

HospiceConnections

VOLUNTEER NEWS FROM HOSPICE OF THE CAROLINA FOOTHILLS



Volunteers Successfully Complete “Getting To Know Me” Training

Congratulations to the following ten volunteers who have successfully completed the six-hour “Getting To Know Me (GKM) - A Dementia Approach” training: Marianne Apple, Esther Boblit, Creighton Brown, Doris Canniff, Denis Dunlop, Ted Ernst, George Freier, Lucy Holman, Susie House and Judy Woodham.

The training provided volunteers with a better understanding of the medical aspects of dementia and demonstrated effective techniques to assist volunteers in working with dementia patients. Volunteers will receive the GKM Tool, completed by the patient’s family and friends, that will give more insight into the personality and history of the patient. Sensory stimulation activities will be offered in an attempt for volunteers to connect with their patients. All volunteers who completed the training will receive name badges indicating they are now a “GKM Specialist.”

For volunteers who are interested in becoming a “GKM Specialist”, another training will be offered in April.



Volunteers share their experiences of working with dementia patients.

Volunteers and presenters take time to get to know one another at the “Getting To Know Me” Training .

Hospice House Campaign Goes Public

The Hospice House Campaign will go public on March 19, giving the community an opportunity to join us in making the Hospice House a reality. The entire house is being designed to provide a homelike environment where patients and families can receive the care and support needed during this challenging time.

So far, contributions and pledges have been received from 100% of the board of directors, 85% of the staff and 23% of the volunteers. Wouldn’t it be great to announce that 100% of staff & volunteers are supporting this project! Now is a great time to offer your support of the Hospice House.

We hope to hear from each of you by March 15!

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BEREAVEMENT BASICS

Spring Fever

We all know what the winter of grief is like: the cold, dark weeks and even months that follow the loss of a loved one. The icicles that touch the heart and soul. But did you know that grief also takes us through spring?

Spring fever hits sooner or later, and we begin to feel restless and impatient. If we have done the work of grief, sooner or later we will want to break out of our cocoon and move on with life. This is normal, desirable and what nature intended. But how do we start putting together a shattered life? How do we even know where to start?

Start small. Start by taking an inventory of neglect. What have you neglected to do in recent months? What have you ignored? If you're like most people, health will be high on your list. During depression and grief, we can pack on twenty pounds of weight before we even realize it. Researchers tell us that losing as little as five pounds can make all the difference in the world. Lose five pounds - just five pounds - and you'll be amazed at how your energy level increases and your aches and pains melt away. If you're overdue for a physical or dental checkup, make an appointment.

Polk County High School Students Attend Volunteer Training

Hospice hosted training for Polk County High School students in Cam Lawrence's medical science class during the week of February 26. Fifteen students completed volunteer training and many of them asked for volunteer applications.

The students also volunteered to help prepare tools to assist in the dementia initiative. What wonderful new energy! We loved having them and look forward to their ideas and help in the future.

Grief can be tough on finances. Sometimes we overspend in an effort to feel better. Start small. Make a budget, and start getting your finances under control by paying off one credit card or one outstanding bill.

Grief can be tough on relationships. We can be so involved in our pain that we neglect friends and family. Start small. Invite one friend or family member to do something special with you.

Grief can be tough on the environment. Three years after my son's death, I realized that we had neglected the house. We had no heart for general maintenance or remodeling. Start small. Fix one leak or crack. Plan to paint or wallpaper one wall or room. Plant a single tree or weed one little corner of the yard.

Grief can be tough on appearance. We often neglect our wardrobes, even our hair. Treat yourself to a new outfit or hairdo.

Open up the windows of your soul and let the sunshine in.

*Margaret Brownley
Bereavement Magazine
March/April 2002
888.604.4673*



Hospice Connections A HOSPICE OF THE CAROLINA FOOTHILLS PUBLICATION

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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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VOLUNTEER SPOTLIGHT
GOOD SAMARITANS—A JOB WELL DONE



Spreading the good news about hospice care and services is very important. It is for this reason that we continue to go out to the churches in our service area and establish relationships through Good Samaritans. Our Good

Samaritans serve as liaisons to their church communities, “opening the door” to the services Hospice provides. Whether they are scheduling presentations on palliative care or posting flyers for bereavement counseling and volunteer opportunities, they are always on the move. They quietly go about their work in their churches, inviting folks to become informed.

Good Samaritans are ambassadors of good will and comfort to many in their faith community who may not otherwise know what we do. They are invaluable to all of us, not only to Hospice, but to their church members and community as well, as they are always looking for those who need our help and getting information to them in a confidential way. This month we salute our Good Samaritans! *Well Done, Good and Faithful Servants.*

Does your church have a Good Samaritan? Could it be You??? Call Diane Nelson to discuss it.

Beatitudes For Friends of The Elderly

Blessed are they who understand
My faltering step, my palsied hand.
Blessed are they who know my ears today
Must strain to hear the things they say.
Blessed are they who seem to know
My eyes are dim, my wits are slow.
Blessed are they who looked away
When coffee was spilled at the table today.
Blessed are they with a cheery smile
Who stop to chat for a little while.
Blessed are they who never say
You’ve told that story twice today.
Blessed are they who know a way
To bring back memories of yesterday.
Blessed are they who make it known
I’m loved, respected, and not alone.
Blessed are they who ease the days
of my journey home in loving ways

Author Unknown

Time Springs Forward

Remember to set your clocks forward one hour before you go to bed on Saturday night, March 10, 2007.



And while you are at it, it may be a good idea to change your smoke detector batteries and air filters.

Welcome New Volunteers

Say hello to the following new volunteers!

Patient Companions

Brenda Ayers
Cathy Bullman
Margaret Kell
Linda Lancaster
Brenda O’Sheilds

Good Samaritans

Lucille Simmons - Mt. Zion Baptist, Inman, SC
George Fant - Garrison Chapel Baptist, Tryon, NC
Betsy Singleton - Warrior Mountain Baptist, Saluda, NC
Linda Padgett - Faith Baptist, Mill Spring, NC
Becky Pierce - New Hope Baptist, Landrum, SC
James Metcalf - Fort Creek Baptist, Saluda, NC
Marge Nowak - Landrum United Methodist, Landrum, SC

Non-Patient Companions

Nell Deaver

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



MARCH

- 1 Volunteer Team B Meeting
- 8 Volunteer Team A Meeting
- 15 Volunteer Team B Meeting
- 22 Volunteer Team A Meeting
- 29 Volunteer Team B Meeting



APRIL

- 5 Volunteer Team A Meeting
- 12 Volunteer Team B Meeting
- 19 Volunteer Team A Meeting
- 24 Volunteer Appreciation Luncheon
12 - 1:30 pm
- 26 Volunteer Team B Meeting

Volunteer Team meetings are held on Thursday mornings from **9:30 - 10:30 am** in the HoCF library.

Please mark your calendars for the Volunteer Appreciation Luncheon and be on the lookout for your invitation in early April!

A Call for New Volunteers

As our caseload increases, so does the need for trained volunteers. We are particularly interested in recruiting patient companion volunteers.

Volunteer training will be offered in Saluda on Tuesdays and Thursdays, March 13, 15, 20 and 22 from 9 am - 1 pm. The training will also be offered on Mondays and Wednesdays, March 19, 21, 26 and 28 from 1 - 5 pm in Columbus.

If you know of anyone who might be interested in joining the Hospice of the Carolina Foothills volunteer team, please ask them to call us!

March Birthdays		April Birthdays	
Nancy Flaschar	4	Frances Moore	1
James Luckadoo	8	Dorothy Wyckoff	2
Marianne Fink	11	Joyce Minkler	7
Joy Soderquist	13	Dale Holl	12
George Fant	14	Janet Goodrich	13
George Freier	15	Joann Day	14
Jodie Lashua	15	Margaret Cote	16
Linda Lancaster	16	Thomas Strader	23
Marie Dulong	17	Linda Padgett	25
Robert Neubauer	17	Jean Wright	29
Brenda Ayers	19	Ingrid Muller	30
Lucy Holman	19		
Nell Deaver	26		
Frank Ortiz	26		
Caroline Brown	28		



Wishing you the best on your birthday!



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