

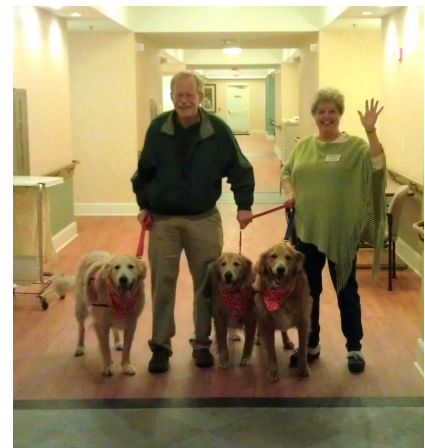
Hospice of the Upstate Volunteer Newsletter

May 2016



Benefits of Pet Therapy

At Hospice of the Upstate, we are so fortunate to have the SC Therapy dogs visit as well as our very own doggie volunteers: Molly, Henry, Gracie and Minnie. All of these precious animals visit our patients each month, sometimes more. They offer so much comfort and always bring a smile to the patients and their families.



Physical Health:



- lowers blood pressure
- improves cardiovascular health
- releases endorphins (oxytocin) that have a calming effect
- diminishes overall physical pain
- the act of petting produces an automatic relaxation response, reducing the amount of medication some folks need

Mental Health:



- lifts spirits and lessens depression
- decreases feelings of isolation and alienation
- encourages communication
- provides comfort
- increases socialization
- reduces boredom
- lowers anxiety
- helps children overcome speech and emotional disorders
- creates motivation for the client to recover faster
- reduces loneliness

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Update...

Gone Fishin'

Wow!! What a great weekend out on Lake Hartwell. On Saturday, April 16, Hospice of the Upstate held its first Annual Spring Bass Tournament. The warm sunshine and spring weather brought 50 boats and over 90 anglers to Greenpond Landing to fish. The goal this year was to raise \$10,000 and with the help of our community sponsors and fishermen, we were able to surpass that and raise over \$11,000. After a long day of fishing, the fishermen walked their huge bass to the weigh-in station. While waiting to see if they sealed the deal, the fishermen were able to bid on silent auction items and enjoy Skins Hotdogs. When the results came in, Brady Kimbrell and Scott Reeves were able to take first place with a 5 fish total weight of 19.96 pounds and also took home the prize of biggest bass with a 6.26 pounder!



We are so proud of RN, Carrie Drennon and her father Wayne Lefor, for representing us in the 10th Annual Dancing for our Heroes event! Carrie and Mr. Lefor busted moves that wowed the crowd and judges. At the end of the night, they helped HOTU raise over \$14,000 for our patients and their families!

