Why you should make volunteering a part of your life

During 2017, Coastal Hospice volunteers generously provided more than 14,000 hours of their time, assisting with patient services, office work, the Berlin Thrift Shop, bereavement services, board/committees, and special events! Of those hours, nearly 4,300 were donated by Thrift Shop volunteers. Volunteer Services offers heartfelt thanks to everyone who has chosen to volunteer at Coastal Hospice.

There are numerous articles available today that point to the benefits of volunteering on a consistent basis. A recent article on Psychology Today’s website ([https://www.psychologytoday.com/blog/the-third-age/201403/5-reasons-why-you-should-volunteer](https://www.psychologytoday.com/blog/the-third-age/201403/5-reasons-why-you-should-volunteer)) listed the following five reasons why you should make volunteering a part of your everyday activities:

- Volunteers live longer and are healthier.
- Volunteers establish strong relationships.
- Volunteering is good for your career.
- Volunteering is good for society.
- Volunteering gives you a sense of purpose.

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You’re invited to celebrate National Volunteer Week!

**VOLUNTEER BRUNCH**

**Tuesday, April 17, 10 a.m.**
The River Church
11004 Worcester Hwy, Berlin, MD

- or -

**Wednesday, April 18, 10 a.m.**
Philmore Commons Conference Room,
224 Phillip Morris Drive, Suite 202, Salisbury, MD

To RSVP please call Volunteer Services at 410-543-2590
Welcome to our new volunteers!

On January 31, 17 volunteers attended training to comply with the requirements for roles in patient care, office support, and the We Honor Veterans program.

Among the topics covered were the Coastal Hospice philosophy, admission criteria, communication, family roles and values, cultural diversity, end-of-life changes, bereavement and grief, coping and self-care, pain management, and the critical role of the volunteer.

This course will be offered again on April 25. If you know anyone who may be interested, please refer them to us at Volunteer Services.
Welcome, Valerie Murphy and Reneé Smith, to Volunteer Services

Valerie Murphy recently joined the staff as a part-time Assistant Volunteer Coordinator bringing a wealth of volunteer experience in the areas of coordination, training, and scheduling. In addition, Valerie’s professional career experience comes from years of employment in the computer industry, providing our department with additional analytical computer expertise. Valerie will be assisting Stephanie McClellan and Heather Davis in the coordinating of volunteer activities in addition to special projects.

Reneé Smith and Sally Rankin will be job sharing the position of Manager of Volunteer Services. Reneé’s professional experience in the areas of operations, marketing, business development, and human resource management - including recruiting, training, staffing and administration - is a welcome addition to our volunteer services staff. In addition, Reneé has been a volunteer with Coastal Hospice for the past 16 months, participating in numerous volunteer activities such as patient visits in-home and at the Lake as well as helping with Camp Safe Harbor, the Santa Run, Hope and Healing with Horses, and Bereavement Services.

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In addition, an article in Medicine Religion and Health, Where Science and Spirituality Meet by Dr. Harold G. Koenig, states that “giving help to others was a substantially stronger predictor of good mental health than receiving help.” The article references various physical and mental benefits to volunteering, the most noted being the effects of volunteering on mortality: “High volunteers, those who volunteered for two or more organizations, had a 63 percent lower mortality rate compared to non-volunteers.”

Know someone who might be interested in volunteering? See details about the upcoming new volunteer training program below.

“The happiest people are those who care more about others than they do about themselves.” Ted Turner

Orientation for new volunteers scheduled

To meet learning objectives, we will be offering a combination of classroom and online training for new volunteers. For those who do not have access to a computer, computers are available at the Volunteer Services Office in Salisbury or at local libraries.

Please plan to attend six hours of classroom training as part of new volunteer orientation:

Wednesday, April 25, 2018
10 a.m. to 4 p.m.
Philmore Commons, Suite 202, Salisbury

To enroll, call 410-543-2590 or email volservices@coastalhospice.org. We provide instruction about how to complete the online portion of the training. Please refer anyone who may be interested!
Calendar of Events

March 3  Quarter Auction
Doors open at 4:30 p.m.
Organized by Coastal Hospice staff! Join us at the Salisbury Moose Lodge (833 Snow Hill Rd), a fundraiser benefitting the Coastal Hospice Stansell House

March 28  Salisbury Chew & Chat — Open Volunteer Forum
Noon - 1:30 p.m. Philmore Commons
Share your favorite experiences, get perspectives from other volunteers, and enjoy an exchange of ideas in an open discussion. Bring a friend.

April 11  Taste of Finer Things
Harrison Harbor Watch, Ocean City
An evening of fine food and wine to benefit the Coastal Hospice Stansell House. Tickets available online.

April 17  Berlin Volunteer Brunch
10 a.m. The River Church

April 18  Salisbury Volunteer Brunch
10 a.m. Philmore Commons

April 25  Introduction to Coastal Hospice
10 a.m. - 4 p.m. Philmore Commons

May 20  Hats for Hospice
4 p.m. - 8 p.m.
The Point at Lighthouse Sound.
A fundraiser for Coastal Hospice charity care.

May 22  Salisbury Chew & Chat — A Day with a Social Worker
Noon - 1:30 p.m. Philmore Commons
Learn more about the issues faced by social workers including a focus on dementia care. Bring a friend.

June 25-29  Camp Safe Harbor
Bereavement camp for ages 6 to 12

June 26  Berlin Chew & Chat — A Day with a Social Worker
Noon - 1:30 p.m. Philmore Commons
Learn more about the issues faced by social workers including a focus on dementia care. Bring a friend.