Duke Hospice Volunteers
DEDICATED TO MAKING A DIFFERENCE

Duke Hospice Volunteer Newsletter
April 2010

APRIL IS VOLUNTEER APPRECIATION MONTH!
This month we celebrate you and all you do for the community and for Duke Hospice. We will have a gathering on Sunday, April 18 at the Durham office at 2 p.m. to show you just how special you are. Please plan to attend. RSVP to Carolyn Colsher at 919-479-0385 or carolyn.colesher@duke.edu.

From Ron Thompson, Director of Duke Hospice
With each spring, we are reminded of rebirth by the awaking of plants and the return of all the outsider “critters,” including the little peep frogs that reside near the stream by my house. Spring has always been one of my favorite times of year. I remember coming home after school with more light to play outside and begging to go barefooted (even before Mother’s Day). Just down the hill was the river and I knew that soon it would be warm enough to wade and swim. These are great memories of a simpler time.

Last weekend, I participated in a volunteer training in an adjoining county. As I reviewed the services of the Hospice Medicare Benefit, I talked about the uniqueness of the volunteer program. Hospice is the only federally funded health care reimbursement program that requires community trained volunteers to be a part of participation. Just think about how significantly that requirement enhances hospice care. Caring people from all walks of life are trained to provide companionship, short periods of respite and a caring presence for hospice patients and families.

Getting back to simpler times, before all the complexities of today’s health care, I think about who took care of those facing the end of life in the past. It was the families, friends and neighbors. They cared without training or many resources. If you would, the volunteer component embraces that same philosophy of community care. One of the many definitions of care is to freely give concern. I like that definition for it best describes just what our volunteers do for our patients and their loved ones. I would like to express my appreciation for all you do in making it happen here and in this time. Happy Spring!

Volunteer Spotlight: David Kennedy, Duke Hospice/Duke Community Bereavement Services/Camp ReLEAF volunteer. Everyone experiences grief caused by death at some point in their life, sometimes as a child. I have just finished helping with a seven-week Family Group Workshop presented by William Holloman and Allison Shultz at the Unicorn Bereavement Center. It was a fun and heartwarming experience. The children that come in to the program often act timid and unsure of why they are there and of what they are to do. It is so rewarding to see the changes that occur as they discover that they are in a safe place where it is okay to talk about loss and to show their emotions. William and Allison are excellent at putting together just the right activities and projects to make this happen and to allow the children and their parents to work through their grief. There is laughter in doing this and there are tears, especially at the end of the workshop when the families discover how close they have become by sharing meals, their stories and friendship. I find that working with children in this respect is truly a worthwhile and rewarding experience.
Volunteer Opportunities in April:

The April Admission Packet Assembly workday is coming up this Saturday, April 3 from 9 a.m. to noon. Call Carolyn if you and a friend or two will be coming for the fun. This monthly chore is critical to the smooth functioning of Duke HomeCare and Hospice and our clinicians thank you profoundly. Please join us. On Saturday May 8 from 9 am to noon we will have our May admission packet assembly workday. Please mark your calendars.

The next Volunteer Panel for family/support training will speak on Saturday, April 17 in Kittrell, NC. If you are a veteran hospice volunteer and would be willing to share your experiences with the newbies, please give Carolyn a call. This is one of the most valued parts of volunteer training year in and year out.

Two care shawl meeting opportunities in April: This very popular project provides soft, snuggly shawls to our hospice patients in need of a warm, nurturing boost. A recent thank you from a patient said, “I feel the prayers, care and warmth knitted throughout my lovely care shawl. THANK YOU! THANK YOU!” Another wrote, “This gift on my 94th birthday will always remind me of the special ones who volunteer for Duke Hospice.” If you’d like to be part of this project, come out and join the fun. Learn the stitches and patterns we use (or if you’re already a knitter/crocheter develop a pattern on your own that fits our needs) and go forth and click those needles, whip those hooks. Patterns are available to those who would like to work on their own at home. Everyone from the community is welcome at these meetings.

- **Saturday, April 10 from 1-3 p.m.** A group has begun meeting at Unity Spiritual Care Center in Durham. Contact Patricia Skinner at 919-479-1915 or by e-mail healingtc@aol.com for details.
- **Friday, April 16, noon to 2 p.m.** our daytime group will meet at the Durham office. Feel free to bring your lunch.

The Care Shawl ListServ is being updated and moved to our duke server. If you have been on the list serv and wish to remain, please e-mail Katie Smith at ksmith5306@aol.com or Carolyn Colsher at carolyn.colsher@duke.edu. (This is a separate listserv from our hospice volunteer contact list for updates and information related to our care shawl meetings. If you would like to be added, just let us know.) Thanks.

**National Healthcare Decision Day is April 16.** Help spread the word about healthcare decisions at the end of life. If you like to work with the public and are interested in spreading the news about this important topic, please let Carol Ann Mullis know at Carol.mullis@duke.edu. More info is available at http://www.nationalhealthcaredecisionsday.org/Welcome.htm.

The 2010 “Oh What a Night!” Gala is upon us, Saturday, April 24 at Treyburn Country Club. Thanks to all of you who have contributed to this fundraiser in any way. As with so many activities of DHCH, we couldn’t provide the quality of service without your help. For information on OWAN 2010 please contact Danielle Irving at Danielle.irving@duke.edu.

Please come to the fourth installment of the “Being with Dying” series, Friday, April 30, 8:30 a.m. in the Durham office. This is the audio conference with Joan Halifax Roshi (Buddhist teacher, Zen priest, anthropologist, and author). For more information on Joan Halifax Roshi, look on-line at www.upaya.org/roshi.

**Camp ReLEAF 2009: May 1-2, 2010** is our annual, overnight bereavement camp held in the spring of the year at Camp New Hope in Chapel Hill. We provide a healing camp experience for children in kindergarten through 8th grade who have suffered the loss of someone significant in their life. If you know a child who might benefit, more information and applications are available on our website www.dhch.duke.duhs.edu. We can always use financial support or in-kind donations (sponsoring meals or individual campers, gift cards from Michael’s or A.C. Moore, etc.) for Camp ReLEAF. If you or someone you know would like more information about Camp ReLEAF, please contact William Holloman 919-644-6869 ext 222, or william.holloman@duke.edu.
Save the Date:

May 1  First Anniversary of the Opening of Hock Family Pavilion.
Please plan to join Duke Hospice as we celebrate the first anniversary of the opening of our new inpatient facility on Saturday, May 1 at 2 p.m. on the grounds of Hock Family Pavilion. This community celebration will include remarks by Durham City Councilman Mike Woodard and Tony Fiorentino, a family member of a HFP patient. The Aldersgate Handbell Choir will provide music, and a brief service of remembrance will be held. The event will culminate with a mass butterfly release. Cremation Society of the Carolinas Capital Funeral Home is sponsoring this very important event for our community.
We could use helpful volunteers in two areas—parking and food. Several of our volunteers have already offered to donate refreshments but we could use additional cookies, brownies, crackers, punch, and (for you non-cooks) ice. If you would like to help by directing participants to the parking lots or preparing / providing treats for this special service to our community, please contact Carol Ann Mullis at 919-479-0315 or by e-mail carol.mullis@duke.edu. Thanks for all you do!

May 1-4  Vietri’s Primavera Sale in Hillsborough can benefit Duke Hospice. Tell the cashier at checkout that you support Duke Hospice. If 10 purchasers mention Duke Hospice, we will receive a product voucher equal to 10% of the total purchases. For more information, contact Laurie Murray at Lmurray@vietri.com or 919-732-5933 x-120.

May 6:  Know Me As I Am: African Americans Talk about End of Life Care, 5:30 p.m. at the Durham office, coordinated by Regina Mitchell. We are very pleased to offer this latest presentation in our Continuing Education series. This local panel will include J.C. “Skee pie” Scarborough III (director of Scarborough-Hargett Funeral Home and mentioned in Passed On, the book profiled in last month’s BookNotes), Nellie Lewis (retired nurse and Duke Hospice volunteer), and Pastor Pam Clegg (minister and caregiver). Volunteers and staff are encouraged to attend. Please RSVP to Regina Mitchell at 919-479-0395 or regina.mitchell@duke.edu.

Friday, May 14—Sunday, May 16. Our next training class for family/patient support volunteers will be a focused weekend training Friday evening, all day Saturday and Sunday. Volunteers from all parts of our nine county service area are needed. We especially need volunteers from Roxboro, Timberlake, and points north to the Virginia state line. If you know people from that area or any other part of the Triangle who would make compassionate listeners for our hospice patients, please have them get in touch with Carolyn Colsher.

There are still opportunities for the gardeners in our midst to participate in the “Adopt a Patio at the Meadowlands” program for spring/summer 2010. This popular program pairs gardeners with the small patio areas outside the 6 patient rooms at the inpatient facility in Hillsborough. Throughout the growing season the gardener will plan, plant, and maintain the area to delight and refresh the residents’ spirits. Several patios are already adopted but others are waiting for that extra care our volunteers provide. Adopt one or more by yourself or with a team. If your green thumb is itching and you are looking for a stage for your horticultural talents, give Carolyn a call for more information.
New Books of interest to our volunteers:

Tea with Elisabeth: Tributes to Hospice Pioneer Dr. Elisabeth Kubler-Ross by Fern Stewart Welch, Rose Winters and Ken Ross, features 51 essays celebrating the life and work of Elisabeth Kubler-Ross, M.D., the Swiss-born physician who changed the way the world views death and dying and the founder of the hospice movement. Essayists include celebrities and best-selling authors such as Muhammad Ali; Sarah Ferguson, Duchess of York; Marianne Williamson; Doreen Virtue; Raymond Moody; Carolyn Myss; Stephen Levine; and Bernie Seigel. Kubler-Ross was named one of the greatest minds of the twentieth century by Time magazine and is considered by many to be one of the most heroic and influential women of all time. She authored twenty books published in twenty-seven languages, including her seminal book, On Death and Dying. (in Resource Room)

Is There Life before Death? (I Was an Imaginary Playmate in My Past Lives) by Steve Andreas This anthology is filled with short stories and essays, poems and quotes that can touch your heart, turn your head, clarify your vision, and tickle your fancy. A glance at the contents reveals the wide range of living touched on: tears and laughter, wisdom and foolishness, dreaming and action, knowledge and ignorance, thinking and feeling, loving and purpose, anguish and gratitude, separation and connection, mistakes and perfection, certainty and mystery, good and evil, aging and dying, mind and spirit. All of these are stepping stones on the path of discovering what it means to be a fully human being. (in Resource Room)

Final Exam: A Surgeon’s Reflections on Mortality by Pauline W. Chen, M.D. Like most physicians, Chen, a transplant surgeon, entered medicine in order to save lives. But as a medical student in the 1980s, she discovered that she had to face death repeatedly and “found disturbing inconsistencies” as she learned from teachers and colleagues “to suspend or suppress any shared human feelings for my dying patients.” Chen recounts her quest to overcome “lessons in denial and depersonalization,” vividly evoking the paradoxes of end-of-life care in an age of life-preserving treatments. Focusing on the enormous moral and psychological pressures on doctors and on the need for greater empathy in hospital end-of-life care, Chen also reports on signs of change within the profession, stemming from both criticisms of training and institutions and from physicians’ initiatives to bring a greater sense of shared humanity to their work. (Volunteer Services Library)

Carolyn Colsher will be visiting her sons in New York April 23-25. If you need assistance while she is gone call Mitzi on Friday April 23, then over the weekend call 620-3853 and speak with the oncall staff.

A RESOURCE FOR YOU ... Continuing Education for April – “Suicidal Ideation in the Hospice Setting and What To Do About It”

For more information contact:
Carolyn Colsher, DHCH Volunteer Services Supervisor
(919) 479-0385 e-mail carolyn.colsher@duke.edu
Mitzi Quint, DHCH Volunteer Services (M pm, Tu, F am)
(919) 644-6869 ext 224 e-mail mitzi.quint@duke.edu
Website dhch.duhs.duke.edu

“Amid the pain of losing patients, I learned that I might be able to do something greater than cure. I could provide comfort to my patients and their families and in turn open myself to receive some of their greatest lessons.”

--Pauline Chen, MD, author of Final Exam: A Surgeon’s Reflections on Mortality

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.