

## Connections

### Facing Death (CE)

Wednesday, January 16, 12:00 – 2:00pm

As a hospice volunteer, you have faced death. Perhaps the end of a loved one, the death of someone to whom you have provided care or maybe personally with an uncertain diagnosis. That familiarity may have resulted in a feeling “I can face that!” However, no sane, healthy person wants to die. That is one appointment that you would like to postpone! Exploring the end of life may introduce you to ways of dealing with complicated emotional situations. If you look way deep down, you may find that there is still some fear about what death and dying may involve for you. During this group, you will have an opportunity to explore feelings about your thoughts about death – both comfort and concerns – for awareness and support.

**Presenter:** Anne Arndt

**Registration:** Online at [Volunteer Central](#)

Call **919-719-6768**, or

Email [vol1@transitionslifecare.org](mailto:vol1@transitionslifecare.org).

Limited to 25.

*Note: This event has been provided previously in 2018.*

## Book Club

Are you interested in joining a book club for CEs? TL educator, Betsy Barton, MPH will host a discussion of “**The Five Invitations Discovering What Death Can Teach Us About Living Fully**.”

Dates scheduled are **Jan. 22, Jan. 29, Feb. 5, Feb. 12, and Feb. 19, 1:30 – 3:30pm**. If you are interested in participating, contact Betsy at 919-828-0890, ext. 6727 or [bbarton@transitionslifecare.org](mailto:bbarton@transitionslifecare.org).

## Continuing Education

To receive (.50 CE) education credit for the month of December, please read the [Tribute](#) newsletter entitled **Depression** (published 2017).

What you will learn:

- Definition of depression
- Manifestations of depression
- Tips to help patients/families

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

[Holiday Survival Strategies for Coping With Grief](#) (.50 CE)

[31 Ways to Remember a Loved One During Christmas](#) (.50 CE)

[Health Matters: Caregivers Themselves Need Care](#) (.50 CE)

Newsletter articles and documents are located online at [Volunteer Central](#).



We will celebrate 40 years of service to our communities in 2019! As part of our celebration, we want to hear from you. Please [share](#) your favorite recollection\* of your connection to Transitions LifeCare/Hospice of Wake County. Ideas may include a helpful staff interaction, a patient care experience, a fun event, etc. Look for these and other recollections to be shared throughout 2019.

\*By providing this information, you give TL approval to use this content in 40th anniversary promotions which may include but are not limited to articles and social media. For privacy reasons, please don't use “real” patient names.

---

## Happy Holidays

This is the season of giving and being thankful. We are thinking about this in terms of the Transitions LifeCare volunteers. Our community of volunteers provides support and dignity to many Transitions LifeCare patients and families every day. Daily you provide much-needed attention and comfort in a difficult time in one's life.

Transitions LifeCare recognizes volunteers' level of commitment in all areas of the organization. We call upon you daily and sometimes at all hours of the night; patients and families rely on your help with personal support services. The dedication of every volunteer involved is outstanding. We are so very grateful for your service. This past year has been challenging and yet rewarding.

We are making great strides in volunteer development and our volunteer programs. Thank you for your service to the organization—your commitment helps move us forward while maintaining integrity, dignity, and respect.

During this holiday season take time for families and friends. Stop, relax, and enjoy each other's company. We often are so involved with daily activities that we forget to enjoy the time.

On behalf of Volunteer Services, enjoy this time of year.

"Christmas gift suggestions:

To your enemy, forgiveness.

To an opponent, tolerance.

To a friend, your heart.

To a customer (patient), service.

To all, charity.

To every child (human being), a good example.

To yourself, respect."

– Oren Arnold

Again, best wishes to all and to your families, now in this season and in the coming new year.

Volunteer Services:

Mark Philbrick, Lori Mayhue- Brown, Anne Hamrick, Emily Woolverton, Gerri Craig, Ginny Rowe, Jennifer Pippin, Lisa Alexander, and Nancy Midgett

---

## Night of Remembrance

**Tuesday, December 11, 6:00 – 8:00pm**

**Ravenscroft School, Jones Fine Arts Building  
7409 Falls of Neuse Rd., Raleigh, NC 27615**

Luminaries will be lit in honor, celebration, and memory of those who have died. Take a moment to honor professional or personal losses you may have experienced, or simply be present in support of the grieving community. You do not have to order a luminary to participate, nor do you have to have been served by a Transitions LifeCare service line.

You are welcome to share this [link](#) with anyone in your personal or professional life who may find this meaningful. We hope to see you there.

---

## Department Directory

**Lori Mayhue-Brown**, Volunteer Services Team Leader  
919-828-0890, X6845  
[lbrown@transitionslifecare.org](mailto:lbrown@transitionslifecare.org)

**Emily Woolverton**, Volunteer Team Assistant  
919-719-6751  
[ewoolverton@transitionslifecare.org](mailto:ewoolverton@transitionslifecare.org)

**Jennifer Pippin**, Volunteer Coordinator  
919-828-0890, x6761  
[jpippin@transitionslifecare.org](mailto:jpippin@transitionslifecare.org)

**Nancy Midgett**, Volunteer Coordinator  
919-828-0890, ask to be transferred to Nancy Midgett.  
[nmidgett@transitionslifecare.org](mailto:nmidgett@transitionslifecare.org)

**Anne Hamrick**, Volunteer Coordinator  
919-828-0890, ask to be transferred to Anne Hamrick.  
[ahamrick@transitionslifecare.org](mailto:ahamrick@transitionslifecare.org)

**Ginny Rowe**, Volunteer Coordinator  
919-828-0890, ask to be transferred to Ginny Rowe.  
[growe@transitionslifecare.org](mailto:growe@transitionslifecare.org)

**Lisa Alexander**, Hospice Home Volunteer Coordinator  
919-828-0890, x6905  
[lalexander@transitionslifecare.org](mailto:lalexander@transitionslifecare.org)

**Gerri Craig**, Hospice Home Volunteer Coordinator  
919-828-0890, x6711  
[gccraig@transitionslifecare.org](mailto:gccraig@transitionslifecare.org)

---

## Help Wanted

**Volunteer role:** Care Notes and mailings for Transitions GriefCare

**Schedule:** 2-3 hours, once a month (usually the 2nd Monday of the month starting at 9am) and as needed for special mailings.

**Contact person:** Annie McCall at 919-719-7199 or  
[amccall@transitionslifecare.org](mailto:amccall@transitionslifecare.org).

Each month we send out care notes to our bereaved families and we need volunteers to help prepare these mailings. It involves sorting papers, stuffing envelopes, etc. This an important outreach project and all willing hands are greatly appreciated!

---

## Fond Farewells



It is with great sadness that we say goodbye to Volunteer Coordinator Jennifer Pippin. The good news is Jennifer is not leaving Transitions LifeCare; she has accepted a new role in the Philanthropy Department to begin in January 2019. Jennifer has been a valued member of Volunteer Services and Transitions LifeCare for almost three years.

Jennifer will be greatly missed. Her dedication to Volunteer Services has been extraordinary. We wish her every success on this new career path.