

# HospiceConnections

VOLUNTEER NEWS FROM HOSPICE OF THE CAROLINA FoothILLS



## A Note of Thanks

My Dear Friends,  
 What a wonderful treat it was to receive the many cards, emails, and notes from you in honor of my twenty-fifth anniversary here at Hospice. Some of us have been together since the early days and some of us are new acquaintances. Regardless of the length of your service to this wonderful organization, you stand as proof that the work we do together is unique and important and truly has a life of its own. Hospice is a blessing in my life. As you volunteers so often say, "I get so much more than I give".

Thank you for your good wishes, your support, and your example of unselfish giving and caring.

*Jean H Eckert*

## New Volunteers Complete Training

The latest training in October graduated five new volunteers for Hospice. Our three new Good Samaritans are: Ruth Reid, Wheat Creek Baptist Church in Green Creek, Kathleen Dolan, St. John the Baptist Catholic Church in Tryon and Evelyn Petty, Stoney Knoll AME Church in Green Creek. Our two newest office volunteers are John Freeborn of Tryon and Paulette O'Sullivan from Inman. Welcome to all. Our next 3-hour training session for Good Samaritans and non-patient companion volunteers is scheduled for November 13 at 1:30 p.m. at the Hospice Administration and Program Center. If you know of anyone who wants to volunteer with us, please have them call Diane to register.

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## Buy a Belk's ticket, save money, and help our patients!

On Saturday, November 10 from 6 a.m. until 10 a.m. you can shop at any Belk Department Store and take advantage of a slew of special savings IF you have a green ticket. Where do you get one and what does it do for Hospice? For only \$5, you can purchase a ticket at our Administration and Program Center anytime before November 10<sup>th</sup>. All the proceeds go to our "TLC" fund, which is used to buy small, enjoyable items that perk up our patients and families when they most need a boost.

The "Belk Charity Sale" is one way the Belk Corporation gives back to the communities served by their stores. Only non-profits are allowed to sell tickets and they may keep all proceeds.



## DISEASE EDUCATION

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### FINAL DAYS

#### What are the signs and symptoms that the patient is close to death?

As death nears, the patient may:

- Sleep more
- Speak to people not present
- Talk about leaving or taking a trip or journey
- Withdraw from people or have little to say
- Eat or drink less
- Have trouble swallowing
- Become more confused
- Make moaning sounds
- Lose control of urination and bowel movements
- Have moist breathing or sound congested
- Have changes in the pattern of breathing such as long periods without breathing followed by several quick, deep breaths
- Have blurred vision
- Not hear as well as usual
- Have less pain
- Have cool feeling hands and arms or feet and legs
- Turn blue around nose, mouth, fingers, toes

#### What should you report to the Hospice/Palliative Care Team?

- Changes in the patient such as
  - Restlessness or anxiety
  - Changes in breathing
  - Pain or discomfort
- Need for spiritual support or guidance for the patient or family
- Concerns that may need help from the social worker, chaplain, or other members of the hospice team
- Religious, cultural, or ethnic traditions important to the family

#### What can be done?

Comfort for the patient and for the family is the goal of the hospice/palliative care team. Consideration should be given to the needs and wishes of the patient and their family when deciding what can be done.

Things you can do:

- Allow the patient to sleep as much as they wish
- Moisten the patient's mouth with a moist washcloth or cotton ball
- If the patient has a fever or is hot, apply a cool rag to the forehead
- Write down what the patient says

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### Hospice Connections

A HOSPICE OF THE CAROLINA  
FOOTHILLS PUBLICATION

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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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**Newsletter Editor**  
Yvonne Gilliam

## Message from the Development Office...

### Hospice House Construction Begins This Month

Construction bids have recently been received and soon work will begin on the actual building at the Hospice House site. Donations continue to come in, as do orders for bricks and pavers for the Path of Remembrance. Because of the hard work of the Good Samaritan Volunteers, our campaign to build the chapel has resulted in 51 churches giving \$87,000! And we're not finished yet!

The Hospice House Campaign will continue to be active, but will go "underground" for a while, so that we may concentrate on our hospice care, palliative care and bereavement programs, just in time for National Hospice Month in November! We do so many good things for our community and you—our volunteers—are right in the middle of those efforts. As we continue to grow, we will rely on you more than ever to lend a helping hand to staff, to patients, and to family members, which can make a huge difference in the quality of their lives.

Thank you for helping us grow and flourish! The people we serve are the beneficiaries!

*Beth Child, Director of Development*

### Volunteers Receive Bereavement Training

The Bereavement Program recently trained five volunteers to help out with the various activities that support bereaved individuals throughout the year. Kathy Wells, Calvin Carson, Denis Dunlop, Carol Cottingham, and Robert Parkinson will be assisting with phone calls or visits to the bereaved, or be involved in events such as support groups, our Remembrance Gathering, or helping out with mailings. We appreciate their interest and the time they have already given as volunteers.

Our bereavement staff and volunteers will soon be involved in our holiday phone calls to the bereaved to give encouragement and to invite folks to holiday support events. If you are interested in helping out with these phone calls, please contact Shannon Slater or Wendy McEntire at the HoCF office.

### FINAL DAYS *Cont'd. from p. 2*

- Continue to talk clearly to the patient and say the things you need or want to say. Remember that the patient may be able to hear even when not able to respond.
- Keep a light on in the dark room. The patient cannot see well and may be scared by darkness or shadows.
- Play the patient's favorite music softly
- Encourage visitors to talk directly to the patient and tell the patient who they are
- Keep things calm around the patient
- Open a window or use a fan in the room if the patient is having trouble breathing

*Hospice and Palliative Nurses Association October 2005*

### Volunteers Receive Certification

Congratulations to the following 12 Hospice Volunteers who completed the 11<sup>th</sup> Hour Training: Millie Bordyn, Creighton Brown, Calvin Carson, Jo Ann Cooper, Hazel Creaser, Denis Dunlop, Kylie Fauth, Joe Juett, Peggy Kuykendall, Beverly Purdy, Leona Seiler, and Polly Slater. The session consisted of a review of illnesses, signs of approaching death and what volunteers can do while sitting at the bedside during those final hours. Thank you for being a part of this very special team of volunteers.



## \* NOVEMBER

13 Volunteer Training  
1:30 - 4:30 p.m.  
Noel Room

22 *Happy Thanksgiving!*

29 Landrum Christmas Parade  
4 p.m.



## \* DECEMBER

1 Inman Christmas Parade  
10 a.m.

5 Christmas Breakfast  
7:30 - 9:30 a.m.  
Landrum First Baptist Church

8 Columbus Christmas Parade  
4 p.m.

12 Tryon Christmas Parade  
5:30 p.m.

25 *Merry Christmas!*

P.S. The HoCF office will be open on Friday, November 23rd. It will be closed on November 22nd, December 24th and 25th.

### November Birthdays

Marlene Balog	6
Nancy Durham	6
Jim Johnston	8
Carol Jean Vosburgh	15
Linda Perry	16
Michael O'Shields	26
Frances Phillips	26
Martha Champion	29

### December Birthdays

Eva Price	1
Cam Lawrence	7
Ann Curtis	8
Joseph Johnson	10
Kylie Fauth	14
Alice Schlaack	14
Sue Wallace	17
Eugene Wyckoff	25
Marianne Apple	26
Hugh Youngers	26
Millie Bordyn	28
Charles Leister	28



*Wishing you the best on your birthday!*

### Christmas Parades

Since 2002, your Hospice has been a part of community traditions: Christmas parades. With banner, hats, baskets of candy, rosy cheeks and big smiles, staff members, volunteers, children and dogs take part in these happy events. The dates are listed on the calendar to the left. Come join us this year! Call Diane and let her know which parade you want to be a part of and get the details.



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