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SPRING 2022

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Want to donate? You can make a donation online: AliveHospice.org/Give

Mission statement: We provide loving care to people with life-threatening illnesses, support to their families, and service to the community in a spirit of enriching lives.

Alive is a 501(c)(3) charitable nonprofit. Alive is a trademark of Alive Hospice, Inc., and is registered in the United States Patent and Trademark Office.



Live Your Legacy

CEO of the National Museum of African American Music Talks Legacy with Alive

When Henry Hicks III was tapped for the board (of the not-yet-created) National Museum of African American Music, he thought it would be a quick business booster. Instead, he found the life legacy he'd been searching for.

"You are created uniquely. Live in that, own that, and find your own way and definition of success and contribution. Find a way to give and make what you do matter more than just to you, your immediate family and your bank account."

Read his "Live Your Legacy" interview with Kimberly Goessele:
AliveHospice.org/HenryHicks

Puppy Love and Swimming with Dolphins at Alive

Last week I spent the morning getting love bombed in the "puppy room," swimming with dolphins, and taking a walk down memory lane on the street I grew up on. I can't wait to offer these incredible virtual reality sessions to our patients and grieving clients. The experience may be virtual, but studies (and my own experience) show the impact of this delight and joy is very real!

Our next phase of mission-based programming is filled with rich education, technology and experiential events. We're continuing to build community and help people approach death as a meaningful and natural part of life. Working in hospice, we know this attitude

not only helps us prepare; it helps us live better now! Stay tuned for more details as we launch new programs including a four-part series on how faith and culture impact one's view of death, spirituality and grief. Each event will highlight a unique faith orientation and/or cultural group to examine their approach to end-of-life, death-related rituals and mourning practices.

You can find a menu of our new education offerings here:
AliveHospice.org/Education

Alissa Drescher, Senior Director of Mission-Based Services



Strong Roots Grow New Shoots

With spring on the way, I'm reminded the tree in our logo is more than just a pretty picture. It symbolizes our deep roots in the community, the resilience needed to weather storms, the shelter we provide, and our ongoing growth.

Here are some of the exciting new ways we're "branching out" this year:

- We established our first Diversity, Equity and Inclusion Committee. For Black History Month the group hosted two inspiring local speakers and educated staff on Black history breakthroughs.
- We're evolving our mission services to better meet partner needs and build on our own vision of a community that values each moment, even at the end of life. Under the leadership of our new Senior Director of Mission-Based Services, Alissa Dresher, we're offering interactive educational offerings to local organizations and new healing modalities in our Grief Center (expressive arts and G-TEP). This includes bringing virtual reality experiences and educational opportunities to our patients and griever as well as professionals in the field!
- We invested in our palliative care and medical services programs with the hire of new physicians and a new Palliative Care Medical Director, Alan Rozen, MD. Dr. Leila August who is board-certified in hospice and palliative medicine also joined us as a Medical Director for two of our home care teams.
- With the move to remote work for many of our team members, we are selling two of our downtown Nashville campus buildings to assist with funding the expansion of our Murfreesboro residence and upgrades to our Nashville residence and administrative buildings. We are also seeking donations for these architectural changes which will support greater comfort and care for our patients and families. On the administrative side, the changes will provide space and foster collaboration for our remote teams.

Your support allows us to go above and beyond standard hospice care with offerings like these.

Thank you!

Kimberly Goessele, *Alive President and CEO*

P.S. I hope you'll visit our blog to learn more: AliveHospice.org/News



Upcoming Events

Visit our website for upcoming events including more Alive & The Bluebird shows, expressive arts for grief workshops and community gatherings.

Visit AliveHospice.org/Events for details.



Tickets on Sale Now for Alive & The Bluebird in the Boro

Get your tickets for our 10th annual Bluebird in the Boro show featuring Tim James, Dan Couch and Danny Myrick at Saddle Woods Farm on April 28!

AliveHospice.org/Bluebird

Death and Culture on Alive's Blog

Did you know each Native American tribe has different death rituals? One common thread is that death is considered a natural part of life, but one main difference is whether the tribe fears the dead or not. Red paint, feathers and yucca all play a ritual role in different tribes. Learn more in our latest *Death and Culture* blog post.

AliveHospice.org/Native-American-Heritage

Volunteer, Nurse and Wife Advocates Early Hospice Care

Lena Deter spent fifty-one years caring for others during her career as a nurse and has been an Alive volunteer for close to a decade. When her own fit and active husband was unexpectedly diagnosed with late-stage mesothelioma at 70 years old, she knew she wanted hospice support for him ... and for herself.

"Most people don't enter hospice early enough. They don't understand that pain management is different or that hospice can provide special equipment. They don't understand the holistic approach of hospice. They don't understand it's about the best quality of life. My husband went in because he wanted quality of life. I couldn't imagine having someone I dearly love die without it."

Read her story: AliveHospice.org/LenaDeter



Register for Grief Camp for Teens and Kids

Alive's Camp Forget-Me-Not is now accepting applications for campers and volunteers! This camp will take place August 13-14, 2022, for kids and teens (8-17) who have experienced a significant loss. Teens will have their own space and schedule to keep their experience exclusive and special for their age group. It takes place at the YMCA's Camp Widjiwagan.

AliveHospice.org/Camps



Save the Date for Butterflies!

Our memorial butterfly releases are scheduled for June 11 at the Murfreesboro residence and June 18 at the Nashville residence. More details to come!

AliveHospice.org/Butterfly