



HOSPICE PARTNERS OF SOUTHERN CALIFORNIA

*Our mission is to provide compassionate end-of-life-care,
emphasizing life, choice and dignity in partnership with patients,
families and community.*

Volunteer E-News

November/December 2008

Greetings from Leslie

"We can only be said to be alive in those moments when our hearts are conscious of our treasures."
~Thornton Wilder

I feel so "alive" as I witness our volunteers' journeys unfold. I see such passion to help others, dedication and commitment. Many have very hectic and busy schedules but manage to make time for our patients. It warms my heart when you share your experiences and I am always reminded of how wonderful you are and how meaningful your service is to our patients! I am so grateful to work with you, to share and to support you in your journey. Thank you!

We would like to welcome our soon to be new volunteers! It is always touching to hear your personal stories on what brought you to hospice and why you want to "be" with our patients. I see such enthusiasm in getting started and I feel honored to be part of it.



The holiday season is here! Next week we will be receiving table top Christmas trees and Hanukah bushes from the JoyCatchers. Our team is very excited about delivering them to our patients. Thanks for spreading the Joy! A special thanks to the many volunteers who have shared their precious time to knit blankets and prayer shawls.

I want to express my warm wishes for the holiday seasons! Grace, peace and well-being to you and to all those you love! Leslie ~ Volunteer Coordinator

A note from Eriq

"We are all like one-winged angels. It is only when we help each other that we can fly."
~Luciano de Crescenzo

I have had the honor of meeting with most of you and am constantly humbled by your willingness to be present. The time you have dedicated means so much to our patients, and you are all a vital part of Hospice Partners. As we approach the holiday season, continue to be mindful of the needs of others, but also check in with yourself and try to



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make sure you are not overwhelmed. Family, friends, co-workers, loved ones, people we serve... all are a blessing. Let us continue to cherish our time with others, while honoring our own needs. Take moments for yourself during the busyness of the holidays and be thankful for you, just as we are thankful for you, also.

The following section addresses coping with loss during the holiday season. I hope you find these tips helpful. Many Blessings ~ Eriq, Spiritual Counselor and Bereavement Coordinator.

Planning for the Holidays - a holiday letter from *AfterWords* - the periodical sent to our grieving family members.

The holidays are often a difficult time for those who are bereaved and coping with loss. The following are some suggestions on how to plan for the holidays.

- ♥ Consider a completely different plan in this first year for Hanukah, Christmas, Kwanza, and/or New Year's. Give yourself the option to create a new pattern and/or ritual that will help ease the deep pain of loss.
- ♥ Keep the holiday traditions that you need for stability and let go of those that no longer serve you.
- ♥ Only involve yourself with holiday rituals of decorating, parties, cards, etc. if it is *comforting to you*.
- ♥ Make your holiday plans with options and the flexibility to alter those plans.
- ♥ During a holiday meal or gathering you may want to include your loved one in different ways... serving their favorite food, lighting a candle in their honor, telling a favorite story, playing their favorite music, speak of them in your grace.
- ♥ Try not to be concerned with what others think about your way of celebrating or if you choose not to participate.
- ♥ Let people know that they can help you by supporting your choices to do things differently this year.
- ♥ Know that this season will pass and next year will be a much different experience.

Most importantly, plan ahead. Give some thought to the challenges you will encounter this holiday season. Consider what may be expected of you, both socially and emotionally, and what your preferences are.

Give yourself permission to "just be." Allow for some breathing space and expect fluctuations in your mood and energy level. Grieving is nature's way of healing the mind and heart from the greatest injury of all. The holiday season places additional demands on your time and emotions. Be gentle with yourself this year.



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Mark your Calendars!

- ♥ **December 3rd and 10th at 9am -12pm** – Volunteer Orientation Training Session 1 & 2
- ♥ **December 6th** – JoyCatchers prepare Christmas trees & Hanukah bushes for our patients
- ♥ **December 13th at 10am – 4pm** - Volunteer Orientation Training Session 3&4

Happy Birthday to You ...



“Please don't retouch my wrinkles. It took me so long to earn them.” - Anna Magnani

Lila Saint Denis	November 23	Karen Vinje	December 10
Sunda Bamaung	November 25	Gemini Adams	December 21
Melanie Burns	November 29	Michele Pearson	December 21

Happy One Year Anniversary!

Stacy Bozeman	November	Joanne Press	December
Susan Mayle	November	Denise Johanson	December
Karen Vinje	November	JoDee Moen	December
Lila Saint Denis	November		

Protecting Your Privacy

Using our home and cell phone risks your own privacy. If you do not have Call Blocking as the default on your home or cell phone, dial *67 + number you are dialing to block your number from showing up on patients/families' caller ID for that **one** call.

After Hours Phone Number

If you want to leave a non-urgent after-hours message for the Volunteer Department call: (310) 315-1538 ext 104. Please use the regular number (310) 264-8413 during normal business hours.



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Links you might find helpful ...

Grief and Bereavement

[Beyond Indigo](#)

[Griefnet](#)

[Open to Hope Foundation](#)

[GROWW](#)

[WidowNet](#)

[David Kessler and Elisabeth Kübler-Ross](#)

Hospice Foundations and Associations

[Hospice Foundation of America](#)

[National Hospice Foundation](#)

[The National Hospice and Palliative Care Organization](#)

National Hospice Helpline: 1-800-658-8898

Mind, Body and Spirit

[Beliefnet](#) - Inspiration, spirituality, faith

[Daily Om](#) - Daily spiritual reflections

[Gratefulness.org](#) – Daily quotes, gratitude e-cards

[Light a Candle](#) - Light a virtual candle on gratefulness.org

[Meditation Oasis](#) - Learn how to meditate, free guided meditation audios

[Silent Unity](#) - Available 24/7, offers free confidential prayer support whenever needed.