Congratulations to Duke Hospice Volunteer Sarah Woodard. On January 13, Sarah received the inaugural Martin Luther King Jr. Social Justice Community Award from North Carolina Central University for encouraging student involvement in service projects through St. Titus Episcopal Church, where Sarah serves as deacon. The award recognizes courage, leadership, compassion, humility, and perseverance in enhancing human dignity and fostering the values for which King lived his life. For more information, visit www.dukemission.duke.edu/2011/01/sarah_woodward.html.

Congratulations also to April Perry, RN, DHCH Clinical Nurse Educator, on the publication of No Hands but Yours (Durham: Luke’s Mission, 2010), a memoir/case study of her first post-earthquake visit to Haiti last January.

From the Desk of William Holloman, Manager, Duke Bereavement: Camp ReLEAF 2011

Greetings to all Duke Hospice volunteers. DCBS is starting to plan for Camp ReLEAF 2011, an overnight bereavement camp open to children in Kindergarten through 8th grade. For Camp ReLEAF campers, the camp provides an opportunity to meet and interact with other children who have experienced a significant death, participating in activities that promote greater awareness and understanding of how life has changed since that death. Camp ReLEAF depends on volunteers to assist us with these activities. Volunteers find the camp experience rewarding and life changing.

Camp ReLEAF is held annually, this year on May 21st -22nd which will be our 20th year. Past volunteers have already been contacted about their availability. New volunteers are invited to submit an application to be considered for the available volunteer positions. For more information or to apply, please e-mail us at DHCHCampReLEAF@mc.duke.edu. Each volunteer must attend a 2-hour training workshop to become familiar with children’s bereavement and with camp. Additionally, there is a required meeting a week before camp to introduce you to the campers and address any questions or concerns you might have. You will be notified of those dates in future correspondence.

Even if you do not volunteer for Camp ReLEAF you can help spread the word. Please feel free to share information about Camp ReLEAF with your friends, family, or the hospice families you serve. Information about Camp ReLEAF is available on our website--www.dhch.duhs.duke.edu. If you belong to a group who would like to hear about Camp ReLEAF or would be interested in learning about opportunities to provide financial support, please let us know.

Thank you for all that you do to support the work of Duke Community Bereavement Services in the community.
News from the DHCH Development Department: The 9th annual "Oh, What a Night!" Gala will be held Saturday, June 4, 2011, at Treyburn Country Club. This annual event raises much needed funds to support hospice services. This year’s event will once again be emceed by ABC 11 Lead Anchor Larry Stogner, and you can enjoy music and dancing by Staircase. Your $100 ticket includes dinner, dancing, drinks, and a live and silent auction filled with an array of great trips, jewelry, unique experiences, gift certificates, and much more. For tickets, please contact Michael Lowery at michael.lowery@duke.edu or 919-479-0319 or Dale Horton at dale.horton@duke.edu or 919-479-0318. Each attendee will receive a gift bag filled with goodies and prizes to take home. Tables for 10 are also available for purchase. Come on out and enjoy an evening on the town while supporting patients who need end of life care. Visit www.dhch.duhs.duke.edu for more information. If you would like to help with soliciting sponsorships or auction items, please contact Michael Lowery.

Playmakers Repertory Company has another new show on-stage in Chapel Hill and we anticipate that Duke Hospice volunteers will be eligible for free tickets through their Spotlight on Service program. Angels in America: Part 1 Millennium Approaches and Part 2 Perestroika will appear in rotating repertory between Jan. 29 and March 6. The two plays combine in a single soaring masterpiece exploring America and the first wave of the tsunami that became the AIDS epidemic set against the backdrop of the Reagan era. This is a theatrical feast by Tony Kushner, one of America’s most visionary playwrights. If you would like to be on the e-mail list to be notified when and if tickets are available, please contact Carolyn.

Duke Hospice volunteer afternoon/evening at the movies: if there is enough interest we would like to get a group of volunteers together to view and discuss a hospice-related movie. Please let Carolyn know if you would like to participate, what day and time is best for you, and if you have any movies you would like to recommend. If there is interest we would also like to start a hospice volunteer book club.

If you’d like to be a part of the Duke Hospice Care Shawl team, think about attending one of our upcoming meetings. With the wintery weather upon us, you may be spending more time inside, snuggled up with the television. If so, it might be knitting time again. And it certainly a time when more of our beautiful, cozy care shawls will be going out to patients needing a little boost of care and affection. If you need knitting and crocheting lessons, the care shawl pattern, or just the companionship and inspiration of others doing this work, come to one of our meetings:

- Saturday, February 5, 2011, 12:30 to 3 p.m., Unity Spiritual Life Center, Durham
- Friday, February 11, 2011, 12 noon to 2 p.m., Durham office (bring your lunch)

Duke Integrative Medicine is offering “An Evening of Mindfulness,” a free stress reduction experience on May 11 from 6:30-8:00 p.m. These classes fill up very early so contact them soon if you have interest in learning about Mindfulness Based Stress Reduction to enhance your ability to cope with job- or family-related stress, reduce common physical symptoms and improve the quality of your life, learn skills for dealing with anxiety, depression, and other psychological symptoms, experience greater joy and enthusiasm for life. Call 919-681-2958 to register. For more information on Duke Integrative Medicine, go to http://www.dukeintegrativemedicine.org/

On Tuesday (Jan. 25, 2011) the Raleigh News & Observer ran an article that may be of use in your work with patients and in enhancing your own physical and emotional wellbeing: “The Mind on Music: Research reveals many ways that melodies can help tune up our health.” http://www.newsobserver.com/2011/01/25/941833/the-mind-on-music.html#storylink=misearch

Training for **patient/family support volunteers will be offered on Thursday afternoons for six consecutive weeks at the Durham office beginning March 10.** Please have anyone who is interested contact Carolyn Colsher to sign up. And if you’d be interested in brushing up your skills in one of our training modules, give Carolyn a call to check the weekly agenda.

Despite its low profile this season, **flu** is widespread in North Carolina. Would you recognize the symptoms as flu if you had them? Fever or feeling feverish/chills (not everyone with flu will have a fever), coughing and/or sore throat, runny or stuffy nose, headaches and/or body aches, chills, fatigue, some people may have vomiting and diarrhea, though this is more common in children than adults. And what would you do about it? We concur with the CDC advice: stay home, follow your doctor’s orders, and watch for signs that you need immediate medical attention. For further information, go to the CDC website: [http://www.flu.gov/individualfamily/about/symptoms/index.html](http://www.flu.gov/individualfamily/about/symptoms/index.html).

**Severe Weather Precautions Please stay safe:** During bad weather, we encourage you to put your safety first. If you need to reschedule a visit because of weather, call your patient or the caregiver and set up a new time, or call the Meadowlands or Hock Family Pavilion staff to let them know you cannot safely drive to your assigned shift. Please do not feel obligated to venture out in a storm. Our volunteers are too valuable to risk having them blown away or stranded on the side of the road.

**February Admission Packet Assembly workday** is coming up **Saturday**, February 26 from 9 a.m. to noon at the Durham office. Call Carolyn if you and a friend or two will be coming for the fun. In addition to the good time we have, this monthly chore is critical to the smooth functioning of Duke HomeCare and Hospice, and our clinicians thank you profoundly. Please join us.

**Mileage reports** for income tax purposes are available for 2010. If you have included your mileage with your weekly patient reports, Carolyn can provide you a report of the mileage you submitted.

**A RESOURCE FOR YOU** Continuing Education for February: “Unlocking the Silent Prison: Caregivers are learning a better way to communicate with Alzheimer’s patients.” Thanks to Carol Ann Mullis for acquiring reprint rights from Parade Publications.

**Carolyn has a new cell phone number. If you have saved her old number in your address book, please call her to get the new number.**

For more information contact:
Carolyn Colsher, DHCH Volunteer Services Supervisor  
919 479-0385 (phone) 919 970-0227 (pager) carolyn.colsher@duke.edu  
Website dhch.duhs.duke.edu

We may have all come on different ships, but we’re in the same boat now.  
--Martin Luther King Jr.

And thank you, as always, for everything you do for our patients and families. Carolyn

Mission Statement: Duke HomeCare and Hospice will provide innovative, thoughtful care, using an interdisciplinary team approach, to achieve the best possible outcomes for the patients, families and communities we serve.