



VOLUNTEER NEWSLETTER

May 2019

Support Group Event

Grief to Gratitude (CE)

Thursday, June 13, 6:00–8:00pm

After we experience a loss, we tend to focus on what we no longer have. As a result, we focus our energy on the negative, or what is missing in our life, rather than on the positive, or all those wonderful things we still have. Gratitude can be one of the most powerful grief healing tools we have. It may sound like an oxymoron: Gratitude and grief are two words whose definitions are as far apart as you can get.

So, is it possible to be BOTH grateful and grieving? Have you ever thought of your grief as being a gift?

Registration: Online at [Volunteer Central](#)
Call **919-719-6768**, or
Email vol1@transitionslifecare.org.

Movie Suggestion

Poms (2019)

Release date: May 10, 2019 (United States)

In Poms, Martha (Diane Keaton) reluctantly moves into a retirement community but soon finds that things aren't so bad when she strikes up a friendship with Sheryl (Jacki Weaver), who convinces her to start a cheerleading squad with her fellow residents (who include Pam Grier and Rhea Perlman). With the help of a talented high school cheerleader (13 Reasons Why's Alisha Boe), Martha and her friends set out to prove that "it's never too late to follow your dreams."

[Click here for the Poms movie trailer.](#)

Connections

Confusion, Delirium, and Dementia: What's the Difference? (CE)

Wednesday, May 15, 12:00–2:00pm

In this class, participants will review the differences among confusion, anxiety, delirium, dementia, and terminal restlessness at end of life and discuss ways to care for patients experiencing these symptoms.

Presenter: Mark Philbrick, RN, MSN
Mark is Director of Education & Volunteer Services for Transitions LifeCare.

Registration: Online at [Volunteer Central](#)
Call **919-719-6768**, or
Email vol1@transitionslifecare.org.

Better Impact

New Volunteer Management Software - Training Days



Remember Better Impact! This software will allow you to log hours, mileage, and

visit notes with a mobile phone or a computer. Better Impact training will be held **Tuesday, May 14 (12:00–2:00pm)** and **Wednesday, May 22 (6:00–8:00pm)**.

If you would like the Better Impact Instructions packet by email instead of attending the training, please email vol1@transitionslifecare.org to request.

MyVolunteerPage.com Login: <http://myvolunteerpage.com/>

Mobile MyVolunteerPage Login: <http://myvolunteerpage.mobi/>

Registration: Call **919-719-6768**, or
Email vol1@transitionslifecare.org

Better Impact is "extremely user-friendly. I see no problem using the system...seems easy." –Howard Hardy

Continuing Education

To receive (.50 CE) education credit for the month of May, please read the [Tribute](#) newsletter entitled **What are Professional Boundaries?** (published March 2019).

What you will learn:

- What are boundaries?
- Importance of boundaries?
- Personal vs. Professional boundary characteristics

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

[End-of-Life Care for People with Dementia](#) (.50 CE)

[Advanced Illness: Holding On and Letting Go](#) (.50 CE)

[Artificial Hydration and Nutrition](#) (.50 CE)

[How Grieving with Gratitude Saved Me](#) (.50 CE)

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

Kudos

Jane Roggensack - Hospice Home Front Desk Volunteer

...for covering the front desk and going the extra mile to be a special support Hospice Home Volunteer Coordinator.

All the volunteers who have logged volunteer hours in Better Impact Volunteer Management Software. We are extremely grateful for your efforts!

Holly Hillbrands	April Seward	Reuben Prichard
Susan Legatowicz	Beverly McClellan	Martha Eller
Heidi Sloan	Judy Fletcher	Beth Lambert
Ben Wise	Mary June Jones	Joan Cox
Wanda Ohle	Jane Stober	Sarah Pell
Barbara Welker	Marianne Burke	
Betsy Carroll	Joanie Johnson	

Hospice Home Corner

Gerri Craig, volunteer coordinator, only works one day on the weekends. Front Desk Volunteers are asked to update the extension list by checking the whiteboard in the clinical workroom for patient changes when the volunteer coordinator is not present.

Front Desk Volunteers

- Please read the Communication Logbook at the beginning of your shift to be aware of any communicated updates during the day.
- Document any communication received from staff, directions, or any dissemination that are important for the next volunteer.
- Review the new task list (located in a white notebook in the first drawer of the desk) during your shift to ensure all tasks are complete. Initials and date will be an indicator that the job is done.

Emergency Front Desk Coverage: If you're interested in sharing your contact information with other volunteer colleagues for emergency Front Desk shift coverage, please contact Hospice Home Volunteer Coordinators Gerri Craig or Lisa Alexander to be added to the contact list. Their contact information is on the last page of this newsletter.

Thank you to all Hospice Home Volunteers!

Volunteer Information Session

We recommend anyone who is interested in becoming a volunteer attend a one-hour session to learn more about the many ways to volunteer. If you know a friend a family member who would make a fantastic volunteer, please encourage them to visit our website's [Volunteer section](#) for more information.

Upcoming Volunteer Information Sessions:

- [June 5 \(Wednesday\) 6:00–7:00 pm](#)
- [July 3 \(Wednesday\) 6:00–7:00 pm](#)



Transitions®
LifeCare

May 2019

Help Wanted

Hospice Home Task Volunteer

Date/Time: Mondays, Wednesdays, and Fridays
11:00am–2:00pm

Contact person: Gerri Craig at 919-719-6711 or
gcraig@transitionslifecare.org

Volunteer Tasks: We are searching for a volunteer(s) to complete a short list of tasks such as tidying up common areas, watering plants, and supporting Front Desk Volunteers and Volunteer Coordinators. All willing hands will be very much appreciated, and we will welcome you with open arms and a smile.

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

Volunteer Tasks: 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.

Caregivers Summit

Dates: June 6 -RTP/ Durham: The Sheraton Imperial

August 20 - Chapel Hill: The Friday Center

September 13 – Lillington: Harnett Health Sciences
Center

October 29 - Raleigh: McKimmon Conference Center

Contact person: Shelly Slaczka at 919-371-2062 or
shelly@guidinglightsnc.org

Volunteer Tasks: 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.

Help Wanted

Aarvy Aardvark Finds Hope

Contact person: Laurel Hillen at lhillen@transitionslifecare.org
Stephanie Smit-Dillard at
sdillard@transitionslifecare.org

Volunteer Tasks: Transitions GriefCare offers Wake County third grade classes the opportunity to see a puppet production entitled Aarvy Aardvark Finds Hope, developed from the book of the same name by Donna O’Toole. The story deals with issues confronting all children:

- What is grief and how does it affect people?
- How do we help a friend who is hurting?
- How can we help ourselves when losses change our lives?

Volunteers are needed to act as puppeteers. Two puppeteers are needed for each show. Volunteers are provided with training and a script. Shows last one hour in duration [30 minutes for the puppet production, 30 minutes for questions/answers with the children led by a facilitator], with time for set-up and clean-up.

Puppeteers should have the following qualities:

- Loud speaking voice and ability to project to a large audience of up to 60 children.
- Comfort performing in front of a group (puppeteers will be performing behind a stage).
- Ability to read a script with stage directions.
- Ability to provide different character voices throughout the show.

Department Directory

Lori Mayhue-Brown, Volunteer Services Team Leader
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Paige White, Volunteer Recruiter and Retention Coordinator
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Emily Woolverton, Volunteer Team Assistant
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Krisy Sims, Volunteer Coordinator
919-828-0890, x6761
ksims@transitionslifecare.org

Nancy Midgett, Volunteer Coordinator
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Anne Hamrick, Volunteer Coordinator
919-828-0890, ask to be transferred to Anne Hamrick.
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Ginny Rowe, Volunteer Coordinator
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growe@transitionslifecare.org

Lisa Alexander, Hospice Home Volunteer Coordinator
919-828-0890, x6905
laalexander@transitionslifecare.org

Gerri Craig, Hospice Home Volunteer Coordinator
919-828-0890, x6711
gccraig@transitionslifecare.org



CAREGIVERS SUMMIT
Navigating the Transitions in Life
Underwritten by AARP®

Register now to join us for respite, resolution, and practical resources as you navigate life's transitions with your loved ones.

Register and learn more at caregiverssummit.org
Information hotline: 919.719.6765

	Summits	Cost
June 6	RTP/Durham: The Sheraton Imperial	\$15/caregiver
August 20	Chapel Hill: Friday Center	\$50/professional caregiver (includes up to 4 CEUs)
September 13	Lillington: Harnett Health Sciences Center	Includes lunch and all sessions
October 29	Raleigh: McKimmon Conference Center	





