

Iowa Hospice

"Love in Action"

VOLUNTEER NEWSLETTER, DECEMBER 2006 ISSUE

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Great Volunteer Links

<http://www.volunteerpower.com/>

<http://www.griefnet.org/>

Contact Us

<http://www.iowa-hospice.com/>

The Perfect Gift

We often spend a lot of thought and time making sure we give the perfect gift for Christmas.

The holiday's means sharing with our loved ones yet so many families find it hard to rejoice during this season. The loss of someone dear, or a life limiting illness often overshadows the joy of the season.

Volunteers can offer something so precious to families at this time, a hug, a smile all convey the same message. You care.

Presence is often more important than Presents.

Please give the gift of your Presence to someone this holiday season.

Volunteer Coordinator



Terry Lillie is the new Volunteer Coordinator for the Johnston, Iowa office.

If you are a volunteer in the Des Moines metro area, you will be receiving volunteer request from Terry.

Terry's former work experience as a social worker coupled with her involvement in community affairs, adds a well-rounded

perspective to the volunteer program.

Her eagerness in helping our volunteer program stay strong is evident as well as her dedication to making sure you as volunteers continue to have the resources and the cooperation that you need to be successful.

WAY TO GO TERRY!

Inside the Volunteer Program - Part I

"If the roof leaks we all get wet."

The Johnston and Panora volunteers had a great get together this past September. There was great fun and great food.

The primary purpose of our gathering was to get to know one another, to remind ourselves that we are a team; together our accomplishments equal one. A house is only as stable as its foundation. If the roof leaks, we all get wet. In essence, the only thing that separates the Johnston volunteer program from Panora's volunteer program is approximately 75.88 miles roundtrip.

One of the volunteers asked me, "If Terry Lillie is the new volunteer coordinator, what is my function? What a great question.

Part 1 Continued

Terry's presence now affords me the opportunity to strengthen our program. One of the items on my top ten lists is in retaining the volunteers that we already have. You Matter. It is important that you as volunteers voice your thoughts and concerns. With your input, we can make strong the areas that may be weak. Please call the office and ask to speak with either Terry or me, your comments or concerns will remain confidential.

Continued Education/Training is also a primary focus for me. I will work diligently to provide an avenue of learning in regards to the volunteer program, continued education is vital. Knowledge empowers us all to do better work.

The Volunteer Bill of Rights

The Volunteer Bill of Rights is the principles that govern the relationship between the volunteer and the hospice program. These rights also illustrate how valuable you as a volunteer are to the hospice program.

Please review section III of your training manual as a reminder of your rights as a volunteer.

Restoring Volunteer Holiday Blahs

I love the holiday season. I always have, yet the holidays are often one of the most stressful times of the year. People are attending holiday social events, special seasonal fundraisers and programs, in addition to volunteer duties. At times, you just want to say, "Forget it, I am not doing anything."

It is in those moments that I find if I just step back and take a deep breath, I realize in most cases the thought of doing something for me is often worse than the actual deed itself. I try not to commit to a task when overwhelmed with another. I have learned to speak up when I need assistance. I am much more pleasant to be around, and surprisingly enough people are willing to help me when I ask them, this leaves me more time to help others. "What a concept"!

Stress is an ignorant state. It believes that everything is an emergency.

Kids of Compassion

Our volunteer program has a new addition called "Kids of Compassion."

This group of preteens is the brainchild of Marie Putbrese a 12-year old Norwalk, Iowa resident. Marie heard about the Iowa Hospice volunteer program, and convinced her classmates that they could make a difference at Iowa Hospice if given the chance. Tom Moreland [CEO of Iowa Hospice], heard Marie's story and believed it as well. I met this young woman and soon became a believer.

Marie and her classmates felt the name; Kids of Compassion expressed their longing to give back to their community. Kids of Compassion, their parents and Terry Lillie caroled at CLC Norwalk and the Regency home over the Christmas holiday. They did an outstanding job.

January 19, 2007 we will be conducting a volunteer training for Kids of Compassion at the Norwalk Library. Our youth have an important contribution to make; we are excited that they want to make that contribution at Iowa Hospice.

Medical Blunders

Being in the medical profession requires a good sense of humor!

To do my part, I offer this list of great medical humor. These statements were actual annotations on medical charts.

1. The patient has been depressed every since she began seeing me in 1983.
2. By the time he was admitted, his rapid heart had stopped, and he was feeling better.
3. The patient suffers from occasional, constant, infrequent headaches.
4. I saw your patient today, who is still under our car for physical therapy.

5. While in the emergency room, the patient was x-rated and sent home.

Happy New Year!

