



VOLUNTEER

Newsletter

SPRING 2010, ISSUE 1, VOLUME 15

Hospice Calendar

Thursday, May 6
Brown Bag Vigil Meeting 11:45a.m.-1:15p.m. Dave will bring cookies

Friday May 7
Reflective Writing 11:45a.m.-1:00p.m.

Monday, May 17
Ceremony of the Roses Spring Memorial Service
1316 N Lincoln St.
5:45 pm gather and meal after program. Please RSVP with Development Department 456-0438.

Wednesday May 19
Paws for Comfort Meeting
11:30p.m.-1:00p.m.
Please RSVP

Wednesday June 2
Hospice House meeting and training
10:30a.m.-12:00p.m.

Morning Book Club
Every Wednesday
7:00a.m.-8:00a.m.
Contact Jim Edwards for

Weather and life both surprise us

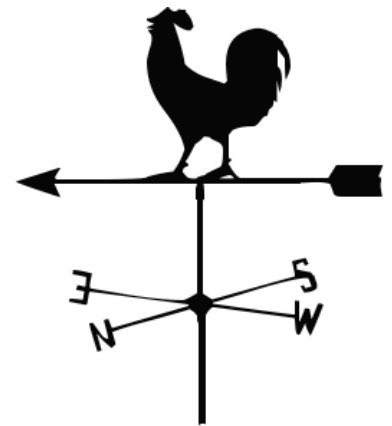
Happy Spring Volunteers! Hope you are enjoying the sunshine and the melting snow... in the mountains. Life is like the weather and perhaps that is why it is often part of our daily conversations. This winter, we expected snow and were even prepared, but nature pulled a fast one in this area. Snow tires were not useful and most snow blowers sat in the garage. We had only one request for a volunteer to plow out a driveway. Thanks Richard for being "ready" all winter. The family felt more secure knowing they had a plan.

Even in illness that is unexpected the volunteers and other team members provide security in the midst of the mystery. The silent listening volunteer or the busy one vacuuming provide comfort despite the major changes in the clients' and families' lives. The continuum between anxious uncertainty and comfort from those who care can fluctuate. I have observed many in the last stage of life still learning, growing and loving, despite their weakening bodies. In his book *How, Then, Shall We Live?* Wayne Muller writes "if we listen more carefully for the infinite blessings of a single day, this will not discount or obliterate our sorrows. But it will help us remember how strong and rich we can be, even in the midst of suffering. A single word of gratefulness can transform a moment of sorrow into a moment of peace." p. 227.

So as we head into spring 2010 we might not be able to yet plant flowers without risk of freezing but we can share our vision of our flowers and garden with others. As you visit with those confined to a bed, they can still talk of gardens, knowledge of flowers, and joy of nature. Many a volunteer under the direction of a client potted plants or pruned roses. I like the idea of how we can nurture nature while we accept being nurtured.

I also want to thank all the volunteers who have "weathered" the ongoing transition in the volunteer department this past year. Your encouragement, new ideas, and communication have been appreciated. I am still learning about many of your gifts that can be of value to our clients. Please educate me on how I can help you grow and find meaning during your Hospice of Spokane volunteer experience.

-Again Thanks, - Dave



Spiritual Companion Training Opportunity



The Chaplain Department is putting together approximately a 4 hour volunteer training for those interested in exploring becoming a spiritual companion. Training will involve topics such as: Role/Boundaries/Self-Awareness; Being and Doing; Working with Dementia Clients; Role Plays; Referrals/ Documentation.

Spiritual companions are volunteers who visit clients with Alzheimer's/dementia who may have had a strong religious/spiritual background. Usually it's a family member who makes the referral, believing that the loved one would be comforted by scripture reading, prayer, hymns and or music.

If any volunteer who has been volunteering for at least six months would like to explore volunteering in this way, please call the Chaplain's Office and asked to speak with Jim or Sheryll. We will set a date for this training when we have a sufficient number. *Musicians, singers, readers, need apply! Thank you. Sheryll and Jim

Remembering our dear volunteers who recently died.

Jeanne Drake February 25, 1926-February 10, 2010

Sister Lillian Deslauriers, SP June 2, 1932-March 27, 2010

Heather Leveque Novemeber 30, 1939-March 29, 2010

These volunteers provided comfort, joy, and love to Hospice of Spokane clients and staff. Our sympathy is extended to families and all who grieve.



Tri County News:

The new volunteers from the October Training are: **Tami Baump, Billie Beardslee, Ann Berger, Terri Knadler, Nancy Maruji, Lois Steele-Emanuelson and Mary Sarr.**

Above and Beyond: **Lyn Edgel** hikes up and down a steep icy driveway to make sure his client gets the necessary oxygen supply during the winter months. **Greg Busch** pays several visits a week to his client in a nursing facility.

- Sharon Angle, Chewelah

PAWS for COMFORT

Thank you to ALL the Paws for Comfort volunteers both the two legged and four legged ones. You are all appreciated for the joy and comfort you bring so many people. We have consistently been providing support in homes, facilities and Hospice House.

A big thanks also to **Greg Renner, Scooter Mahoney, Debbie Wing, and Trina Poppens** for helping us make many changes in updating our Paws for Comfort policy and procedures. Thank you to **Cindy and Martin Beck** for helping transition program and get us ready for computer upgrade.

My Favorite Fish Story

Judy Tulleners, Hospice Volunteer

It was easy bond quickly with Donald (not his real name) and his family. They warmly invited me into their home, and I felt welcome and comfortable. Donald had just celebrated his 102nd birthday, and we soon discovered that he shared my passion for fly fishing. Donald had



Some rewards for Hospice volunteering are very tangible.

years' experience fishing for the Golden Trout in the High Sierras. I am a novice in comparison, fishing mostly for Cutthroat in Idaho.

Donald and I spent quality time together discussing casting techniques, rods, waders and boots, and especially the best flies.

"I could always catch a trout with the Royal Coachman," Donald shared with me on our first visit. "They probably don't even make it anymore."

On my way home that day, I headed to my favorite fly shop and discovered at least three varieties of the Royal Coachman. I later went on the computer and printed some examples. On the second visit, I showed Donald the printout and he pointed to the one he used. This unusual fly had white ears, a red body and a distinctive long tail. The Royal Coachman, unlike most flies I had used, is an attractor fly that is not meant to simulate any one insect or nymph. This was the most appealing and unique fly I had seen.

"If I was a trout, I'd go after this one," I joked with Donald.

I looked forward to my visits with Donald. He was interesting and enthusiastic despite his failing health. Besides fishing, Donald had artistic talents. I especially liked his painting of a Golden Trout. Times we spent together were very special to me.

I had been to Donald's house only a few times before he died. Although he had lived a long and successful life, his death created in me a deep sense of personal loss. I could have spent way more time with him.

The week following Donald's death found me fishing along the mouth of a creek on the shore of Lake Koocanusa in Montana. It was starting to get hot, I had caught a small Rainbow, not a keeper, and was feeling slightly discouraged. Deciding to change my fly, I chose a Royal Coachman from my fly box,

reminding me of Donald.

Sure enough, I caught a fish! Convinced that Donald must have been guiding me from somewhere along the big Montana sky, I pulled in a 21½ inch Rainbow Trout!

That's my story, and I have the picture to prove it.

Gratitude: 12/28/08

My hospice client died in his sleep the morning of December 26. His wife called me yesterday. She thanked me for all I done from them. I told her it was an honor to be invited into their home.

She said his last few days had been good. He was alert, eating well and seemed happy. She said as they went to sleep that night he held her hand until he fell asleep, never to wake.

It wasn't a sad, morbid conversation rather it was one person talking (venting) to another concerning the reality of the situation. She ended our chat saying she'll see me again.

Now I didn't do much when I visited them. I did allow her to get out and about which was very important, not only for her but for all care givers. I was a safety line to watch over him and make phone calls if something went wrong. So little did I do to receive such heart felt gratitude. People can truly be amazing.

Welcome to our newest Hospice of Spokane volunteers

OCTOBER TRAINING CLASS 2009

Patricia Alberts
Judy Boomer
Shannon Dickens
Joanna Fightmaster
Mitchell Foley
Kristina Follger

Diana Guajardo
Bruce Hildahl
Laura Iandoli
Lisa Marsh
Penny Moore
Amy Popham

Trista Rodeen
Sharane Schacht
Francee Strain
Patricia Temple
Virginia Zaagman

NOVEMBER 2009 TRAINING CLASS

Crystal Baldarree
Beth Berg
Ely Chestnut
Tiera Cominos
James Falkenburg
Ray Flood
Judy Gross

Justine Hall
Diana Hieber
Hal Holte
Martha Nerpel
Annie Patrick
Pamella Piro
Edith Poole

Therese Porter
Jill Reed
Danetta Schroeder
Mary Ann Will
Michael Wright
Sherrie Wright
Nancy C. Young

MARCH 2010 TRAINING CLASS

Eric Aase
Evelyn Alley
Dawn Biehl
Claudia Kimberly Burton

Lanette Fisher
Patty Gaines
Sung Kim
Lewis Persons

Emilio Sulpizio
Crystal Toreson
Christopher Trumbo
Sharon Uhder

To Our Volunteers

by Lisa Ellinwood

V is for the very special people you are.

O is for the Overwhelming support & compassion you offer others during their time of need.

L is for the Little things you do that make such a difference in someone's life.

U is for the Unspoken words that sometimes mean just as much.

N is for the Need you fill when others aren't able.

T is for the Time you give of yourselves on top of your own busy schedules.

E is for the Emotional support you continually give.

E is for the Endless energy you all seem to possess.

R is for the Responsibility you have taken on & never once complained.

S is for the Smiles you bring the patients & families by being you.

Thank you, all volunteers, for the many wonderful ways in which you serve Hospice of Spokane and its clients.

-Dave McDougall, Volunteers Manager