

Volunteer News

March 2017

CONNECTIONS

3/15/2017 Wednesday 12-2 PM



Go Wish!

An Interactive Workshop

You may already have an Advance Directive but have you communicated with your loved ones about what's most important to you if you were to navigate having a serious illness? If you are named as a health care proxy for a friend or loved one, do you know exactly what is important to them?

Join us in an interactive workshop featuring the Go Wish card sets. The cards help you find words to talk about what is important if you were to be living a life that may be shortened by serious illness. Playing the game with your relatives, best friends or health care proxy can help you learn how you can best comfort your loved ones when they need you most.

We'll have a deck for each participant, and we'll have some lively discussion and dialogue as we play. Come join us!

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 **March Newsletter**, please read the following TRIBUTE article entitled:

Alzheimer's Disease

What you will learn:

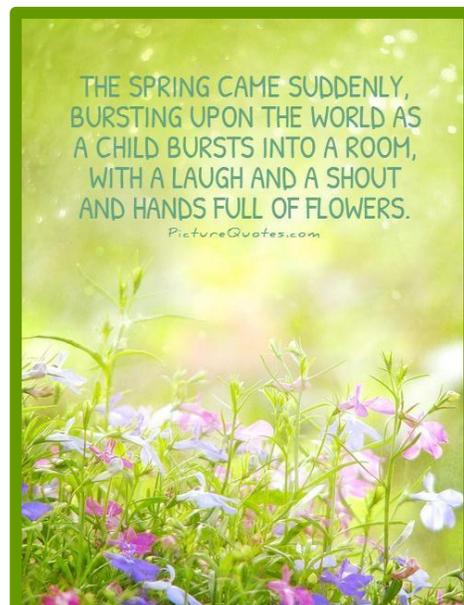
- Origin of the name Alzheimer's Disease
- Warning signs of Alzheimer's Disease
- The volunteer's role in working with a patient/caregiver with Alzheimer's Disease
- Stages of Alzheimer's Disease

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

(.50 CE) [Make an appointment with your doctor to discuss your care wishes](#)

(.50 CE) [Docs bill Medicare for end-of-life advice as 'death panel' fears reemerge](#)

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



Hits and myths: The facts about hospice

Most people don't like to think about death and dying, especially when it comes to ourselves and our loved ones. Yet, Americans are becoming more aware that hospice care can help people go through the dying process with comfort, dignity and a better quality of life.

According to the most recent available data from the Centers for Disease Control and Medicare, 46 percent of people who died in the United States in 2014 received hospice services.

"Even though the number of people who know about and receive hospice services has increased greatly during the past few decades, many people still don't have a clear understanding of hospice care and its benefits," said John Thoma, CEO of Transitions LifeCare.

Here are a few common misperceptions and the correct facts about hospice care, according to Thoma:

Myth: Hospice is a place.

Fact: Hospice is a service and a model of whole-person care.

While hospice organizations typically have administrative offices and may have an inpatient facility to care for patients with a high level of medical needs, hospice is not a place.

Hospice is a best practice approach to physical, emotional and spiritual care designed to manage pain and other symptoms, keep patients more comfortable, and empower them to meet their end-of-life goals. Nearly 60 percent of patients received hospice services in their homes in 2014.

Myth: Hospice is for the final few days of life.

Fact: Hospice can benefit patients for months leading up to their death.

"A sad situation is that patients and families and physicians turn to hospice care much later than they could or should," Thoma said. Medicare and other insurance providers typically cover hospice benefits in full for 180 days. But according to Medicare data, 35 percent of hospice patients receive care for seven days or less, and 50 percent receive hospice care for 14 days or less. "The sooner patients and families start hospice care, the more help we can provide to make their final months more comfortable and fulfilling," Thoma added.

Myth: Hospice makes people die faster.

Fact: Hospice patients live longer on average than patients who forgo hospice care.

Since hospice patients receive pain and symptom relief, and supportive care rather than curative treatments, some people believe patients die more quickly if they accept hospice services.

Actually, the opposite is true. A study by the New England Journal of Medicine showed that terminally ill lung cancer patients with hospice care lived an average of three months longer than patients who didn't seek hospice care. Another study that included six different terminal illnesses showed that patients with hospice care lived an average of 29 days longer than those without hospice care.

Myth: Only one hospice serves your area, and that's who you use.

Fact: Multiple hospice providers are available, and you have the right to choose.

"It's common for families to think that only one hospice serves our area," Thoma explained. "Some believe hospice is a government-run program and the patient goes to the hospice that serves their county."

Thoma pointed out that several hospice providers are actually available, including not-for-profit hospices and for-profit providers.

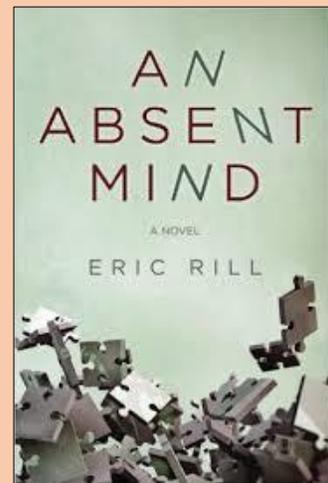
"Patients have the right to choose their hospice provider, even if a doctor refers them to a specific hospice," he said. "Families should investigate their options, interview the available providers and choose the one that best meets their needs and wishes for care."



John Thoma, CEO of Transitions LifeCare.



Looking for a great read?



Eric Rill's novel, *An Absent Mind*, is about a race against time. The ticking time bomb is Saul Reimer's sanity. His Alzheimer's is going to be the catalyst that will either bring his family together or tear it apart.



Daylight Saving Time begins on Sunday, March 12, at 2:00 A.M. Remember to "spring ahead" and set your clocks forward 1 hour (i.e., losing one hour).

Grief Center Volunteers Needed

SPRING “DAY OF REMEMBRANCE”

Volunteers are needed for specific tasks for the following days and times outlined below. If you are interested in helping any of these days, please **contact Lori Mayhue-Brown at 919-719-6845 or email to vol1@transitionslifecare.org**.

IMPORTANT FACTS TO CONSIDER:

- We would prefer the same volunteers to help all morning.
- The work is moderately physical in nature and repetitive with set up, clean up, moving tables, setting out candles.
- Please wear comfortable shoes and clothing as you will be on your feet for at least several hours.
- We ask that all volunteers involved arrive 10-15 minutes before set up.
- We need volunteers who are not actively grieving a recent (within the past two years) loss.

Week of April 24th, Food Donations delivered to the Grief Center (between 9am-2pm):

- Cookies and Brownies (preferably homemade) we will be serving approximately 500 people
- Bottled water
- Gallon jugs of fruit juice

Friday, April 28th 3:00pm-5:00pm Setup for the Event

- 3-5 volunteers needed to assist with setting up the Auditorium

Saturday, April 29th 8:45am-12:00pm Day of Remembrance Event:

- 2-3 volunteers who can set up and take down preparations for the event in the Auditorium
- 2-3 volunteers for assisting participants during the service
- 2-3 volunteers needed for handing out programs during the service and directing participants to seating as needed
- 2 volunteers needed to arrange refreshments before the service; and serve refreshments after the service.
- 3-5 volunteers to help clean up, once the service is over.

KIDS CAMP REFLECTIONS

Lake Wheeler Park on Saturday, May 20 from 8am-5pm.

Each year our camp is successful due to our employees' and volunteers' generous support - assisting with both the day of camp and preparations before 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.

Please also read through the “camp roles” descriptions (below) to help you select your preferred role with camp.

Volunteer applications are online! If you are interested in volunteering, please click the link below and submit the online form by Friday, April 21. We will be in touch with you shortly after you submit your application.

Application Submission Instructions:

- 1) Click here [APPLICATION](#) and fill out the online form.
- 2) Submit the form by **Friday, April 21**
- 3) Kate Sutton, Transitions GriefCare's children's counselor, will be in touch with volunteers once we receive your application.

If you need a paper application, please email Kate at ksutton@transitionslifecare.org and she will send you one. Additionally, feel free to email her or call (919) 719-6734 with any other questions or concerns you may have about camp.

CAMP ROLES

Pre-Camp Support Needs

Camp preparation – Assistance with programming and supplies preparation (i.e. typing, cutting, pasting, painting, organizing, etc.), etc., etc.

Publicity- Disseminating information about camp to organizations, businesses, faith groups, including distributing brochures to local businesses and groups.

Day of Camp Positions/Roles

Assistant Counselor (need 4) – Assistant counselors help the Lead Bereavement Counselor keep track of time, help group members travel to/from activities, keep clinical eye on group members, and co-facilitate group activities when needed. During non-programming time periods, assistants may be asked to float to other areas to assist with various camp needs. Full day camp attendance is required.

Camper Support Volunteers (need 10-15) – Camper support volunteers will be assigned to age groups and are responsible for escorting campers to planned activities (including mealtimes), provide support, listening, mentoring, and playing throughout the camp day. Full day camp attendance is required.

Floater (need 5-10) – Floaters will lend support to assist with set-up, programming, reception, meals, snacks and lunch preparation. All shifts available. Requires ability and willingness to be extra flexible.

