

Volunteer Central

A quarterly publication for the volunteers of Hospice of Queen Anne's

Fall 2011

By: Jennifer Thomas
Director of Volunteer & Professional Services



Upcoming Events

- ◆ Volunteer Meet & Greet at HQA - 11/14/11 from 1pm - 4pm
- ◆ Holiday Candlelight Remembrance Service - St. Pauls Parish, Centreville - 11/20/11 at 5pm
- ◆ Centreville Christmas Parade - 12/2/11 - 6:30pm

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.

- Erma Brombeck

A message from Jen...

Happy Fall! As we approach this time of year, I cannot help but think of the upcoming holidays and the warm and festive gatherings we will soon share with family and friends. Thankful, grateful and blessed are three words that easily come to my mind. What else comes to my mind are the warm welcome and friendly faces I have encountered since I have become a part of the Hospice of Queen Anne's team. As the new Director of Volunteer and Professional Services, I

have quickly learned that I am very fortunate to have been given the opportunity to work with such friendly, knowledgeable and caring volunteers. I am excited for what the future holds and all the wonderful things we can accomplish together. I look forward to making life a little brighter and a whole lot easier for our patients and families, I look forward to developing and broadening our volunteer base, and most importantly, I look forward to working with YOU!

Volunteer Spotlight

I would like to nominate volunteer **Alex Johnson** for the volunteer spotlight. While I was doing a Skilled Nursing visit with a patient, Alex was volunteering his time so that the patient's wife could run a few errands and not leave her husband home alone. Not only was Alex friendly, but he went out of his way to make the patient feel comfortable and at ease. During conversation, the two men even found out they knew similar people and shared similar interests. The patient who was fairly new to hospice was feeling weak and nervous

to be home alone, and Alex helped get items for the patient. The patient even told me after the visit that Alex made him feel at ease and he really enjoyed having a "friend from Hospice" stop by to see him. The patient's wife was gone a little longer than planned and Alex stayed and kept the patient company and in good spirits. It's people who volunteer their time like Alex Johnson that truly make me proud to be a part of the Hospice Team.

Sincerely yours,
Stephanie Nicholson, Registered Nurse

Planned Giving Seminar

Frank Campbell, Estate Planning Attorney, is presenting how a giving partnership can maximize your support to charities and causes that reflect your values and can increase your benefits as a donor.

Date: November 17, 2011 Time: 6:00 pm

For more information or to register, contact Kenda Leager, 443-262-4106 or kleager@hospiceofqueenannes.org

Sponsored by: Chesapeake Investment Planning, LLC

Volunteers are love in motion!! ~Author Unknown



Fall 2011 Patient Volunteer Graduates – back row from left: Gail Schaffer, Lisa Menditch, Cynthia Backer, Deborah Dingley; front row, from left: Teresa Baumann, Catherine Knisley, Stephanie Branham, Shelly Kulp, and Barbara Galloway.

Help Wanted! ...just a FEW of the many opportunities...

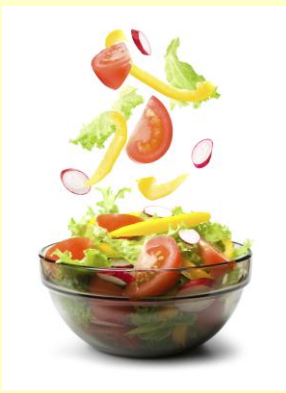
- **Patient Volunteers** needed to be on-call for playing cards, bingo or other social games with center patients.
- **Birthday Club Volunteers** needed to be willing to deliver card, balloon and sweet treat on the patient's special day.
- **Social Media Volunteer** for Facebook, Twitter, etc.
- **Garden Team** to care for the flowers and shrubs at the Hospice Center.
- **Maintenance Team** for snow removal, painting, lighting, building, hauling.
- **Special Talent** – do you sing, dance, play an instrument? Please share it with our patients!

Contact Jen Thomas if interested in these or any other volunteer opportunities! jthomas@hospiceofqueenannes.org or 443-262-4112.

A special request from our Director of Clinical Services

Our Director of Clinical Services, Lori Collier likes to “take things and make them better.” And that is exactly her plan with the resident wing bathroom. Lori envisions a tranquil, spa-like setting for our patients. She wants to incorporate a beach theme with the soothing sounds of the ocean and calming neutral

tones so that patients feel calm, warm and relaxed. If you are interested in making a donation towards the purchase of the decorative items for the resident wing bathroom, please call 443-262-4100.



Volunteering is Good for Your HEALTH!

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country. The intangible benefits alone—such as pride, satisfaction and accomplishment—are worthwhile reasons to serve. In addition, when we share our time and talents, we:

- Solve problems
- Strengthen communities
- Improve lives
- Connect to others
- Transform our own lives

Over the past two decades we have also seen a growing body of research that indicates volunteering provides individual health benefits in addition to social benefits. Research shows a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering,

whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. Some of these findings also indicate that volunteers who devote a “considerable” amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes. (newsweekshowcase.com; November 30, 2010)

Estate Treasures fashion show - a day of shopping, prizes, fun and laughs!

The annual Estate Treasures Fashion Show and Luncheon held on Tuesday, Oct. 18, 2011 raised \$7,960 for Hospice of Queen Anne's - \$800 more than last year's event.

There were 235 people in attendance at the event which was held at the American Legion Post 278 in Stevensville. The show was preceded by a cash bar and lunch catered by Anchors Aweigh Catering of Stevensville.

Special features of the event included a country store, raffle items donated by local businesses,

a 50-50 drawing, and a quilt raffle. Clothing, jewelry and shoes were modeled in several different categories; including fall fashions, cruise clothing and evening wear. \$1,500 worth of merchandise was sold after the show. The day was concluded by "Team ET" who put on a fabulously entertaining synchronized swimming skit. All in all, Estate Treasures not only offered generous funds for HQA - but a day many will not soon forget! For more information about Estate Treasures please call 443-262-4112. Estate Treasures is open Mon. - Fri. 10 - 4:30 & Sat. 10 - 4.



Team Estate Treasures wow the crowd with their grand finale skit!

Not Your Average Volunteer - meet "Shea"

Something new has come to Hospice of Queen Anne's! We now have a therapy dog that will visit with our patients and also the staff. Shea is a 12 year old Siberian Husky and is registered with Therapy Dogs International. He and his owner moved here from the Cleveland area last December where he had been very active as a therapy dog in a hospice there. His owner, Laura Plosila, is very excited about the opportunity to bring a therapy dog into the program here in Queen Anne's. As we all know, nothing relieves stress better than an animal, especially a dog. Therapy dogs have been used for a long while now in the hospital and nursing home settings and more recently have branched out into the areas of libraries and hospices.

Shea will be visiting the residential center when there is anyone that would like him to visit. He is there for everyone and not just the patients. The families also find that they get a lot of comfort in having a dog to sit and keep them company. This can relieve and divert some stress from the very difficult situations which come up during this trying time. The staff will also get the benefit from a nice furry friend

to visit with as they go about their work day. Eventually Shea may go out to other places to represent Hospice after he gets his feet wet in the center. Right now he is trying to adjust to the slippery floors with his hairy paws!

Anyone that needs a friend and unconditional, nonjudgmental love can benefit from a dog. Shea is trying to help fill that gap for a few lucky individuals here at hospice.



HQA Patient Volunteer Laura Plosila with her Siberian Husky "Shea" who is a certified therapy dog.

Did you know...



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**Volunteers are the
Heart of Hospice!**

We're on the Web!
www.hospiceofqueenannes.org

...Hospice of Queen Anne's has a program to honor Veterans? To offer our respect and gratitude to our Military/Service patients and families, each Veteran is asked if they would like to be honored. The ceremony allows us the opportunity to thank Veterans who have served our country and show appreciation to their families. It also gives them an opportunity to "tell their story."

Paving the Way for Hope

Even teenagers are volunteering for Hospice of Queen Anne's. Kelsi Ronning, Girl Scouts Ambassador with Troop #399 in Service Unit 88 in the Girl Scouts of the Chesapeake Bay, is working with Kenda Leager, Development Officer, on introducing and promoting the Hospice of Queen Anne's brick recognition program, "Paving the Way for Hope." The program enables individuals to donate a brick in memory

Each Veteran is presented with a framed certificate, a pin and a small American flag. This program is powerful and meaningful to those honored.

Are you a Veteran? Would you be interested in sharing your time with our Veteran patients? Please contact Jen Thomas if interested: 443-262-4112

jthomas@hospiceofqueenannes.org

or in honor of a loved one. The bricks will be displayed in a stand-alone island at the Hospice Center. For a \$100 donation patrons will receive a 4"x8" brick and for a \$250 donation an 8"x8" brick. For more information on how to be a part of *Paving the Way for Hope*, please see the attached flyer or contact Kenda Leager, Development Officer, at 443-262-4106 or kleager@hospiceofqueenannes.org

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