



VOLUNTEER Newsletter

SPRING 2011, ISSUE 1, VOLUME 16

Upcoming Hospice Events

• **“Professionals Caring for Very Ill Clients: Legal, Medical, Psychological & Ethical Issues at the End of Life,”** April 21, 2011, 7:30 a.m. – 12:15 p.m., Gonzaga Law School, Barbieri Moot Court Room, Registration is \$75. Register at 532.6731 or online at hospiceofspokane.org/ce.html

• **Volunteer Caregiving Class,** Wednesday May 4th, 1:30 - 3:00 p.m. This hands-on class will help build confidence in assisting clients in the home, with transfer techniques and general client assistance. RSVP required.

• **Scramble for Hospice Golf Tournament,** August 5, 2011, Indian Canyon, Tickets are \$100, call 532.6731 to register.

• **Bloomsday,** May 1, 2011 – Hospice of Spokane is Bloomsday's 2011 Official Charity, go to hospiceofspokane.org/bloomsday to find out more information.

Hope Springs Eternal

Hello Volunteers. Nancy Young, one of our experienced northside volunteers, and I were discussing spring and the work to be done in preparing gardens. She has gifts in this area that are beyond what most of us can comprehend. Some of our Hospice of Spokane clients will be asking for help in gardens as well as potting a few plants. Joy from the big projects to the small helps provide meaning and delight to life. When we look at something so simple as a flower, it also reminds us that today is the day that counts, not past seasons, nor future seasons, but the moment we are in. Someone said, “You are all talking about spring but we could still get snow.” Well we don't have snow today and I am going to enjoy a moment of sunshine. Spring is one of the blessings for those of us living in Spokane. Soon almost any street you drive down will have blooms coming up.

I was raised in Butte, Montana, where at 5000 feet the growing season is short. The Columbia Gardens provided acres of flowers that nourished the souls of the hard-working townspeople. That is gone, but the main streets are still lined with hanging flower planters, and other historic gardens are beautifully planted. I bring this up as a way of saying that things can be beautiful

even if they are not the same. Some of our staff and volunteers describe the grace and courage of many of our clients. We cannot deny the presence of grief, but the relationships, love and miraculous moments continue to bloom in our lives. See page 3 for some gardening wisdom from those who have gone before.

– Dave McDougall, Volunteer Services Manager



How would you like those eggs?

Volunteer Breakfast, is Thursday, April 14, 2011 at our usual time of 7:00 a.m. The annual volunteer breakfast is provided by the staff at Hospice of Spokane as a way to thank you and help celebrate National Volunteer Week. This is a fun event and all are welcome. To give the staff an idea of how much food to provide please RSVP to the volunteer department. The breakfast is from 7:00 a.m. - 8:30 a.m. in the Hospice of Spokane lunch room. We look forward to seeing you!

**Hospice Foundation
of America's
18th Annual Bereavement
Teleconference**

Living with Grief:
Spirituality &
End-of-Life Care
Wednesday, April 13, 2011
The Lincoln Center
1316 North Lincoln St, Spokane

9:30 a.m. Registration & Check-in
10:15 a.m. - 2:00 p.m. Teleconfer-
ence

This year Hospice of Spokane is able to host volunteers at no cost due in part to the generosity of our donors. If you would like to attend please contact Andrea or Jackson in Hospice of Spokane's development department and tell them you are a volunteer. If you have a friend or acquaintance that would like to attend, it is still a great deal at \$25.00 including a light lunch.

The program will discuss differences between spirituality and religion, while also addressing spirituality during illness, death and grief, spiritual assessment and empowerment, and life review. Discussion will also include approaches to meaning-making at the end of life, dignity enhancement, helping patients utilize and enhance spiritual coping at end of life, and spiritual transference.

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New Volunteer Time Sheets


IMPORTANT, Please read! Thanks for helping get time sheets completed. Our office volunteers asked that I explain some challenges that occur with time sheets.

During the last year we have observed a pattern of errors:

1. Not filling out forms completely. (No name, client name, date, travel time, mileage etc.)
2. Not circling visit type
3. Never put two clients on one form. (Time sheets are filed in the client's chart and need to be re-done if there is more than one name on them.)
4. Turn in time sheets in a timely manner (2-3 weeks)!

Please review your time sheet to make sure it's complete before mailing it in. The compiling of volunteer hours is vital to Hospice of Spokane and I cannot thank you enough for the effort you put forth in getting them into the office.

We have made some changes to the time sheets, PLEASE REVIEW the new time sheet and toss your old ones in the recycle bin, Thanks!



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VOLUNTEER TIME/ACTIVITY REPORT

- If you are assigned to more than one client please use a separate sheet for each client.
- If you are at the **Hospice House** and are seeing multiple clients to whom you are not assigned, please complete one section for each day and circle Hospice House, no client names needed.

Volunteer Name: _____ Client Name/ID: _____

Visit Date:	/ /	Visit Types (Circle all appropriate for this visit)	
Visit Start Time:	am/pm	Client Contact/Activity	Office
Visit End Time:	am/pm	Vigil	Vol. Training/In-service
Travel Round Trip:	Hrs Min	Hospice House	Community Education
Mileage Round Trip:		Paws for Comfort	Bereavement
Contact With Team:	Yes No	Music	Fund Raising
Description of activity/visit:			
Visit Date:	/ /	Visit Types (Circle all appropriate for this visit)	
Visit Start Time:	am/pm	Client Contact/Activity	Office
Visit End Time:	am/pm	Vigil	Vol. Training/In-service
Travel Round Trip:	Hrs Min	Hospice House	Community Education
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Contact With Team:	Yes No	Music	Fund Raising
Description of activity/visit:			

Volunteer Initials: _____ Manager Volunteer Services Initials: _____ MSW Initials: _____
Thank you for being part of Hospice of Spokane. We appreciate the support that you have given.

ALONG THE GARDEN PATH

Everybody needs beauty as well as bread, places to play in and pray in, where Nature may heal and cheer and give strength to body and soul alike.

- *John Muir*

Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine to the soul.

- *Luther Burbank*

The earth does not belong to man; man belongs to the earth.

This we know.

All things are connected like the blood which unites one family.

All things are connected.

- *Chief Seattle*



Once you have heard the meadowlark and caught the scent of fresh-plowed earth, peace cannot escape you.

- *Sequichie*

The love of gardening knows no boundaries of wealth or station, or race or nationality, or time.

- *James Bush-Brown*

People garden in order to make something grow, to interact with nature; to share, to find sanctuary, to heal, to honor the earth, and to leave an imprint.

- *Julie Messervy*

The best remedy for those who are afraid, lonely, or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God.

- *Anne Frank*

Kind hearts are the garden,
Kind thoughts are roots,
Kind words are the blossoms,
Kind deeds are the fruit.

- John Ruskin

A man of words and not of deeds is like a garden full of weeds.

- *Mother Goose Tales*

**We hold out hope and goodwill for those suffering in Japan. Our hearts,
and prayers go to our Japanese world neighbors.**

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FORWARDING SERVICE REQUESTED

Welcome to our new volunteers from our February 2011 class

Please give a big welcome our new volunteers! Most of them are already helping our clients.

Shirley Alexander
Nancy Atkinson
Kenda Bishop
Kristen Butelo
Janice Charles
Marie Fowler

Julia Fredrick
Dana Freeborn
Heather Herres
Pat Kelly
Teri Machtmes

Marguerite Michels
Margaret (Meg) Nichols
Joyce Roden
Carol Williams
Maren Meisen-Vehrs

Volunteer book Club facilitated by Jim Edwards meets every Wednesday 7:00 a.m. - 8:00 a.m. at Hospice of Spokane. Will meet March 30th, to start discussion on the book [A Life of Being, Having, and Doing Enough](#) by Wayne Muller. Please feel free to participate!

Volunteers, Thank you for your dedication and graciousness in helping people in our community. So many of you put in extra time and effort to meet the client needs. The paper work compliance end of hospice work is not fun. However all these efforts help us to be a high quality hospice. Many volunteers state they feel honored to be volunteering with an outstanding agency. My response is that Volunteers are a vital part of what makes this a special place. Thank you all for your service to Hospice of Spokane. I mean it, THANK YOU!

– Dave McDougall, Volunteer Services Manager