



Dear Friends,

Thank you for your continued support of the Hospice of the Highland Rim Foundation (HHRF). Since Jan 1, 2018, HHRF has made 315 grants to families in our area – families that are dealing with the terminal illness of someone on hospice without the means to provide for essential needs. Those grants total \$45,994 in relief granted with 76% of those funds going to provide food for these families. Another 22% has paid for basic utilities providing heat, light, and/or air conditioning relief for a dying patient. Our grants have been provided to families in seven counties so far this year (Bedford, Lincoln, Coffee, Franklin, Grundy, Marion, and Marshall). Each of these grants began with a request made by a hospice worker who validated the need and saw no ready means (through insurance, government aid, etc.) to meet that need. Even though we'd like to do so, HHRF does not have sufficient resources to fully fund the requests that we receive. Except in extraordinary cases, we have been forced to curtail some types of grants (such as help with burial expense) except in extraordinary cases. Doing so has allowed to focus on the more basic needs of food and utilities. Even in those areas, HHRF has had to limit the amounts of grants in proportion to the donations received. The bottom line is that while your HHRF is working to meet essential requests of families in their time of greatest need, there are still needs in our immediate area going unmet. Please join me in contributing to this work so that we can together help to provide a measure of comfort and relief to those who need it most.

Take care,

-david elrod

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***Hospice of the Highland
Rim Foundation, Inc
(HHRF)***

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www.hospiceofthehighlandrim.org

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HHRF@lighttube.net

“THANK YOU TO OUR “Hospice 5K Turkey Trot” SPONSORS!”



HHRF sends our heartfelt thanks to the employees of **Duck River Electric Membership Corporation** and **Tullahoma Unities Board** for their sponsor donation and compassion in assisting with hospice patients when help is needed.

Our Gold 5K Sponsor is “JACOBS!” Finish Line Sponsors are Blue Front Drug Store of Winchester, Central Funeral Home of Manchester, Daves-Culbertson Funeral Home of Tullahoma, Dr. Basarabitt & Staff of Winchester, Peoples Finance of Tullahoma, Tullahoma Vision Associates/Vision Source of Tullahoma.

We are thankful to our sponsors for being so generous and believing in the mission of Hospice of the Highland Rim Foundation, Inc.



Our Thanks to All of You! ~We Asked! You Responded!

During the Spring, we sent our newsletter asking everyone to help hospice patients by donating in memory of a loved one through “The Big Payback.” We thank you from the bottom of our hearts for acting and responding to help those on hospice care. Your thoughtfulness and belief in Hospice of the Highland Rim Foundation’s mission is a true inspiration to all of us at HHRF. Your gift is truly appreciated by the patients we serve. Although we are not a hospice, what HHRF does have in common with all hospice agencies is making sure that the needs of all patients on hospice are met. Your gifts through donations or by participating in a fundraiser go directly towards helping to meet the needs of these special patients and their family in your local community.

HHRF has two fundraisers each year. “The Big Payback” in the Spring hosted by The Community Foundation of Middle Tennessee. For this year’s Fall fundraiser, HHRF has partnered with the Tennessee State Parks for a “Hospice 5K Turkey Trot.” The event will be held at the beautiful Tim’s Ford State Park in Winchester, Tennessee on Saturday, October 27, 2018.

We cordially invite you to participate in this event. This year’s event includes a “One Mile Fun Run” for those who do not want to enter the 5K but would like to participate and help others for a good cause. Entrants for the “One Mile Fun Run” will receive a t-shirt with your entry fee. For the “Hospice 5K Turkey Trot,” awards will be given to the top male and female runners and first and second place runners by age group, as well as a t-shirt with the Tennessee State Park Logo. There will be an award celebration after the race at the recreation center for everyone! Water, snacks and fruit will be provided.

All race information can be found on our website at www.hospiceofthehighlandrimfoundation.org. You may call our office at (931) 563-7439 or e-mail us at HHRF@lighttube.net for more information.

Warm regards, Jennifer A. Lazenby, Director

AmazonSmile for the Holidays This Holiday season for Black Friday and Cyber Monday, make the most of



your purchases and give back to Hospice of the Highland Rim Foundation by shopping on www.smile.amazon.com.



Visit our website at www.hospiceofthehighlandrim.org and Like us on Facebook to find out more about HHRF!



Use Your KROGER PLUS CARD as an additional way to help hospice patients in Bedford, Cannon, Coffee, Franklin, Grundy, Lincoln, Moore and Warren Counties! Register online at www.krogercommunitywards.com and add HHRF’s Kroger NPO#: 83515 to your card!



Hospice 5K Turkey Trot & One Mile Fun Run Tim's Ford State Park ~ Saturday, October 27, 2018

"Runners and walkers of all ages are welcome to participate! ~ Easy to moderate out and back paved trail."

To be guaranteed a t-shirt mail registration by Friday, October 12, 2018 or register online!

Check-in at 7:30 a.m. and race starts at 9:00 a.m.

Hospice of the Highland Rim Foundation, Inc. (HHRF) is the only non-profit charitable organization assisting hospice patients who are suffering end-of-life hardship due to their illness in our local area. **Mail registration form to: HHRF ~ 110 E. Lauderdale St. ~ Tullahoma, TN 37388**

Visit our website at www.hospiceofthehighlandrimfoundaiton.org!

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE NUMBER (CELL AND/OR HOME): _____

E-MAIL: _____

Participant(s) Information for Hospice 5K Run/Walk and One Mile Fun Run

A registration form is needed for each person who enters the race.

All information on the form is required to enter race.

Individual entry fee \$35: _____ Entry fee up to Five Individuals \$100: _____

EMERGENCY CONTACT PERSON **NAME**: _____

EMERGENCY CONTACT PERSON **PHONE NUMBER**: _____

Male _____ Female _____ AGE ON RACE DAY _____ (Age is Required)

SHIRTS: ADULT SIZES: S M L XL 2XL **YOUTH SIZES:** S M L XL

(Please circle shirt size)

_____ I AM **RUNNING** IN MEMORY/HONOR OF _____

_____ I AM **WALKING** IN MEMORY/HONOR OF _____

_____ **One Mile Fun Run** Participant(s) IN MEMORY/HONOR OF _____

_____ I am unable to attend; however, I would like to donate the following to help hospice patients in Bedford, Cannon, Coffee, Grundy, Franklin, Lincoln, and Moore Counties: Enclosed is my gift of: \$35 _____ \$50 _____ \$100 _____ Any Amount \$ _____

WAIVER:

I know that running/walking on a road or trail race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and I am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running/walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hospice of the Highland Rim Foundation, Inc., all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation of this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing for use of my likeness in photo, video or other media for promotion of other legitimate purpose. The Hospice of the Highland Rim Foundation, Inc. and all event sponsors will not share your personal information except as required by law. You may be contacted by Hospice of the Highland Rim Foundation, Inc. about other events and races hosted by Hospice of the Highland Foundation, Inc. You will have the opportunity to unsubscribe from future contact.

*Signature: _____

*Parent Signature (If under 18): _____

Registrations will be accepted until the day of the race; however, registrations received **after Friday, October 12th WILL NOT** be guaranteed a timing chip or t-shirt. **Top male and female runner/walkers will be announced.** Check-in will start at the recreation hall at Tim's Ford State Park at 7:30 a.m. All events begin at 9:00 A.M. Winners will be awarded post-race at the recreation hall. Light snacks and drinks will be provided for all participants and guess.



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Hospice of the Highland Rim Foundation, Inc. (HHRF)
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Tullahoma, TN 37388
RETURN SERVICE REQUESTED

Non-Profit Org.
U.S. POSTAGE
PAID
Tullahoma, TN
Permit No. 23

Place Label Here



Hospice 5K Turkey Trot
&

One Mile Fun Run!

Saturday, October 27, 2018

Hosted by:

Tennessee State Parks at
Tim's Ford, Winchester, TN.



HHRF EXECUTIVE STATEMENT

Hospice of the Highland Rim Foundation, Inc. (HHRF) is an 501(c)(3) non-profit charity organization established in 2001 for the sole purpose of meeting unmet needs of terminally ill patients to help reduce stress and improve their quality of life during their final days. We interface directly with hospice workers to assess the needs of patients and attempt to cover urgent expenses which are not covered by Medicare, Medicaid, insurance, or other resources. By the very nature of these requests, patients may have only days or weeks yet to live, the ability to provide timely assistance is essential to our mission.

Based on an assessment by the on-site hospice worker, we are informed of a need through a simple, written grant request. Our board has created pre-approved guidelines which allow immediate fulfillment of many of these requests. When a request is received outside the norm, the Board members review the request by email and can provide a rapid response. The most frequent requests are for food (often for the family), utility bill payment, and/or special needs grant while the individual is on end-of-life care. Many times, the need is driven by a family care-giver being unable to earn essential income while caring for a dying loved one. HHRF is the only hospice charity that assists hospice patients in Bedford, Cannon, Coffee, Franklin, Grundy, Lincoln, Moore and Warren Counties. Each year, we receive requests for help which are more than double the resources which we have available and so we are forced to constrain many of the grants we provide to only a fraction of the requested amount. For that reason, we respectfully request provision of additional resources to help us meet those critical needs.