

THE HELPING HAND

THE NEWSLETTER OF HOSPICE OF HELPING HANDS, INC.



Honoring our Veterans

This past November, Hospice of Helping Hands, Inc. conducted a total of 14 Veteran's Celebrations in their six-county service area and paid tribute to over 136 veterans. Services were provided at the following locations to honor their residents who are veterans: Bortz Health Care of Rose City and West Branch; Hilltop Manor of Roscommon; Horizon's Senior Living of St. Helen and West Branch; King Nursing and Rehab of Houghton Lake; Lakeview Manor of Tawas; Medilodge of Sterling; St. Mary's Skilled Nursing of Standish; Tendercare of Tawas; The Brook Independent and Assisted Living of Gladwin, Houghton Lake, Roscommon, and West Branch.



All the celebrations included a presentation of certificates of service and pinning for each veteran. Several of the services were assisted by local VFW's and/or American Legion's. Pictured are Veterans Fred Minx (top) and Richard Goodale (bottom) being recognized for their service at the Lakeview Manor Celebration that took place Thursday, November 3, 2011.

Do you have a Heart for Hospice?

As the snow continues to fall this winter, Hospice of Helping Hands will be kicking off our only winter fundraiser - Hearts for Hospice. Hearts, as we like to call it, raises funds through the sale of paper hearts at participating businesses. We are pleased to announce that we have participating businesses across our entire service area - Arenac, Gladwin, Iosco, Ogemaw, Oscoda and Roscommon counties. Red hearts are \$1.00 and gold hearts are \$5.00. Donors have the opportunity to write the name of a loved one on the heart prior to it being posted at the participating business. The Hearts for Hospice campaign will run from February 1-15th.

Whether you are visiting your local bar for the Superbowl or taking your valentine to dinner this February, when you see those red and gold hearts lining a wall: have a heart for hospice and buy a heart to show your support!

Camp Warm Hearts Registration Winding Down

The deadline to register for Camp Warm Hearts is January 13th. Our weekend winter camp for children ages 5-15 will be held February 3, 4, and 5, 2012 at The Springs Camp on M-30 between Gladwin and West Branch. To attend Camp, the child must have experienced a significant loss such as the loss of a grandparent, parent, sibling, aunt or uncle. "Our goal at camp is to provide an atmosphere for the kids to feel safe to talk about their loss. Camp allows them to see they are not alone and teaches them it is okay to grieve," says April David, Hospice of Helping Hands' Bereavement Coordinator.

Returning campers will only be accepted if there are spots available following first time camper registration. There is no fee for children to attend Camp as it is financed by donations from the community, Hospice of Helping Hands, and Mid-Michigan Home Care. Registration is available online at <http://www.hospiceofhelpinghands.com> or by calling our office at 800-992-6592. If you would like to sponsor a child, so they can attend camp this year, it would be greatly appreciated - details inside.

Looking Back...

This article first appeared in the Winter 1999 Tolfree Touch newsletter, titled "Salute to Hospice"

The year was 1981 and the term "hospice" was not yet a familiar one. Several local, caring people saw the need for a program that would address the physical and emotional needs of terminally ill patients and their families. Jan Ehinger, in charge of discharge planning at Tolfree Memorial Hospital, as well as Marilyn Hamilton, Gail Isette, Terry McLaren, Pastor Ralph Erikson and others, recognized the void and gathered together the framework for what is now known as Hospice of Helping Hands.

The program was begun on a shoestring. Jan Ehinger bought the first hospice manual and Terry McLaren copied it for the facilitators. Advertising was initiated for the first volunteer class, which numbered 25-30 people. The Health Department and mental Health lent their expertise and the Health Department eventually provided an Aide for 20 hours per week. In time, Joann Washburn, a nurse at Tolfree Hospital, and Dr. Laura Prescott, a local physician, gave the program the very important and necessary boost that it needed, and the nucleus for today's Hospice, including eventual accreditation, was in place. During the same period, fund-raising programs were initiated, among them one sponsored by Branham Jewelry in which Branham's donated a diamond "you MIGHT find in an ice cube" purchased during Old Fashion Days. Volunteers Ruth Sabo and Ruth Sheets dressed as ducks and sold tickets for the duck race, and the first annual Quilt Show came about. Necessary patient equipment was stored in "loan closets" located above Fashions N' Things and Scott's True Value. From these beginnings, Hospice of Helping Hands, as we know it today, evolved. Our thanks go out to all those who have contributed to Hospice of Helping Hands. Our local Hospice is an important member of the John Tolfree Health System.

Caregiver's Corner - Time to Take the Keys Away?

Taken from Caring for Elderly Parents by Roberta Rand Caponey

Before discussing the decision to suspend an elder's driving privileges, do some research. Locate agencies that provide transportation for seniors. Depending on where you live, there may be city busses or trains convenient to where your loved one lives. Provide him or her with maps and information on bus schedules, etc., then be prepared to volunteer to ride with her a couple of times till she feels comfortable with these new ways of getting around. Resolve to talk to your elderly loved one reasonably and respectfully about options — not condescendingly, as to a child.

Introduce the subject gently: "Mom, I've noticed that you are having a hard time making out the lines on the road and you sometimes cross into oncoming traffic ... would you say that's true?" then, "Mom, you've had a lot of near-misses on the road and I'm afraid you may get hurt — or accidentally hurt somebody else ... We all love you, and we want you to be with us for a long time, so I think it's time we looked at other options for transportation. Do you understand?" You'll likely have to state it very clearly: "Mom, I'll need to ask you for your car keys."

There may be tears, protest, anger. But as one who cares and sees the situation objectively, you are responsible for ensuring the safety of your loved one — and other people on the road. If you don't, the consequences could be far worse than the temporary pain of having to take away a set of car keys. The flip side of this decision is that you as the caregiving son or daughter may also be required to adjust your schedule in order to accommodate the transportation needs of your elderly parent. In short, not only is your loved one's lifestyle going to change radically, yours will, too. It's now your responsibility to ensure he/she gets to the grocery store, arrives on time for doctor's appointments and is able to pick up important prescriptions. If close relatives live in the vicinity, you may enlist their help.

For more information on this topic you can refer to the original article at www.troubledwith.com/Relationships

Dr. Laura Prescott has continued to support Hospice of Helping Hands. She is our current Medical Director and has been an extraordinary part of our hospice team.



New Volunteers Always Needed!

In the winter, we always lose a lot of our valuable volunteers to warmer climates and sunnier skies. We find ourselves needing more volunteers to assist our organization in patient care and fundraising efforts.

Giving of yourself in service to others is a very rewarding experience. Our next New Volunteer Training is scheduled for Wednesday, January 25th. To learn more about becoming a Hospice of Helping Hands volunteer, please contact Sandy Harrison, Volunteer Coordinator, at 800-992-6592.

Update on our We Honor Veteran's Program

We have achieved Partner Level 3 of the National Hospice and Palliative Care Organization's We Honor Veteran's program — Level 4 is the highest level attainable. Presently I am gathering data to submit to the National Hospice and Palliative Care Organization and the VA system. Our goal is to achieve level 4 by February 2012.

One of the deficiencies we identified from our survivor survey was the lack of information we provided on VA burial and memorial benefits to our veterans and their families. On December 20, 2011 we had Jeffrey Nichols, Director of the Ogemaw County Veterans Affairs provide us with an informative inservice on these benefits. I am completing an information sheet to go into our admit packets for all patients/families.

The next volunteer inservice will be on "Veteran Benefits and Care of the Veteran Patient/family." Invite a friend/Veteran to the inservice. Watch your mail box for the date!!

Camp Warm Hearts Sponsors

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Camp Warm Hearts Camper Sponsorship Form

Fill out the form below and send in with a check. Make checks out to: Hospice of Helping Hands.

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Phone: _____

Number of children I would like to sponsor (please circle):

1 Child - \$80.00

2 Children - \$160.00

3 Children - \$240.00

___ Children – Please calculate

Please mail this form with appropriate check to:

Hospice of Helping Hands

Attn: Camp Warm Hearts

335 E. Houghton Ave.

West Branch, MI 48661

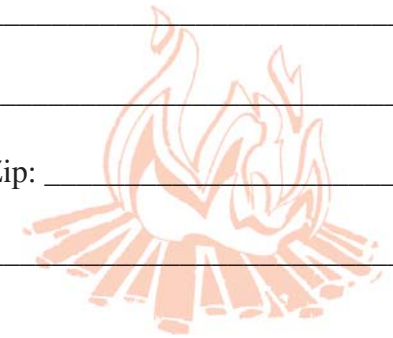
May your warm heart, warm a child's heart this February!

Thank You!

To all our song birds, a.k.a the 14 volunteers who visited three extended care facilities (Bortz Health Care of Rose City and West Branch, and The Brook of West Branch) to share the music of Christmas on December 3rd. The residents so enjoyed it! Thank you to Dennis, Valli, Heidi, Larry, Otis, Dee, Sam, Marlene, Kathy, Joan, Elon, Bob, and Ruth for sharing yourself and providing joy for an afternoon! Your voices, good wishes, and warm smiles made the difference again! Have a beautiful New Year!

Christmas Reception:

Thank you to those who attended the Volunteer Christmas Reception on December 8th. We hope that you enjoyed the food and fellowship! Thank you also to the staff who provided the goodies and came to visit with our volunteers.



Upcoming Events

Camp Warm Hearts Registration Deadline
January 13th

New Volunteer Training
Wednesday, January 25th
at the Hospice of Helping Hands' Office
Call Sandy for more information at 800-992-6592

Hearts for Hospice Fundraiser
February 1st - 15th

Camp Warm Hearts
February 3, 4, and 5th

Grief Support Group
Will meet: Tuesdays: Feb. 7, 14, 21, 28 & March 6 from 1:30 - 3 p.m.
Hospice of Helping Hands Conference Room
Registration is required. Call 989-343-3500 or 800-992-6592.

National Volunteer Week
April 15 – 21st

Hospice of Helping Hands, Inc. Board of Directors

Noreen Connolly, Chairperson
Rev. Dan Stoneback, Vice Chairperson
Ruth Golden
Nancy Griffin
Christine Juarez
Tim Laugh
Robert McGrail
Edward Napierala
Glen Painter
Liz Steinhurst
Blanche Watkins, Executive Director

**If you ever desire to stop
receiving this newsletter, please
call Leslie at 800-992-6592.

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