

LOPEZ ISLAND HOSPICE & HOME SUPPORT

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*Lopez Island
Hospice & Home Support
is a 501(c)(3) non-profit
volunteer organization.
All services are free.*

Summer 2013 Information and Resources

What It Means To Be A Volunteer

Elizabeth Landrum
Board Member, Volunteer Support Committee

"We each send out ripples that circle out further than we might ever dream."

- Gail Rodgers

Volunteers are the backbone of the Lopez Island Hospice and Home Support team. Being a member of that team can be one of the most satisfying and meaningful gifts a person can offer, and volunteers say they receive enormous gifts in the giving.

Our volunteers have stated that being part of the LIHHS mission makes them more compassionate. While serving the needs of people who are experiencing an illness, injury, or is at the end of life, volunteers often feel more "real" than ever. They are provided a unique opportunity to witness peoples' lives, listen to their stories, and find connections they probably would not have otherwise made. They always learn in unexpected ways from clients and their families. "They teach me things I didn't know I needed to know," said Bill Kintzley, long time volunteer.

Many have been surprised to find the work more energizing than depleting, often helping volunteers to focus on what is important and not get ruffled by small hassles in their own lives. Increased awareness of one's own aging, mortality and vulnerability can be transformative and life-affirming. Believing that "aging in place" is of vital importance in our community, volunteers are aware of providing a service they hope others would offer them in times of need.

When asked about the value of being a volunteer, most mention the "awesome training" they received. Before becoming a volunteer, one member of the team said she felt anxious about entering the sadness, about the intimacy of being with a family at a difficult time, as well as the commitments of time and energy that would be asked of her. But the training sessions eased her fears and built her confidence. Becoming part of the LIHHS team has furthered her growing into a person with "a larger heart." Training has also given people valuable information they have used and appreciated in their personal lives, as when their own family members are ill, dying, or bereaved.

We recognize the importance of ongoing satisfaction of both clients and volunteers, so matching is carefully carried out by Mary O'Bryant, Manager of Client Services. Because volunteers are so important to our mission, support for volunteers is provided on an ongoing basis, with individual consultations and group support meetings available. When volunteers' needs change, their responsibilities can change to accommodate them, and volunteers feel safe in not having to be placed in an uncomfortable situation. As long-standing volunteer Karen Petersen said, "I like having an organization behind me."

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What It Means To Be A Volunteer

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Lopez Island Hospice & Home Support exists to assist Lopez residents in staying in their homes as long as possible when faced with illness, injury, and dying. While most of our clients are not at the end of life, LIHHS follows the philosophies of Hospice International, a deeply humane organization with a community service focus. This means providing confidential comfort and support in whatever ways the person needs, with respect for the individual's dignity and rights to direct his/her own care. Clients are in control, making decisions and doing the asking and refusing, while LIHHS is there to help them accomplish their goals. Volunteers also assist in the care of family members, often providing much-needed relief for primary caregivers. Sometimes serving a family is like becoming part of that family, with the gift of distance. It is well known that the quality of life of many people living on this island has been enhanced by the services LIHHS provides.



Volunteer Training Scheduled for October 2013

Lopez Island Hospice & Home Support will be offering a two-weekend training session for volunteers in October. The sessions will be held in Friday Harbor and coordinated with Hospice of San Juan and Whatcom PeaceHealth Hospice. Volunteer training is not offered every year, so if you are interested in joining our team, please consider signing up for this great opportunity. We are encouraging younger people to volunteer, and there is a particular need for male volunteers.

Time commitment:

Flexible hours worked out between the Manager of Client Services, volunteer, and client.

There is no commitment needed in order to participate in the fall training class.

Training:

Mullis Senior Community Center, Friday Harbor

Saturday October 19, Sunday October 20

Saturday October 26, Sunday October 27

Materials and transportation provided by LIHHS

Sample Training topics:

Hospice history, philosophy

Family dynamics, psychosocial issues

Coping strategies

Spirituality

Communication skills

Managing boundaries and stress

Safety precautions

Ethical issues

Death and dying

Grief and loss

Personal care and comfort

How to volunteer:

If you are interested in becoming a LIHHS volunteer, or if you are a current volunteer who wants further training, call or email Lynne Keeley (468-4446 or admin@lihhs.org) to inquire or to sign up for the fall training.

“The miracle is this: the more we share, the more we have.”

- Leonard Nimoy

Feel like you don't have the time to volunteer? A study published in *Psychological Science* revealed that doing something nice for others can actually give you a sense of having more time to spend. When people take the time to help someone else, they know it's time well spent. The study showed that when individuals feel like they've done something worthwhile with their time, however busy they may be, they also feel like they have more time. Spending time on others actually gave subjects in the study more feelings of "time affluence" than actually having more free time. The study also compared feelings of time affluence after subjects simply wasted time or spent time on themselves. Doing for others won out.

What Our Volunteers Do

Mary O'Bryant
Manager of Client Services

Lopez Island Hospice & Home Support has two classifications of volunteers: Direct Care and Associate. Direct Care volunteers receive 32 hours of training which covers the important issues and information necessary to be considered a qualified one on one, supportive volunteer. Associate volunteers receive an hour-long training, familiarizing them with our organization, what we do, and boundaries. Associate volunteers provide practical support for our clients such as transportation to on-island appointments, gardening, light housekeeping, meal prep and delivery. Associate volunteers also provide administrative support and help with our fund raising events. Both Direct Care and Associate volunteers are essential to the services we provide to the Lopez community.

The major difference between Direct Care volunteers and Associate volunteers is the amount of personal supportive contact they have with a client. In the spirit of Hospice, our volunteers learn to support their clients where they are in their life and not where we think they ought to be. This involves learning how to leave your own ideals, beliefs and prejudices at the door when you enter a client's home, and being supportive of whatever point in their own life's journey we find them.

As Manager of Client Services, I screen and assess our prospective clients to be certain we are the best resource for them. If not, I refer them to a more appropriate supportive resource. We do not serve clients unless they say they want our services, and services are discontinued when they are no longer desired. This approach supports volunteers in having a positive experience with their clients.

Direct Care support provides respite for family or paid caregivers, friendly visits for socialization, reassurance, and active listening. Assistance with correspondence and bill paying, personal care, and meal preparation are also included in the support we provide.

If you are interested in becoming a volunteer, please call the office at 468-4446, or email admin@lihhs.org.

Annual Appeal a Great Success, Thanks to You

Lopez Island Hospice and Home Support's Annual Appeal brought in more than \$13,000 to continue our vital services to Lopez residents. We are grateful for the generosity of those who have contributed and, on behalf of those who are being served, we extend a special thank you. Because of your help, we are currently assisting more than 20 Lopezians with staying in their homes after an illness or injury, and providing much-needed support to their families and caregivers.

Once again, great thanks to you all.



With the summer issue of our newsletter we are trying a new way of reaching all Lopez residents. Since so many names and addresses have changed, we hope delivering directly to your mail box will have greater success in reaching you. It will also save money - money we can use to provide services to our neighbors in need. Special thanks to our friends at the post office who have helped us with technical support. If you have any comments, please contact Lynne Keeley at 468-4446 or admin@lihhs.org.

A New Look for Hospice & Home Support

Thanks to Lopez designers Karla Lillestol and Brenna Jael we now have a new look for our organization. In designing the new logo they used local architect and volunteer Pete Petersen's beloved illustration of a home on the island which he designed when Lopez Island Hospice & Home first started 15 years ago. They also used an ampersand in the logo design. Traditionally an ampersand indicates a closer collaboration than "and." As collaboration is so important to what we do, it seemed like the perfect way to represent Lopez Island Hospice and Home Support in the community. Special thanks to Charles and Nancy Givens, who have designed and proof-read our newsletter for many years. Hopefully we've made them proud.

Save November 30 for an Evening of Holiday Fun at the Jingle Bell Dinner!

Mark your calendars for the fifth Annual Jingle Bell Dinner. Once again we'll have an elegant meal and wines provided by The Bay (and yes, the cheesecake will be returning this year). Sand Dalton and his friends will entertain with baroque holiday carols, and there's always the opportunity to wrap up your holiday shopping by bidding on local art, gifts, and unique experiences at the silent auction.

So save the date: Saturday, November 30, 6pm at the Lopez Community Center. Tickets will be on sale October 2 at Paper Scissors on the Rock. If you'd like to donate an item for the auction, become a sponsor, or volunteer to work that night, please call Lynne Keeley at 468-4446, or email admin@lihhs.org.

Do You Have Medical Equipment You're No Longer Using?

Tired of tripping over that wheelchair in the garage? Still hanging laundry on Uncle Bob's walker? You can get rid of your durable medical equipment by donating it to Lopez Island Hospice & Home Support.

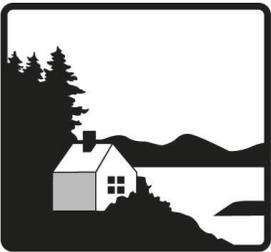
And if you have borrowed equipment from us in the past and are no longer using it, we'd love to have it back so others can use it.

Please return items to the Hospice & Home Support office, 178 Weeks Road, next to the market, from 10am-12n and 1-3pm Monday through Thursday.

Thank you so much.



Grief Support Group meets the third Friday of the month at 10am at the Lopez Island Hospice & Home Support office, 178 Weeks Road, next to the market. Grief can come in many forms - all are welcome.



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