



St. Anthony's Hospice Volunteer Newsletter February 2012

Note from the Volunteer Coordinator Megan Mortis

Recently, Retia Denton, the Prayer Shawl Ministry Coordinator, shared with me that a woman in New York found out about our local prayer shawl ministry on-line, and emailed Retia for more information. Retia has been in contact, and now this woman is planning on starting a prayer shawl ministry in her town. St. Anthony's Hospice volunteers are not only making a difference in our community, but across the country.

Thank you St. Anthony's Hospice Volunteers for all that you do.



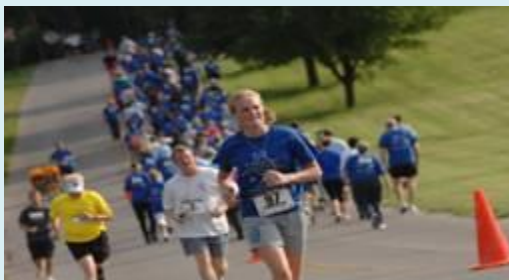
"Remember that when you leave this earth, you can take with you nothing that you have received - only what you have given: a full heart, enriched by honest service, love, sacrifice and courage"

--St. Francis of Assisi

Upcoming Events.

February 7th– "A Taste of Chocolate" fundraiser, Webster County Extension office.

May 12th- Pat McCormick Race to Remember 10k and 5k



Volunteer Opportunities:

Friday Phone Support- Need volunteers to help answer the phones at 2410 S. Green St. office on Friday afternoon from 1-4.

- **Administrative support-** help provide administrative support for our office staff on a weekly or bi-weekly basis.
- **Family Support Team-** providing respite or a break for caregivers and families. This is an “as needed” opportunity and involves staying in patient’s home for 2-3 hours during the day. Need a number of volunteers in this area.
- **Baked With Love Team-** provides refreshments for bereavement support groups and the Lucy Smith King Care Center.

Need Volunteers to help answer the phones on the weekend and at night at the Lucy Smith King Care Center.

Contact Megan for more information.

**Remember answering the phones and helping at the front desk provides tremendous help for the Care Center on the weekends. It allows the staff to spend more time focusing on patients and families needs.*

We appreciate the weekend volunteer team.

The Lucy Smith King Care Center accepts donations of Kleenexes, coffee, snack items, light bulbs, and toiletry items.

Items can be dropped off at the front desk at the center.

St. Anthony’s Hospice is Partner Level 1 with National We Honor Veteran Partner

After a busy Veteran’s day, St. Anthony’s Hospice has achieved the official status as partner level 1 with the National We Honor Veteran Program. St. Anthony’s Hospice achieved Partner Level 1 by recognized veteran patients and participated in community veteran programs and events. Below is a picture of Chaplain Hollis Marshall presenting an American flag and a prayer shawl to a veteran.



Volunteer Video

Enjoy this video featuring volunteers Brenda Williams and Ida Omer sharing their hospice journey. Click on the link below.

Thank you volunteer AJ Casey for creating this video.



<http://youtu.be/m1o0Xun8NWk>

Knitting/crocheting class



Want to Learn how to KNIT or
CROCHET For FREE!

New Class starting – March 24th.

(Every Saturday until April 28th)

(Note: You do not need to attend every session. This is a one-on-one teaching

and you may come anytime during the session)

Time: 10:00 a.m. – 12:00 noon

Come and Join the Prayer Shawl Ministry

Everyone Welcome!

Location: St. Paul's Episcopal Church

5 South Green

Henderson, KY

Contact Information:

Retia Denton, Coordinator – email -

retia.denton@gmail.com

Happy Birthday February Volunteers!

Mary Bowles

Earl Brandon

Fran Cline

Wanda Combs

Sandi Jackson

Jody Payne



Don't forget to turn in volunteer time or sign the volunteer log book when volunteering for St. Anthony's Hospice.

We are required to track all volunteer hours.

Hospice 101 Information



What is Grief?

Grief is the normal and natural response to the loss of someone or something important to you. It is a natural part of life. Grief is a typical reaction to death, divorce, job loss, a move away from

family and friends,
or loss of good health due to illness.

Grief reactions may include...

- Feeling empty and numb, as if you are in a state of shock
- Physical responses such as nausea, trouble breathing, crying, confusion, lack of energy, dry mouth, or changes in sleeping and eating patterns
 - Anger—at a situation, a person or in general
 - Guilt about what you did or did not do
 - Withdrawal from family, friends and common activities
 - Difficulty focusing, working or making decisions
- Questions about faith or spirituality; challenges to the meaning, value and purpose you find in life

Grief lasts as long as it takes to adjust to the changes in your life after your loss. This can be for months, or even years. Grief has no timetable; thoughts, emotions, behaviors and other responses may come and go.

Supporting Friends or Family Who Are Grieving

Death and grief spare no one and are normal life events. All cultures have developed expectations and norms about coping with death. It is important to understand someone else's loss from the perspective of the cultural and family traditions unique to that individual.

When people are grieving, thoughts and emotions are often heightened. People who care about the bereaved are often unsure how to be helpful; they do not know what to say or do. The primary and most important thing to do is to show that you care by being present and by listening and supporting family and friends who are grieving. Offering advice or suggestions is not needed; try to become comfortable with quietly supporting a person with your presence.

There is no right way to grieve and mourn. Be very careful not to impose your ideas, beliefs and expectations on someone else, no matter how much you think it might help. The following are some suggestions of ways you can support a grieving friend or family member.

- **Acknowledge all feelings.** Their grief reactions are natural and necessary. Do not pass judgment on how well they are or are not coping.
- **Understand and accept cultural and religious perspectives about illness and death that may be different from your own.** For example, if a family has decided to not allow their

children to attend the funeral because of their beliefs that children should not be exposed to death, support their decision even if this may not be what you would do.

- **Acknowledge that life won't "feel the same" and the person may not be able to "get back to normal."** Help the person to renew interest in past activities and hobbies, when they are ready, or to discover new areas of interest. Offer suggestions such as, "Let's go to the museum on Saturday to see the new exhibit," but be accepting if your offer is declined.
- **Be willing to stay engaged for a long time.** Your friend or family member will need your support and presence in the weeks and months to come after most others will have withdrawn.
- **Be specific in your willingness to help.** Offer assistance with chores such as childcare or meals. For example, suggest, "I'll bring dinner on Thursday; how many people will be there?"
- **Check on your friend or relative as time passes and months go by.** Periodic check-ins can be helpful throughout the first two years after the death. Stay in touch by writing a note, calling, stopping by to visit, or perhaps bringing flowers.
- **Be sensitive to holidays and special days.** For someone grieving a death, certain days may be more difficult and can magnify the sense of loss. Anniversaries and birthdays can be especially hard. Some people find it helpful to be with family and friends, others may wish to avoid traditions and try something different. Extend an invitation to someone who might otherwise spend time alone during a holiday or special day, and recognize they may or may not accept your offer.
- **Identify friends who might be willing to help with specific tasks on a regular basis.** Performing tasks such as picking up the kids from school or refilling prescriptions can be a big help.

If you have a friend, family member, neighbor, or co-worker that needs hospice care, do not hesitate to call our office. 270-826-2326 and ask to speak to our Referral Specialist Marti Vickers.

*St. Anthony's Hospice
2410 S. Green St
Henderson, KY 42420
270-826-2326 or 866-380-2326*

*Lucy Smith King Care Center
Methodist Hospital Campus 1305 N. Elm, Henderson, KY
270-631-2450
www.stanthonyshospice.org*