



Each year from now on, I want to go away for a couple of days, to a lodge in the woods, to write limericks.

By myself.

To welcome the Winter Solstice.

(Over the years, I've learned that it's helpful to be quite specific about one's wishes. Left to chance, you never know what you'll get, and the return policy nearly always has a catch).

In my life, I've had the tendency to over-think some really good-sounding ideas, until I've talked myself out of them and moved onto some other safe and predictable option. As a result, so far I do not have a tattoo, can't play the banjo, and still wonder what it would be like to sleep in the back of my Tacoma for a week, parked near the eight-acre woods that borders the northern edge of our land, during skunk season. Caution and boredom are forever partnered, I'm afraid, and I catch myself tolerating their company more often than is healthy.

But this year, I didn't over-think anything. My dearest friend of 34 years died last summer, leaving a rough-edged gap in my life. As autumn drew closer, it felt like the gap widened and was threatening to swallow me whole. I needed a break, but there was none on the horizon. In early December, another good friend (and excellent listener) gently but firmly suggested I take some time off work and go away by myself. To a lodge in the woods. Before Christmas.

For a minute, I did put up a pretty good defense—"It's too expensive"; "I can't leave work right now—it's too busy"; "It wouldn't be fair to leave Patrick with all the farm chores"; "Maybe I'll go sometime in January"—but these excuses were weak against the backdrop of my grief.

So I packed two bags (one for clothes and one for tea and other comforts), made reservations at a lodge in the woods, and watched as my husband Patrick's familiar shape grew smaller in the rearview mirror on that wooly-gray, rain-spitting Thursday morning.

You see, this dear friend of 34 years and I used to write limericks together. Some were rather philosophical, most were silly. We did it to pass the time, or see how many words we could force into those familiar rhyming couplets, laughing until tears came. We'd often remark that when we were both in the same nursing home, we'd still be at it (using a fresh set of healthcare issues as fodder for more rhymes).

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For two days last December, in the company of deer and pines, a frozen lake and a handful of fellow lodgers, I created a ritual to honor my friend, and my feelings. Had I waited for the “right moment” (which, honestly, never ever arrives, does it?), I would have missed something powerful, and healing, and necessary. I wrote, and yes, it included some limericks.

The edges of that gap in my life are still a bit rough-edged at times. Of course they are, as I work to unpack 34 years of memories, some regrets, and what seems to be a bottomless well of gratitude for a friendship so rare and remarkable. But I’m promising myself not to over-think my dreams and ideas anymore. I came away with new questions to ask in the new year: if not now, when? If not you, who? What are you waiting for?

So, before I talk myself out of this...

Listen closely dear people, dear friends
In compassion, the universe bends
Toward a future unknown
We bring all that we own
Loving hearts, caring hands, these we lend.

Raise a glass as we greet the new year
With encouragement, peace, and good cheer
Together we strive
To keep hope alive
For the people in our care, held dear.

Liz Adamshick

Volunteer Services Manager



2016 Timesheets Due!!

Please submit any outstanding volunteer timesheets to Volunteer Services by Friday, January 20, 2017. This helps us keep our annual report to Medicare accurate!

Thank you!!



Volunteer News

Winter 2017

Volume 5 Number 1

Purpose Statement

The *Volunteer News* is a quarterly publication for all Hospice of Central Ohio volunteers and the community at large.

Its purpose is to **inform** readers about upcoming events, volunteer opportunities and organizational updates, as well as **educate** about how to support those involved in the end-of-life process.

Volunteer Services Staff

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Please contact us to learn more about how you can bring comfort to the people in our care.



2017 New Volunteer Training Schedule

Note: All sessions run from 6:00—8:30 p.m. unless listed otherwise
Attendance at all four sessions in a series is required prior to placement
Schedule subject to change; please contact Volunteer Services for updates

NEWARK

2269 Cherry Valley Road • Newark OH 43055

January/February: 31, Feb 2, 7 & 9

May: 2, 4, 9 & 11

August 15, 17, 22 & 24

October 9, 10, 16 & 17

LANCASTER

109 North Broad Street, Suite 304 • Lancaster OH 43130

February 21, 23, 28 & March 2

June 6, 8, 13 & 15

COLUMBUS

805 Hillstowne Road, Suite A • Westerville OH 43081

March 21, 23, 28 & 30

July 11, 13, 18 & 20

Please contact Volunteer Services to begin the application process:

740-788-1404 or 740-788-1416

volunteerservices@hospiceofcentralohio.org

Share this schedule with a friend or neighbor!



***Hospice of Central Ohio Volunteers—
Building Trust, Providing Comfort...Since 1982***

Happy Birthday!



January

Patrick Azzari	Jan 1
Madeleine Brason	Jan 3
Barbara Chapman	Jan 17
Mary Lou Debevoise	Jan 19
Billie Deck	Jan 30
Mary Goebbel	Jan 9
Ann Kloss	Jan 28
Betty Logan	Jan 27
Denise Mitchell	Jan 6
Sharon Whitson	Jan 26
Denise Wright	Jan 16



February

Zak Baker	Feb 16
Sylvia Braunbeck	Feb 24
Lori Brown	Feb 20
Georgeann Brune	Feb 19
Ruth Ann Church	Feb 7
Gretchen Davis	Feb 17
Cecilia Downey	Feb 3
Leah Gettings	Feb 5
Kristina Giannoutsos	Feb 26
Greta Hare	Feb 11
Thelma McCurdy	Feb 19
Rini Saha	Feb 7
Harriett Shaffer	Feb 8
Abigail Torres	Feb 8



March

Joann Baker	Mar 8
Erin Bentz	Mar 30
Luke Cordonnier	Mar 4
Linda Dennis	Mar 15
Liz DuBois	Mar 18
Richard Gilbert	Mar 27
Lindsay Malley	Mar 31
Jeanette Mintz	Mar 14
Lashonda Payne	Mar 16
Jane Ridgeway	Mar 26
Phyllis Shomaker	Mar 29
Monica Stell	Mar 3
Joel Stern	Mar 8
Gloria Velasco	Mar 2



When you have
more than you
need...

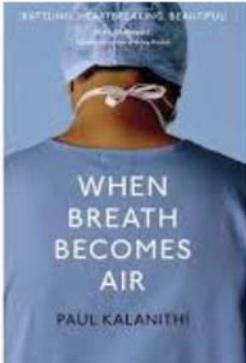
Build a longer table,
not a higher fence.

Project Happiness

Write it on your heart
that every day is the
best day in the year.

Ralph Waldo Emerson

Continuing Education Opportunities



At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. *When Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. (*review on Amazon.com*)



"Love Talk" Wednesday, February 15, 2017; 2:00—3:30p.m.

Google the word "love", and you'll receive 6, 940,000,000 (yes, that's 6 billion, 940 million) results in less than one second. There sure is a lot written, sung, and said about love, but doesn't it make you wonder why we're still struggling to find it, figure out what it is, or fall into it? Join in a lively conversation about this emotion, this unique part of what it means to be human. We'll take a closer look at how love impacts our work, our relationships, our values, and our life goals. We may raise more questions than answers, and that's ok. Don't miss it!

To pre-register, please contact Volunteer Services at 740-788-1404, or via email:

volunteerservices@hospiceofcentralohio.org

Looking for ways to fulfill your Continuing Education requirement?

Here are some ideas for you:

- Attend one of the New Volunteer Training sessions! A great refresher course, and a wonderful way to meet your newest volunteer staff colleagues. See the 2017 schedule on page 3.
- Conduct a few internet searches on topics like self-care, grief support, trends in end of life care, and other hospice-related topics. You'll be surprised at what's waiting for you!
- Visit our web site and spend some time there, getting current with our programs and services. And don't forget to browse our Facebook page for informational and inspirational posts while you're there.
- And speaking of our web site, that's where you'll also find our new podcasts. Just click on the "podcasts" link at the top right of the main page, or the YouTube icon.

Remember: all active volunteers are required to complete three (3) hours of Continuing Education annually to retain your active status. If you have questions about what would qualify, please contact Volunteer Services.



Friendly Reminders

Hello Patient Companions! We hope this finds you on the other side of a great holiday season, and ready for another year of caring.

Our patients and their families are grateful for your support. Through your regular visits and compassionate presence, you provide socialization that keeps patients engaged, and offer caregivers that much-needed break. **What a gift you are!!**

To keep on providing that excellent care, we offer the following friendly reminders:

Patient Clinical Records are due within two (2) days of your visit.

Your reports are shared at our weekly Interdisciplinary Group (IDG) meetings, and are essential to the discussions we have about your patients. You're an important part of the team! Just remember to close the loop on those visits by getting your documentation to your team members on time.

Submit a Patient Clinical Record for any MISSED visits.

All of the team members' visit reports must match the visit frequency in the patient's chart (if your visit frequency is twice a month, there should be two visit reports from you each month). If you're unable to visit as scheduled, please submit a Patient Clinical Record stating that you missed a visit.

Keep your documentation focused on any decline you observe.

"Just the facts" is what we're looking for here. Avoid drawing conclusions about your patient's condition, or offering an opinion ("Mrs. Jones was depressed", or "Mr. Ferguson enjoys seeing me each week."). If you notice a decline from one visit to the next, make note of it on your visit report. "Mrs. Smith said she didn't know who I was. This was different from my last visit with her." Also, please do not use the Patient Clinical Record as a means of communicating with your team about other matters.

Contact your team (RN Case Manager, Social Worker, Chaplain or Aide, if applicable) FIRST with any changes to your visit schedule. If you support a private home patient, please contact him/her or the primary caregiver.

You can connect with your fellow team members via email or text—**just use the patient's initials and record number ONLY. NO patient names, addresses, phone numbers, or other identifying patient information.** Emails and texts are not secure. Our patients and families trust us to keep their information private.

If, during your visit, your patient is in pain, please call your RN Case Manager and then *include in your comments that you did so:* "Mr. Jones stated that his leg hurt, and he grimaced as he tried to reposition himself in bed. I called his RN, Stacey, to report this."

Thank you for the support you give to your patients and their families. Tending to the above details also shows them you care by communicating effectively and within your scope of practice as a Patient Companion. If you have questions about any part of your documentation, or don't know how to phrase what you're observing, please contact your RN Case Manager or Social Worker. One of them will coach you.





As 2016 comes to an end and 2017 begins, I find myself thinking about the events of the past year. There has been a lot of change, some good, some bad.

This past year we have lost 3 of our own. I find it only fitting to pay tribute to those that have dedicated so much of themselves to the service of others. They contributed many hours of their time to helping Hospice of Central Ohio and we will be forever thankful to them and to their families for sharing them with us.



Beverly Moyer

12/10/34- 6/5/16

Beverly was one of our original volunteers, nearly 35 years ago. She spent many years helping us, and wore a variety of different hats. She worked to support the Foundation, Bereavement Services, was our chief Seasonal Decorating coordinator, helped with Hand-made Patient Supplies, and staffed the Kids' Grief Camp.

Ila Mason

10/28/32- 8/19/16

Ila started volunteering for us in 2001 and dedicated numerous hours as a Patient Companion, made beautiful gowns and neck pillows on the Hand-made Patient Supplies team, staffed the Inpatient Care Center, served as a Bereavement Companion, and provided Foundation support.



Arlene Imlay

6/10/27- 9/17/16

Arlene came to us in 2007 and also helped in many ways. She worked the front reception desk, foundation support, and general office support. If you carry a baggie of nitrile gloves around with you, chances are, Arlene packed those for you, each and every time.

These three ladies gave so much more than just their “free time”. They gave their hearts and talents. I offer my gratitude for all that they have done, not just for Hospice of Central Ohio but for the community as a whole.

They may be gone, but they will never be forgotten!

Pam Scanlon

Volunteer Services Coordinator

35 + 20 + 20 + 20 = *CARE*

This year, **Hospice of Central Ohio** celebrates **35 years** of caring for people at the end of life.

During this time, we're also celebrating these program milestones:

- ◆Golf Outing 20th Anniversary
- ◆Kids' Grief Camp 20th Anniversary
- ◆Inpatient Care Center 20th Anniversary

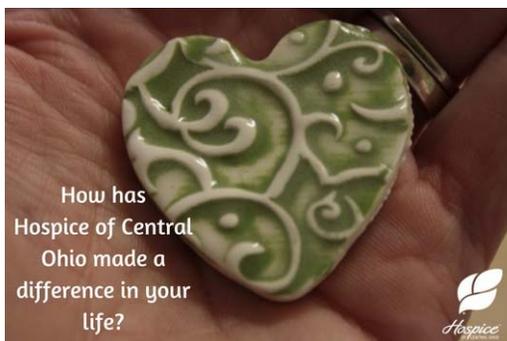
To mark this occasion for our organization, we're collecting stories from people who have been touched by our care—You! We invite you to take a few moments to reflect on and respond to the questions below. You can send us your stories via email or postal mail:

volunteerservices@hospiceofcentralohio.org

Hospice of Central Ohio Volunteer Services
2269 Cherry Valley Road Newark OH 43055

If you'd like to make a video testimonial, please contact Liz Adamshick at 740-788-1404, and we'll schedule an appointment to capture your story on camera.

There are so many ways we want to celebrate the difference we're making in the communities we serve as we mark our 35th anniversary. Thank you for helping us create a meaningful and personal way to do this!



What does Hospice of Central Ohio mean to you?



What advice would you give to someone who is unsure about the hospice decision?

