

**NEWS YOU CAN USE
FOR
JANUARY 2012**

YOUR HOMETOWN HOSPICE

"Hometown Folks Serving Hometown People"

Volume 4 Number 1 – JANUARY 2012

Wishing for YOU a Happy 2012...



A Look Back at 2011...

Throughout last year our agency was involved in several activities. Listed below are some of these activities.

- ♥ Lunch & Learn with numerous physicians' offices, senior centers & home health.
- ♥ Community Care Transition Team hosted by Athens-Limestone Hospital
- ♥ HOLC Volunteer Training
- ♥ Disaster Recovery Committee
- ♥ CFC Campaign @ TVA & Steelcase
- ♥ Huntsville Hospital Case Management Provider Fair
- ♥ Community wide memorial service
- ♥ Family Resource Center Fun day
- ♥ Athens Limestone Foundation on Aging Bean Day
- ♥ Calhoun Volunteer Fair
- ♥ Monthly Quality Assurance Performance Improvement meetings
- ♥ Hosted the November Chamber of Commerce coffee
- ♥ Health Fair on the Square
- ♥ United Way Day of Caring
- ♥ Hosted the July coffee call @ the Alabama Veteran's Museum
- ♥ OSHA training

Diagnosis of HOLC Patients in 2011:

Cancer = 68 patients with cancer diagnosis

Other = 93 patients with non-cancer diagnosis (Includes: ALS, debility, heart, kidney, liver, lung, motor neuron, dementia/other, stroke)

Hospice's **bereavement services** are available at no charge to patient families, as well as to individuals in our community. These support services are provided one-on-one, in groups, at Camp Hope, through reading materials and mailings and by phone.

Hospice families served = 122

Community individuals served = 396

Bereaved Contacts (individual counseling, calls, cards, educational resources, etc.) = 2150

VOLUNTEERS...

A Work of Heart

Total Hospice Volunteer = 250

Total volunteer hours = 5594

Total miles driven = 12532

Volunteers don't get paid, not because they're worthless, but because they're priceless.



Chili Challengers already signed up:

HICKORY BARN BAR-B-QUE

ROBIN CRAIG

PIECEMAKER'S QUILTER'S GUILD

CHARLES WOODROOF

RE-MAX LEGACY OF ATHENS

WE NEED TO TALK...

HOSPICE OF LIMESTONE COUNTY IS ALWAYS LOOKING FOR OPPORTUNITIES TO MAKE PRESENTATIONS IN OUR COMMUNITY – NOT ONLY TO EXPLAIN OUR PROGRAM, BUT ALSO TO SHARE OUR EXPERTISE ABOUT TOPICS SUCH AS UNDERSTANDING GRIEF, COPING WITH THE STRESS OF BEING A CAREGIVER AND SERVING AS A HOSPICE VOLUNTEER.

EACH YEAR WE MAKE NUMEROUS PRESENTATIONS AT A WIDE VARIETY OF EVENTS HELD DURING THE DAYTIME, EVENINGS AND ON WEEKENDS. ALL PRESENTATIONS, WHICH ARE FREE OF CHARGE, ARE MADE BY STAFF AND VOLUNTEERS. TOPICS INCLUDE, BUT ARE NOT LIMITED TO:

- o HOSPICE 101
- o VOLUNTEERISM
- o RESOURCES IN THE COMMUNITY
- o BEREAVEMENT SERVICES
- o CAREGIVING
- o BEREAVEMENT IN THE WORK PLACE
- o PAIN MANAGEMENT
- o NON-CANCER DIAGNOSIS IN HOSPICE

WE ALSO WOULD BE HAPPY TO DESIGN A PRESENTATION TO MEET THE INDIVIDUAL NEEDS OF YOUR GROUP. **WE ALREADY HAVE NUMEROUS ENGAGEMENTS ON OUR CALENDAR FOR 2012 AND WE LOOK FORWARD TO HEARING FROM YOU TOO!**

GIVE US A CALL: WE NEED TO TALK.

THINGS TO DO IN JANUARY

- Jan. 7, 2012 – Veteran's Museum Coffee Call-8am
- Jan. 9, 2012 – Parent's Grief Support Group – 6pm/HOLC office
- Jan. 10, 2012 – "Errands of Mercy" In-service at the HOLC office – 8:30am
- Jan. 12, 2012 – Adult Grief Support Group – 11am/HOLC office
- Jan. 17, 2012 – Chamber Coffee @ 9am
- Jan. 17, 2012 – Martin Luther King, Jr. Day

NO WIDOWS AND WIDOWERS SUPPORT GROUP IN THE MONTH OF JANUARY.

The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart.

Helen Keller

"Listen with my heart & not just my ears"...

As a HOLC volunteer I have pushed a wheelchair on a nature trail so a patient could enjoy one last spring. I've watched hummingbirds feed in a patient's garden. I've heated soup, made coffee and washed dishes. I've shared hugs, laughter, tears and prayer with a retired barber, teacher, nurse, engineer and farmer. They have taught me how to live one day at a time and to the fullest. The little things become the big things – listening to a favorite symphony, receiving a card, or a phone call from a friend or watching the flowers bloom.

I've learned to listen with my heart and not just my ears.

Being a HOLC volunteer is being allowed into the patient's most intimate experience – their death. To be allowed into this last journey in a person's life is truly an honor.

When my turn comes, I hope Hospice is by my side on my final journey.

Darcy McMillan, HOLC Patient Care Volunteer

WORKPLACE EMPOWERMENT

Hospice of Limestone County offers monthly in-services for anyone interested. One (1) continuing education credit is offered through each in-service for aide staff. These in-services will take place on the Second Tuesday of each month at 8:30am at the HOLC office. If you have any questions, please feel free to call our office @ 256.232.5017.

The following topics will be discussed:

- 01/10/2012 Errands of Mercy
- 02/14/2012 Shore Leave
- 03/13/2012 Boundary Setting
- 04/10/2012 End Stage Renal Disease
- 05/08/2012 End Stage Cardiac Disease
- 06/12/2012 End Stage Pulmonary Disease
- 07/10/2012 Population Specific Diversity
- 08/14/2012 Standards of Care
- 09/11/2012 Children in Grief
- 10/09/2012 Safety in the Home
- 11/13/2012 Working Through Grief Because Love Never Dies
- 12/11/2012 Assisting Patients with Oxygen

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.

LIVE UNITED 

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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.

There are no charges for hospice services.

