

*Sometimes you don't know the value of a moment until it becomes a memory.*

## Filling Up With Hope and Joy

The journey from grief to hope and joy is not easy, it is not fast, and it is not linear. Talking helps. Broken flower pots help. Knowing there are others who have walked this same road helps. Just ask the Jones family.

Theresa Jones will never forget the day. May 18, 2017. A Thursday. Her son, John Reuben Jones, was killed in a car accident.

"I cried every day," said Theresa, "every day for months. And then a friend took me to the grief workshop at Hospice of East Texas. It helped me so much, and I asked, 'do you have anything to help children?' My grandchildren were in such pain."

Jaxon and Jaycee, Reuben's children and Theresa's grandchildren, were soon enrolled in WINGs, Hospice of East Texas' program for grieving children. They attended a day-long grief camp and have since participated in monthly support groups.

Jaycee remembers, "When I came to camp for the first time, at first I felt scared and then I felt happy." Jaxon recounts, "I learned how to control the feelings and everything because it was hard before I came here, and it helped me a lot."

Chantel Longino, Hospice of East Texas' children's bereavement specialist, describes WINGs' activities. "Children

don't sit in a circle for an hour and talk about their feelings like adults might do. That would never work. The beauty of our program is that we get to speak the children's language. We use different activities to engage the kids in conversation about their feelings and all the different aspects of grief. They need a safe space to talk about their feelings and begin to find hope."

A favorite activity is "flower pot feelings." Children shatter a clay flower pot and write their feelings on the pot. Angry. Sad. Lonely. With the help of volunteers, they glue the pot back together, talking about how things that are broken can be made whole again, with a little work. They plant a small succulent in the pot and take it home.

Volunteer Sam Scarborough was drawn to the work of the WINGs program because he lost his father when he was young. "My father passed on 9/11," says Sam. "The reason Jaxon and I connected is that he and I have very similar personalities. I can see myself where he was at that point in my life."

Jaxon says, "We did a lot of projects, like making a memory box with things about our loved one and most of the time me and Sam just talked the whole time because he lost his dad around my age. We just talked about how he lost his dad





*Continued from front page.*

and I talked about how similar he is to me."

Sam adds, "It's just very important for these kids to be able to come here once a month, talk about what's going on, see other people. They aren't the only ones in the world who have lost someone. It happens every day. From personal experience of losing somebody, I know it's huge for these kids to be able to come here and do this. It really is. Everything helps, especially when it comes to kids."

Theresa Jones is emphatic in her gratitude. "What this has done for my kids... there are no words to say how grateful I am. What you have done for my babies is amazing." And little Jaycee perhaps says it best, "Sometimes when I'm sad and I go to this program, they just talk to me and say nice words to me and make me feel happy and then I get filled up with joy."

## Our Grateful Nation

*Our grateful nation can never thank them enough.*

Since 2015, Hospice of East Texas has been a part of the National Hospice and Palliative Care Organization's "We Honor Veterans" program whose purpose is to recognize and serve hospice patients who are veterans of our country's armed services. Staff received special training to better meet the needs of veterans and learn what benefits can be offered to them and their families and began the effort to recognize and thank veterans for their service.

Thanks to the efforts of the marketing team, especially John Lehenbauer and Keith Morrison, Hospice of East Texas has enhanced our efforts to recognize and show our appreciation to veterans in hospice care.

Upon admission, each veteran is now presented with a military certificate thanking them for their service, a branch of service lapel pin and a branch of service flag. Veterans receiving care at HomePlace are also recognized with a special "Honored Veteran" plaque on their door and an "honor walk" when they pass away.

The Hospice of East Texas "We Honor Veterans" program welcomes financial contributions to assist in purchasing recognition items for our veterans.

Our grateful nation can never thank them enough.



The WINGS program for children and teens is free of charge to participants and open to any family grieving a loss, not just families served by Hospice of East Texas. It is completely funded by private donations. To find out how you can contribute, contact Wendy Frizzell at 903-266-3400 ext. 140 or 1-800-777-9860.

To see a video featuring Jaxon, Jaycee, Chantel and Sam, go to [www.hospice-of-east-texas.org/resources/family-care-givers/childrens-bereavement/](http://www.hospice-of-east-texas.org/resources/family-care-givers/childrens-bereavement/)

## Art and Healing



### A Note From Marji

*“Art does not reproduce what we see. It MAKES us see.”*

Paul Klee

In the healthcare world, we have long acknowledged the healing power of art and recognized its power to transform, to educate, and to inspire.

This edition of the Hospice of East Texas newsletter showcases three examples of art's healing and transformative power for those dealing with grief. Broken flowerpots made whole again help children make sense of their grief. An artist expressed her grief journey in beautiful oil paintings. A volunteer has found personal growth and healing in a unique art process.

As the famous artist Paul Klee reflected, “Art has the power to MAKE us see, to give concrete expression to unsaid feelings, to heal our hearts.” At Hospice of East Texas we celebrate the connection between art and healing. They both take time. They both take practice. They both take love.

THE HOSPICE OF EAST TEXAS FOUNDATION



## Light Up A Life

In loving memory of a friend or relative

In honor of someone who lights up your life

As a holiday gift in honor of family,  
friends or business associates

Every year, proceeds from Light Up A Life, Hospice of East Texas' signature fundraiser, help to ensure that our staff and volunteers are able to serve each and every patient who needs the extraordinary care, compassion and commitment for which Hospice of East Texas has always been known.

We hope you will consider a gift to Light Up A Life. What better way to give than to make a contribution that will directly touch the lives of patients and their families at a time when they need it most?

Watch your mail for Light Up A Life materials, arriving in late October, or visit our website at [www.hospiceofeasttexas.org](http://www.hospiceofeasttexas.org) for more information.

Your support makes our care possible.

The  
**HOSPICE**  
of East Texas Foundation

# The Kindness of Strangers



Pictured:

Volunteers Jan Barry and Kay Fulmer (top left) and Jane Dove (bottom left) deliver "the kindness of strangers" with the snack cart.

Volunteers from First Baptist Church Winona (top right) deliver sack lunches for HomePlace families.

Marvin United Methodist Church provides "Sweets for the Soul" (bottom right).

A family member of a Hospice of East Texas patient once remarked that what touched him most about HomePlace was "the kindness of strangers." The following individuals, families, church groups and friends have provided meals, snacks for the snack cart and "the kindness of strangers" that make a stay with a loved one a little softer. Thank you!

- Beta Phi Sorority
- Kim Betts
- Circle One Pies -
- First Presbyterian Church
- College Hill Baptist Church
- First Baptist Winona
- First Christian Church
- Flint Baptist Church
- Friendly Baptist Church
- Gleda Brady
- Grace Assembly of God Church
- Green Acres Early Education
- Guys from Mosaic
- Employees of Heaton Eye Associates
- Carla Harrison
- Helping Hands
- Harvest Time Church
- Bob Hughes
- Claudia Ibarra
- Joann King
- Lloyd James Funeral Home
- Marvin United Methodist Church
- Missionary Rickey McClenton
- Caroline and Mike Mroz
- Pierce's Chapel Assembly of God
- Soul Sisters
- St. Louis Baptist Church
- St. Mary Baptist Church
- Dave Sutton

*Every effort has been made to publish a correct list. Please let us know of any errors or omissions.*

## A New Season of Life Anna Donihoo, LCSW



"Remember to enjoy your next season of life," said the doctor. This was the advice given to Lamona Rankin as she embarked on retirement two years ago. After a forty- three year nursing career and a bout with cancer that left her with

some physical challenges, Lamona was unsure how she would fill her time, much less find enjoyment in it. She was unable to stand for long periods of time, needed a more sedentary pace of life, but wanted to stay engaged and fulfilled. Determined not to sit on the couch and lose motivation, she began searching for meaningful endeavors. When Lamona began volunteering at The Hospice of East Texas Shop in Nacogdoches, she found inspiration in the most unlikely of places.

As a nurse, Lamona was familiar with hospice and held a great respect for this philosophy of care. She had experienced hospice both as a nurse and on a personal level and felt led to give back her time in a different capacity. At the Hospice Shop, Lamona found her niche sorting donations and putting out items for sale. She now enjoys the company of other volunteers and celebrates the special skills and talents of her coworkers. She has learned a great deal from Assistant Manager, Linda Stahl, regarding design, how to match colors, and display items in an inviting way, and she enjoys meeting customers, hearing their stories, and finding ways to help. Lamona's work at the shop has become a way to serve to others, especially those struggling from physical illness, grief, or loss.

A few months into her work at the Hospice Shop, Lamona's son introduced her to YouTube. She discovered "junk journaling," which she prefers to call "prayer journaling." This unique art process involves collecting

and assembling items into the form of a collaged book. At first Lamona was just watching demonstration videos and perusing images of other artists' work. While volunteering at the shop, however, as she sorted clothes and other donated items, Lamona began to take notice of the various fabrics, patterns, and textures. Whether it be a laced hem or an intricate button, Lamona found herself inspired to try her own hand at prayer journaling. She now creates prayer journals for friends and family, uses a multitude of items including eco-dyed paper, pressed flowers, fabric, bits of things she buys at the shop... "for a great price," she adds!

Lamona says of the items donated to the shop, "they are often things someone couldn't keep, things that were once held very dear. Take a bit of worn embroidery... it might be torn and discolored, but still can be used in an artistic way. Repurposing items honors the place it once held in someone else's life." Prayer journaling has opened her up to a whole new world of connecting with others. She now communicates and exchanges art with other artists all over the world.

Two years into retirement Lamona has found this next season of life to be in full bloom. Thanks to the nudging of others, inspiration found in discarded items, and her work at the Hospice Shop, Lamona has opened up new possibilities for herself. It has been a time of personal growth, renewal, and healing. Her advice to others: "You have to be willing to take the leap to try different things. There is a creative outlet for everyone!"





### *Bittersweet and Lovely*

Ann Miller, artist

The artist completed this cloudscape when she was grieving the loss of her mother. The darkness evokes the sadness that comes with grief. Walking our loved one through the valley of the shadow of death requires a bittersweet surrender to what we know is coming. Hopefully those feelings are tempered by the glow of lovely memories of days gone by and happier times.

When facing her own death, Ann Miller comforted those around her. If they cried, she encouraged them by saying, "Tears are irrigation for the soul." Those days were bittersweet and lovely.



### *Silver Linings*

Ann Miller, artist

The artist completed this cloudscape after her season of grief had ended. She had come to terms with her loss and realized that her mother's love was still with her. As the sadness dimmed, the memories grew sweeter. Just like after a storm, she saw a silver lining, and it brought her joy.

Ann's family hopes that her art enhances your understanding and brings you joy. God bless you in your season of grief. Peace be with you.

## A Vision of Grief

Ann Miller was a local artist who taught art at Tyler Junior College for a number of years. At the end of her life, she was a patient of Hospice of East Texas.

Mrs. Miller's family reported that some years ago, as Mrs. Miller worked through her grief over the death of her mother, she painted two cloudscape, one painted near the time of her mother's death (*Bittersweet and Lovely*) and the second about a year later after her season of grief ended (*Silver Lining*).

Mrs. Miller's family donated the beautiful paintings to Hospice of East Texas, and they now hang in the Pat Oge Center for Living, Hospice of East Texas' bereavement center. This lovely artwork helps visitors to the Center "see" what grief is like, and get a vision of what a new perspective on life can look like with time.

We are very grateful to the family of Ann Miller for this lovely gift.

# Hospice Thrift Stores



*Unless you live in Henderson, Nacogdoches or Jacksonville, you may not know that Hospice of East Texas operates thrift stores in those communities. These little retail gems sell donated clothes, toys, dishes, linens, books, furniture and MUCH more, all for the benefit of the mission of Hospice of East Texas.*

Each store is staffed primarily by volunteers who give their time as cashiers, counter help and floor help as their way to contribute to the mission of Hospice of East Texas. New volunteers are always welcome at the stores!

If you live in Henderson, Nacogdoches or Jacksonville, you may drop off your donations at the shops. If you live in Tyler, you may drop your donations at the main office at 4111 University Blvd. If you have a large load (perhaps after a garage or estate sale), or live in other East Texas communities we can work with our volunteer crew to schedule a pick up. Call 903-266-3400 to discuss arrangements.



Many thanks to Sharon Wynne (above) and the vendors at House of Wynne for donating unsold items to the Hospice shops.





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