to attend a camp centered around grief. However, once experienced, it becomes evident how these types of events are helpful.

As campers engage in the various activities that help them explore the unique ways they experience life and handle challenges. For example, a climbing wall challenges them to see the mountain before them. They get to decide how far up the mountain they go, or if they climb the mountain at all. Through music therapy, they learn their rhythms. Using art they splash paint, build bows, and create images that reflect their worries and their hopes. They run around, they cry, they laugh, they hug, and they breathe.

Camp ends with a campfire where we make s'mores, sing songs, and have a time of reflection and remembrance as each person holds a candle in honor and memory of their loved one We breathe out the pain and hurt we have hidden within our hearts. As these children and families return home, they leave with new friends, new hopes, and new coping techniques they can use along their journey.







Camp Heart Songs is more than just a

weekend of talking about grief. It is an experience where children and teens who have lost a loved one can feel connected. For at least this one day, there is no need to hide their story. They are free to share it with others who understand which creates a feeling of belonging in each grieving child.



Blair Stockton Compass and **Camp Heart Songs** Coordinator

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2021





We take pride in what we do, and it is an honor to serve in this role with Four Seasons. I could not be more proud of our team, staff, volunteers and board of directors who have worked tirelessly to see this third store location come to fruition. The Brevard store represents a culmination of that group's hard work, dedication, and vision.



Bobby Bennett
Retail Director & General Manager
Four Seasons Hospice Home Stores

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An Update On Your Hospice Home Stores Hospice Home Stores



as shared by Lynn Penny, Four Seasons Foundation Donor Engagement Officer

as shared by Bobby Bennett, Four Seasons Hospice Home Store Retail Director and General Manager

We are so proud of the growth and success our Hospice Home Store teams have seen over this past year. The growth has been steady and the teams have remained dedicated and focused on not only meeting, but exceeding our goals. In addition, the community support we have seen has been tremendous; from donors to customers, to staff and our fellow business community, the Home Stores have been the benefactor of your kindness, thoughtfulness and support. We are looking forward to continuing to bring a strong level of stewardship to all that we do as we continue to grow and connect others to shopping with a purpose.

Home Store 1 on Main Street in downtown
Hendersonville has seen incredible results in revenue.
The shopping environment, foot traffic from both
local residents and tourists has greatly increased this
year. Other local shops downtown, restaurants, and
several key events including Love Hendo, Garden
Jubilee, and the Apple Festival have also helped to
drive traffic into our flagship store. After such an
unusual year, it is encouraging to see folks getting
back out and about and supporting the Hospice
Home Stores!

Home Store 2 in Arden celebrated it's one year anniversary of opening in mid-May. The store has

been a wonderful addition to the Buncombe county community becoming a true staple in resale shopping in the South Asheville and Arden areas. We have seen donations, as well as sales revenue, increase month over month and are so grateful for the community's support as each donation to and purchase from helps to ensure all patients receive the care they need regardless of their ability to pay.

Warehouse sales have been equally successful and with strong inventory levels we have been able to host one each month this past year. Stay in touch with us on our Facebook page for more information on the next sale but you can expect a Warehouse Sale every four to six weeks.

Home Store 3 ANNOUNCEMENT! We have been working diligently to solidify plans for a third location and those plans have now become a reality. We are proud to announce Home Store 3 will be opening this fall in Brevard! Though Four Seasons has served patients and families in Brevard for many years, the Hospice Home Store team could not be more excited to meet the Brevard community and welcomes you to stop by and introduce yourself to our team this fall. Volunteer and Employment opportunities are available please see www.FourSeasonsCFL.org for more information.

Our three Hospice Home Store locations and our Warehouse Sales help to provide an avenue for the community to donate, as well as shop knowing each donation and/or purchase directly supports the nonprofit services of Four Seasons.

Often, a person's first introduction to Four Seasons is through a volunteer opportunity. Such is the case with Carol Morrison, whose 21 years of service to Four Seasons has involved her in each part of our care continuum. In addition to being a valued volunteer, Carol is the loving wife of the late Grant Morrison, who passed away at Elizabeth House, our onsite hospice facility, in 2015. Carol is now a donor, supporting the Four Seasons mission, and prior to his death five years ago, Grant and Carol made the profound decision to designate Four Seasons in their estate plan.

Carol's journey began with an interest in hospice care while she was working as a reference librariar in New York in the 1980s. This interest led her to become a Four Seasons volunteer in 2000, after she and Grant retired to Hendersonville, North Carolina, in 1998.

Carol was hands on from the start, helping to organize pancake breakfast fund raisers, assisting with critical administrative tasks, and ultimately immersing herself in patient care at Elizabeth House. Grant also volunteered, understanding the need for hospice care in our community, and how every volunteer makes a difference. This dynamic duo shared their gift of compassion to patients in need and years later, when it was time for Grant to be admitted to Elizabeth House, Carol knew they were in the very best hands. She could focus solely on being Grant's loving wife, by his side, during his final days.

Following the passing of her husband of 55 years, she could not bring herself to return to her volunteer work at Elizabeth House. Instead, she devoted her time to administrative support at Greatrex, the Four Seasons "headquarters," to which she has been consistently faithful until COVID-19 presented unforeseeable challenges to our volunteer force.

Carol holds Four Seasons close to her heart. She shared how tight things were for them financially in their early years in New York, with a young family on a college professors' salary, and how grateful she is now to be able to give back to an organization that has deeply impacted her life in Western North Carolina. When asked what inspired Carol and Grant to designate Four Seasons in their will, her reply was immediate and candid: "It is the best way to ensure our gift can keep giving, and we can continue to impact lives for years after we're gone. It is rewarding to think that we can continue to support such a critical need in our community."

Carol's story is unique and special. She has been a member of the Four Seasons family for more than two decades, generously sharing her valuable time, skilled talent and personal treasure.

Thank you, Carol and Grant. Your dedication to Four Seasons is not only inspirational, it is transformational.

Your legacy will change lives.



FOUR-SEASONS

FOUNDATION

With the inclusion of Four Seasons in their estate, Carol and Grant Morrison have created a legacy that will continue to impact our organization, honoring the devoted spirit of this benevolent couple.

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The Four Seasons Care Continuum



Navigation
Options and information for optimal and realistic care given the client's needs, preferences, finances, and support resources.



Home Care
Provides caring assistance to help with shopping, meal prep, bathing, dressing, laundry, transportation and more.



Palliative Care
Is focused on providing relief from the symptoms, pain and stress of a serious illness – whatever the diagnosis.



Hospice Care
Is specialized care provided for patients with a serious illness. Comfort is the primary goal and care is provided wherever one may call home.



Grief

Services
Is available to anyone in the 13 counties that we serve regardless of Hospice involvement. We provide individual and group counseling, seminars, and workshops.



Innovation
Revolutionizing care and treatments for future patients through innovative research studies, grants and cutting-edge-care practices.



Foundation
Partners with the
community to provide
access to high-quality
care for all who need it.

Four Seasons



31st Annual Tree of Lights
A Celebration of Inspiration
Friday, December 10, 2021 6:00 pm
First Citizens Bank Plaza
Main Street • Hendersonville

The Tree of Lights candlelight ceremony – an annual tribute to loved ones lost – has become a beloved signature event of the Four Seasons Foundation. Contributions will provide hospice and support services to patients and families regardless of their ability to pay. The event includes inspirational stories presented by Four Seasons Chaplains and meditative music performed by Four Seasons Music Therapists. Held outside at the First Citizens Bank Plaza Main Street, Hendersonville, this event will also be live-streamed so those who cannot attend may view online and have their memorial luminaries and lights shipped directly to them. To reserve a memorial luminary or to learn more about this special event visit: www.FourSeasonsTOL.org

The same evening, Downtown Hendersonville will be aglow for the 3rd Annual Main Street Luminary event from 5:00 to 9:00 p.m. Merchants stay open late while creative, story-telling luminaries add a warm glow to the historic charm of Main Street. The unique shops will be all decked out as holiday wreaths and boughs adorn store fronts and streetlamps. Come and experience small-town charm the entire family will enjoy.

A special thank you to our presenting sponsor, First Citizens Bank, for their continued support of Four Seasons programs and services.