

Caring HANDS



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Letter from Mary Jermann

Dear Volunteers:

As Volunteers, we are accustomed to giving generously, passionately and regularly. It's what we do. It's who we are. It's how we think. For that, those of us at Hospice of the Chesapeake are very grateful. So often I hear from each of you when you stop by my office or at a gathering that you are grateful for the experience of giving to our patients and their families. You say it is a gift to you. This is truly beautiful and inspirational.

As you lend a hand and share your random acts of kindness, take a moment to receive a gift as well. It is what keeps us moving forward without depleting ourselves. This is so true, especially with caregivers. I'm sure you have heard of compassion fatigue. Sometimes you just simply run out of the giving force energy. That's when you need to recognize that it is time to nurture yourselves by receiving. In the spirit of reciprocity, the only way to sustain giving is to receive. It balances the pendulum. It closes the infinite loop of giving and receiving.

A few ways the Volunteer Department would like to share with you is by offering the healing arts for our larger community of Volunteers and staff. We have practitioners who offer reiki treatments, Comfort Touch, and aromatherapy, healthy meals and social gatherings, among other things. In addition to our monthly gatherings, we have held Wellness Wednesday activities. We ask for your feedback and ideas as we plan more of these activities in the future.

I hope you enjoy the newsletter, which is chock full of stories about how you are touching our patients and families. Be sure to watch the video clip on page 8, which demonstrates the giving and receiving loop. It brings a tear to my eye every time I watch. And remember what Maya Angelou said, "When we give cheerfully and accept gratefully, everyone is blessed."

Much love,

Mary Jermann

Mary Jermann

Director of Volunteer Services



"Giving feels fantastic and for there to be a giver there must be a receiver. So allowing yourself to receive is an act of love."

-Rebecca O'Dwyer



In-service Grand Slam: Caring for the Continuum of Life Healthcare Symposium

Caring for the
Continuum of
L I F E

20
18

A Healthcare Symposium



Here is a way you can get your annual in-service hours completed in order to stay compliant as a Volunteer who is in direct contact with our patients all in one day. We are hosting a revolutionary day of learning: **Caring for the Continuum of Life: A 2018 Healthcare Symposium**. It will be held from 9 a.m. to 4 p.m. Nov. 3 at Prince George's Community College in Largo.

The symposium is for anyone in the community who wants to be more informed and better prepared in the event of serious illness or loss. It also offers five continuing education credit opportunities for social workers licensed in the state of Maryland. And Volunteers can earn their in-service hours for the year by attending any session of their choice.

Hosted by the Chesapeake Life Center, Hospice of the Chesapeake and Chesapeake Palliative Medicine, the symposium will address topics in three educational tracks as well as provide opening and closing speakers.

The first track, Community and Caregivers, offers four learning sessions that support the role of caregivers regarding accessing care for an aging parent, planning a legacy, self-care and helping children cope with the grief of losing someone dear.

A second track for healthcare professionals focuses on enhancing their understanding of end-of-life choices and the impact on families. Topics range from exploring grief in older adults to how to create a dignified dialogue with patients.

The third track seeks to educate both professionals and community members on subject matter unique to the hospice and palliative care specialty, including the role of faith in end of life, the importance of documenting your healthcare decisions, navigating traumatic grief and caring for Veterans at the end of life.

The closing session includes a Q&A session with local physicians to answer questions about making critical choices while living with advanced illness.

It is free, but you are required to register at www.caringforlifemd.org so that we can make sure everyone gets a seat in each of the sessions they wish to attend. Professionals seeking CEUs should sign up as soon as possible, as we suspect those sessions will be popular and fill up quickly.

We also will need a cadre of Volunteers to help guide the hundreds of people who we expect will be attending.

You can still attend some or all of the sessions, depending on the capacity you will be filling as a Volunteer.



To sign up as a Symposium Volunteer, contact Lydia Vincek at lvincek@hospicechesapeake.org or 443-837-1508.

VOLUNTEER SPOTLIGHT: Denise Holliday

We have reiki to thank for having Denise Holliday as a volunteer.

When her mother was in hospice care in North Carolina in 2007, a Volunteer offered to perform reiki on her mother and her family. Holliday said she felt an immediate calm. “It had such a profound effect on me,” she said.

After her mother died, she told herself she was going to have to find a way to give back. At first, she thought she would give back financially – but raising five children less than seven years apart made that a daunting decision. Before long, it was 2017. The 10th anniversary of her mother’s death was like a timer going off. She went to Volunteermatch.org and started looking at the volunteer needs of area hospices when the word “reiki” caught her eye in a position posted by Hospice of the Chesapeake.

Bingo.

Since then, she has been kind of a healing arts fangirl. Training for reiki led the Upper Marlboro real estate agent to get certified for Comfort Touch and aromatherapy. She considers all of these modalities as tools in her volunteer tool belt, which she wears in a few different capacities. Primarily a patient care Volunteer, she also has done Tuck-In Team, represented us at outreach events and was just recently onboarded as a vigil volunteer. “I don’t even think people realize how many different ways they can give back,” Holliday said.

The healing arts provide Holliday a gateway to getting to know a patient and their family; a kind of peaceful introduction in an often tense environment. One of the most rewarding aspects to her service as a Volunteer is the sense of calm that she leaves behind after her visit. “The family can sense it, they can see that their loved one is finally resting, finally sleeping.”

Holliday devours every learning opportunity offered to volunteers that she can. And why not? They are free. Plus, what she learns she can apply to her own life and share with her family. “To be a better practitioner for others, you need to do self-treatment,” she said, adding that every so often her daughter will plead with her, “Mommy! Reiki my back!”

It’s been a full year of volunteering for Holliday, and now she’s looking for ways to involve her children, ages 20 to 14, and her husband Donnell, in volunteering with us. “I’m hoping it can become a family thing,” she said. “We can learn so much from our children.”



To find out more about becoming a Healing Arts Volunteer, contact Terri Fevang at 667-219-2889 or tfevang@hospicechesapeake.org.

19 Veterans Honored at 5th Annual Tribute Wall Unveiling

One woman retired as a lieutenant colonel after 35 years with the Navy. Eight served in World War II. Another Marine Corps Veteran continued his service as a police officer in Washington, D.C.

Each of these Veterans is now represented on the Veterans Tribute Wall which hangs in the Chesapeake Bay Room in the administrative building on the John & Cathy Belcher Campus in Pasadena. The wall features photos of Veteran patients during their Honor Salutes, a ceremony recognizing and thanking them for their service to our country.

During the fifth annual Unveiling of the Veterans Tribute Wall on Aug. 2, the pictures of 19 honorees were revealed. Guests enjoyed dinner followed by a moving ceremony that included Honor Salutes from active duty service members and a Naval Academy midshipman led by Vietnam War Navy Veteran Vince Zegowitz. Army Sgt. Alexis Kwamin of Fort George G. Meade shared her experience as an Honor Salute Volunteer that inspired her to write a poem, which she also shared. There were messages from retired Navy Chaplain Wayne Bumbry, President and CEO Ben Marcantonio and the evening's master of ceremonies, retired Navy Capt. Bill Malicki. Army Spc. Tenekeyia McGaskey of Fort Meade performed "The Star-Spangled Banner" and "God Bless America."



Most moving of all, though, were the words of love and pride that came from the family members who attended the event, as they remembered their loved ones and shared poignant stories of how their parent, sibling or spouse had served. Over and over again, the family members shared how important the Honor Salute was to their loved ones. For some, the act seemed as if it were a last rite. More than one family said their Veteran died shortly after the salute was performed. The tributes were made particularly special as it was acknowledged that one of the honorees, World War II and Korean War Navy veteran Dominic Vicino, was there to see his photo take its place of honor on the wall with other Veterans who had passed away.

We want to thank all of the aforementioned who volunteered to make this happen along with the Volunteers who were behind the scenes: Pat Curran, Pat Holle, Paul Mullenhoff, Carter Reardon, Lou Reymann, Michael Riggan, Lori LaRussa, Ed Schneider and Jim Welday, as well as five Fort George G. Meade active military personnel and one U. S. Naval Academy Midshipman.

PHOTO: Five active-duty military personnel from Fort George G. Meade and a U.S. Naval Academy Midshipman are led in an Honor Salute by Vietnam War Navy Veteran Vince Zegowitz.

62 Volunteers help to bring healing to 48 grieving kids at bereavement camp

For the 27th year, Chesapeake Life Center took over Arlington Echo Outdoor Education Center in Millersville to bring a little peace and a lot of joy to 48 grieving children.

It takes a lot of creativity and many trained Volunteers to help make this annual bereavement camp for children ages 6 to 18 a success. There were 62 people with a passion for helping grieving kids who worked from Aug. 10 to 12, providing many of their talents, including the following roles:

- 37 Big Buddies, adult Volunteers trained to stay with one or two children for the duration of the camp to guide them through the emotional weekend.
- 21 Volunteers who were helping at the camp for the first time.
- 9 facilitators, who met throughout 2018 to plan a safe weekend of working through loss.
- 5 Teen Corps Volunteers.
- 2 Volunteers who had attended the camp when they were children.
- 1 Great White Pyrenees therapy dog named Isaac.

Volunteers helped in a variety of roles, including leading arts and crafts, crabbing, building and guarding camp fires, serving up barbecue, serving as camp nurses, setting up and cleaning up and more. There also were more than 25 individuals, organizations and businesses that helped provide the funds to make this an affordable time for families already dealing with loss.

Chesapeake Life Center Director Susan Coale said when a community of donors and Volunteers join forces, great things happen. "Because people in this community decided to give of their valuable time and resources, 48 grieving kids made new friends, had some good summer fun and, most importantly, learned they were not alone in this scary part of their life's journey," Coale said. "For that, we are grateful beyond words for our generous donors and amazing Volunteers."



PHOTOS:

TOP: Alice Peek introduces Isaac, a Great White Pyrenees therapy dog, to the youngest group of Camp Nabi campers and their Big Buddy Volunteers.

BOTTOM: Kathy Henkel and Sue Wilson are a daughter-mother team who has been volunteering for Camp Nabi for years.



A Summer of FUN

We have had a great time spending time off the clock with some of you. Our monthly gatherings watching movies, playing putt putt, painting pictures and hanging around the pool have not only been relaxing and fun, but opportunities to learn a lot about you, too.

We are planning other events throughout 2018 – watch your emails.



PHOTOS: TOP: An evening of putt putt in Severna Park.
BOTTOM: Paint Night in Largo.

MEET OUR NEWEST VOLUNTEERS

We'd like to congratulate the people who recently completed the training to begin serving as Volunteers. Since April, 24 wonderful individuals decided to give of their time and talents to help our patients and their families.

- Mary Ann Anderson** – patient care
- Charles Beggrow II** – patient care, Honor Salutes, Veteran-to-Veteran
- Shelby Bell** – patient care, yoga, Honor Salutes
- Philip Bronson** – patient care, Honor Salutes
- Robert Caldwell** – patient care, Honor Salutes, Veteran-to-Veteran
- Catherine Carson** – patient care
- Cindy Coleman** – patient care, Honor Salutes
- Barbara Dial** – patient care
- Kristell George** – patient care
- Christine Edwards** – patient care, Honor Salutes
- Cathy Gotschall** – patient care, music, doula
- Deborah Gruen** – patient care
- Julia Hill** – patient care, Honor Salutes, camp
- Zinnie Jones** – patient care, music
- Angela Jose** – patient care, administrative
- Debra Jacobs** – patient care, Honor Salutes
- Kathryn Learn** – patient care, pet therapy
- Akesha Lowry** – patient care, Honor Salutes, Veteran-to-Veteran
- Katherine Oursler** – camp, administrative
- Andrea Rissanen** – patient care
- Linda Tabisz** – patient care, Honor Salutes, community outreach
- Danielle Tillman** – patient care
- Sharon Waranius** – patient care, administrative
- Colin Whitaker** – patient care, Honor Salutes, Veteran-to-Veteran
- Suzanne Young** – patient care, licensed counselor

Thank you for the gifts of your hands and hearts. We hope you can share your experiences with your family and friends and encourage them to join our Volunteer Team, too.



Kindness Boomerang

In the spirit of “paying it forward,” as so many of you Volunteers do, we wanted to share this charming video of how a brief and simple act of kindness can bring a powerful message of positivity to your community in a matter of minutes.

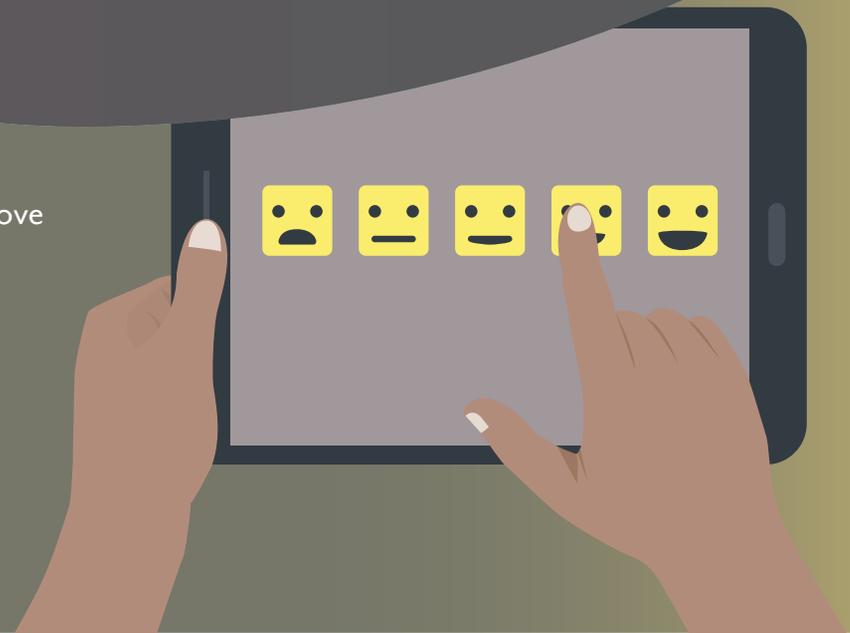
WATCH IT ON YOUTUBE [HERE](#)

Volunteer website feedback: WE NEED YOUR OPINION

In order to improve our service to you, our volunteers, we want to improve the Volunteer page of our Hospice of the Chesapeake website!

Please help us by completing a short survey by clicking [HERE](#)

*thank
you*



save the date

TO REGISTER OR LEARN MORE, VISIT
CARINGFORLIFEMD.ORG

Caring for the
Continuum of
LIFE 2018
A Healthcare Symposium

14 LEARNING SESSIONS
1 INSPIRING DAY

Community members are invited to join us for a FREE informative day to increase your understanding of the many facets of aging, caregiving and planning.

Saturday • November 3, 2018

9:00am - 4:00pm

Prince George's Community College in Largo, MD



CHESAPEAKE
lifecenter
Age Well Now

hospice
of the chesapeake

chesapeake
palliative medicine

**REGISTRATION IS
REQUIRED**

HEALING ARTS CORNER ⁷

Most of these events are for Volunteers who are already involved in each of the disciplines. But, if any of these interest you, contacts are provided below:

REIKI SHARE – 9 a.m. to noon, Sept. 16, Oct. 21, Nov. 18 and Dec. 16 in the Wellness Room in Pasadena. Contact Lydia Vincek at lvincek@hospicechesapeake.org or 443-837-1508.

QUARTERLY VIGIL VOLUNTEER MEETING – 6 to 7:30 p.m., Oct. 11 in Pasadena. Contact Terri Fevang at tfevang@hospicechesapeake.org or 667-219-2889.

COMFORT TOUCH TRAINING – Part I, 9 a.m. to 5 p.m., Sept. 15; Part II, 9 a.m. to 1 p.m., Oct. 6 in Pasadena. Contact Lydia Vincek at lvincek@hospicechesapeake.org or 443-837-1508.

Check back here next time for exciting updates from our Healing Arts Program.

