

Volunteer Newsletter

Volume 12
2011

August, September,
and October

Central Office

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Berea, KY 40403
859-859-1500

Satellite Office

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Booneville, KY 41314
606-593-9780

Compassionate Care Center

350 Isaacs Lane
Richmond, KY 40475
859-626-9292

Check out our
Website!
www.hospicecp.org

Patient Care Program (Jackson)

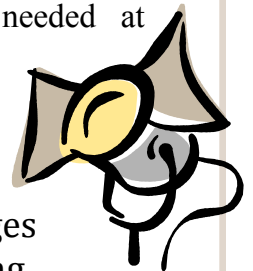


Hazel Click has only been volunteering with Hospice Care Plus for a year, but she has already provided over 50 hours of service. Hazel has helped out with transporting patients to appointments and errands, companionship, and baking. Hazel was also instrumental in recruiting members of her church to volunteer with Hospice. Thank you, Hazel!

Ruth Boggs: Ruth has been with Hospice for ten years. She has helped with fund raiser/special events in her county, and with providing companionship for Hospice patients/families. Ruth is a talented volunteer who spends hundreds of hours each year since she has been with hospice, making lap throws that are given to each nursing home hospice patient each Christmas. Ruth is always willing to help out with baking for our various events. I personally appreciate her talents when baking banana nut bread. We couldn't do it without you, Ruth!

Compassionate Care Center

Jane Land started working at the CCC in 2009. She always shows up for her shift with a smile on her face always willing to help. She has given the center over 100+ hours. Her do-anything attitude is part of what makes her a valuable addition to the staff at the CCC. She greets patients with a smile and helps family member/visitors find their way around. When help is needed at the last minute, you can count on her. Way to go Mrs. Jane!



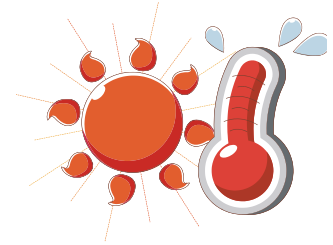
Reminder: Please remember to wear your ID badges when you visit a client – especially in the nursing homes - because the staff does check on visitors.

Community Outreach

If you, your church, your office or an organization you know would like to hear more about Hospice Care Plus or would like to become involved by supporting special needs areas at the Compassionate Care Center, please have them contact our offices for more information or to coordinate a speaking engagement.

Watch the Heat!

The weather has been ghastly hot recently, and even if you're one of those people who love the heat, you've probably gotten your share already. One thing we need to be particularly careful about this time of year, for ourselves as well as for our patients, is **Heat stroke and Heat exhaustion**. These are VERY dangerous medical conditions that should be prevented if possible and treated immediately. Learn more at <http://www.weather.gov/om/heat/index>.



Hospice Classifieds . . .

Help with Mailings Call Julie for dates & times	Help recruiting NEW Volunteers! If you know anyone who might be interested in volunteering, let Julie know	Compassionate Care Center needs help during the evenings on Mondays, Thursdays, Fridays, and on Saturdays & Sundays (anytime)
Help making casseroles to be frozen and taken out to families in need. (Monthly)	Berea Office: Need help with phones, copying, filing, etc. (help needed daily)	Patient Care Volunteers Needed For home program in all counties
Baked Goods needed Compassionate Care Center (Anytime)	Help wanted on Wednesdays in Berea office putting up supplies 1-2 hours per week.	Help with upkeep on cutting garden at the CCC and the Booneville office.. (Summer)

If anyone would like to help out with these volunteer jobs, please contact Julie at 859-986-1500.

Volunteer Training

We now have a DVD training series available for checkout. It comes with a workbook and allows you to watch at your convenience. If you know of anyone who doesn't have the time to spend a whole day in training, then maybe this will be an option. Call Julie at 859-986-1500.



Vets Caring for Vets

One in four dying Americans is a veteran. VA and the National Hospice and Palliative Care Organization have partnered to increase access to hospice and palliative care for our veterans.

The purpose of this project is to recruit veterans and provide a unique hospice volunteer training focusing on veteran's needs and post traumatic stress disorder. This specialized training allows veterans a unique opportunity to care for other veterans during end of life.

- *Recognition ceremonies
- *Veteran to Veteran Volunteer Program
- *Veteran-specific care

Please consider becoming a trained volunteer as "Vets caring for other Vets."



Shaker Style Lemonade

- 6 Lemons
- 1 C. Sugar
- 1 C. Boiling Water
- 8 C. Cold Water

Roll lemons well, cut in half and squeeze out juice. Strain and add sugar. Pour boiling water over the lemon rinds and let stand until cold.

Strain and add cold water to juice. The hot water extracts oil from the rinds and adds to the flavor. Add ice to each glass. Makes 6 servings.

Recipe was taken from the new Hospice Cook book.



If you have recipes that you would like to share with other volunteers, please send them in and I'll send them out to everyone.

Volunteer Birthdays

August

Kayla Berry
Jane DiTeresa
Gloria Worley
Karen Stevenson
Vera Treese
Karen Janssen
Robert Sullivan
Phill Mattingly
John Culp
Myra Finney
Ray Northern
Brenda Miller
Renee Lanigan

September

Emma Whitaker
Carmen Marshall
Stephen Anderson
Michael Davis
Danielle Daughtery
Ruth Boggs
Delvin Reece
Steve Garrett
Nancy Neeley
Jennifer Cornelius
Mary Helfrich
Cheryl Isaacs

October

Barbara Bartlett
Shelley Park
Sharron Fields
Jane Land
Patty Proctor



A note from the Coordinator. . .

Hello to everyone!

Wow, I must have blinked because summer is gone. Here at Hospice we are already planning for the fall and winter. We have several activities coming up that include volunteers. I will be giving everyone a list of those at our next series of quarterly meetings. One of the biggest events is the 30th year anniversary of Hospice!

We will be holding an evening of food and music at the Acres of Land Winery for all our staff, volunteers, and board members. Be looking for your invitations in the mail. The date for the event is August 26th. I hope to see all of you there.

In addition to the dinner at the winery, we will be hosting an in-service earlier in the day. Joy Ufema, author of *Dealing with Death and Dying* (a hospice must-read), will be discussing "What Dying Patients Need From Us." The in-service will be held at Eastside Community church in Richmond on August 26th, 2:30–5:15pm. Call Brenna Wallhouser at 986-1500 to register. This will be a very informative session and free to all volunteers, so please try to make time to attend

Julie

Providing compassionate care since 1981 to patients
and families in Estill, Jackson, Lee, Madison,
Owsley, and Rockcastle counties.

We're on the Web!
www.hospicecp.org

208 Kidd Drive
Berea KY 40403



Quarterly Meetings

These are the dates for the next scheduled upcoming Quarterly Meetings. These are potluck dinners, with volunteers bringing a side dish to share. Hospice will provide the main course. Please plan to attend as there will be a lot of information and networking shared .

August

<i>Richmond & Estill counties</i>	<i>8/15</i>	<i>6:00pm</i>	<i>CCC (Richmond)</i>
<i>Lee & Owsley counties</i>	<i>8/16</i>	<i>Noon</i>	<i>Booneville Office</i>
<i>Jackson county</i>	<i>8/18</i>	<i>6:00pm</i>	<i>Opals Restaurant (Mckee)</i>
<i>Berea & Rockcastle counties</i>	<i>8/22</i>	<i>6:00pm</i>	<i>Berea Office</i>

Continuing Education – August 2011
The Power of Presence

In her NPR essay “The Power of Presence,” psychologist Debbie Hall says, “Presence is a noun, not a verb; it is a state of being not doing.” She goes on to say that “true presence or ‘being with’ another person carries silent power – to bear witness to a passage, to help carry an emotional burden or to begin a healing process. . . . I am . . . repeatedly stuck by the healing power of connection created by being fully there in the quiet understanding of another.” (To read or listen to the entire essay go to www.npr.com, *This I Believe*, “Debbie Hall: The Power of Presence,” December 26, 2005.)

All hospice patient family support volunteering is about BEING as well as DOING. Whether volunteers are involved in an ongoing relationship with a patient and family or providing support at a moment’s notice, the following gifts are invaluable and worth restating.

Communication Skills Being able *to listen more and talk less* is key to developing a good relationship. Volunteers who value what is heard (without adding personal opinion, advice or experience) offer the best support to patients and families. All volunteers need to develop and practice an awareness of their communication skills.

Sense of Humor is as healing as medicine. This is not about forced humor. Do not be afraid of laughter. Offer fun if it seems warranted: share a new joke or cartoon, relate a funny story, watch a comedy, provide some light-hearted fun!

Ingenuity and Creativity can be shared by writing, dictating a poem, or a life story. Do you like to read aloud? Do you play an instrument or have music to share? Creativity can help the patient gain release from stress, release from pain and release from anxieties and fears. Listen to your patients’ stories and honor them.

Talents and skills invaluable assets in developing creative ways to enhance your assignment. “Who You Are” may be just what is needed. We are the sum total of all the days we have lived—and the fact that you are “there” is even more important.

Yourself! The greatest gift you will receive is the privilege of taking a final journey with another human being. It is precious time. By being available to provide support in the form needed by our patients and families, the presence of our volunteers can and does make an essential difference.

(adapted from “Continuing Education: At A Moment’s Notice: The Power of Presence,” March 2006.)

I am going to start adding a continuing education article to each newsletter. If you have a specific area or idea of information that would be good for volunteers to know, please email or call me. I want you to get information that will help you in your role as a volunteer.