

Dove Prints

Spring 2021 | Waco



INSPIRED TO SERVE

pg. 3

Mary Lou Lehde

What's INSIDE



FROM THE CEO, **pg. 2**



25TH ANNIVERSARY **pg. 2**



GRIEF CARE, **pg. 4**

FROM THE CEO

This year at Community Healthcare of Texas, we celebrate 25 years of compassionate end-of-life care services. As I



reflect on this milestone, I am filled with gratitude for the dedication of countless individuals who have worked tirelessly over the years to provide adult and pediatric hospice and palliative care for our patients and their families.

I am especially grateful for our volunteers who, over the past quarter of a century, have collectively donated more than 300,000 hours of service to our mission.

Whether connecting with a grieving family, serving behind the scenes in one of our six office locations, or playing cards with a patient, our volunteers are vital to our team.

This past year has made us all aware of the essential role volunteers play in our patients' care. While the ongoing pandemic has limited face-to-face interaction with patients, it has not diminished our volunteers' dedication.

You'll meet an outstanding volunteer in this issue of Dove Prints, just one of the extraordinary people whose selfless service inspires me every day. I salute them all and hope they will inspire you to serve with us as we prepare to care for generations to come.

In partnership,

25 years of comfort & care

Twenty-five years ago, leaders from Harris Methodist Hospice, Huguley Hospice, Providence Hospice, St. Joseph Hospice and Arlington Memorial Hospital shared a vision: they dreamed of creating a not-for-profit, community-based hospice dedicated to providing the highest quality end-of-life care services for children and adults across the Dallas, Fort Worth, and Waco areas. That dream became a reality on May 1, 1996, when Community Hospice of Texas was founded. Within a year, it was the largest not-for-profit hospice in the state.

Building on the firm foundation laid in 1996, Community Hospice of Texas/ Providence Hospice began pursuing new ways to meet the ever-changing needs of the communities we serve. In 1998 we opened the Hospice House at Huguley, the first inpatient hospice unit in North Texas. Two additional inpatient units would follow—Hospice House Downtown in Fort Worth in 2003 and Providence Hospice Place in Waco in 2013. Our dedication to care continued with expansion to Mexia in 2002 and Whitney in 2012.

In 2020, we changed our name to Community Healthcare of Texas in all the communities we serve. This name change reflected our commitment to

providing the best care for patients and families as they navigate their healthcare needs when diagnosed with a serious or terminal illness. It also allows us the opportunity to expand and improve on our mission and goals in an ever-changing healthcare environment.

While many things have changed for Community Healthcare of Texas in the past 25 years, our commitment to quality and compassionate community-based care has not. Since 1996 we have had the honor of caring for more than 72,000 patients and their families and have provided more than \$20 million in uninsured care.

Behind each one of these numbers is the story of a child, a parent, a grandparent, a spouse, or a beloved friend who received comfort and care for themselves and their family in their final moments of life.

As we reflect on the past and look toward the future, we are reminded that every milestone in our journey has been made possible only by your dedication, whether as the member of a family in our care, a volunteer, donor, or member of staff. Our mission—providing compassionate end-of-life care to our patients and their families—will continue for generations to come because of each of you.



9 SITES



72,000 PATIENTS



25 YEARS



3 INPATIENT UNITS

\$20,232,696

IN CHARITY CARE



Inspired to serve: MARY LOU LEHDE

Mary Lou Lehde answers a calling as a hospice volunteer, and it is one she shares with others inspired to give back by the care a loved one received.

Whether they ease the isolation of patients living with a serious or final illness, help families caring for a loved one, or comfort people living with loss, Mary Lou and other hospice volunteers play a variety of roles as unique as the volunteers themselves.

Mary Lou has done it all, earning her the Community Healthcare of Texas – Providence Hospice 2020 Volunteer of the Year award. It is just one of the Essential Piece awards created to honor volunteers who embody the values of Community Healthcare of Texas care.

Mary Lou was introduced to Community Healthcare of Texas during her sister's last illness and has entrusted the agency with care of her family since. After her mother's death, she felt and answered a call to serve.

"I wanted to just give back to others what Providence Hospice had given me," she said.

Mary Lou has done that and more. In a typical year, she contributes almost as many hours of service as a full-time employee. From patient visits to work

with the annual Waco Veteran's Day Parade and We Honor Veterans program, she gives generously but receives more.

"I just have been so blessed by everyone I meet," Mary Lou said.

"I JUST HAVE BEEN SO BLESSED BY EVERYONE I MEET."

—Volunteer Mary Lou Lehde

Together Mary Lou and other volunteers make a difference that counts. The Independent Sector values a volunteer's service at \$27.20 per hour and estimates U.S. volunteers gave \$187.7 billion in time in 2018.

The COVID-19 pandemic put many of their usual activities on hold, but our volunteers have eagerly accepted new assignments. Some contact families by telephone and mail. Others sew face masks, craft memorial gifts to comfort families, or cheer on nurses and other frontline caregivers serving in the pandemic.

To join them, consider giving of yourself in one of the assignments available now. Contact Community Healthcare of Texas – Providence Hospice Volunteer Coordinator Sonya Wilson at sonyawilson@chot.org to learn more.

The Greatest Gift: YOU



Give of yourself as a Community Healthcare of Texas volunteer.

The following assignments are available now.

Grief Care

Support families living with loss with your caring telephone calls and cards.

Memory gifts

Make memory bears and pillows, keepsakes lovingly crafted from a patient's favorite garment. Volunteers with sewing machines and basic skills are needed to create these mementos as gifts to families.

Office volunteers

Help our team behind the scenes with light office duties.

Veterans

Support our nation's vets through the We Honor Veterans program.

Call (800) 625-9328 to learn more.



Our care of loved ones inspires Volunteer of the Year Mary Lou Lehde. right. Her many gifts of service include support for staff like Bronda Hayes, left.



Bitter cold: URGENT NEEDS

Saying goodbye is hard in the best of times.

Imagine how hard it was for families during the February cold weather emergency.

Our nurses and care teams know. They shared your troubles—life-threatening cold, dangerous driving conditions, power failures, broken pipes that flooded homes and businesses—all while caregiving during a deadly pandemic.

Only now do we begin to see the full cost of this record cold snap. Here are just a few examples:

- Water pipes burst at the Hospice House at Huguley, leaving clean-up and repair costs.
- More than \$50,000 in personal protective equipment (PPE) was lost when water pipes burst and flooded a storage site.
- Our team paid to move patients from homes without power. If it was the right thing to do, we did it.

You have given us strength to face every challenge life has thrown at us in the past year.

Today we turn to you again. If you can give, please do.

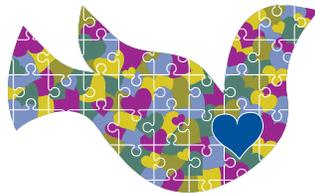
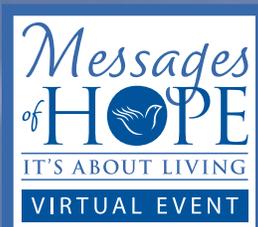
Together we will repair the damage and care for families who need us now more than ever.

Save the date MESSAGES OF HOPE, A VIRTUAL EVENT

October 7, 2021

Noon to 1 pm

Join us for Messages of Hope, our second annual virtual gathering, and support compassionate end-of-life care. Follow Community Healthcare of Texas on social media for all the latest information.



GRIEF CARE SERVICES

Healing Grieving Hearts

Individual Grief Counseling

We offer short-term (2-3 sessions) grief counseling via phone focusing on emotional support, education, and coping strategies. For more information, contact us at (800) 958-5014 or griefcare@chot.org.

Kids' Grief Workshop

Saturday, April 17

Session 1: 9:45 – 12:00 pm

Session 2: 1:00 – 3:15 pm

A coping workshop for children (7-12 years old) experiencing loss through death, divorce, incarceration, etc.

Online Creative Grief

Expression for Teens

Wednesday, June 23 & July 21

2:30 to 4:00 pm

A coping workshop for teens experiencing loss through death, divorce, incarceration, etc.

Family Movie Night

6:00 to 8:00 pm

Thursday, July 15

Watch the movie "Inside Out" with your family, then join us online to discuss the themes

Kids' and Teens' Grief Support Group

Ages 6-12 at 5:30 to 6:30 pm

Ages 13-17 at 6:45 to 7:45 pm

April 27, May 25, June 29, July 27, August 31

Attend meetings of this open group as you are able. Register at least one week in advance by contacting Kelly Cox, CCLS, at kcox@chot.org or call 682-444-3712. For help for younger children or young adults, please contact us at griefcare@chot.org or 800-958-5014.

Our Grief Care Services are available to anyone in the community who enters the journey of healing and transition after the death of a loved one.

For the most current information, please visit our website at www.chot.org or follow us on social media. If you or your family need any additional resources, call the **Grief Care Warm Line** at **(800) 958-5014** or email griefcare@chot.org.



GRIEF CARE EVENTS FOR ADULTS

Online Support Groups

For best support, we recommend you attend all sessions.

Five-Week Support Group

May 20 – June 17

Thursdays from 11:00 am – 1:00 pm

Registration for new participants closes May 27

Five-Week Support Group

July 12 – August 9

Mondays from 5:30 pm – 7:30 pm

Registration for new participants closes July 19

Service of Remembrance

Sunday, June 13 at 3:00 pm

An online interactive service for all ages to honor the memory of your loved one

We invite you to email us a photo of your loved one by June 1 to be included in the service.



Follow Community Healthcare of Texas on social media for the latest Grief Care schedules.

 @CommunityHealthcareofTexas

 @CommHealthTx

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 <https://www.youtube.com/CommunityHealthcareofTexas>