

HospiceConnections

VOLUNTEER NEWS FROM HOSPICE OF THE CAROLINA FoothILLS

Volunteer Training Completed

Excitement and laughter filled the air at Hospice as Volunteer Training came to a close on June 21, 2007. After five nights of presentations, discussions, exercises and sharing of personal experiences, Ron Smith presented Certificates of Completion to 11 members of our service area community (Landrum, Columbus, Tryon, Campobello, and Mill Spring) and welcomed them as part of the Volunteer Team. Veteran volunteers and staff, who were on hand for the last session, joined the celebration.



Pictured Above on Front Row: Beverly Purdy, Diane Nelson, Peggy Kuykendell, Jessica Clark, Pat Freier, Leona Seila, Sandy Bishop, Kylie Fauth, and Yvonne Gilliam. **Back Row:** Craig McSwain, Rich Pappy, Esther Bobblit, Mary Gilbert, JoAnn Cooper, Hazel Creaser, Janet Maybry, Millie Bordyn, and Dallas Seiler

Meet Our Summer Intern



This is an exciting time for the Hospice Volunteer Department. As we expand and offer more services to our patients and their families, we are pleased to have Chelsea Burgess, a rising junior at Polk County High School, serve as our summer intern. Through a grant awarded by the Polk County Community Foundation, Chelsea has been selected to assist the Volunteer Department in researching and developing a teen volunteer program that will offer youth in our

service area the opportunity to be a part of a dynamic team - Hospice of the Carolina Foothills. Chelsea has volunteered at various organizations in the past and is a whiz with the computer. When asked why she applied for this internship, she responded, "I would like to see a teen volunteer program started, a program where teens can give back to the community while reaching out to others. It also gives me a chance to learn more about Hospice and to see how hospice really works." We are fortunate to have Chelsea this summer. So when you visit the office, stop by and welcome Chelsea to the team.

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BEREAVEMENT BASICS

Tips for supporting those who are grieving

In our volunteer life as well as our personal life, we all find ourselves in contact with people who are grieving the death of a loved one. Sometimes it is unclear how to reach out and provide support. As a Hospice volunteer, you may or may not have a relationship with the family of the patient who has died. Whichever the case, the following tips may be helpful in extending your caring concern to the bereaved:

- Attend the visitation or funeral/memorial service. Families appreciate a Hospice representative being present even if you have had limited contact with them.
- Send a card. Those expressions of caring are usually read over and over again.
- Make a phone call 4-6 weeks after the death. Supporting family members have often gone home and the bereaved individual may appreciate a “thinking of you” call.
- If you came to know a family member well, offer to visit with him/her. Again, a visit might be appreciated several months after the death when support sometimes lessens.
- Above all, listen. Those who are grieving may find comfort and meaning in telling the story of the person’s death, reviewing their loved one’s life, or sharing how they are coping. Attentive listening is invaluable.

Remember, when you make any of these contacts with bereaved hospice families, please fill out a blue Bereavement Contact form and turn it to Yvonne or Shannon. (Form can be downloaded from www.hocf.org) We continue to provide bereavement services up to 13 months after a patient’s death, and we appreciate your contacts and involvement in their care. If you find that bereavement work is meaningful to you, and would like to become more involved, please let Yvonne or Diane know; we sometimes have bereaved folks who could use some extra volunteer support.

Assisting Families to Manage Fatigue

What is fatigue? Fatigue is tiredness, exhaustion, or lack of energy. It is a condition which impacts the ability to perform any activity, and sometimes comes with depressed feelings.

What are the signs that a patient is fatigued? They are unable to perform the activities that are normal for that patient, and are “just too tired”. Other signs include lack of appetite, not having the energy to eat, sleepiness, and depression.

What to report to the Hospice/Palliative Care Team? Any spiritual concerns, changes in appetite, and distressing symptoms that are not controlled.

What can the family do to help fatigue? Plan, schedule and prioritize activities at optimal times of the day; establish regular bedtime and awakening; avoid interrupted sleep; and eat nutritious, small frequent meals.

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A HOSPICE OF THE CAROLINA
FOOTHILLS PUBLICATION

Serving Polk County, North Carolina, and Upstate South Carolina

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Mission Statement
Hospice of the Carolina Foothills promotes and provides compassionate end-of-life care, meeting the medical, emotional and spiritual needs of individuals and their families.

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**Message from the Development Office.....
We need YOU!**

As we near our goal of raising \$3.5 million for a Hospice House, I often reflect on the different groups and people that have made gifts, both large and small, to this campaign. Inman Mills and Mohawk Industries are supporting the project; the Lions and Rotary Clubs have made commitments; grateful patient family members have sent checks; a woman on the street gave \$5; and our board and staff have each given their support!

So far, about 50% of our volunteers have made a donation or pledge. I ask that you please think about all the people that will benefit from this House, those that will have the best possible care surrounded by family, pets, and professional, round-the-clock staff. Patients will be able to go outside and feel the sun on their faces and they will be able to go into the chapel and feel at peace.

I am an ex-patient companion volunteer. That is why I work for Hospice today. I remember the difficulties some of my patients' families encountered. Home care is ideal, but it can be extremely complicated and wearing. I can think of nothing more wonderful than building a loving, caring place that will be available to all people who need it for years to come. *Won't you please help us build it?*

Beth Child, Director of Development

Welcome New Volunteers

Patient Companions
Eva Price and Rochelle Tyson



Welcome to the team! We are glad to have you!

Teens to the Rescue

With over 3500 community newsletters to be mailed in early June, six teen volunteers came to the rescue and helped get the job done in record time. We would like to thank Matt and Eric Overton, Jacque and Jenna Weaver, and Hank and Olivia Nelson for their assistance.

A special thank you to Jerrid Green for the delicious cheesecake he made for volunteer training. Everyone enjoyed it. Good luck at culinary school!

Chapel Update

As of the writing of this article, approximately 40% of our Good Samaritan Churches have raised \$38,000 toward the building of the chapel for the Hospice House. Every dollar has been received with love and appreciation. Thank you to all of you for your love offerings, your hard work and selfless giving to this endeavor. We are hoping for 100% participation at any level. May you continue to be blessed for all you do!

A Word about our Wish List

Many times we are asked why “specifics” or “name brands” are requested in our wish lists. Simply put, we are serving the needs of special people at a special time in their life. Their needs are specific. Our CNA's cannot use items which become contaminated (like bar soap) or may cause a rash (like scented items). Shaving a tough beard is easier with a “good razor” and “roll-on” deodorant is easier to manage than “stick” in delicate places. Thank you for furnishing these items to us time after time. Your generosity is most appreciated.

Our Special Needs List



- Plastic Pill Boxes (the BIG ones) 3x/day for 7 days
- Kleenex for the Office (Bereavement Care)

We welcome any contributions of these items or monetary donations to defray their cost. Thank you.



JULY

- 5 Volunteer Team B Meeting
Cancelled
- 12 Volunteer Team A Meeting
- 19 Volunteer Team B Meeting
- 26 Volunteer Team A Meeting



AUGUST

- 2 Volunteer Team B Meeting
- 9 Volunteer Team A Meeting
- 16 Volunteer Team B Meeting
- 23 Volunteer Team A Meeting
- 30 Volunteer Team B Meeting

Volunteer Team meetings are held on Thursday mornings from **9:30 - 10:30 am** in the Founders Conference Room in the new Founders' Wing. We encourage all patient companion volunteers to attend at least one meeting a month.

July Birthdays

Lin Savage	1
Betsy Singleton	3
Nancy Tuckerman	8
Lori Walker	9
Callie Smith	12
Maggie Overton	13
Cathy Bullman	15
Shelvie Foust	19
Arline Flood	22

August Birthdays

Rebecca Pierce	1
Othelia Hill	2
Joan McDade-Nichols	9
Donna Donnelly	10
Calvin Carson	11
Reba Hudgins	14
Laurie Ellenberger	17
Elaine Belk	19
Betsy Filipovicz	20
Margaret Kell	20
John Otis Rowe	20
Diane McEntee	22
Kathy Ashley	23
Patricia Chinchar	23
Nan Cunningham	26
Barbara Eichenberger	29
Bea Rolla	29

Wishing you the best on your birthday!



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