



News and Events
For
AUGUST 2011

"Hometown Folks Serving Hometown People"

Volume 3 Number 8 –AUGUST 2011

An Honor and a Privilege . . .

HOSPICE VOLUNTEERS

WE WANT YOU TO EXPERIENCE IT TOO...

The hospice concept and movement has grown out of the commitment and vision of thousands of volunteers. From the beginning, and still today, volunteers are at the heart of hospice.

Traditionally, volunteers have been the backbone of the hospice movement and are still an indispensable part of any hospice program. Even the federal government recognizes the importance of volunteers in the delivery of hospice care by requiring that Medicare-approved hospices utilize volunteers from their community. Nationally, about 100,000 people serve as hospice volunteers and give millions of hours of their time to serve terminally ill patients and their families.



Volunteers serve as a member of the hospice team by sharing skills and interests in a manner that provides comfort and enriches the quality of life for those served. Volunteers serve on a regularly scheduled basis and provide the following:

- Support services - companionship, friendly visiting, active listening, bedside sitting, letter writing.
- Sharing hobbies and special interests -- reading, gardening, listening to music, sports, travel, crafts, etc.
- Assisting with errands - grocery shopping, picking up prescriptions and supplies, banking.
- Transport patient/family - appointments, shopping, social outings.
- Homemaking tasks - light housekeeping, dishes, laundry, meal preparation, childcare.

No task is too big or too small for a hospice volunteer, but often the most important thing you can do is just "be there" for patients to reassure them they are not alone, to hold a hand, to offer a smile, or to just listen. It is not easy work, but the personal rewards are enormous. The strength and courage of patients provide a constant source of inspiration, and volunteers usually feel they gain more than they have been able to give.

Other volunteer opportunities include providing help with special projects, mailings, reception, clerical support or working with special events such as memorial services and fund raising events. Trained volunteers can assist with community education and public speaking.

Some volunteers choose to share their professional expertise by serving in advisory capacities, as a member of the hospice's board of directors or on other board committees.

Hospice volunteers often express their work with patients and families as a blessing. The inner knowledge and satisfaction a volunteer receives from knowing they've made a real difference in the life of a patient or family is what makes being a hospice volunteer special. *To be invited into the last months, weeks, and days of a person's life is an honor and a privilege.*



**HOSPICE OF LIMESTONE COUNTY
VOLUNTEER TRAINING
SEPTEMBER 15TH & 22ND, 2011 –
DAY AND EVENING SESSIONS
PLEASE CALL VOLUNTEER
COORDINATOR PAM SMITH FOR
MORE INFORMATION.**



THANK YOU BOEING!



The **Boeing Bass Club** guys did it again for the 12th consecutive year! On June 25th, 2011, these gentlemen put on a great fishing tournament and presented money to Hospice of Limestone County, Hospice of the Valley (Decatur), and Hospice Family Cares (Huntsville), as they have done for the past 11 years. These charity bass fishing tournaments are to raise funds for, and increase public awareness of not-for-profit hospices within North Alabama.

We are forever grateful for their continued support!

SUMMER WILL BE OVER SOON...



Athens City and Limestone County Schools both open on Monday, August 15th, 2011.

CALENDAR OF EVENTS

AUGUST 2011

Aug. 3rd	Widows & Widower's Support Group
Aug. 5 th & 6 th	Piney Chapel Antique Tractor Show & Ardmore Police Reserve Rodeo
Aug. 6 th	Veteran's Museum Coffee Call 8:30am
Aug. 9 th	In-service @ HOLC – "Ethics" – 8:30am
Aug. 11 th	Adult Grief Support Group 11am @ HOLC
Aug. 15 th	Schools start!
Aug. 16 th	Chamber Coffee-9am @ the AL Veterans Museum
Aug. 17 th	Hospice Auxiliary @ 11:30am
Aug. 21 st	V J Day Remembered @ the Senior Center- 2pm & Camp United Volunteer Training
Aug. 27 th	Camp United, Family Fun Day @ Swan Creek Park-5pm to 8pm & Ardmore Crepe Myrtle Festival

Pondering Thoughts...

Sharks and rays are the only animals known to man that cannot succumb to cancer. Scientists believe this is related to the fact that they have no bone – only cartilage.

Celery has negative calories-it takes more calories to eat a piece of celery than the celery has in it to begin with...

Meet 2 of our "Adorable, Intelligent & Loyal" Volunteers

Mrs. Julia Scherff and Mr. Bill Hightower



Mrs. Julia works at our front desk 2 days a week and handles our memorials and Mr. Bill is our "running man" and is a master on the riso/duplicating machine. These 2 bring lots of talent and cheer to our office and we are grateful for them both!

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- If you wish to be taken off our e-newsletter mailing list, please reply with "remove" in the subject line.
- If you know someone who would like to receive our e-newsletter, please "forward-to-a-friend"!
- Comments, questions or suggestions are always welcome.

As your **only** community based, non-profit United Way Agency, Hospice of Limestone County serves families regardless of race, color, religion, national origin, age, sex or handicap. We work to honor the dignity and individuality of each patient and family we serve. There are no charges for hospice services.



SCENES FROM CAMP HOPE 2011...