



HospiceConnections

VOLUNTEER NEWS FROM HOSPICE OF THE CAROLINA FOOTHILLS

Volunteer Department is Changing



Tracey Brannon

We welcome Tracey Brannon to the Volunteer Department as a new Volunteer Coordinator. Tracey comes to us with exceptional volunteer experience as she has served as a hospice patient companion volunteer and assisted with mailings and office tasks. She will now be responsible for training and recruiting new volunteers and overseeing the efforts of office and special events volunteers at the Hospice Administration Center, the new Thrift Barn and the emerging teen volunteer program. Tracey is located at the Hospice Administration Center in Columbus. When at the Center, take time to welcome her to the team!

Yvonne Gilliam will continue to oversee Patient Companion Volunteers

Yvonne is now located at the Smith Phayer Hospice House in Landrum, SC. She will continue to work with patient companion

volunteers in both North Carolina and South Carolina and will also be on site to coordinate Hospice House volunteers.

Diane Nelson Moves to Development & Outreach

Diane Nelson has moved to her new position as Development Manager. In addition to her new responsibilities, Diane looks forward to continuing her work with the Good Samaritans.

A kind note from a family ...

"The overwhelming kindness of your volunteers is certainly appreciated by my brother and me. I was flooded with offers of help and given everything that I needed. I think it is not easy to show up for a total stranger and her dying parent and be so completely present, loving, and supportive to them. They brought comfort, love, reassurance, support and humor, when each was needed. Thank you and all the volunteers. You are angels on earth. With a grateful heart."



Volunteers making a difference

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Managing Fatigue

WHAT IS FATIGUE?

- Tiredness, exhaustion or lack of energy
- A condition which impacts the ability to perform any activity
- Seen frequently in hospice and palliative care patients
- A complicated symptom which can have many causes
- Sometimes comes with depressed feelings

WHAT ARE THE SIGNS THAT A PATIENT IS FATIGUED?

- Unable to perform their normal activities – every person is different in their normal activity level; “just too tired”
- Not participating in the normal routine
- Lack of appetite – does not have the energy to eat
- Sleepiness
- Not talking
- Depressed

WHAT TO REPORT TO THE HOSPICE/PALLIATIVE CARE TEAM?

- Any of the behaviors listed above
- Rank the patients fatigue using a scale – it helps the team be able to find what works for the patient and how severe the fatigue is:
0 = **no fatigue** to 10 = **in bed all day**
- What makes the fatigue better or worse
- Spiritual concerns
- Changes in appetite
- Any distressing symptoms that are not controlled
- If the patient experienced fatigue before – and if so what made it better

WHAT CAN BE DONE TO HELP FATIGUE?

Because fatigue is a complex problem, it takes a group of actions to help the patient's symptoms. The team will work with the patient, their family and their primary care provider to find the causes for the fatigue and discuss treatments.

Things to do

- Gradually increase activity and conserve energy
 - Plan, schedule and prioritize activities at optimal times of the day
 - Have the caregiver help keep a log of which time of the day seems to be the best time

- Eliminate or postpone activities that are not a priority
- Change positions – do not just stay in bed
- Use sunlight/light source to cue the body to feel energized
- Try activities that restore energy
- Allow caregivers to assist with all daily activities such as eating, moving or bathing, and plan activities ahead of time
- Encourage the family to be accepting of the new energy pace
- Rest and sleep better
 - Tell the patient to listen to his/her body – rest as needed
 - Establish and continue a regular bedtime and awakening
 - Avoid interrupted sleep time to get continuous hours of sleep
 - Plan rest times or naps during the day during late morning and mid afternoon
 - Avoid sleeping later in the day, which could interrupt your night time sleep
 - Ask the team if using oxygen when sleeping will help the patient sleep better
- Increase food intake
 - Try nutritious, high protein nutrient dense food
 - Small frequent meals
 - Add protein supplements to food or drinks
 - Frequent mouth care (before and after meals)
 - Ask the team about possible use of medications to stimulate appetite
- Tell the team about any distressing symptoms that are not in control
- Ask the team about treatments for depression

*Approved by the HPNA Board of Directors
October 2005*

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A HOSPICE OF THE CAROLINA
FOOTHILLS PUBLICATION

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Mission Statement

Hospice of the Carolina Foothills promotes and provides compassionate end-of-life care, meeting the medical, emotional and spiritual needs of individuals and their families.

Contact Information

TEL 828.894.7000
800.617.7132
FAX 828.894.2254
E-MAIL hocf@hocf.org
WEBSITE www.hocf.org

Newsletter Editor
Yvonne Gilliam



Welcome New Volunteers!

Please welcome our newest volunteers who graduated from full training in March!

Front Row: Brenda Snite, Mary Duncan, Jacquie Ziller – Thrift Store Manager, Nancy Byrd, and Barbara Amendola. **Standing:** Larry Reeder, Rachael Wortman, Anne Howe, Conyers Woodruff, Derek Ward, Elaine Haines, and Donna Heinzenknecht. **Not Pictured:** Ben Ellington, Neil Haynes, and Wren Barnett

Hospice Thrift Barn Update

Tuesday, June 2, is the date we are planning to open the doors to customers! Minor construction, painting, and signage is finished. Donations are pouring in, and store manager Jacquie Ziller, donations assistant Tim Kuykendall, and a dedicated group of volunteers have worked hard sorting, pricing, cleaning, and shelving lots of treasures. Fifty-five volunteers have been through a three-hour training especially designed for Thrift Barn volunteers. If you're interested, call our new and wonderful Volunteer Coordinator Tracey Brannon to register your



Local teenagers spent part of their spring break helping at the Hospice Thrift Barn.

interest for the next training on June 1st at 5:30 pm! Enormous thanks to everyone who is helping make this dream come true: a thrift store to benefit the work and mission of HoCF!

Love, Laughter and Tears 2009

The SC Volunteer Managers and The Carolinas Center are pleased to announce that Love, Laughter and Tears will be held on June 5, 2009, at the Dutch Fork Christian Church in Irmo, SC.

Workshops include: ***Celebrating Love, Laughter and Tears*** by Cat Angus, President of Avalon Consultants; ***Volunteer Self Care: Maximize the Power of Your Presence While Maintaining a Healthy Life Balance!*** by Michael Messner, Volunteer Coordinator, retired, Hospice and Palliative Care Charlotte Region; ***Communication: A Crucial Element of Hospice Care***, Michael Brown, Palmetto Health HomeCare and Hospice Community Education Manager; and, ***The Power of Touch*** by Brandi T. Watts, Licensed Massage Therapist/Instructor, Southeastern School of Neuromuscular Massage.

The SC Volunteer Managers Discipline Group have worked hard to provide another excellent day of learning, food, and fellowship. Don't miss this opportunity to spend a day with volunteers from all over the state of South Carolina.

Please call Yvonne ASAP to let her know you're interested. The \$15 fee for lunch, refreshments and all the workshop materials will be covered for you by an anonymous donor. Dress casually and comfortably, and remember to bring a sweater or light jacket

“Volunteers aren’t paid, not because they are worthless, but because they are priceless.”

— ANONYMOUS

VOLUNTEER BIRTHDAYS

May

- Debra Barlow2
- Nan Holden5
- Nancy Edwards8
- Bob McDaniel9
- Susie House11
- Louise Elliott13
- Hazel Creeser16
- Janet Lawter16
- Jennie Smith19
- Pat Freier20
- Anne Howe20
- Rosemary Iaffaldano21
- Bill Wuehrmann23



June

- Ron Smith1
- Helen Johnson3
- Dennis Nagle3
- Jean Helton6
- Mike McEntee7
- Robert Parkinson18
- Joni Fielding23
- Walt Flaschar24
- John Filipovicz25
- Creighton Brown30
- Dallas Seiler30
- Lillian Wehr30

*Wishing you a Happy
Birthday on your special day!*

CALENDAR

May

28 Bereavement Support Group
6-7 pm, Hospice Center, Columbus

June

1 Thrift Barn Volunteer Training
5:30 – 8:30 pm, Hospice Center, Columbus

2 Bereavement Support Group
Noon – 1 pm, Hospice Center, Columbus

5 Love, Laughter and Tears Workshop
9 am – 3:30 pm, Irmo, SC

11 Bereavement Support Group
8:30 – 9:30 am, Dutch Plate, Campobello, SC

11-13 BBQ Festival Events
(HoCF is a named beneficiary this year)

25 Bereavement Support Group
6-7 p.m. Hospice Center, Columbus

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130 Forest Glen Drive
Columbus, NC 28722
828.894.7000
800.617.7132

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