



IS ALL AROUND US.  
**PEACE**  
EMBRACE IT.

## MISSION STATEMENT

Duke HomeCare & Hospice will provide innovative, thoughtful care, using an interdisciplinary team approach, to achieve the best possible outcomes for the patients, families and communities we serve.

## DEAR DUKE HOMECARE & HOSPICE SUPPORTERS

*This past year DHCH has been focused on, well, maintaining focus.*

With so many major issues impacting our ability to deliver care ranging from the COVID pandemic to social and political unrest, it would be easy to be distracted from our mission by the myriad of demands impacting healthcare. For all of the challenges of this past year, and there have been so many, one great lesson learned is about the increased necessity of maintaining our clarity of purpose and our intention of effort on our core work. We remain diligently committed to treating the ill with a focus on healing and supporting the efforts of our staff as they, in turn, support our patients and their families. It is not that we don't see the other issues, but for Duke HomeCare, Hospice, and Infusion, our unwavering focus on patient and family healing while recognizing individual value and dignity guides us regardless of the circumstances.

*Thank you for your support, your trust, your confidence, and your belief in what we provide in our community.*

*With gratitude,*

*J. Cooper Linton*  
**J. COOPER LINTON, MBA, MSHA**  
Associate Vice President



# WHO WE ARE

Learn more about Duke HomeCare & Hospice

## MISSION STATEMENT

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## HOSPICE CARE: MEETING YOUR NEED

Duke Hospice provides resources to meet your and you loved one's physical, emotional, and spiritual needs, whether at home, in a hospital or at our inpatient care facility. Our goal is to help you and your caregivers manage terminal illness effectively and face the end of life with dignity and comfort.

Our coverage areas include Alamance, Chatham, Durham, Franklin, Granville, Orange, Person, Vance, and Wake Counties.

## A TEAM APPROACH

Terminal illness can be exhausting for patients and caregivers alike, which is why we have an extensive team to work with you. Our staff include physicians, nurse practitioners, nurses, social workers, chaplains, nursing assistants, bereavement counselors and volunteers.

## HOCK FAMILY PAVILION

Our inpatient care facility provides 24-hour skilled nursing care in a comfortable setting to people who cannot manage their symptoms and/or cannot control their pain at home.

## YOUR GIFT MAKES A DIFFERENCE

At Duke HomeCare & Hospice we know that each moment matters for patients and their families. Your gift, of any amount, makes a difference. Your gift provides a haven of comfort and emotional support to our many patients and families that need end of life care and bereavement services.

For further information on individual or corporate giving, or sponsorship opportunities, contact:

**Duke HomeCare & Hospice**  
(Office of Development)

919.620.3583  
4321 Medical Park Drive, Suite 101  
Durham, NC 27704

# CONTACT INFORMATION

**Duke HomeCare & Hospice**  
(Administration Offices)

4321 Medical Park Dr.,  
Ste. 101, Durham, NC 27704  
919.620.3853 or 800.599.9339

**Unicorn Bereavement Center**

4321 Medical Park Drive,  
Ste. 101, Durham, NC 27704  
919.620.3853

**Hock Family Pavilion**

4023 North Roxboro St.  
Durham, NC 27704  
919.613.4663

# LIGHTS OF REMEMBRANCE

Our annual Lights of Remembrance was a unique event this past year. Due to COVID-19 restrictions, we transitioned the program online for a virtual event in early December. Support for grieving families flourished, even through the unprecedented circumstances brought on by the pandemic.

The holidays are an especially difficult time for family and friends who are experiencing the loss of someone dear. This past year seemed even more painful without the traditional gatherings and shared togetherness. The Lights of Remembrance event provided a place for about 150 participants who came together in unity online as the darkness of winter set in to experience collective and personal reflections while listening to music and watching videos of the luminaries symbolizing their loved one's life.

Flickering lights graced the walkways of the Carver Gardens in the darkness as music played while family and friends viewed the luminaries and placards placed with their loving remembrances. The program featured special readings and poetry to commemorate the tenderness of the season. It was a sacred time of healing for all who participated, from around the U.S. and even Canada.

Following the event, each donor received a placard and program as a keepsake, and this past year's event raised \$6,626 through the purchase of more than 100 luminaries. The donations received help support the mission of Duke Hospice and Duke Hospice Bereavement in the community.



## CAMP RELEAF



Due to the pandemic, Duke Hospice Bereavement Services transitioned our annual Camp ReLEAF into a virtual experience for kids called Camp ReLEAF @ Home. On October 17th-18th, 2020 we had a weekend full of Zoom events. Although our numbers were smaller, with 10 campers, 9 staff and trained volunteers, the impact of meeting other grieving children was powerful. One parent shared that Camp ReLEAF @ Home “provides a safe, healthy, and encouraging way for our child to express and cope with grief and loss that comes with losing a close family member. She knows she is not alone.”

Each camper received a bag of supplies prior to camp to use while participating in the activities and sensory activities to help them regulate their emotions as needed throughout the weekend. To start Camp ReLEAF @ Home, campers joined with their families for our opening ceremony where they became acquainted and remembered their loved ones together by sharing photos. Each camper also met in smaller groups with their peers three times during the weekend. Campers played games, such as feeling charades and coping skills BINGO, and made arts and crafts while sharing about their own loss experience. They were also able to share and remember their loved one that died by creating a

votive and lighting a battery operated candle. After lunch, campers joined for a Movement Hour to release the emotions of grief through moving their body. The day included playing Simon Says, freeze dancing, and yoga. Saturday evening featured a family game night, full of laughs to decompress after a busy day. Before the evening closed, campers could join for a guided meditation to transition into bedtime. On Sunday, campers connected one last time in their small groups while the parents and caregivers joined to share their experience and continue to explore how to support their children. Camp ReLEAF @ Home ended with a closing ceremony to say their goodbyes and complete a parting ritual to close out camp. Campers wrote messages they wanted to share with their loved one on dissolvable paper, which were then mixed with bubbles and blown into the air. Campers kept extra supplies to continue their healing process.

We want to thank the staff and volunteers who participated and the donations that allowed us to adapt the camp experience into a virtual offering in supporting grieving children during the pandemic.

# BRICK DEDICATION

Duke Hospice Bereavement Services restructured our bereavement programs over the past year to a virtual platform during the pandemic, which enabled even more people to participate. While we missed being together in the Carver Gardens behind the Unicorn Bereavement Center, our virtual Brick Dedication Ceremony in September allowed family and friends from all over the country to gather online to remember their loved ones.

It was a touching event, featuring photos of all of the bricks and pavers placed along the memory walk as a memorial, lovingly inscribed with names and personal messages, such as “Momma GG we love u a bushel & a peck a hug around the neck”. Interspersed with the photos from the walkway were photos of those being remembered. Their smiles lit up the screen on the Zoom event, bringing tears with the heartache of their loss.

Following music by Helen Wolfson's hammered dulcimer, readings and poetry, the nearly 100 participants began to share remembrances of their loved ones with each other. Small children all the way up to older adults told stories about their father, wife, grandmother, brother, child – all coming together in community to honor those whom they now miss. The event included families and friends of those who have experienced the death of a loved one in hospice care, as well as members of the community.

The Duke Hospice Bereavement Services' memory walk serves as a memorial to honor the memory of patients who have been in our care and friends of hospice. This past year's event raised \$12,125 to support grieving families in our community, which was remarkable given the challenges of adapting to this time in history.

# CRAFTING A BEAUTIFUL LIFE



Thanks to Duke HomeCare and Hospice, Deb Karasik—an award-winning quilter—has returned to doing things she loves.



For nearly 20 years, Deb Karasik combined her teaching skills and innovative designs in quilting workshops she taught around the world. Deb was inspired to start quilting years ago when one of her daughters became pregnant with triplets.

A life filled with quilting, family, and good health took a sharp turn this past spring when Deb began vomiting and couldn't stop for days. Ultimately receiving a diagnosis of portal vein thrombosis—a blood clot causing blockage or narrowing of the blood vessel that brings blood to the liver—Deb endured two hospitalizations. “She ended up in the Duke ICU and basically, the doctors there saved her life,” says Jeffrey Karasik, Deb’s husband. “She was in bad shape, being treated for sepsis and the thrombosis.”

After 29 days in the hospital, Deb was ready to be discharged but still needed

infusion of antibiotics, occupational therapy, and physical therapy. “I was extremely apprehensive about bringing her home rather than having her to go to a rehab facility,” says Jeffrey. “I didn’t think that I could handle helping her by myself.” Enter the Duke Homecare and Hospice Team!

“From the moment, the Duke homecare people started coming, they gave me confidence that Deb was getting better and there would be life at the end of tunnel,” he says. “The support and encouragement they provided me—and knowing that I had other people at my back—was very comforting.”

Deb agrees. “When I left the hospital, I came home feeling like I would never get better.” When the therapists began working with Deb, she was unable to sit up or move her arms or legs. “They would encourage

me, saying, ‘Don’t worry; you’re going to get there,’” says Deb. “They really changed my life. I’m a human being again. Today, for the first time, I walked through a grocery store. I’m showering by myself. It’s wonderful to have back all the things I didn’t have the luxury of doing.”

“The Duke pharmacy was terrific with the infusion meds, ensuring that it was always delivered on time with nothing ever missing,” says Jeffrey. “After being trained in the hospital on giving the infusion to Deb, I was glad to have the hospice nurse watch me at her first home visit and assure me that I was doing it correctly.” Having the home health nurse visit once or twice each week provided additional reassurance to the Karasiks.

“I am forever indebted to my Duke Home Care and Hospice home health and infusion

teams,” says Deb. “They do their work in such a loving and encouraging way that I knew I could get better. They gave me my life back.”



## DUKE HOMECARE & HOSPICE CARE AROUND THE TABLE CAMPAIGN

The Gala Committee of Duke HomeCare and Hospice postponed its annual fundraising event due to COVID-19. In its place, we held a virtual "Care Around the Table" campaign, led by Vietri founder Susan Gravelly. We developed a campaign centered around the Gala theme "Essence of a Hummingbird".

All donors received an invitation to an exclusive Zoom call with Susan Gravelly as she shared about the design and story of these beautiful plates as well as Hospice champions who shared powerful stories about the impact of Hospice. Donors making a donation of \$100 or more received a beautiful, one-of-a-kind hummingbird plate graciously

designed and donated by Vietri in honor of a loved one. We hope these plates serve as a reminder of Duke HomeCare and Hospice's care as we gather around the table.

In total, the campaign raised over \$50,000 while doing our part to stay safe during the pandemic.

## HOPE VALLEY LADIES NIGHT OUT

Hope Vally Ladies Night Out has become a successful annual event to help raise money for Duke Hospice. Unfortunately this year the event was canceled due to COVID. We look forward to making this a special event in spring of 2022.

## CREATING BEAUTY & RAISING MONEY

"Through volunteering and service, you receive as much benefit as you could ever give."

Kelly Phoenix is a dedicated Duke HomeCare and Hospice volunteer.

Kelly Phoenix served as the Gala Co-Chair in 2018 and 2019, previously having spent many years working on our gala committees. In 2020, after the gala was canceled, Kelly worked to raise over \$25,000 alongside committee members through the Care Around the Table Campaign. After leaving her job as CEO of Nourish.org in 2016, Kelly wanted to give back to a cause as a volunteer and leverage her skill sets in fundraising, leadership, and marketing after a seven-year run in nonprofits. This segue brought her to Hospice and we are grateful for her support.

Through her work with Hospice, Kelly hopes to encourage more community members to volunteer with Hospice in a way that is personally meaningful for them. It is through volunteering and service that Kelly has found you receive as much benefit as you could ever give. Here is a little about Kelly:

From 2010-2012, Kelly was the Manager of Development and Communications at Urban Ministries of Wake County [UMWC]. During that time, she raised funds and awareness for the work of Urban Ministries. She also co-chaired the 2012 Band Together Event which raised over \$560,000 for UMWC and featured the B-52's playing at Koka Booth Amphitheater in Cary.

In late 2011, Kelly joined Nourish.org as the CEO and grew the organization in less than five years from 20 to 65 chapters across 28 states. She also served as a co-chair for the Millennium Campus Network and presented many talks at

the United Nations on how young people can be agents of change in advancing the UN's Sustainable Development Goals. In 2013, Kelly received the Triangle Business Journal's 40 under 40 award for her work at Nourish. At the age of 25, she was the youngest to receive the award.

In 2016, Kelly joined the team of Vivisum Partners, where she is Head of Systems and serves as Senior Consultant. Vivisum is a market research firm that provides customer insights consulting. Kelly works mainly with small to midsize biotechs launching groundbreaking therapies for rare and underfunded diseases. She has worked on new therapies for movement disorders, diabetes, dermatological conditions and other critical illnesses in her time at Vivisum. Vivisum has also prioritized community investment as a sponsor and volunteer with Hospice for past galas.

Alongside her work at Vivisum, Kelly also co-owns The Hightide Salon in downtown Raleigh which seeks to provide a safer space for beauty artists to be independent business owners, hone their art, and make a sustainable living. The salon partners with nonprofits on a regular basis and hosts accessible education events for hair stylists.

Of the many hats Kelly wears, the most important is mother. She and her husband, Bob, have an 18-month-old daughter, Julia, who was born during the pandemic. We hope to see Julia at future Hospice volunteer events!



Celebrate Everyday!



Celebrate New Years!



Celebrate Valentines Day!



Celebrate Holidays!

## PATIENT ASSISTANCE FUND

Duke HomeCare & Hospice (DHCH) has established this fund which is intended to assist those who are in the process of applying for financial support from other sources or filing for disability, those who are in-between resources, and/or have exhausted other resources. Funds may be distributed for needs such as but not limited to:

- » Clothing
- » Transportation
- » Lodging
- » Food Insecurity
- » Utilities

## INFUSION

Our infusion team comes to your home to administer intravenous medications, including antibiotics and chemotherapy, to children and adults. Our nurses, pharmacists, dietitians, and patient services coordinators work under the direction of your doctor to monitor your needs and treatment. Home infusion is a cost-effective approach to IV therapy that allows you to receive treatment while resuming daily activities in the familiar surroundings of home. You're encouraged to take an active role in your care and, when appropriate, even return to work. Being in the comfort of home and resuming normal activities can bring emotional benefits that help with healing.

## DUKE CAREGIVER SUPPORT PROGRAM

The Duke Caregiver Support Program is set to launch in late fall 2021. Our program is designed to assist caregivers of loved ones to connect to programs and services offered within and outside the Duke Health System. This service will be provided at no cost to caregivers. The Caregiver Engagement Specialists will provide information, referral, education and support. We understand importance that the caregiver plays in their role of the delivery of care to their loved ones. Providing support to caregivers will not only improve patient outcomes but will also decrease stress for the “carers” and improve caregiver confidence. We will also be taking a lead role in an annual Duke Caregiver Community Event that will not only serve traditional audiences but will also serve traditionally underserved communities.

## PATIENT & FAMILY ADVISORY COUNCIL (PFAC)

In 2020, the Duke Hospice Patient Family Advisory Council (PFAC) grappled with the prohibition of in-person events by moving all meetings and educational sessions to the Zoom platform. Reformatted education about end-of-life was delivered to community organizations and Active-55 communities despite the pandemic, including: Duke OLLI, three community centers and a few retirement communities, all of which generated follow-up questions, great discussion and requests for additional sessions.

In addition, the PFAC: completed redesign efforts on the Admissions booklet; created a new Communications Pamphlet for nonverbal patients that uses a large set of emojis and pictures selected by the committee to help caregivers identify what the patient wishes to communicate; finished significant updates to hospice brochures; sponsored piano music for hospice patients using CDs and Zooms; launched new initiatives around patient care; agreed in principle on future volunteer-care-calls and family information sessions at the hospice in-patient unit.

The PFAC remains vitally engaged with hospice staff and leadership despite the pandemic and is poised to make an even bigger difference for patient-centered care in the new year. The PFAC invites anyone who is interested in providing their perspective on improving patient and family hospice care as a volunteer, to contact: Kellie Brockman, [kellie.brockman@duke.edu](mailto:kellie.brockman@duke.edu) or phone 919.620.3853

## HOME HEALTH CARE

We work with your doctor to develop an individualized plan of care to allow you to remain comfortably at home and maintain your independence while we attend to your medical needs.

## HOME HEALTH SERVICES

### SKILLED NURSING

Skilled nursing care can be provided by a registered nurse or licensed practical nurse. Skilled nursing can include, but is not limited to:

- » Wound care (changing dressings, monitoring infection, teaching care techniques)
- » Assessing blood pressure, heart failure and respiratory disease
- » Catheter insertion and assessment
- » Medication and disease education
- » Infusion therapy
- » Assisting with video visits with doctors



### PHYSICAL THERAPY

A licensed physical therapist or a licensed physical therapist assistant evaluates your level of functionality and establishes a plan of care for your specific needs. Physical therapists help improve your mobility, strength, balance, endurance and coordination and teach you and your caregivers how to reduce your risk of falls.



### SPEECH THERAPY

Our licensed speech-language pathologists can help you with difficulties related to speech, eating and swallowing, communication, and cognition.



### HOME HEALTH AIDE

Nursing assistants provide help with personal care while you receive nursing or therapy services.



### OCCUPATIONAL THERAPY

A licensed occupational therapist or a licensed occupational therapy assistant can help you improve your ability to care for yourself, perform activities of daily living and use adaptive equipment to make tasks easier.



## MEDICAL SOCIAL WORK SERVICES

If you receive nursing or therapy services, our social work services can refer you to community resources and assist with living arrangements, finances, long-term planning and more.

# SURROUNDED BY LOVE & FAMILY



Phyllis McBroom spent her life in Burlington, NC. The Alamance County town where she was born is also where Phyllis raised her two children, worked in the Brown Wooten Mills, drove a school bus, and was active in the women's ministry and as an usher at Green Level Christian Church. Thanks to home hospice support from Duke Homecare and Hospice (DHCH), Phyllis was able to spend the end of her life in her beloved home.

After being diagnosed with lung cancer in December 2018, Phyllis underwent nearly two years of chemo and radiation before being told in November 2020 that the treatments were no longer working. "I called the week of Thanksgiving and within two days, Duke Homecare and Hospice delivered the equipment—including a walker, hospital bed, bedside commode, and medications—that my mom needed so she was comfortable

for the holiday," says her son, Derrick Chambers.

Chambers is a human resources generalist for Duke Health Technology Solutions, after serving 20 years in the U.S. Army. "It means everything to me that my employer has the reputation of being one of the nation's leading healthcare organizations," says Derrick. "It's not only a great place to work but the care provided to my mom was super supportive. This is probably the best hospice care team in the state."

"I moved back to North Carolina understanding that I would do what I could do to support my mom going through her health journey," he says. A devoted son, Chambers was stressed by the many demands in his life. In addition to his full-time job, he and his wife, Chriscynthia (a health care administrator for a Duke health facility in

Wake Forest) are raising six children, ranging in age from 12 to 23. "Having the hospice team helping at my mom's home really relieved the pressure from me," he says. "I felt like I was wearing two hats a lot: my mother needed me and it was painful and frustrating when I couldn't be there; I also needed to be working and handling family matters. My sister is a single parent with two kids so her time was also limited."

Phyllis was grateful to remain at home during the end of her life. "It gave her a chance to see her grandchildren and other family members at home where she was comfortable," says Derrick. "She knew she was cared for, she looked good, and she was comfortable."

Derrick raves about the care provided by his mom's team. "The lead nurse, Bobbie, was phenomenal," he says. "It helped me to

know there was a professional caring for my mom doing things for her that I couldn't do myself," he says.

"I'm grateful that I'm employed by a place that was able to provide such excellent care," says Derrick. "Hopefully my mom was proud that I was able to get her the care she needed."

"It helped me to know there was a professional caring for my mom doing things for her that I couldn't do myself."

Derrick Chambers,  
son of Phyllis McBroom

# ENHANCED HOME HEALTH FOR COVID CARE ENHANCES THE LIFE OF ALTHEA WILLIAMS



“Nothing beats a failure but a try and that’s what I am going to do with God’s help.” These words from Althea Williams exemplify her positive and faithful attitude. “I love living, I love life, and I love people,” says the retired educator who worked for more than 30 years in New Jersey as an educator in roles including high school principal, guidance counselor and college counselor.

She and her husband, David, retired to Durham, where their son Jason (Jay) Williams was a star player for the Duke Blue Devils men's basketball team before helping to lead the NBA’s Chicago Bulls prior to becoming an NBA analyst for ESPN. “If it wasn’t for Jason making the decision to come to Duke, I do not think I would have been blessed with the opportunity to extend my life thanks to the amazing health care I have received.”

While Althea is grateful for the two kidney transplants she has received, the new kidney has led to recurrent infections that have impacted her heart, requiring five hospitalizations over the past year. “I was in the hospital so they could monitor me and get me out of the dilemma,” says Althea. “My numbers were improving and I wanted to be at home.” She got her wish thanks to Enhanced Home Health for COVID Care (EHHCC) designed to keep patients out of the hospital and instead receive enhanced care and telemonitoring at home by a Duke Hospitalist and dedicated Home Health nursing team.

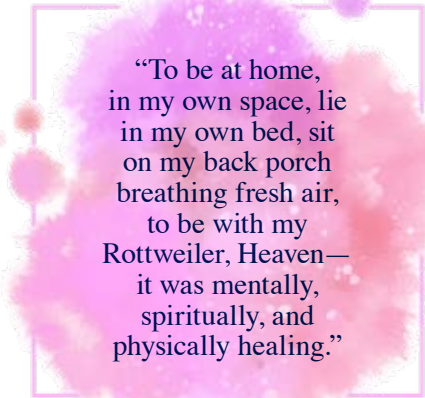
“What an amazing program,” she enthuses. “I had the opportunity to talk to doctors every day. The nurses took care of things like my Hickman line

and dehydration issues and taught David how to administer antibiotics to me through my port. The nurses are so professional and knowledgeable and show so much love. If they didn’t know the answer to a question, they knew how to seek the source for the information.”

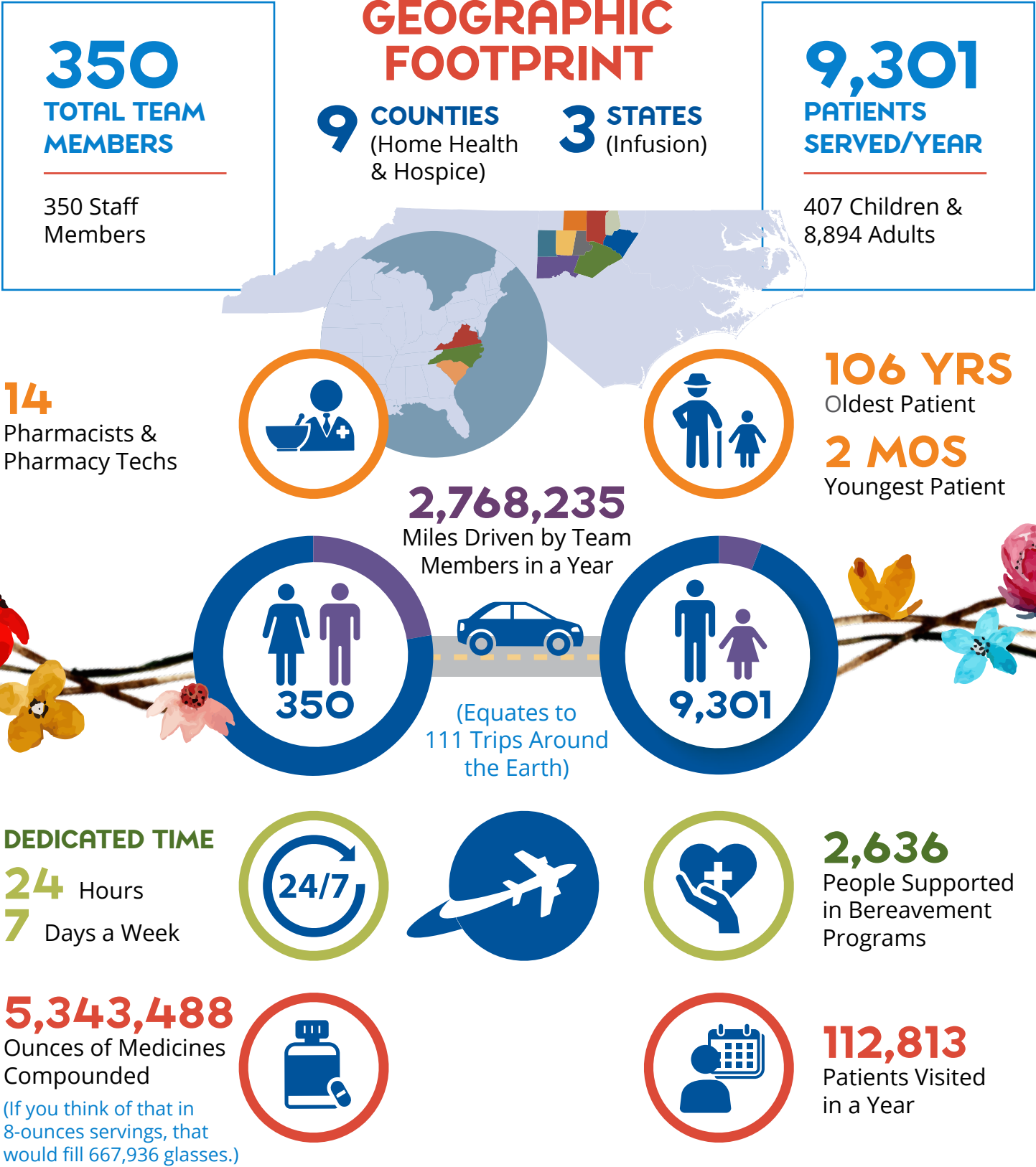
“To be at home, in my own space, lie in my own bed, sit on my back porch breathing fresh air, to be with my Rottweiler, Heaven— it was mentally, spiritually, and physically healing,” she says. “The medicine was delivered right on time to my back door. And David and I knew that if there was an emergency, someone would respond right away.”

“I would prefer to be at home and be monitored than to take up the space in a hospital bed,” she says. “It’s your spirit and soul that make a difference in getting better. And this enhanced home health program really worked for me.”

A certified Zumba instructor and liturgical dance instructor, Althea anticipates a return to teaching these movement activities to women 55 and over. “I’m also looking forward to spending more time with my son, his lovely wife and my grandbabies,” she says. “I’m grateful to this program which had an impact on my life forever.”



# DUKE HOMECARE & HOSPICE BY THE NUMBERS



# THE POWER OF COMMUNITY & THE COMFORT OF HIS OWN BED



Thanks to the success of his treatment, Tyler was able to play basketball in his high school's senior night game.



Tyler was grateful to spend his nights at home with his family during his cancer treatment, thanks to Duke HomeCare and Hospice.

Tyler Trexler's senior year at Cary's Green Hope High School was anything but typical. A captain of his school's basketball team, Tyler attended team camp the summer before senior year while experiencing excruciating pain in his left leg. "He still played, because he's a leader, but he struggled through with pain," says his dad, Mark. It turned out that Tyler had Ewing Sarcoma, a rare bone cancer.

Over the course of seven months in his senior year, Tyler completed 14 rounds of chemotherapy and 31 proton radiation treatments. He spent 59 days in the hospital, both at Duke Hospital and Children's Hospital of Philadelphia (CHOP).

Tyler returned to Duke for care in spring 2020, just the pandemic was forcing Duke Hospital to prohibit visitors for adults. "Ironically, even though Tyler was a

pediatric patient, he was over 18 so the rule was that he needed to stay overnight without a parent," says Mark. Not wanting Tyler to stay in the hospital on his own, the Trexler family worked with Duke Homecare and Hospice and Duke Hospital to arrange outpatient chemotherapy treatment followed by a nightly return home with a hydration backpack, and a homecare nurse arriving at the Trexler home when the fluids ran out each evening.

"It was a big deal to be able to get treatment and not stay overnight in the hospital," says Tyler. "My quality of life was so much better because I could get a good night's sleep at home and have friends hang out with me."

Mark says that while going through chemo and dealing with side effects is very difficult, the isolation was almost worse

for Tyler. "Especially for a teenager, it's so hard not being able to do what you want," he says. "Once he was able to stay at home at night, sleep in his own bed, walk outside with Lucy, our chocolate lab, everything turned around completely. All of those things were good treatment for him."

Thankfully, Tyler is in full remission. "One of the things Tyler learned through this experience is the power of community and the outpouring of generosity from his friends and family," says Mark.

"Missing my senior basketball season was one of the hardest things," says Tyler. "But I got to play on senior night, both the first two minutes and the last minutes of the game." His dad says that the final game could not have been scripted any better as Tyler scored the last five points of the winning game.

"It was a big deal to be able to get treatment and not stay overnight in the hospital. My quality of life was so much better because I could get a good night's sleep at home and have friends hang out with me."

# THOMAS HENRY GIVES THANKS FOR HIS DUKE HOMECARE & HOSPICE TEAM



Thomas proudly sports the t-shirt he created with the names of his beloved Duke HomeCare and Hospice caregivers.

Wilma. My angel. Chuckles. Mad Dog. The names of a motorcycle crew? Professional wrestlers? Nope! They are the nicknames lovingly bestowed by Thomas Henry upon his Duke Homecare and Hospice (DHCH) team. “They’re family to me now and they have turned my life around,” says Thomas. As a tribute to his team, he created t-shirts with their nicknames and the DHCH logo. “Thanks to them, I’m comfortable and not suffering,” he says.

Thomas suffered for years because of chronic obstructive pulmonary disease (COPD) which forced him in and out of the hospital on a regular basis. “I really struggled, going back and forth to the hospital, sometimes up to three or four times a month,” he says. “I would be in the hospital, go home and then two days later, be back in the hospital because I couldn’t breathe.”

In August 2019, together with his family and physicians, Thomas made the decision to be admitted to home hospice care. “Since I’ve been on hospice, I’m a new man,” he says. “The last two years, I haven’t had to go to the hospital. I have better care than I did in the hospital which has been a blessing for me.” Although Thomas is dependent on oxygen and has a heavy medication regimen to manage his symptoms, his team helps him find joy in life.

Wilma, better known as Katrina, is the registered nurse who visits Thomas twice weekly. “She reminds me of Wilma from The Flintstones (a 1960’s cartoon series), because of her ponytail,” says Thomas. “She’s a caring nurse and great person who takes really good care of me; she’s compassionate and is there for me any time I need anything.”

Thomas says that his family—his son, four grandchildren, and nephew—worried that starting hospice meant that Thomas would die within three to six months. That fear proved unfounded. “Before I started hospice, I was in really bad shape,” he says. “My team cared for me and communicated very well with me it all has worked out great.”

“Bottom line—if I didn’t have hospice, I’d be dead,” says Thomas. “I have my good days and my bad days but I’m comfortable and thankful.”



# HONOR ROLL OF DONORS

## DUKE HEALTH PILLAR SOCIETY (\$100,000+)

Oak Foundation  
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Dr. Kristian Kenneth Parker  
Estate of Mary R. Robinson

## PATRON (\$25,000-\$99,999)

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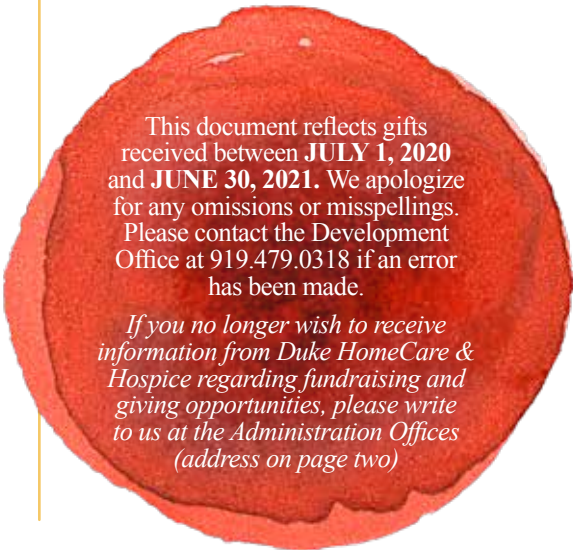
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