

Hospice of the Upstate Volunteer Newsletter

August
2016



Communication Skills- Being able to listen more and talk less is key to developing a good relationship. Volunteers who value what is heard (without adding personal opinion, advice or experience) offer the best support to patients and families.



Sense of Humor is as healing as medicine. This is not about forced humor. Do not be afraid of laughter. Offer fun if it seems warranted: share a new joke or cartoon, relate a funny story, watch a comedy, provide some light-hearted fun!



Ingenuity and Creativity can be shared by writing, dictating a poem, or a life story. Do you like to read aloud? Do you play an instrument or have music to share? Creativity can help the patient gain release from stress, release from pain and release from anxieties and fears. Listen to your patients' stories and honor them.

Memories can be a great source of comfort. Having something to remind us of our loved one is especially precious.

Touchstones capture the imprint of the patient's thumb on one side and the thumbprint of their loved one on the other side. The clay stones are glazed and kiln dried to a hard finish.

Touchstones are kept close as a tender reminder of a loved one.

The Touchstone can be worn as a necklace, placed in a pocket or showcased in a special place at home.

We are pleased to be able to offer this meaningful experience to our patients and families. If you would like to help with this program please call and we will be glad to train you to paint them and put them in the kiln. It's fun!



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IT'S REGATTA TIME AGAIN.....

As you know this is our biggest fundraiser and we couldn't do it without your support and donations. If you are willing to help this year we need the following items:

Appetizers – any kind:

- Chips & dips
- Cheese balls & crackers
- Salsa & chips
- Deviled eggs
- Chex mix/pretzels
- Pinwheel sandwiches
- Sweets – brownies, cake, cookies

Cases of bottled water

9 dozen eggs

Packages of English Muffins

2 large bottles of ketchup

1 large jar of dill pickles (chips for hamburgers/hotdogs)

From Sam's Club-

Cases of yogurt

1 box of moo moo creamer cups

1 box of French vanilla creamer cups

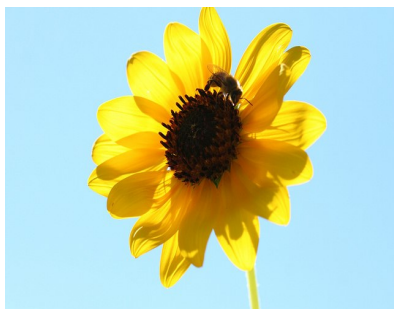
Soup Starter – Beef Base – 16 oz (2-8oz)

1 case jelly packets

1 case mayonnaise packets



Let Sunny know if you would like to help!



ENJOY
the simple things

