

FOR IMMEDIATE RELEASE:

Thursday, March 1, 2018

Hospice Offers Free Lunch & Learn Series to Public

(GREENSBORO, NORTH CAROLINA)– Hospice and Palliative Care of Greensboro (HPCG) is excited to announce the new season of **Lunch & Learn at the Lusk Center**, a free lecture series designed to help participants with a variety of complex care and health issues. The 2018 lineup features presentations on several repeat topics from last year, such as advance care planning, as well as new subjects like navigating the caregiver experience.

Each hour-long workshop is presented by topic experts and held at the Lusk Center, a state-of-the-art facility with ample parking on the HPCG campus. Lunch is provided, along with practical, community-focused resources.

Each event is free and open to the public. All workshops take place from noon – 1 p.m. with check-in beginning at 11:30 a.m.

The program is made possible through generous support from Beverly and Patrick Wright, Pat and Gordon Soenksen, as well as the John A. Lusk, III Endowment Fund for Hospice and Palliative Care Education.

Visit www.hospicegso.org/learn for more information and to register.

Lunch and Learn at the Lusk Center *2018 Schedule*

Palliative Care vs. Hospice Care:

What's the difference?

Thursday, March 15

Discover the difference between hospice and palliative care, how these services can help and who pays for them.

Advance Care Planning:

How to plan for end-of-life decisions and talk about it with loved ones

Thursday, April 12

Learn about advance directives, why and when they're used and how to start a conversation with family.

What Really Matters:

A meaningful discussion on changing priorities

Thursday, May 10



HPCG presenter, Marcia Vanard, speaks with guests at a 2017 Lunch & Learn event.

As the end of life nears, we have opportunity to reflect on what truly matters. Join us for a thoughtful, interactive discussion about the end-of-life journey and how to capture meaningful moments along the way.

The Caregiver Experience

Navigating Rough Waters

Thursday, June 14

Caring for a loved one can be the most demanding job we'll ever have. Join us for a look at some ways caregivers can maintain—or regain—balance and hope.

Dementia Talk:

Why do they do that... and what can I do about it?

Thursday, September 13

Receive guidance in dealing with the four most difficult dementia behaviors: bath wars, social problems, aggression and agitation.

Beyond the Casserole:

How to Truly Support Grieving Friends and Family

Thursday, October 11

What gives real comfort to those who are grieving? Hear what deeply grieving persons wish others understood, and learn how to be of support to friends and family in grief.

About HPCG

HPCG, a nonprofit organization serving Guilford County and surrounding areas since 1980, is situated on a 14.75 acre campus at 2500 Summit Avenue. HPCG provides physical, emotional and spiritual support for children and adults faced with a life-limiting illness, as well as their caregivers and families. For more information, call 336.621.2500 or visit

www.hospicegso.org.

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