

Volunteer News

April 2017



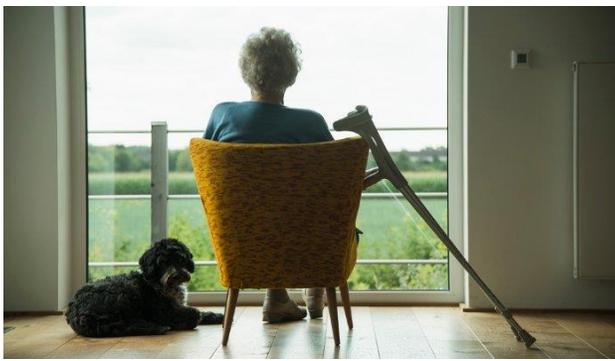
CONNECTIONS

April 11, 2017 Wednesday 6-8 PM

Volunteer Grief Support Group With Anne Arndt, MSW

Our beliefs and attitudes about death are passed on from our family, our faith tradition, our culture, and our experiences. Are they still true for us today? Have they changed? During this evening we will explore the power that these messages have on how we have experience death today. Join us for a time to give and to receive support, understanding and wisdom.

You can register for this events by phone at (919) 719-6768; by email to vol1@transitionslifecare.org; or via the 'Volunteer Central' page on our website: <http://transitionslifecare.org/volcentral>



Continuing Education

To receive (.50 CE) credit for the **April Newsletter**, please read the following TRIBUTE article entitled:

Volunteers in Hospice

What you will learn:

- Examples of activities
- History of the volunteer in hospice
- Stats on volunteers

Additional credit can be earned by reading and submitting CE forms for the following articles:

(.50 CE) [I know you love me — now let me die](#)

(.50 CE) [How to Cope with Losing a Pet](#)

ALL ARTICLES for reading and forms for submission are located online at [Volunteer Central](#).

Who will make healthcare decisions for you if you cannot?

WHAT
Join us to learn about advance directives and how you can prepare yourself and your loved ones. Following a presentation, advance directive forms, attorneys, clinical providers, and a notary public will be available to assist you with your healthcare decisions. Refreshments will be provided.

WHEN
Saturday, April 8, 2017
Presentations starting at 11am and 12pm

WHERE
Transitions LifeCare | Auditorium
250 Hospice Circle
Raleigh, NC 27607
919.828.0890

This event is free and open to the public. No RSVP required.

Do you know what your advance directive options are? Attend our workshop April 8 with [North Carolina Bar Association \(NCBA\)](#) to learn more and get your wishes documented.

Grief as a Healing Process

There are many ways to make sense of the sometimes overwhelming, often bewildering experience of grief. We know that grief is a universal human response to loss -- we all grieve. We also know that grief is highly personal -- each of us grieves differently. We know that grief can be a confusing process, causing unexpected changes both inside of us and outside of us as we struggle to adjust to a very changed world.

Grief can make us feel like we are being torn apart. But in actuality, grief is a *healing* process, the way we knit ourselves back together after being torn apart by the loss of someone important to us. Loss is the wound; grief is the healing of that wound. It does not *feel* like healing -- it feels much more like a threat. But if we can come to understand grief as a healing process instead of a threat, we can stop fighting it and find ways to aid our healing.

Many grieving people describe their loss as "losing a part of me", a kind of amputation. If this amputation was physical, the body would respond with natural, built-in healing processes to help protect and mend the wound. So it is with grief.

Does your loss feel like a kind of amputation? If so, it might be helpful to think about the ways that the healing process of grief is similar to physical healing:

- Healing is painful at times, and often takes longer than expected.
- Healing rarely means feeling "a little better each day"; it is natural for pain to recur along the way.
- Healing is frustrating: many things that used to be easy are now hard or impossible.
- Most of these changes are temporary while healing is in progress, but some are permanent
- Healing doesn't mean we go back to our old life; it means we learn how to live with what is different.
- While we can't control or rush the process, there are ways to help our healing.

- Similar to undergoing physical therapy, we must sometimes work through the pain. Equally important, we must sometimes avoid or rest from what is causing the pain.
- While we are healing, we have limited abilities but increased needs. We would not expect ourselves -- and others would not expect us -- to run a marathon while recovering from an amputation. Likewise, respecting our current limits and caring for ourselves as we would care for someone dear to us is vital to our healing.

Yes, healing from a serious physical injury leaves scars, and does not guarantee that we will never feel pain again. We *are* forever changed. But by allowing ourselves to grieve, and taking good care of ourselves while we are healing, the pain of the wound lessens and we can reengage in life, finding what is still meaningful and possible. As we knit ourselves back together, as the wound of separation heals, we discover that what seems lost forever is now part of us forever.

--Mitzi Q., grief counselor

The only cure for grief is to grieve.
--Earl Grollman



Volunteers Needed

Caregivers Summit-

Volunteers are needed for the upcoming for the upcoming Caregivers Summit. We have four conferences this year where we will need your help with greeting, registration (checking in our guests), "people moving" (helping our guests find their way to sessions, lunch, restrooms, etc.), and moderating sessions.

- Raleigh (Tuesday, June 13)
- Durham (Tuesday, June 20)
- Chapel Hill (Tuesday, August 22)
- Lillington (Tuesday, October 3)

The link that volunteers can sign up can also be found here:

<http://www.emailmeform.com/builder/form/dM1F09nliKdZ8r4D6woV>

Hospice Home Communication

Volunteers, please use the subject "Hospice Home Schedule" in your email when responding to or contacting the volunteer coordinator so that both coordinators will receive the email to document your preferences.

Please remember to leave voicemail messages on **ext. 6905**. It is checked daily.

KIDS CAMP REFLECTIONS

Volunteer for Camp Reflections, our camp for grieving children ages 5-12. Camp Reflections will be held at **Lake Wheeler Park on Saturday, May 20 from 8:30am-5pm.**

Each year our camp is successful due to our employees' and volunteers' generous support - assisting with both the day of camp and preparations for camp. You will have the opportunity to provide support to grieving children (ages 5-12) as they connect to other children through play, sharing their stories, creating expressive arts projects, and commemorating and honoring their loved ones. For more information about camp, [please click](#) here to view our website.

This year, volunteer applications are online! If you are interested in volunteering, please follow this link for the [Camp Volunteer Application](#) and submit the online form by **April 21**. **Please read through the "camp roles" descriptions from your email to help you select your preferred role with camp.**

If you have deleted your camp email and need info about roles, need a paper application, or have other questions/concerns, please email Kate Sutton, TGC Children's Counselor, at ksutton@transitionslifecare.org or call (919) 719-6734. Kate will be in touch with volunteers once we receive your applications.

Again, thank you for your time and efforts to help make this year's camp successful!



National Volunteer Week

April 23-29, 2017

