

# CARING HANDS NEWSLETTER

Hospice of the Chesapeake's Quarterly  
Newsletter for Our Volunteers

**JANUARY 2026**

## A Message from Volunteer Services

Dear Volunteers,

As we step into a new season, we want to express our heartfelt gratitude for the time, compassion, and presence you bring to our patients and families. You continue to embody the essence of hospice by meeting people where they are and offering connection, comfort, and dignity. Whether you are sitting quietly with a patient, offering respite to a caregiver, providing administrative support, or serving behind the scenes, your time truly matters.

Thank you for being the heart of hospice!



*Welcome all new  
volunteers!*



## Honoring the heart of hospice - our volunteers. We celebrate YOU!

This month, we want to pause and recognize the incredible heart our volunteers bring to every visit, every phone call, and every moment of presence.

**“Volunteering in hospice reminds me that being present is sometimes the most meaningful gift we can give.”**





## Volunteer Spotlight

“I didn’t realize the value and the positivity I would get from this. It’s all about helping other people – but boy, has it helped me to continue to heal in my own grieving.” Becky Dingle

Whether you serve directly with patients and families or support our work behind the scenes, every volunteer role contributes to comfort, dignity, and connection each day.

Thank you for showing up with compassion, empathy, and grace.



## New for 2026: Volunteer Engagement Opportunities

In 2026, we’re excited to introduce new ways for volunteers to connect, recharge, and stay engaged beyond scheduled service hours. These opportunities are designed to be simple, flexible, and welcoming, with no pressure or long-term commitment.

### Coffee & Conversations – NOW VIRTUAL!

We’re excited to introduce Coffee & Conversations, a monthly virtual gathering via Zoom for volunteers to connect in a relaxed, informal setting. There is no agenda and no expectations, just a welcoming space to chat, listen, and stay connected.

All volunteers are welcome, whether you’re new, active, or looking to reconnect. Bring your favorite cup of coffee (or tea!) and join us from wherever you are.

**Monthly – 2<sup>nd</sup> Monday of each month**  
**10:00 AM | Via Zoom**  
(Watch your email for a Zoom link to each meeting)





## Volunteer Monthly Drop-In Hours (In Person)

Join us for casual connection—no agenda, no RSVP. Stop by for a few minutes or stay awhile.

***All volunteers welcome, regardless of county.***

- ***January 13 | 10–12:00 PM -  
Charles Inpatient Care Center***
- ***February 10 | 10–12:00 PM -  
Pasadena – Administrative office***
- ***March 12 | 10–12:00 PM  
Calvert - Burnett Center for Hope and Healing***

***(We will rotate locations each month. Largo drop-in will be in April)***



## Education & Growth

### Compassionate Touch

- Training Date: Wednesday, January 14<sup>th</sup>  
Time: 2:00 PM - 3:30PM  
***In person only – Pasadena campus – Center for Hope & Healing building***
- Training Date: Tuesday, February 17<sup>th</sup>  
Time: 11:00 AM – 12:30 PM  
***In person only – Pasadena campus – Center for Hope & Healing building***



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## Education & Growth

### Dementia Live

- Training Date: Thursday, January 29<sup>th</sup>  
Time: 2:00 PM - 4:00 PM

**In person only - Pasadena campus - Hope & Healing building**

- Training Date: Wednesday, March 11<sup>th</sup>  
Time: 11:00 AM - 1:00 PM

**In person only - Pasadena campus - Hope & Healing building**

## Education & Growth

### Grief 101 and Boundaries

- Training Date: Wednesday, February 4<sup>th</sup>  
Time: 5:30 PM - 7:00 PM

**Zoom (link will be sent prior to the training)**

### Lunch & Learn

- Training Date: Thursday, March 5<sup>th</sup>  
Time: 12:00 PM - 1:00 PM

**Zoom (a link will be sent prior to the training)**



# Mini Training Corner



## Dementia Care: Quick Tips

- **Meet them where they are.** Enter their reality rather than correcting facts.
- **Use simple language.** Short sentences and gentle tone help reduce confusion.
- **Watch non-verbal cues.** Facial expressions and body language often communicate more than words.
- **Routine brings comfort.** Familiar activities and consistency can ease anxiety.
- **Your presence matters.** Calm companionship can be more reassuring than conversation.

## Active Listening: Quick Tips

- **Be fully present.** Minimize distractions and give your full attention.
- **Listen without fixing.** Often, patients and caregivers want to be heard—not advised.
- **Use gentle prompts.** Phrases like, “Tell me more” invite sharing.
- **Reflect back.** “It sounds like you’re feeling...” helps people feel understood.
- **Silence is okay.** Quiet moments can be powerful and comforting.

## Healthy Boundaries: Quick Tips

- **Know your role.** Volunteers offer presence and support, not medical advice.
- **It’s okay to say no.** Set limits kindly and involve staff when unsure.
- **Avoid personal promises.** Let the care team guide next steps.
- **Protect confidentiality.** Patient information stays private.
- **Care for yourself.** Boundaries help you continue serving with compassion.



## Moments That Matter

A volunteer recently shared time with a patient who had no visitors scheduled that day. They talked about music, favorite foods, and childhood memories. When the visit ended, the patient said, “I didn’t feel alone today.”

Moments like these are why hospice volunteers are so essential. Your presence brings comfort, dignity, and connection when it is needed most.

Each quarter brings moments that remind us why we do this work. Share your meaningful volunteer moments with us. You might be featured in our next issue!



## Self-Care Check-In: Caring for Yourself While Caring for Others

Hospice work can be deeply rewarding and emotionally meaningful. Remember to take time for rest, reflection, and self-care. If you ever need support or a listening ear, the Volunteer Services team is always here for you.



### GRIEF WORKSHOPS & SPECIAL PROGRAMS

- **Visioning Through the Valleys: A Vision Board Experience for the Grieving Heart**, Tue, Jan. 6 | 6:00–7:30 pm, John & Cathy Belcher Campus, 90 Ritchie Hwy, Pasadena  
• Free
- **Branches of the Heart for Kids and Teens (Ages 6–18): Remembering Loved Ones Through Nature**, Sat, Jan. 17 | 10:00 am–12:00 pm, Center for Hope & Healing (Belcher Campus), 90 Ritchie Hwy, Pasadena  
• Free

***Workshops Continued Next Page***





## GRIEF WORKSHOPS & SPECIAL PROGRAMS

- **Hot Chocolate and Grief Bingo**, Wed., Jan. 28 | 6:30–8:00 pm  
John & Cathy Belcher Campus, 90 Ritchie Hwy, Pasadena • Free
- **In Winter Deep: A Workshop for Coping Beyond the Holidays**,  
Thu. Jan. 29 | 5:30–7:30 pm  
9500 Medical Center Dr, Suite 250, Largo • Free
- **Creating Hope: Therapeutic Art Exercises in Griefwork (Teens & Adults)** Sat., Feb. 7 | 1:00–2:30 pm  
Burnett Center for Hope & Healing, 4559 Sixes Rd, Prince Frederick • \$10
- **Nature's Healing Power: A Grief Support Group Series**, Thursdays  
Feb. 19–Mar 12 | 11:00 am–1:00 pm  
Lake Artemesia Natural Area, 8200 55th Ave, College Park • Free

Find all of Hospice of the Chesapeake and Chesapeake Life Center events at <https://www.hospicechesapeake.org/events/>.

## HOSPICE OF THE CHESAPEAKE AND PARTNERS IN CARE UNITE TO SERVE OUR AGING COMMUNITY

Hospice of the Chesapeake is proud to announce that Partners In Care of Maryland, Inc., has officially joined its family of services under a newly formed umbrella organization, Chesapeake Health Partners.

By combining resources, Hospice of the Chesapeake and Partners In Care can continue to innovate, adapt and meet the growing needs of Maryland's aging population.

Both organizations remain committed to their shared mission of compassion, dignity and community. Volunteers and staff will continue to play an essential role in delivering services that help older adults remain active and independent.



Read more about this new partnership at <https://www.hospicechesapeake.org/2025/10/hospice-of-the-chesapeake-partners-in-care-unite-to-serve-aging/>

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## 2025 VOLUNTEER IMPACT AT-A-GLANCE

**10,000+** volunteer hours providing patient care and administrative support

**167** dedicated volunteers served across our communities

**72** new volunteers welcomed into our hospice family

**2,197** patient visits offering presence, comfort, and companionship

**7,000+** Caring Caller check-in calls made weekly to support patients and families

**217** Honor Salutes recognizing and honoring our Veterans

**COST SAVINGS: \$313,000.00**

### WHAT DOES COST SAVINGS REPRESENT?

Cost savings is a way to show the incredible value of your time. Every hour you give helps ensure hospice care remains compassionate, accessible, and focused on what matters most—our patients and families.



# CARING HANDS NEWSLETTER

# Thank You

Thank you for continuing to show up with compassion, humor, patience, and heart. You are the reason our mission is possible, and we are deeply grateful for the love you share with those facing serious illness.

**THANK YOU FOR BEING PART OF OUR  
HOSPICE FAMILY.  
YOUR PRESENCE MATTERS.**

With appreciation,

*Volunteer Services Team*

