

HospiceConnections

VOLUNTEER NEWS FROM HOSPICE OF THE CAROLINA FOOTHILLS

Volunteer Department Receives Generous Donation

A HUGE THANK YOU to the COUNCIL ON AGING who awarded us a generous donation to obtain kits from the SECURE Project for Sensitivity Training. These kits imitate the affects of aging on the human body. Some of the teaching tools include: five sets of eyeglasses which mimic vision with glaucoma, cataracts, macular degeneration, stroke and aging. The gloves inhibit dexterity and mimic neuropathy. Polk County High School Students, who are given the full hospice



training as part of their medical sciences course, will be the first class to use the kits. We are pleased to be able to offer this wonderful "sensitivity training" as part of our comprehensive training classes. Thanks, Council on Aging, for making this happen!!!

Pam Doty, Director of the Meeting Place, presents check to Beth Child, Director of Development, and Diane Nelson, Volunteer Coordinator, for SECURE Project Sensitivity Training kits.

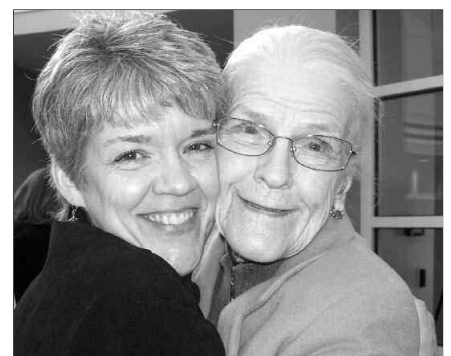
Hospice Volunteers' First Look at Smith Phayer Hospice House



Open Houses were held for hospice volunteers in January at Smith Phayer Hospice House. Approximately 150 volunteers and Good Samaritans and their pastors were given tours and a chance to mingle with Hospice staff and other volunteers.

INSIDE

- 2 Disease Educations
- 3 Volunteer News
- 4 Calendar & Birthdays



Hospice Connections

A HOSPICE OF THE CAROLINA
FOOTHILLS PUBLICATION

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AND THE NORTHERN COM-
MUNITIES OF SPARTAN-
BURG AND GREENVILLE
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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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DISEASE EDUCATION

Spiritual Distress

WHAT IS SPIRITUAL DISTRESS?

- Spiritual distress is a disruption in one's beliefs or value system. It affects a person's entire being. It shakes the basic beliefs of one's life.

WHAT ARE THE SIGNS AND SYMPTOMS OF SPIRITUAL DISTRESS?

- Questions the meaning of life
- Afraid to fall asleep at night or other fears
- Anger at God/higher power
- Questions own belief system
- Feels a sense of emptiness; loss of direction
- Talks about feelings of being left by God/higher power
- Seeking spiritual help
- Questions the meaning of suffering
- Pain and other physical symptoms can be expressions of spiritual distress as well

WHAT TO REPORT TO THE HOSPICE/PALLIATIVE CARE TEAM

- Any signs of behaviors listed above
- Side effects of medications
- Report any behaviors that are out of character for the patient at this time
- Report any symptoms that are getting worse
- Talking about suicide
- Known history of spiritual distress
- Not caring about self and life in general
- Sudden rejection or neglect of previous practices or beliefs

WHAT CAN BE DONE FOR SPIRITUAL DISTRESS?

Spiritual distress is common with terminal illnesses. Not everyone has it the same way or to the same degree.

Patients and Family

- Do not feel that you are bothering the team by asking questions
- Asking questions means that you care enough to ask the question
- Look for ways to keep and honor desired rituals and ways of life

Patient

- Remember not everyone has spiritual distress
- You may not feel up to talking with many people. It is very important to have at least one person who you trust to talk to about your fears and concerns.
- Do not be hard on yourself for not feeling very "spiritual"
- Allow yourself to be angry. Try to talk about that anger
- Try listening to devotional tapes
- Try listening to music without words
- Allow someone to pray with/for you when you don't have the energy
- Meditation can be helpful
- Write poetry or work on an art project
- Be sure to take your medication
- Forgive yourself

Family

- Provide calm, relaxing setting
- Be willing to be present without having to "do" something
- Treat the patient with dignity and respect
- As much as you can, enjoy this time together and look for ways to make memories
- Do not say "I know how you feel" because you do not. Instead, offer empathy for the continual loss of familiar meaning and identity associated with the illness
- Try not to "help," rather provide support
- Support any desire to maintain links with friends and family
- Be willing to listen and reminisce
- Be open to giving spiritual support if asked or contact your minister, rabbi, priest, etc.

*Approved by the HPNA Board of Directors
October 2005*

Hospice Buildings & Grounds Wish List



We are building an inventory of maintenance tools for the buildings and grounds of these locations: Administration & Program Center, Smith Phayer Hospice House, and Hospice Thrift Barn. If you would like to help, please consider making a donation that would purchase

- Gas-powered pressure washer \$500
- Leaf blower\$300
- Misc. painting tools\$145
- Wheel barrow\$125
- Misc. garden tools\$100
- Tree pruner\$ 70

A Call for New Volunteers

With the upcoming opening of Smith Phayer Hospice House, the need for trained volunteers has increased. We are particularly interested in recruiting patient companion volunteers who are willing to visit patients at their place of residence and at Smith Phayer Hospice House.

Volunteer training will be offered at the Hospice Center in Columbus on Tuesdays and Thursdays, March 17, 19, 24 and 26 from 9 am - 1 pm.

We've got lots to do and need volunteers to make it happen. If you know of anyone who might be interested in joining the volunteer team, please ask them to call Diane at 828-894-7000 or 1-800-617-7132!

It's Tax Season!



Volunteers can request their mileage totals for the year to use as a deduction on their 2008 taxes. Please call Yvonne at 828-894-2881 or 1-800-617-7132 to obtain a copy of your report.

Volunteers, We Need You! You can help us ... raise money through the BMW Celebrity Golf Tournament at 3 area golf courses



(Bright's Creek, Mill Spring; Carolina Country Club, Spartanburg; and Thornblade Country Club, Greer) on May 14-17. Last year, we raised \$3,000!

Here's how:

- Sign up to volunteer, either online with a credit card at www.bmwcharitygolf.com or by sending in a registration form with your check. We have these at the front desk at Hospice. Your \$40 registration fee comes back to us if you list us as your charity of choice!
- Buy general admission tickets for your friends and family—the \$25 ticket price comes back to us!

You can also help us ... get our Thrift Store ready! *Here's how:*

- Bring donations to the Landrum thrift store location beginning Monday, March 9 from 9-5. We are accepting clothes, furniture, and household goods. (NOTE: this is **only** for volunteers, board members, and staff. We will ask for donations from the public later on).
- Let Yvonne, Diane, or Beth know if you would like to volunteer at the store - we are keeping a list!



Chaplain Program Expands

Our responsibilities in Spiritual Services have grown and with that growth we are also growing our spiritual care staff to meet the needs. We are beginning a Community Clergy program that will help in serving the spiritual needs of our patients. This is a referral program where the Hospice Chaplain contacts one of our Clergy that has

completed a Hospice orientation. The patient and their family share their religious background with our Hospice Chaplain and are matched with a local congregation. This match is made based on the patient's faith, needs, and denomination. These local clergy have agreed that they and their church will be responsible for the spiritual care of that patient.

This is one way that we are meeting the needs of our growing patient census. Another avenue that is opening up to us is Volunteer Chaplains. This program is more intensive than the Community Clergy program. A Volunteer Chaplain must have



completed the Hospice Volunteer training and have certain qualifications, knowledge and abilities. The Volunteer Chaplain has fulfilled appropriate denominational seminary requirements, or has been approved in a pastoral capacity by ordination or authorization from a denomination and demonstrates an understanding of the Hospice philosophy. They will also be sensitive to the issues of death and dying, loss and grief, and ethical-medical decision making and are respectful and accepting of all religious perspectives.

We welcome The Rev. Deacon Marilyn Walters to our Hospice team as our first Volunteer Chaplain. She is already active in her new role and is serving several patients and their family members. We are so fortunate that Marilyn is willing to share her skills and talents with us in this capacity and thank her for her service to our patients and families.

VOLUNTEER BIRTHDAYS

March

- Nancy Flaschar4
- William Cline5
- Roz Evans12
- George Freier.....15
- Linda Lancaster.....16
- Marie DuLong.....17
- Brenda Ayers19
- Lucy Holman.....19
- Peggy Kuykendall24
- Nell Deaver26
- Frank Ortiz26
- Caroline Brown28
- Don Ellenberger29
- Pat Reed.....29



April

- Charlotte Kean5
- Dorothy Wyckoff.....6
- Frances Moore.....7
- Dale Holl12
- Janet Goodrich13
- Joann Day14
- Margaret Cote16
- John Lane16
- Marilyn Walters16
- David Pschirer.....27
- Jean Wright29

CALENDAR

March

- 3** Bereavement Support Group, Noon – 1 p.m.
Hospice Center, Columbus
- 12** Bereavement Support Group, 8:30 – 9:30 a.m.
Dutch Plate, Campobello, SC
- 26** Bereavement Support Group, 6-7 p.m.
Hospice Center, Columbus

April

- 7** Bereavement Support Group, Noon – 1 p.m.
Hospice Center, Columbus
- 9** Bereavement Support Group, 8:30 – 9:30 a.m.
Dutch Plate, Campobello, SC
- 16** National Health Care Decisions Day – Stay tuned
for details of community events about Advance
Care Planning
- 28** **MARK YOUR CALENDARS!**
Volunteer Appreciation Luncheon, 12 p.m.
Tryon Estates
- 30** Bereavement Support Group, 6-7 p.m.
Hospice Center, Columbus

National Volunteer Week: April 19 - 25.

Be on the lookout in April for invitations to various activities.

SPONSORS

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Hospice Connections



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