

Because of You!

the newsletter for hph hospice volunteers

Fall 2009

COMPASSIONATE PAWS

Volunteer Appreciation

Despite cloudy skies and a few raindrops, the first appreciation party on Thursday, October 15 for HPH Hospice's Compassionate Paws dogs in Hernando County was a great success. Held at Rotary Centennial Park in Spring Hill, the party drew



breeds as large as an American Pit Bull Terrier to two tiny Chihuahuas. Each therapy dog received a gift bag filled with goodies while their guardians enjoyed sugar cookies shaped like dog bones and some surprise giveaways. There were contests and games plus each of these wonderful canines and their HPH Hospice volunteer owner had a special photo taken. Since the program began in 2006, HPH's Compassionate Paws dogs in Hernando County have, along with their owners, contributed more than 2,900 hours and made over 2,700 patient visits.



We will be scheduling appreciation parties for other counties after the first of the year.

Citrus

Monthly Support Meeting: 1:00 p.m.

November 24
Team office

Holiday Celebration: 1:00 p.m.

December 7
Good Shepherd Lutheran Church
RSVP 527-4600

New Member Orientation

December 8 & 10 at the team office

Monthly Support Meeting: 1:00 p.m.

January 19 at the team office

East Hernando

New Volunteer Training: 9:00 a.m. – 4:00 p.m.

January 19 & 21
March 23 & 25

BTSP Support Meeting: 1:00 p.m – 2:00 p.m.

January 27
March 31

Volunteer Support Meeting: 10:00 a.m. – 12:00 p.m.

December 11
February 12

Compassionate Paws Support Meeting:

10:00 a.m. – 12:00 p.m.
March 12

Renewal Day: 10:00 a.m. – 4:00 p.m.

January 12

North Pasco

New Volunteer Orientations: 9 a.m. – 4 p.m.

No orientation in December
January 19 & 21
February 16 & 18

Volunteer In-Service Training

December 14 - Volunteer Holiday Potluck Luncheon
11 a.m. - 2 p.m.

January 28 - Protect Yourself from Scam Jams by Victim Advocate Kathy Cornwell. 1p.m. - 2 p.m.

February - Doggie Day Roundup, TBA

March 2 - Learn about the RSVP program.
Speaker: John Trowse
1 p.m. - 2 p.m.

Upcoming Events

Central/West Pasco Office & Marliere Hospice Care Center

Support Groups: 10:00 a.m. – 12:00 p.m.

February 5 – Sheena Thompson,
Topic: Understanding Anger

March 5 – Guest: Don Hale, Topic: Tax Tips for Seniors (South Office)

April 9 – Guest: Volunteers – Spring Picnic

Volunteer Orientations: 9:00am – 3:30pm

January 19 and 21
March 23 and 25

Annual Update/Educational: 3:00pm – 6pm

January 25

Reading of PPD's

January 27

West Hernando

BTSP Meeting Conference room: 10:00 a.m.

November 18

Tree of Life Orientation: 10:00 a.m.-11:30 a.m., 1:00 p.m. - 2:30 p.m.

November 12
Conference Room Care Center

BTSP Meeting Conference room: 10:00 a.m.

December 16

East Pasco

New Volunteer Training: 9:00 a.m. – 4:00 p.m.

December 1 - Financial Investment Seminar
January 12-14
February 9-11

Red Rose Inn, November 20
Bok Towers, December 12

Our Christmas party will be held on December 17 at the Zephyr Palms Event Centre. Greg and Jenny First, our volunteers, have been gracious enough to let us use their facility this year. Entertainment will be provided by Music with Elegance.

South Pasco

Volunteer Orientation: 9 a.m. to 3:30 p.m.

February 23 & 25

April 10 & 17 (both Saturdays) at Central office.

Support Groups: 10 a.m. to Noon

February 5 - "Understanding Anger" at Central office
March 5 – Tax Saving Tips for Seniors, at South Pasco office featuring Don Hale
April 9 - "Spring Picnic" at Central office (bring and share)

News from the Volunteer Coordinators

Katy Geschke

Manager of Volunteer Services



I can't believe the holidays are upon us so soon. Not too long ago we put away our Christmas decorations and were ready

to celebrate the New Year.

We have received excellent new volunteers this year to complement our family. I look forward to seeing each of you again at your different locations.

Our department is going to be extremely busy with Tree of Life right around the corner. Be sure to check with your Volunteer Coordinator for training times in your area. The Tree of Life is a big part of HPH Hospice during the holiday season and could not be accomplished without our great volunteers helping us during this time. Volunteers are needed in so many areas and all talents are appreciated.

We had our first Compassionate Paws appreciation party in Hernando County and looking forward to scheduling Pasco and Citrus counties as well after the first of the year.

I LOVE MY JOB!!! We had a lot of fun playing with the therapy dogs during the hot and humid day with which we were blessed. I am looking forward to cooler days in Florida.

I wish you all Happy Holidays and a Blessed New Year! Thanks for all that you do for HPH Hospice.

- Katy

Gerry Conte

South Pasco



Where do I begin? Well, I'll start by saying thank you to all those who have helped me make the transition from volunteer to Volunteer Coordinator. The list begins with the fabulous members

of Team 22, then my volunteer family, followed by my supervisor Katy Geschke, fellow coordinators Fred Blind, Anne Clark and Sheena Thompson-Love YA!!

With fall here, I look forward to the return of all seasonal volunteers and the upcoming Tree of Life event which brings our community together as one family.

I shall look forward to upcoming support group meetings featuring our Compassionate Paws volunteers, money saving tax tips, spring picnic and more.

We are also planning for your annual group renewal toward the end of January 2010. The previous renewal took place for most of you on January 27, 2009, here in the South Office. It would be ideal to have all of our records up to date at this time.

In closing, I cannot thank you enough for all that you do. I want to take a moment and share a group hug with all of you.

Always at your service,

— Gerry

Sheena Thompson

Central Pasco



A warm welcome home to our snowbirds!!! I have a river of thoughts to share with you and limited space to allow them to flow. Over the past few months, many of you have shared

how real life is filled with challenges and joys, losses and wonders. I am acutely aware that all of us walk the path of life and manage our experiences to the best of our ability and know there is no perfect way. Take care of yourselves as you live your journey. Our patients and families travel this journey, too, with the varied support you provide as volunteers; generous of heart, time and understanding.

Our meeting with office volunteers involved in medical records was exceptionally well supported and those present certainly found it beneficial. It is my intention to meet with the groups of all areas of service to explore cohesiveness and how we can maintain a positive volunteering experience for each of you.

We have joined forces with Marchman and its Career Experience program for special needs adults. Our aim is to assist in providing skills that enable these delightful adults to be gainfully employed in our community. Special thanks to Kathy, Joan, Shirley, Joan K. and Carol for their support and encouragement of our new volunteers.

As the year is winding down, the volunteer department is speeding up. We have the Tree of Life and our usual areas of service. Please take note of dates and times of events in which you are interested in participating.

Wholeheartedly,

— Sheena

News from the Volunteer Coordinators

Mary Kay Sandell West Hernando



Hi, everyone, and welcome to all our new volunteers who took the training over the past few months. It is inspiring to hear your various reasons for wanting to volunteer for

hospice. You each bring a unique talent. The staff who speak at the orientations have mentioned how it reinforces their dedication to hospice when they get the opportunity to speak to the classes. We seem to "catch" your enthusiasm. Thank you for your participation in the classes.

I'd like to thank the volunteers who make home visits to our patients. We have had a lot of requests for caregiver relief recently and many of you have been visiting more than one patient weekly. I am very grateful for all your assistance. Please call me if anyone else is interested in visiting our patients whether in the home, nursing home or assisted living facility.

The Christmas season is fast approaching and that means Tree of Life. We will be needing volunteers to work in the office making out name tags and placing them on the ornaments. Please call if you have a few extra hours a week to help out.

Seven volunteers recently attended our BTSP training session. They are: Gloria Kozlosky, Joan Fierro, Bill Killion, Celina Ferguson, Marge Keith, Betty Smith and Ed Burns. Some of you are already working at other jobs and I appreciate you taking the time to make these very important phone calls.

Please continue to be so prompt sending in your yearly updates. As you know, according to Medicare guidelines our volunteer files must be current for volunteers to work.

I wish you all a Happy, Healthy Christmas and New Year!
- Mary Kay

Fred Blind North Pasco



Happy Holidays to each of you!

It seems really hard to believe that we are rapidly approaching the end of 2009.

This has been a very busy year for all of us and even amongst the

business, I want to take the time to thank you. Each of you has done and continues to do an exceptional job. I thank you from the bottom of my heart!

As we move toward the end of the year our pace will pick up even more. Hopefully, each of you is receiving my updates keeping you informed on our upcoming events. If not, please contact me.

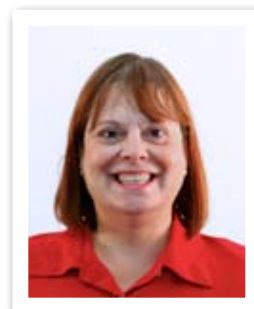
Our biggest challenge in November will be getting as many of you as possible trained to help us with our Tree of Life. This year, I am overseeing the first week of our Tree of Life volunteer schedule which is November 27 - December 6. Hopefully, before we begin on November 27, we will have each slot filled for this season.

So perhaps you are wondering whether we are doing anything special together to prepare for the holiday season. Well, I went ahead and set up a volunteer potluck luncheon from 11 a.m. to 2 p.m. on Monday, December 14 at St. Marks' Presbyterian Church. We are looking forward to a fun time of meeting, greeting and singing to help us get into the holiday spirit.

Thank you all so much! I wish you all a Happy, Healthy Christmas and New Year!

- Fred

Debi Shields Citrus



"If I only knew then what I know now." I heard that statement so many times in my life that I often wondered exactly what the person stating it actually knew! There

isn't a person involved in hospice in any way (volunteer, employee or patient) who doesn't understand the concept of how we should live one day at a time. If you did know then what you know now, you would have been so busy planning the future you wouldn't have remembered to live in the moment.

When a volunteer joins the hospice team, they do so with the intention of giving their time, talent and heart. When I interview prospective volunteers they often say "I want to give back to the community." Somewhere along their journey with hospice, it becomes about receiving instead of giving and they don't realize just when the transition took place. Gratification comes in many forms but never as much as when you accompany a patient on their final path. Is it better to give than receive? When you give at hospice, you receive two-fold and giving becomes the easiest thing you have ever done.

If you haven't been an active volunteer lately, remember how you felt the last time you changed someone's day by giving of your time. Call your Coordinator today and ask how you can help. We love hearing from our wonderful volunteers.

Working at hospice is a career I should have chosen years ago - if I only knew then what I know now.

- Debi

News from the Volunteer Coordinators

Diana Unger East Pasco



It has been a very busy summer for me with the new thrift store opening and all the volunteer orientations.

Thank you to all the volunteers who have worked

so hard in the office, homes and nursing homes, Care Center and House. We could not be East Pasco HPH Hospice without you. You are our backbone in many ways. You are depended upon for so much. Our recent outings were a Rays game, lunch at the Red Rose Inn in Plant City and the Angel Tea Room in Dade City. We had a nice trip out to the Back Porch in Lake Alfred, enjoyed lunch and went through the shops.

The holidays will soon be approaching and our Tree of Life will be needing volunteers to man our table in the Hospice Care Center.

To all I wish a very Happy Thanksgiving and Happy Holidays.

-Diana

Anne Clarke East Hernando



Fall has finally arrived! The air is cooler and the snowbirds have returned. This is usually a busy time of year for everyone, hospice too. We are busy with health fairs, community

events, higher patient census and, of course, the holidays. I'd like to thank everyone for all the time and love you have given to hospice – to patients, staff and especially to me. You are a wonderful group to work with and I appreciate all that you do.

Volunteer support meetings held every other month have been very well received; volunteers have reported to have found the meetings informative and enjoyable. If you have any topics that you would like information about, let me know. I would love to hear your ideas.

The first annual Compassionate Paws appreciation party was held on October 15 at the Rotary Centennial Park in Spring Hill. The heat and intermittent showers did not stop the 11 volunteers and their dogs from having fun. Hernando County Compassionate Paws volunteers have given a total of 2,763 hours and have made 4,793 visits to hospice patients since the program began in 2006. Awesome!

I've been on the move again! Due to computer training, my office has been moved to the front of the building, first office on the left. I will be in this location until December.

I would like to thank everyone for sending your patient visit forms (pink sheets) in on time; you are doing a great job!

Wishing you peace

— Anne

Jacque Lambert Hernando Care Center/ Hospice House



Happy Anniversary!

It is so hard to believe that six months have come and gone since the Hospice Care Center opened. The past six months have

been a learning and growing experience for all of us. I am very proud to say that I am still blessed with the same volunteers who helped open our Care Center.

As we continue to grow in many ways, please be sure to communicate any ideas, suggestions or concerns as they are greatly appreciated. If we can improve our services to benefit our patients, I want to hear it!

In July 2009, I acquired the Hospice House and its dedicated, valuable and long-time volunteers. I have not had the opportunity to work with volunteers at the House before and it has been wonderful. They are open and willing to help out in any way.

As we continue our journey here at hospice, let's never, ever forget the reason and purpose we are all here:

"THE PATIENT."

Thanks to all the volunteers who have grown with us, here's to many more years together!

Happy Holidays

— Jacque

New Volunteers!

Give a warm welcome to our newest Volunteers!

Esther Alexander
Alice Anders
Warren Anderson
Donna Anthony
Christine Arbizzani
Jayde Archbold
Susan Ardolino
Jean Audino
Jeanette Austin
Jeanne Austin
Natalie Avila
Kelsey Baggs
Patricia Bain
Karl Bambas
Winifred Biddleman
Joan Bilinski
Dorothy Biuso
William "Skip" Brady
Barbara Buchner
Patricia Burke
Ron Burke
Anne Burkowski
Ed Burns
Mary Ann Campbell
Linda Carter
Joann Chipkar

Kimberley Cintron
Rene Cintron
Sean Cintron
Arlene Cole
Gisele Connor
Marion Daniels
Barb Delvecchio
Anna DiPleco
Cecelia Dowdy
Nikki Drake
Lynn Eckart
Peter Fiorentino
Greg First
Michelle Fisher
Robin Fixmer
Stephen Freeman
Kathy Gallick
Dorothy Gaylord
Jeanine Gonzalez
Gertrude Gooden
Mary Goodyke
Eleanor Grudzinski
Cesar Guarton
Glen Harvey
Lauren Harvey
Joan Hendrix
Sunny Hobbs

Janet Hoffman
Neil Huskens
Cheryl Jacob
Patricia Jefferson
Elizabeth Keveney
Victoria Key
Bob Komarek
Diana Komarek
Rosemarie Kundrith
Barbara Lawler
Nancy LeBell
Kay Lee
Amie Leon
Lee Linville
Mildred Lowrey
Debbie Lumley
Pat Mainster
Velvet Maul
Esther McClintock-Berry
Carleen Mason
Thomas Maziarz
Judith McVaugh
Carol Miller
Janice Miller
Marjorie Moore
Gentry Morgan

Suzanne Newton
Sharon O'Connell
Marcial Olascuaga
Judy Olszewski
Jonathan Osteen
William Otto
Max Parker
Karen Pate
Beryl Patrick
Cary Pratt
Fay Purdy
Clara Quinn
Earlene Reed
Sabrina Rees
Edwina Reisig
Lynn Richards
Dixie Lee Roach
Mary Ann Roach
Ann Saweikis-Shepard
Jean Schmidt
Gloria Schwarz
Lindsey Seip
Corey Skinner
Joan Smith
Lorraine Snyder
Diana Stefanyk

Vincent Stemo
Doris Stockwell
Lauren Stone
Ralph Suozzi
Carol Thomas
Susan Thornton
Margie Trudeau
Mona Trump
Nellie Vaughn
Diana Velasquez
Catherine Vitale
Elizabeth Walker
Gayle Waren
Dawn Webb
Robert White
Sara Widbloom
James Wilmot
Emma Withers

CALLING ALL VOLUNTEERS!

The volunteer department at HPH Hospice is constantly trying to improve how we can help all disciplines within the agency and give the best care to our patients and families. In order to help our HPH patients, we will begin an "Emergency Volunteer" call down list after the first of the year. Historically, we have not had any "emergency" volunteer availability after-hours. All disciplines such as bereavement, chaplaincy and social workers will also be available and on-call after-hours for our patients and their families. This is just another way to provide the best possible support.

If you are interested in becoming a volunteer that would handle emergency volunteer visits after business hours Monday through Friday and/or on weekends, **WE NEED YOU**. You will only be asked to volunteer in your immediate area.

Please call me or let your Volunteer Coordinator know that you are interested in this new endeavor. I will be making monthly schedules so that you can select the days you'd like to volunteer.

Much Thanks, Katy 800-486-8784



Managing Stress During the Holiday Season

The holidays can be an extremely busy and stressful time of year, often creating a whole host of “to-do” lists. It’s easy to get caught up in the hustle and bustle of the season, buying gifts and wrapping them, writing and mailing out cards, baking, cooking, attending and/or hosting gatherings. Before the holidays arrive one is often left feeling impatient, cranky, overwhelmed and exhausted. In our efforts to make the holiday season perfect, stress and depression can be the result. These feelings can ruin your holiday and affect your health.

Reining in holiday stress

Consider your expectations for the holiday. Are they realistic? Ask yourself this question as the first step to dealing with holiday stress. Hidden within these expectations you might find your particular holiday stresses—those unique things that cause you stress. If you consider what changes you can make to items on that list, it may help to prevent or diffuse stress. Avoid setting unrealistic goals and remember to include your own needs. After all, you must take care of yourself before you can take care of others.

Giving the perfect gifts

- Shop early when there are more selections available.
- Don’t try to buy happiness with an avalanche of gifts; stick to your holiday gift budget.
- Ask people what they want instead of trying to guess the perfect gift.
- Consider making a charity donation in someone’s name or for a family gift exchange.

Planning time with family and friends

- Simplify holiday commitments and traditions.
- Allow time for yourself. It is important to do things that you enjoy!
- Buy prepared foods instead of baking or cooking everything from scratch.
- Allow others to help by bringing their favorite dishes.
- Prepare foods ahead of time and freeze for later use.
- Avoid time crunches by visiting friends after the holidays.

Managing your time

- Plan ahead, taking the time to finish tasks that are important to you. Don’t try to do everything at once.
- Ask others to help.
- Pause to enjoy the fruits of your labor.
- Take the time to listen to your body—eat well, exercise and get plenty of rest.
- Learn to graciously say no when something just will not work for you.

Taking control of the holiday

Don’t let the holidays become something you dread. Take steps to prevent the stress and depression that can become intensified during the holiday season. With some planning and positive thinking, you may find that you enjoy the holidays more than you thought you could. However, if despite your best efforts, stress and depression loom heavy in your heart, pay attention. If you feel persistently sad, depressed or anxious, experience physical complaints, difficulty sleeping, irritability and hopeless, pause to acknowledge your feelings, reach out for support and companionship, and contact your doctor, bereavement counselor or other mental health professional for the needed support.





thrift store & more

benefiting our not-for-profit HPH Hospice

News from the Thrift Store

Another fiscal year has ended and we did well in both our stores. It is hard to believe that we are starting our seventh year at the New Port Richey store. We certainly have grown during this period and I am sure we will continue to do so.

Our store in Zephyrhills has been open since July 1 and it has been very well accepted in the community. The returning snowbirds all seem to be very pleased to have another place to shop. Many favorable comments are heard each day.

Both of our stores are quite short of volunteers even with the return of our snowbirds. So, please try to help us recruit more volunteers – tell your relatives, friends and neighbors about the rewarding experience of being a HPH volunteer.

We have had a change in our thrift stores due to liability issues. Our volunteers are not permitted to load or unload merchandise from vehicles. Be sure to get with your on duty manager for any questions you have regarding this policy.

We are about to enter the holidays. As we know, this is the busiest time for our volunteers as many will go north to visit their families for the upcoming holidays. We always appreciate any extra hours our volunteers can give us. Just get with Stacey, Susan, Adrienne or Brett to see where you are needed the most.

Please be sure that your address, phone numbers and emergency contact person(s) are up to date in our files.

A special thanks to each and every one of you for what you have done in the past and what you continue to do for us. Remember we cannot do what we do without you.

—Shirley Skinner, Manager of Thrift Store Operations

Tree of Life

by Ginger Olson,
Tree of Life Coordinator

This year celebrates fifteen years of Tree of Life with fifteen trees throughout Pasco, Hernando, and Citrus counties! We are excited to share this wonderful time of making memories at the holidays with you, our valued volunteer.

We will have a Tree of Life at each of our facilities again this year, as well as four Trees at Gulf View Square Mall in Port Richey with an all-new “Winter Wonderland Tree of Life Walkway.” We are returning to the Citrus County Historical Courthouse Museum in Inverness, too.

Volunteer opportunities abound – and we need your expertise!

Whether you are a first-timer or have volunteered with Tree of Life in the past, we invite you to attend our upcoming workshops. Take a look at the enclosed schedule that came in your letter, then call your Volunteer Coordinator to sign up for the workshop that works best for you.

Once again, I look forward to sharing this thrilling season of joy with you while making a wonderful difference in the lives of our hospice patients and families.

With Fond Regards,

Ginger Olson
Tree of Life
Event
Coordinator



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Information & Referrals 1-866-940-0962

Main Office: 727-863-7971

12107 Majestic Blvd., Hudson, FL 34667

South Pasco: 727-849-2629

4422 Grand Blvd., New Port Richey, FL 34652

Central West Pasco: 727-848-7160

6807 Rowan Road, New Port Richey, FL 34653

North Pasco: 727-863-9522

12029 Majestic Blvd., Ste. 1, Hudson, FL 34667

East Pasco: 352-514-1400

37445 Clinton Ave., Dade City, FL 33525

West Hernando: 352-597-1882

12260 Cortez Blvd., Brooksville, FL 34613

East Hernando: 352-796-2611

698 South Broad St., Brooksville, FL 34601

Citrus: 352-527-4600

3545 N. Lecanto Blvd., Beverly Hills, FL 34465

Hospice Thrift Store & More:

6528 Massachusetts Ave., New Port Richey, FL 34653 | 727-841-7356

4910 Allen Rd., Zephyrhills, FL 33541 | 813-355-4830

