

2019 Year-at-a-Glance: Volunteer Services Activities Calendar

Are you a planner like I am? If so, then save the dates below on your calendar so you can be sure to participate in a fresh slate of HOCO Volunteer Services events and activities. And you know how this can work—sometimes things change, so please contact Volunteer Services to confirm dates and times, and watch your email/postal mail for updates. Here’s to all the possibilities the new year brings!

Month	Date	Time	Location	Event
January	11th	Noon	Newark Office	ICC Volunteers Meeting
	11th	2:00 pm	Newark Office	Patient Companions Meeting
	28th	10 am - 1 pm	Newark Office	MLK Jr. Day of Service w. Denison University
February	26th	6:00 pm	Lancaster Office	Patient Companions Meeting
March	6th	6:30 pm	Westerville Office	Patient Companions Meeting
	20th	6:00 pm	Newark Office	Continuing Education Session
April	25th	5:30 om	TBD	Annual Volunteer Appreciation Dinner
May	8th	6:00 pm	Newark Office	Patient Companions Meeting
June	12th	6:00 pm	Newark Office	Handmade Items Team Meeting
July	18th	6:30 pm	Westerville Office	Continuing Education Session
	31st	Noon	Newark Office	Continuing Education Session
August	28th	6:30 pm	Westerville Office	Patient Companions Meeting
	30th	Noon	Newark Office	Admin Support Volunteers Meeting
September	27th	9:00 am	TBD	Annual Fall Conference
October	23rd	6:00 pm	Newark Office	Movie Night
November	13th	6:30 pm	Westerville Office	Movie Night
	26-27th	All Day		Annual Volunteer Thank-a-Thon
December	Happy Holidays!			

Our Mission:

Our mission is to celebrate the lives of those we have the privilege of serving by providing superior care and superior services to each patient and family.

The Volunteer News is a quarterly publication for all Hospice of Central Ohio volunteers and the community. 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 providing end-of-life care. Copyright © 2019 Ohio’s Hospice, Inc. All rights reserved.



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Welcome to Christin Gallant, Volunteer Services Administrative Assistant!



We're pleased to announce that Christin Gallant has joined the Volunteer Services team, in the role of full-time Administrative Assistant. You may have spoken with her, or at the least, received a voicemail from her shortly after she arrived, near the Thanksgiving holiday, she reached out to all active volunteers with an

introduction and to say "thanks" for the work you do. Christin follows Alyce Shane, who now serves as the office manager for our new Zanesville location.

"I am so happy to have been chosen to start a new career path with such a wonderful organization" says Christin. "I came from State Farm, after 16 years within various departments. I needed a career change and hoped to feel a part of something more rewarding. During (our new hire) orientation, I have met various groups within the organization that affirms my decision was the right one. I am very excited for this opportunity and look forward to meeting everyone."

She has lived in the Newark/Heath area all her life, married for almost 21 years and has "two great kids." Her daughter is 20 and attends The Ohio State University, majoring in Pharmaceutical Sciences. Her son is 15 and a freshman in high school. He keeps the family busy with his passion: choir, acting, and as a member of The Rapid Jags (a rock band formed with two of his friends). They have played local gigs and were even selected to compete at The Rock & Roll Hall of Fame in Cleveland.

In her spare time, Christin says, "I am currently doing school work (try not to fall off your seat from excitement). I am 2 weeks shy from finishing my last class to receive my Associate's Degree from Mt. Vernon

Nazarene University. I enjoy spending time with family and friends and watching movies. Please stop by and say "hello!" I would love to meet new faces, and look forward to working with everyone and this remarkable organization."

Christin will be the VS point of contact for all volunteers' compliance tracking, manage the volunteer database, and coordinate all of the administrative functions for the department. We're glad and grateful to have her on the team.

Welcome, Christin!



Your Volunteer Services Team

Liz Adamshick
Manager, Volunteer Services

740.788.1404
LAdamshick@HospiceofCentralOhio.org

Pam Scanlon
Coordinator, Volunteer Services

740.788.1416
PScanlon@HospiceofCentralOhio.org

Christin Gallant
Administrative Assistant, Volunteer

740-788-1406
CGallant@HospiceofCentralOhio.org

Volunteer Birthdays

January



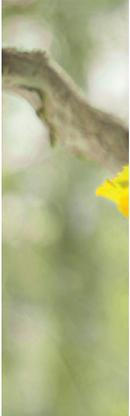
Mary Goebbel
Kerry McElroy
Barbara Chapman
Sharon Whitson
Betty Logan
Ann Kloss
Brittany Randolph
Billie Deck

February



Daniel DiYanni
Ruth Ann Church
Abigail Torres
Gretchen Davis
Lorretta Frenton
Allyson Beechy
Thelma McCurdy
Lori Brown
Sylvia Braunbeck

March



Monica Stell
Joann Baker
Joel Stern
Veronika Danchine
Linda Dennis
Lashonda Payne
Jane McCain
Phyllis Shomaker
Erin Bentz

Quarterly Question— How Do You Manage Stress in Your Life?



“When I am in a stressful situation, it is usually because I am not familiar with or unsure of the outcome of that situation and the effect it will have on me. I begin by trying to find out as much about the situation as possible. I try to determine what options are available to me, and then I try to develop a plan for conquering the issue. I try to determine what needs to be done first and then what steps will follow. The more information I gather, the better equipped I feel to handle the stress. I may never be completely stress-free, but I do feel prepared to address the issue head-on. I always chat with God before tackling even the most mundane stresses in my life, just to ensure he’s watching over me. There’s a lot of comfort in that. Maybe in the future, I will start with that step.” Debbie Hamrick

Editor’s note: The following responses are from volunteer applicants:

“Breathe, take a step away, then get to work.”

“Walks in nature always make me feel better. Just being outside is a great stress relief”.

“I’m a planner. Making lists and staying organized help me keep stressful situations under control”.

This Quarter’s Question:

“What Are You Looking Forward to This Year?”

Please send your responses and reflections to Liz Adamshick at LAdamshick@HospiceofCentralOhio.org

Continuing Education and Learning Opportunities

Start the new calendar year off by learning something, well, new about the end-of-life care setting that encompasses our work! Below are some recommendations from your fellow volunteers and VS team.

And if you've found a particular article, film, documentary or other resource helpful to your volunteer work with HOCO, we'd love to hear about it! Please send your learning suggestions to: LAdamshick@HospiceofCentralOhio.org. We'll gladly share them in our next Volunteer News newsletter!

Note: all active Hospice of Central Ohio volunteer staff are required to complete two (2) hours of Continuing Education credits in a 12-month period to retain your active status. Please refer to the Continuing Education policy, found when you log into your HOCO web site account (where you find the Volunteer Timesheet and Patient Visit Report forms), for more details, or, contact Christin Gallant, VS Administrative Assistant, at 740.788.1406, CGallant@HospiceofCentralOhio.org.

Recommended Reading/ Listening/Viewing

Dress Rehearsal For Death: Using Virtual Reality To Foster Empathy For Dying Patients

<http://www.wbur.org/commonhealth/2018/11/16/virtual-reality-dying-palliative>

Gratitude by Oliver Sacks

“My predominant feeling is one of gratitude. I have loved and been loved. I have been given much and I have given something in return. Above all, I have been a sentient being, a thinking animal, on this beautiful planet, and that in itself has been an enormous privilege and adventure.” —Oliver Sacks

No writer has succeeded in capturing the medical and human drama of illness as honestly and as eloquently as Oliver Sacks. During the last few months of his life, he wrote a set of essays in which he movingly explored his feelings about completing a life and coming to terms with his own death.

“It is the fate of every human being,” Sacks writes, “to be a unique individual, to find his own path, to live his own life, to die his own death.”

Together, these four essays form an ode to the uniqueness of each human being and to gratitude for the gift of life.

TED Talks

The TED Interview: Elizabeth Gilbert October 2018

Introducing The TED Interview, a new podcast hosted by head of TED Chris Anderson. As a writer, Elizabeth Gilbert is notorious for placing her heart squarely on her sleeve. Her best-selling memoir “Eat Pray Love” was a sensation precisely because of her eloquent, open-hearted descriptions of fear, divorce and wanting everything life had to offer. When she spoke at TED back in 2009, she charmed the audience with her frank descriptions of what happened after the book became a runaway success and her lyrical ideas of the nature of creativity. Nearly ten years later, in this extraordinarily intimate conversation with Chris Anderson, she shares why openness, transparency and creativity are still central to her philosophy of life -- even when faced with moments of desperation and personal tragedy.

The Journey Through Loss and Grief

https://www.ted.com/talks/jason_b_rosenthal_the_journey_through_loss_and_grief

In her brutally honest, ironically funny and widely read meditation on death, “You May Want to Marry My Husband,” the late author and filmmaker Amy Krouse Rosenthal gave her husband Jason very public permission to move on and find happiness. A year after her death, Jason offers candid insights on the often-excruciating process of moving through and with loss -- as well as some quiet wisdom for anyone else experiencing life-changing grief.

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Talk About Death While You're Still Healthy

https://www.ted.com/talks/michelle_knox_talk_about_your_death_while_you_re_still_healthy

Do you know what you want when you die? Do you know how you want to be remembered? In a candid, heartfelt talk about a subject most of us would rather not discuss, Michelle Knox asks each of us to reflect on our core values around death and share them with our loved ones, so they can make informed decisions without fear of having failed to honor our legacies. "Life would be a lot easier to live if we talked about death now," Knox says. "We need to discuss these issues when we are fit and healthy so we can take the emotion out of it -- and then we can learn not just what is important, but why it's important."

Dying Well

<https://www.npr.org/programs/ted-radio-hour/645334275/dying-well>

Is there a way to talk about death candidly, without fear ... and even with humor? How can we best prepare for it with those we love? In this TED Radio Hour recording, TED speakers explore the beauty of life ... and death.

Coco—Disney Pixar Films, 2017

Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer. Editor's note: a beautiful story touching on themes of loss, remembrance, and family. Not just for children!

In Grateful Memory

Pam Scanlon, Coordinator, Volunteer Services

As 2018 comes to end, I think back to all the things that have happened in the past year. This year has seen a lot of changes for us all. I look forward to seeing what the coming year will bring but for now, I would like to honor the memories of those that are no longer with us.

The following individuals truly embodied the giving spirit and dedicated countless hours in the service of others. They were patient companions that sat at the bedside holding the hands of our patients reassuring them that all will be ok. They crafted items of comfort and beauty, supported families at our Inpatient Care

Center, delivered supplies to our many office locations, worked fundraising events, and helped children learn better ways to grieve. We're grateful for each and every act of compassion they provided.



Lynda Moore

8/7/48- 12/22/17



Marjorie Hensley

10/13/1938-12/31/2017



Sharman Meyer

2/22/1951- 1/3/2018



John Campbell

9/12/1926- 1/7/2018



Stella Laverne Mahaffey

7/7/1922- 8/15/2018



Nell Nutter

02/11/1928- 10/15/2018

These individuals gave so much more than just their "free time." They gave their hearts and talents and I would just like to express my gratitude to them and their families 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!

“Who Cares?”

—Profile of an Active Volunteer:
Mike Havens

Pam Scanlon, Volunteer Services Coordinator



Lovely ceramic hearts and angels play a significant role in the Celebration of Life ceremony that takes place on the last day of Camp HOCO every year. I would like you to meet the man responsible for the ceramic angels and hearts. His name is Mike Havens, and he does so much for us.

When he is not at Camp helping us or at home making items in his kiln for us, you can find him helping at one of our events, such as the Golf Outing. He is also part of our American Pride team, which honors the Veterans in our care by giving them pins and certificates of recognition.

When asked what brought him to us as a place to volunteer his time, he simply states, “my daughter, Maria” (Mike means Maria Johnson, our Manager of Patient and Family Services—formerly Bereavement Services). Maria oversees our Kids’ camp and was showing him the hearts they wanted to make for the Camp. Mike graciously said, “I could do that”. He purchased a kiln and the rest is “heart history.”

Mike is a graduate of Ohio University Zanesville and served in the Air Force from 1967-1971. He retired from Chase bank after 35 years. He is happily married and has 2 children, 5 grandchildren and 3 great grandchildren that keep him very busy.



Thank you, Mike, for everything you do for us!



Volunteer Timesheets and Patient Visit Reports —PLEASE READ!!

We’re now reporting volunteer service hours on a monthly basis.

So...**please submit your volunteer hours as soon as you complete your shift or visit** (no more “month at a time” submissions, please!). Our reports must be accurate and timely, and it’s amazing how a few hours of your hard work can make a difference on the reporting side of things!



Thank you for getting your Volunteer Timesheets and Patient Visit Reports to us on time!

The Kindness Connection

To help us create and sustain a culture of kindness here at Hospice of Central Ohio, we've created The Kindness Committee. Would you like to join this group in helping shape our organization's commitment to this core value?

For more information, please contact Liz Adamshick at 740.788.1404.

Someone wiser than I once said, “the difference between a crisis and an adventure is your approach.”

I've seen this wisdom played out in my own life too often to discount its truth. Frequently, it's my perspective and outlook that decide the outcome of any stressful situation I'm in, or how I choose to treat others.

So, as I strive to be kind, to make my human experience one that grounds itself in kindness, it's important for me to gather the information I need to recalibrate my outlook, to adapt my perspective to be more inclusive, and not just focused on what I want, or what I know to be true.

It's not easy.

It means I have to be willing to look at myself honestly, sort and sift through unfinished business, unhealed hurts, widen my view to include someone else, and allow his/her experience to be as valid as mine. It means suspending judgment and listening without bias.

When I've done this well, the results have humbled me. I've seen relationships change for the better, and have received forgiveness for my small-mindedness. I've learned something valuable and helpful about the other person, that allows us to work better together, or appreciate each other's struggles at a deeper level.

All this, from a commitment to kindness in everything I do and attempt. I'm not done yet. I still have more to learn, other experiences to help me develop this part of my nature.

Join me. Join Hospice of Central Ohio as we expand our ability to act out of kindness and compassion, always, and in all ways. It won't be easy, but the results will be so worth it.



2019 New Volunter Series Schedule

Note: All sessions run from **6:00—8:30 pm**

Application and initial interview required in order to register.
Attendance at all four sessions in a series required prior to placement.

NEWARK

2269 Cherry Valley Road • Newark OH 43055

January 22, 24, 29 & 31

May 13, 14, 20 & 21

September 9, 10, 16 & 17

LANCASTER

1585 E Main Street • Lancaster OH 43130

February 18, 19, 25 & 26

July 8, 9, 15 & 16

COLUMBUS

805 Hillstown Road, Suite A • Westerville OH 43081

April 9, 11, 16 & 18

August 6, 8, 13, 15

November 5, 7, 12 & 13

ZANESVILLE

1166 Military Road • Zanesville OH 43701

March 11, 12, 18 & 19

June 11, 13, 18 & 20

October 7, 8, 15 & 16

Please contact Volunteer Services to begin the application process:

740.788.1404

VolunteerServices@HospiceofCentralOhio.org

Schedule subject to change—please contact VS for updates!