

# The Unity Hospice Heart

## Volunteer Department Newsletter

### Volunteer Department Contact Information

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## You make a difference...

Most of us do not realize the power we have to make a difference in another person's life. We don't realize the power that exists in our voice, our words, in our hands and our touch. Many people think it takes great acts of courage or great sacrifices of time to make that difference. But, it does not take great acts of courage or great sacrifices of time, it just takes willing moments, not years, not huge sacrifices to make a difference in another person's life.

Consider the recent Presidential campaign. A new phenomenon is occurring. Record breaking fund-raising is happening during this campaign. Record-breaking numbers of donors are contributing a record breaking amount of money.

These records are being broken by donors making \$10 and \$20 contributions. These

records are being broken by small acts, not by great acts not by great sacrifices. It is the same with volunteering. We make a difference by the small acts we perform, not the great ones.

Do you wonder if one hour, one day, mere moments of time you have donated made a difference?

According to Dr Robert Long of the W.K. Kellogg Foundation, "If volunteers stopped volunteering today, the following would close down:

60% of social service providers, 51% of the hospitals, 71% of the museums, 100% of the churches, service clubs, etc."

YOU, make a difference!

It does not take great acts of courage to be a hero.....just mere moments of time...giving



**"Never doubt that a small group of committed citizens can change the world—Indeed it is the only thing that ever has"**

-Margaret Meade

one to another.

I look forward to another wonderful year with you. There are many lives that will be touched this year because of you. Thank you!

Brenda McGarvey

## Council of Volunteer Advisors

We have reached an all-time high of 215 volunteers between the Illinois and St Louis offices. This is wonderful! We have many great opportunities for the up-coming year.

We are forming a Council of Volunteer Advisors to help us create a helpful, fun, and dynamic volunteer program.

The members of this council will advise us on everything from banquets and retention strategies to in-service trainings and helpful tips for all of our volunteers.

Everyone is welcome to be a part of this committee. If you are interested in being on this committee, contact Brenda at

618-346-1111 or 314-645-8648.

We will determine a day and time based on one that works best for the individuals that have signed up.

Come be a part of this committee and share your great suggestions!



Left to right: Ruthie Johnson, Elouise Edwards, Arlyn Doszkewyrc and Jan Claus—office and patient volunteers for Unity Hospice

## New Volunteer Positions

The volunteer department has been restructured to help manage the larger volunteer base and to help create new programs for the upcoming year.

**Diana Baker** is our new Volunteer Coordinator. She will be assisting me in the office with a variety of tasks. Her expertise in accounting has been a wonderful help with maintaining personnel records and compiling statistical data required for government and corporate purposes.

**Roderick Dotts** is our new Volunteer Experiential Therapy Coordinator. He has had

many, many years of experience as a professional florist. Rod will be helping us create positive sensory experiences for patients and their families as well as volunteers and staff. As you know, we are presently doing this through sensory stimulation techniques with our Alzheimer's patients. Rod will be implementing strategies to create positive experiences for all of our Unity Hospice Family!

**Pet Therapy Volunteers**—we are excited about our newest volunteers to join us at Unity hospice, our pet therapy volunteers from Grace Church in

Maryland Heights! Grace Church has a very strong pet therapy program already in place. They have agreed to join us with a few of their pets. We are very grateful to Grace Church for partnering up with us!

Do you have a pet you would like to get involved in our pet therapy program? Contact me at the office, I would be happy to let you know about the "special" training requirements for bringing your pet along on patient care visits.

## Up and coming events

**March 29th:**

### Aromatherapy In-service

Missouri Office: 10—11 am

Illinois Office: 1—2 pm

**April 17th:**

### GSLHO Volunteer Symposium

9 am—2:30 pm at the Viking Conference Center in St Louis

**April 26th:**

### Music Therapy In-service

Missouri Office: 11 am—Noon

Illinois Office: 1—2 pm

You will be receiving fliers with more information on all these events in the coming weeks! RSVP if you can participate.

Keep your eyes open for these future events:

**May:**

Unity Hospice Volunteer Banquet

**July:**

11th hour Volunteer Training

You will be receiving information on these exciting events

*Did you know our volunteers visit patients all over Southwestern Illinois (Alhambra/Edwardsville to Columbia/Waterloo) and all over St Louis County and City!*



**"Once in a while you experience a real connection with a patient. About a year ago, through an act of great silliness, I made a patient laugh. I found out later that he had never even smiled after he was diagnosed and that it was a real breakthrough for him. His wife said that I gave her husband back to her for the time he had left."**

-a volunteer experience

## Straight From the Heart—"Just Stay"

A nurse took the tired, anxious serviceman to the bedside of an elderly patient. 'Your son is here,' she said to the old man. She had to repeat the words several times before the patient's eyes opened.

Heavily sedated because of the pain of his heart attack, he dimly saw the young uniformed Marine standing outside the oxygen tent. He reached out his hand. The Marine wrapped his toughened fingers around the old man's limp ones, squeezing a message of love and strength.

Occasionally, the nurse suggested that the Marine move away and rest awhile.

He refused. Whenever the

nurse came into the ward, the Marine was oblivious of her and of the night noises of the hospital—the clanking of the oxygen tank, the laughter of the night staff members exchanging greetings, the cries and moans of the other patients.

Now and then she heard him say a few gentle words. The dying man said nothing, only held tightly to his son all through the night.

Along towards dawn, the old man died. The Marine released the now lifeless hand he had been holding and went to tell the nurse. While she did what she had to do, he waited.

Finally she returned. She started to offer words of sympathy, but the Marine interrupted her. 'Who was that man?' he asked. The nurse was startled, 'He was your father,' she answered.

'No he wasn't,' the Marine replied. 'I never saw him before in my life.' 'Then why didn't you say something when I took you to him?' she asked.

'I knew right away there had been a mistake, but I also knew he needed his son, knowing how much he needed me, I stayed'.

Pictures from the past year.....

**Volunteer Banquet**



**Sam Duckworth**



**Larry Clark**



**Sister Maria Schlomer**



**Lucy Hollman**



**Janelle Smart/Cynthia McCarthy**



**Kamara Owens**

**Christmas Party**



**Genevieve Thole**



**Walter/Melva Levy & Ms Claus**



**Bob and Jan Claus**



**Elouise Edwards**



**Ester Rinkle**



**Yvonne Jordan/Ruthie Johnson**



**Jan Claus  
2007  
Volunteer of the  
Year**

*Did you know.....we passed the Illinois State Survey in December 2007 with a 100% perfect survey! This could not have been accomplished without your great efforts! Thank you!*



**Kathy Bott and Ruthie Johnson at the Annual Memorial Service**



**Arthur and Dorothy Harris**



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## Did You Know.....

According to Stephen Post, PhD and Jill Neimark in "Why Good Things Happen To Good People"

"Our studies demonstrate that if you engage in helping activities as a teen, you will still be reaping health benefits 60 or 70 years later. And no matter when you adopt a giving lifestyle, your well-being will improve. Generous behavior is closely associated with reduced risk of illness and mortality and lower rates of depression. Even more remarkable, giving is linked to traits that undergird a successful life, such as social competence, empathy, and positive emotion."

A survey carried out by TimeBank through Reed Executive showed that among 200 leading businesses

73% of employers would recruit a candidate with volunteering experience over one without

94% of employers believe that volunteering can add to skills

94% of employees who volunteered to learn new skills had benefited either by getting their first job, improving their salary, or being promoted

According to Edward Brown in "The Healing Power of Service", The power of the mind to influence the body is beyond question; a nega-

The mission of Unity Hospice is to provide comprehensive care, support, and education to people facing life-limiting disease, those who care for them and our community.

We are committed to provide care that exceeds customers expectations by upholding the following values:

**Respect**  
**Compassion**  
**Integrity**

tive mental attitude can threaten one's health, and a positive mental attitude will trigger changes within the body that promote health and healing.

Thus, while research shows that social isolation is a major health risk factor, it also shows that people who do volunteer work are much less likely to suffer illness. The close interpersonal relationships and community involvement that occur with volunteer service are tailor-made to enhance the healing process.

Dr. Albert Schweitzer, the medical missionary, commented: "The only ones among you who will be truly happy are those who will have sought and found how to serve."



"Upon entering the room of a patient who was very quiet and having extreme pain, she raised her arms to me and stated,

"You are the sunshine in my life".

This one simple sentence affected me more than the many gracious remarks we often bear"

-a volunteer experience