

SPRING 2009



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The Unity Hospice Heart

Volunteer Department Newsletter

It's A *RSVP by May 18th*
Party!!!!

2009 Volunteer Ball

Tuesday, May 26, 2009

6:30—9:00 pm

Our Lady of the Snows Shrine, Belleville, IL

It's that time of year again! Our chance to celebrate the great acts of kindness you have contributed this past year towards our patients and their families!

Dinner, dancing and fun entertainment will top the charts at this fun event! We have a special USO show that is guaranteed to entertain you. The

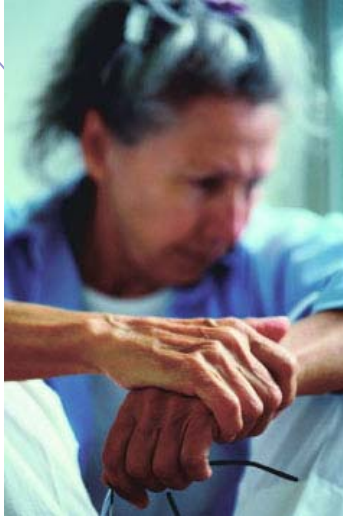
theme of this Volunteer Ball is "2009—A Year of Service" set to the theme of 1940's USO. Expect to see Bob Hope, Andrew Sisters and dance to the "Boogie Woogie Bugle Boy of Company B".

Come dressed in 1940's style clothing.....partake in an era of fun! However, for those of you that

are shy.....costumes are not required!

We will be doing a special salute to volunteers who have served in the Armed Forces as well. We will also be presenting awards for the Volunteer of the Year for office and for patient care service!

-Brenda McGarvey



“Presence is an act of love!”

“Do all you can with what you have, in the time you have, in the place you are.”

**-Nkosi Johnson
A Zulu boy born in dire poverty.....and who died at the age of 12 from Aids**



“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.”

Straight From the Heart— “A Patient’s Story”

This was written following a visit with a non-verbal patient. This is a story that expresses the need “all” patients have for verbal communication, whether or not they are verbally communicating with you.

“I need to be turned every two hours. Keep my radio station at 89.9, I love classical music. I like to have my hands rubbed with lotion.”

Directions about hydration....

“Thickened nectar water to be given. Swallowing precautions.”

These notes say so little about me. I can’t tell you who I am. I can’t tell you my story. But I have one. Everyone has a story to tell. Notes above my bed cannot catch the essence of who I am and who I was. I can’t tell you. You will never know who I am. What matters now is that I am still here. I still exist. You can still see me.

I can’t say anything to you, but I know you are here. I have eyes, you know. I can see. I can’t talk. But I can see. I can feel. I can taste. I can touch. I can hear.

I can do all these things, but I can’t talk. When I communicate with you, you have to listen with your heart. I have basic needs. I need to eat. I need to sleep. I need to drink. I need to be bathed. I need to go to the bathroom. I need to be cleaned. I am like a baby. I need total care.

I need more than that. I

thirst. I thirst for human touch. I thirst for you to be present so I won’t be so lonely. I thirst for someone to take the time just to sit with me and hear what I hear. I’m like a baby. I need total care. I need to be nurtured and touched. I need to know that I am loved.

Do you hear the bustle of this place? Do you hear how many people are in a hurry? Do you hear how many TV’s from all of the rooms have Dr. Phil screaming “you must be an idiot!” Do you hear the roar of the leaf blower outside my window? I wish they would change the smoking location. Do you hear the beeps of us calling the nurse? Have you notice I can’t call for help?

Have you notice how I have lost all control? Did you see that aide come into my room in such a hurry to turn me that she didn’t notice that I was looking at her? Sometimes I feel like a sausage in a frying pan when it comes to how present the aides are when they come in to turn me.

I wonder if she forgot this is my home. This is where I live. This little corner of this room is all I have to call home. Sometimes eye contact is all I need to have so I know you are here. So I know you are remaining present. So I can let you know what I need. So I can communicate with you. I can’t speak. You have to listen to me with your heart.

You have to observe. Notice what I say without saying it. Thank you for noticing the three cups of thickened nectar that were left over the weekend. Uncovered. Untouched. I thirst. You made the connection. Three full cups of nectar water left from the weekend must mean that I am thirsty. You listened.

It takes time for me to take moisture from a sponge. It takes time for the sponge to soak up in thick nectar. I’m not even sure I like it.

But, it is all I have. Thank you for being patient and giving me all that I wanted. Thank you for not being in a hurry. Thank you for not looking at your watch. Thank you for watching me open my mouth as if I am panting for water. Thank you for giving me enough to where I no longer panted for water.....or for human touch.

Remember....as the deer pants for water, so my soul longs for you, O God. Thank you for noticing me. Thank you for listening to the music with me. Thank you for simply not letting me be alone. I can’t tell you these things. You just simply have to be still, and know that I am a child of God.

-Author Unknown



Tools for the trade.....

In case you missed the 2009 Volunteer Symposium in St. Louis, I'd like to share some photos and highlights from the seminars. The Symposium was titled, "The Power of Presence".

Dr Laurel Clark taught us, during her session, that presence is a matter of just being who we are, so the patient can be who they are. The most important thing we can do is to honor the person for who they are now.

She also taught the volunteers and staff that being present is an art. It requires practice, gentleness, patience and compassion. Many people are not comfortable to just "be". They want to do something. Being present means that you give a person space to be with themselves. This is very powerful. It is a great and rare gift.

Here were some other lessons we were taught on how to develop presence and cultivate stillness:

Breathe

Take a deep breath or two. Breathing slowly, you can recall your purpose and your intention to be present. Breathing steadily, you can tap into an energy that's deep within you, an energy you feel around you. Remember to breathe evenly. With each inhalation, visualize an area being cleared away within you, little by little by little.

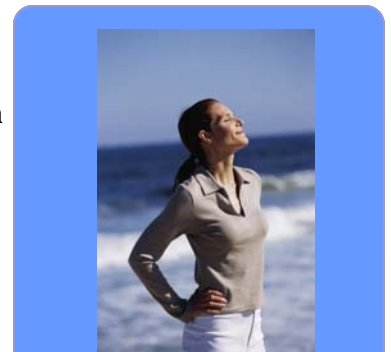
Clear yourself of preoccupation

With healing presence, it's always best simply to be who you authentically are. At the same time, it's also important to keep the preoccupations and superficialities of your life at bay. Your intention is to be present for the other person. How do you do this? By speaking less rather than more. By calling yourself back to the person you're with each time you get caught up in your own thoughts. By talking about yourself and your own experiences rarely and only if such sharing will benefit the other. By seeing to it you have your own times, places, and people where healing presence is focused upon you. By refraining from attempting to impose control over what happens as you accompany another. Unless you stay alert, it can be tempting to allow the intention to focus on the other to include focus on yourself.

Clear away your expectations

Whoever you're accompanying will have their individual modes of relating and their natural ways of healing. Their movement toward wholeness may be slower than yours. Or faster. Their growth may take an entirely different route than any you have taken or witnessed. Some people move towards healing by working hard at it. Others do the opposite and relax into it. They may move toward self-understanding by talking, writing, praying or being silent. By noticing and releasing any rigid expectations about what will happen in your time together, as well as what will happen after, you help clear the way for others to do what is theirs alone to do. You also help yourself do what is yours alone to do—to prepare a place within.

Pictures from 2009 Volunteer Symposium



Did I give and receive love? Did I do all I was suppose to do? Did I leave the world a better place?



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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*

"There is no cause half so sacred as the cause of people....there is no idea so uplifting as the idea of the service of humanity!"

-Woodrow Wilson



...don't miss this year's fun!

**2008
 Volunteer Banquet
 "Murder Mystery
 At The Hop"**



**Join us on the web
www.unityhospice.com**



We run after values that, at death, become zero. At the end of your life, nobody asks you how many degrees you have, or how many mansions you have built, or how many Rolls Royces you could afford. That is what dying patients teach you.

**-Elisabeth Kubler
 Ross**



**Jitterbugging at the
 HOP**

