

November 2011



C A R I N G H O U S E

A Season of Gratitude

Linda Moultrie: *I feel safe here.*

Linda Moultrie served in the US Army before deciding to become a police officer in Fayetteville. Her diagnosis of breast cancer in August 2010 forced her to think about her future, her mortality and the future of her two young children, ages nine and ten at the time. In September 2011 the metastasized cancer returned and she faced an aggressive treatment therapy that required daily radiation at Duke Cancer Institute. Linda says that she checked into Caring House feeling “defeated and very much alone.” However, it was very soon after she joined the Caring House family that she says “an overall healing process” began.



“Everything has contributed to my healing. This second time with cancer took everything away from me... my independence, my ability to serve others and in many ways my hope. Through the staff, patients, caregivers and volunteers at Caring House

I have experienced true caring. I have listened to other patients, and hearing about their successes and outcomes gives me a new sense of hope. I’ve been mentally, spiritually and emotionally strengthened. I feel safe here.”

Jodie Wilkerson: *A shelter during this terrible storm*

Charles was first diagnosed with a low-grade glioma in July of 2007 and had surgery a month later. Aside from his team of doctors at Duke, he says that Caring House is the biggest blessing to come along in the four years he’s been dealing with his tumor. His wife Jodie says, “The list of things that we loved about Caring House is long, but one of the biggest factors for me was the camaraderie and sense of safety it offered. Caring House was a shelter during a terrible storm. Between the staff, volunteers and other guests there was always



someone around to visit with, and always someone nearby in case Charles needed help.

“He suffers from partial-spatial seizures, which makes it difficult for either of us to feel comfortable with him being alone. At Caring House, we quickly learned the other guests were very accepting of Charles and the seizures, which gave us both a much

needed break. He was free to go off and visit or just walk around without me, which offered him a sense of freedom that I'm sure he loved. Caring house also offered me a kind of solace

I don't find at home. At Caring House, there wasn't anything else for me to do but to focus on Charles and myself, for a change. I didn't feel guilty for sleeping in late, or for taking afternoon naps. I was able to get some much needed rest, which allowed me to be a better caregiver, and honestly, a better person.”

Caring House Wish List

3 Large Cooking Pots
8 Sauté Pans
Disposable 8 oz Cups
Silverware (8 sets of 12)
2 Knife Sharpeners
Good kitchen knives (3 sets)
7 sets of glass salt and pepper shakers
Foil
Toilet paper
Paper Towels
4 industrial sized mop heads
Ice machine — under the counter*
Small wrapped chocolate candies
Kitchen Stove *
Rose Garden maintenance*
Forever stamps
Gift cards to Target, Bed Bath and
Beyond or Office Depot
Heating and air conditioning units for
guest bedrooms*
White wash cloths, bath towels, hand
towels and bath mats
60 oz. bottles Bissell 2x Ultra
Concentrated carpet and upholstery
cleaner
5 matching dining room tables
(preferably wood, seating 6 each)
Top Tab file folders
60W light bulbs
DVD's for our guest library
Books related to wellness, cancer,
nutrition, exercise, faith, etc. for our
wellness library initiative
Gas cards for guests who are struggling
financially due to medical expenses
Gift cards to local grocery stores
30 cloth pillow protectors
12 pillows
10 white twin sheets
10 white flat twin sheets
20 white pillow cases
6 twin mattress covers
6 twin throw blankets (blue or green)
16x36 trash bags
6 vanilla colored matching trash cans
150 white plastic hangers
Kitchen counter tops/cabinets
3 desktop computers (1 for volunteers,
2 for guest library)
Non stick frying pans

* please call our Operations Manager for
details about these items.

Kelly Mulhern



There's no place I'd rather be.

After losing her mom to esophageal cancer 20 years ago, Kelly knew she would eventually find a way to honor her mother's life. Once the youngest of her four children entered high school, she found herself with time to give beyond her volunteer responsibilities in her childrens' schools. An online search helped her locate not only Caring House, but an opportunity to help cancer patients as well. As a Cary resident, Kelly puts approximately 60 miles a week on her vehicle in order to volunteer each Thursday morning. While she's eager to assume any volunteer job from answering the phone or greeting guests, to doing laundry and helping with administrative tasks, it's her ability to provide a supportive voice and compassionate ear to our guests and their caregivers that makes her such a valuable asset to the Caring House team. Kelly is humble when offered gratitude for her service. "I'm grateful for my health and I love to talk with the guests. There's no place I'd rather be."

Susan Ramirez

We need each other's goodness for true health.

Susan drives from Greensboro twice a month to provide reflexology services for guests, caregivers, volunteers and staff. When asked why she travels so far in order to volunteer she replies, "Because everyone makes you feel like family. I love Caring House and everyone there!" She says that she believes in the power of touch and the strength of reflexology. "I believe when you touch someone in a spiritual way (physically and emotionally) with true compassion, it brings great healing."



Susan Ramirez
Family Reflexology
336-601-8641
www.ahealingplace.vpweb.com

Kelsey Bennett



I have received more than I could ever give.

Kelsey was looking for an opportunity to combine her love of music with her desire to serve. "I suppose I offer a bit of a break from the routine and hopefully both a respite and some entertainment. Harp music is known for its relaxing qualities. I also love the people! They are always so kind and have such a good sense of humor, even with all that they are going through. The feeling of strength that comes from the sense of community at Caring House is such an amazing thing to behold. It is a privilege to get to be a part of that during the time that I am there."

Kelsey Bennett
919-633-0032 ♦ aharpforallreasons@gmail.com
www.aharpforallreasons.com

Haven Carter:

Fill your heart with compassion for yourself and all others.



Intuitively, as a child, Haven knew she was meant to help others heal. But bowing to cultural and societal pressures, she spent almost 20 years as a marketing and business development professional. She was very successful but not fulfilled. Upon her discovery of Reiki and Nia, Haven found her true path as a well-being professional and healer. Haven comes to Caring House twice a month to offer one-on-one Reiki sessions for guests and caregivers.

Haven Carter

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Fall Gala Raises \$105K

The 19th annual Caring House Fall Gala was held on Saturday, November 5th at Hope Valley Country Club. Almost 300 guests enjoyed a delicious meal, bid in silent and live auctions, and danced the night away to the beat of the band Sleeping Booty. Thanks to the hard work of a great group of volunteers, the generosity of our sponsors and local businesses, and the enthusiastic bidding of the guests, \$105,000 was raised for the operation and programs of Caring House.

Great Human Race Set for March 24, 2012

The Volunteer Center of Durham is once again sponsoring the Great Human Race 5K Run and Community Walk, and Caring House will be a participating agency. Check our website and Facebook page soon for how you can support Caring House by participating in this fun community event!

Gifts that Give Back

This is the time of year that we traditionally reflect on and show gratitude to the people who enrich our lives. There are several ways you can support the mission of Caring House and at the same time express your love and thanks to family and friends. We are pleased to offer the following gift ideas to help you with your holiday gift list:

Send a beautiful card with a personalized message

For a gift of \$30, we will imprint your personalized message in our new Caring House notecard and send it to the person of your choice. The notecards feature artwork created by artist Gary Palmer. To send 10 or more personalized cards, the cost per card is \$20. These gifts are tax-deductible.



Purchase Caring House Notecards

For \$25 you can purchase a pack of 12 Caring House cards and envelopes (cards are blank inside). The purchase is not tax-deductible, but all proceeds from the sale of the cards benefit Caring House and help ensure that we carry on our mission of being a home away from home for people receiving cancer treatment.

Purchase a limited-edition Caring House t-shirt

Styles are available for men and women in both short sleeve (\$15) and long sleeve (\$20).

To make your gift or purchase notecards, contact Alyson Newman at 919-490-5449 or alyson_newman@caringhouse.org.

To purchase t-shirts, contact Dawn Woody at 919-490-5449 or dawn_woody@caringhouse.org.



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Fax: 919-493-8044
www.caringhouse.org



Search for Caring House, Inc. on Facebook, or go to our website and click on the link to our Facebook group.



- View the Caring House tree from 8pm on Friday, December 2 through January 2 at Diamond View Park on the American Tobacco campus in downtown Durham, or online at triangletreechallenge.com
- Help us win \$5000 by voting for our tree! Text your vote (starting at 8pm on Friday, December 2 through 11:59 pm on December 18) to 46988 and enter TREE46 or vote online at triangletreechallenge.com.

We are grateful to Matt West and Intangibles, LLC for sponsoring the Caring House tree this year!

Inspired by faith. Created by hope. Lived in with love.

Attitudes of Gratitude

Every day at Caring House is a day of thanksgiving. There is gratitude within the community of our guests as they live together and support each other through the rigors of cancer treatment. There is gratitude in the return of former guests who drop by just to say hello and reconnect, often to rejoice with us as they share their news of renewed health. There is gratitude for the volunteers who give of their time, talents and hearts in ways large and small but always significant. There is gratitude for all of our supporters, who make it possible for the doors of Caring House to remain open and welcoming.

And so we take this opportunity to express our gratitude to you in this season of thanksgiving, reflection, and celebration. Thank you for your gifts, for your friendship, for your encouragement, and for your support of the mission of Caring House.



Lisa

Lisa Powell
Chair, Board of Directors

Sheridan

Sheridan Townsend
Executive Director