



VOLUNTEER NEWSLETTER

June 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.

Better Impact

Remember Better Impact!



This software will allow you to log hours, mileage, and visit notes with a mobile

phone or a computer. If you have not attempted to log onto Better Impact, please do so by **August 31, 2019**.

Visit [this link](#) for directions on resetting your password.

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

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

If you need additional help after reviewing instructions, please contact volunteer services to schedule a one-one training with Lori Mayhue-Brown or Paige White by phone at 919-719-6768 or email vol1@transitionslifecare.org.

Connections

Veterans Café (CE)

Friday, June 21, 9:00–11:00am

Be sure to attend this informational gathering to learn about organizations working on behalf of veterans. Government and non-profit organizations that provide support programs and activities for veterans will be in attendance to share information about their programs and resources. [NC Serves](#) and [The Joel Fund](#) will be on site to answer all your questions.

The Veterans Café is open to all seeking resources to support veterans.

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

Comfort Medications at End of Life (CE)

Wednesday, July 17, 12:00–2:00pm

Provides an overview of medications used to treat common symptoms experienced in the last days and hours of life. Reviews non-pharmacological interventions to help treat these symptoms.

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

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

Continuing Education

To receive (.50 CE) education credit for the month of May, please read the [Tribute](#) newsletter entitled **Breathing at the End of Life** (published June 2018).

What you will learn:

- Lung function
- Respiratory diseases commonly seen in hospice
- Tips to help patients with dyspnea

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

[Frontotemporal Dementia](#) (.50 CE)

[A Little-Known Benefit for Aging Veterans](#) (.50 CE)

[Managing End-of-Life Symptoms](#) (.50 CE)

[Where Should a Child Die? Hospice Homes Help Families with the Unimaginable](#) (.50 CE)

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

Kudos

Carl Pemberton - Family Support Volunteer

...for earning his Master's in Theology, specializing in Pastoral Care, from Saint Joseph's College of Maine and for being accepted in the highly competitive Clinical Pastoral Education (CPE) internship program at WakeMed Hospital in the Spiritual Care Department.

Roger Lague

...for his "super big heart" with his past patient assignment.

Paul Mountain

...for his hard work in planning the Veterans Garden Memorial Day Ceremony and for driving a round trip of two hours to provide a veteran's recognition on holiday weekend.

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

Jim Davis	Carl Pemberton	Louis Lambe
Sandra Peyser	Megan Wallace	Grace Bender
Carol McCants	Christine Griffin	Chris Mazzara
Cathy Mannix	Paul Mountain	Connor Curran
Janie Kirkeby	Veronica Pham	Raina Mason
Emily Gabrian	Lida Thoma	Julie Williams
Annie Tomayko	Janet Tolman	Donald Gelo
Shelia Pueschel	Alice Maupin	SuSu Lilly
April Seward	Meta Linde	Nancy Brockman
Joan Barrett	Sara Brown	Marcia Bogdanovic
Maria Guzman	Amanda El Jaouhari	Lisa Conrad
Nancy Burkley	Arlene Silberman	George Krichbaum
Kathy Ledo	Catrine Ponal	
Sally Tiller	Lauri Robbins	

Hospice Home Corner

Staff Change

Lisa Alexander, Hospice Home Volunteer Coordinator, and Krisy Sims, Community Volunteer Coordinator, will exchange positions. Beginning the second week in July, Lisa will assume the role of Community Volunteer Coordinator and Krisy will assume the role of Hospice Home Volunteer Coordinator.

We're so fortunate to have both these ladies on our team. With Lisa's many years of experience with volunteers, processes, and policies and Krisy's kind heart and eagerness to learn and provide support, we know our patients and families will continue to benefit from their continued dedication.

Policy Change

Effective July 1, 2019, Hospice Home Front Desk Volunteers can provide all visitors with a Hospice Home tour. Lisa Alexander and Gerri Craig will provide individual tour training to all Front Desk Volunteers during your scheduled shift.

Please see the Communication Logbook for the new policy and instructions pertaining to Hospice Home tours.

Reminder

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.

Thank you to all Hospice Home Volunteers!

Movie Suggestion

Documentary: The Power of Words

Producer: Tom Kleespie

Videographer/Editor: Steve Riggs

Narrator: Gisela Telis

Most all of us have known someone who has suffered through the death of a loved one. A common concern at these times is what to say and what NOT to say to the survivors. Jeannette Maré, mom of Ben of Ben's Bells fame, is especially qualified to help figure that out.

[Click here to watch the documentary.](#)

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:

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

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: **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 three conferences remaining 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
919-828-0890, X6845
lbrown@transitionslifecare.org

Paige White, Volunteer Recruiter and Retention Coordinator
919-828-0890, x6832
pwhite@transitionslifecare.org

Emily Woolverton, Volunteer Team Assistant
919-828-0890, x6751
ewoolverton@transitionslifecare.org

Krisy Sims, Volunteer Coordinator
919-828-0890, x6761
ksims@transitionslifecare.org

Nancy Midgett, Volunteer Coordinator
919-828-0890, ask to be transferred to Nancy Midgett.
nmidgett@transitionslifecare.org

Anne Hamrick, Volunteer Coordinator
919-828-0890, ask to be transferred to Anne Hamrick.
ahamrick@transitionslifecare.org

Ginny Rowe, Volunteer Coordinator
919-828-0890, ask to be transferred to Ginny Rowe.
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

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