Carolyn Post receives Volunteer Spirit Award of Worcester County

Carolyn Post is a retired nurse who worked for 45 years in general pediatrics and pediatric oncology caring for children with cancer. A native of New York, she moved to Baltimore at a young age and has owned a summer residence in Ocean City for more than 30 years. She moved permanently to Ocean City five years ago and retired from nursing in 2015. She completed her certification as a qualified Coastal Hospice volunteer in October 2015.

Carolyn came to Coastal Hospice with what we call a “heart for hospice” already in place. Her parents passed away in Baltimore under hospice care, so she fully and personally understood what hospice does for people who are in their final days. After she retired she wanted to honor her parents by giving back to a hospice organization. Being in healthcare for 50 years, she also wanted to retain her assessment and counseling skills with a healthcare organization.

Carolyn volunteered in several areas at Coastal Hospice resulting in a total of 389 volunteer hours in 2017, not including countless hours she spent knitting blankets and twiddle muffs for hospice patients. As a patient care volunteer, Carolyn visited patients in their homes to offer comfort and socialization and to give their caregivers a break. She ran errands, fixed lunches, read, shared stories and helped with whatever a patient or family needed. She also represented Coastal Hospice at health fairs, educating people about the mission of hospice and recruiting others to volunteer. She used her assessment and counseling skills to help children at our summer grief camp, Camp Safe Harbor. She continually refers individuals in the community to Coastal Hospice.

Carolyn is a true ambassador for Coastal Hospice. She has improved the quality of interaction for patients and those who care for them. We are proud to have her on our team and as this year’s recipient of the Volunteer Spirit of Worcester County Award.

The Retired and Senior Volunteer Program

The Retired and Senior Volunteer Program (RSVP) is a federally funded program through the Corporation for National & Community Service and is a part of the Senior Corps. Sponsored locally by MAC Inc, the Area Agency on Aging in Salisbury, RSVP places volunteers who are 55 years and older with local non-profits in the four Lower Shore counties. Over the years Coastal Hospice has been a beneficiary of volunteers from RSVP. In addition, all Coastal Hospice volunteers over the age of 55 volunteering in Wicomico, Worcester, Somerset and Dorchester counties are eligible to be a member of RSVP. The benefits of becoming a member are that you will receive free supplemental accident, liability and automobile insurance and be invited to attend an annual recognition luncheon each fall. For more information regarding becoming a member of RSVP please contact Valerie Wagner, project director, at 410-742-0505, ext. 112 or rsvp@macinc.org.
A celebration of life

If you are struggling over the loss of a recent patient, the Coastal Hospice staff would love for you to join us as we honor the memory of the patients, friends and families we have had the privilege to serve and those closest to our hearts.

When: Wednesday, October 24
Time: 3 p.m.
Where: Philmore East Conference Room, Salisbury
RSVP: Volunteer Services Office, 410-543-2590

Mark your calendar for Giving Tuesday

Join us and show your support of the Macky and Pam Stansell House of Coastal Hospice at the Ocean as we celebrate Giving Tuesday. Get a first look at the hospice residence:

Tuesday, November 27, 2018. 5-8 p.m.
The Stansell House at The Point at Ocean Pines

Giving Tuesday is a global day of giving celebrated on the Tuesday after Thanksgiving. After a weekend of consumer spending, Giving Tuesday provides a moment to pause, be grateful, support causes you care about, join together with friends and colleagues, and share your stories.

As leaders, grant makers and stewards of philanthropy, the Community Foundation of the Eastern Shore (CFES) connects people who care to causes that matter for the common good of the Lower Eastern Shore. Shore Gives More 2018 is presented by CFES and brings the region together as one community, raising money and awareness for our local nonprofits during the 24-hour online giving challenge. They inspire people to give generously to nonprofits, making our region stronger, creating a thriving community for all.

We need volunteer Santas & elves for our annual Santa Run

Every year, teams of volunteers visit patients to deliver fruit baskets, blankets, and stuffed animals and offer seasonal holiday cheer. To make the visit more festive, volunteers dress as Santas and elves. We have several volunteers who have already offered to help this year, but we could use more!

Volunteer Services provides the hats and name tags, and the Santas, Mrs. Clause, and elves provide their own costumes. However, if you are willing to be a Santa or elf and do not have a costume, we would be glad to help. Elves also serve as drivers and need vehicles large enough to carry Santa’s gifts. Our office works with the elves to make sure driving directions are clear. The teams arrive at the Volunteer Services office the morning of the run where they receive directions and the items for delivery.

Santa Run ~ Tuesday, Dec. 11—Friday, Dec. 14

To join the festivities, please contact Volunteer Services at 410-543-2590 or volservices@coastalhospice.org

Volunteers Norm Wolske and Gary Hudson enjoyed participating in the annual Santa Run last year.
What you need to know about flu season

Flu season is here and flu shots are recommended for all staff and volunteers. The flu shot is given with a needle and protects against the three or four influenza virus that research indicates will be the most common during the season. Everyone age 6 months and older should get a flu vaccine every season. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza. Influenza effectiveness can vary from year to year, by virus type and subtype and among different age and risk groups.

A common misconception is that the flu shot can cause the flu, but that’s not true – you cannot get the flu from a flu shot. Flu shots are currently made in two ways: the vaccine is made either with flu vaccine viruses that have been inactivated and are therefore not infectious, or with no flu vaccines viruses at all. The most common side effects from the flu shot are soreness, redness and tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches may also occur. The risk of a flu shot causing serious harm is extremely small. While severe reactions are uncommon, you should let your doctor or pharmacist know if you have a history of allergy or severe reaction to flu vaccine or any part of flu vaccine.

The consent/declination/education form is required to be completed by all staff and volunteers. The vaccine is optional, but encouraged. The form will indicate whether you decline the vaccine – usually for religious or medical reasons. Staff and volunteers in clinical areas must wear a mask when declared by the Infection Control Committee based on local influenza incidence. If you receive your vaccination off site, you can sign an attestation statement with date and location.

Flu vaccinations are available at local pharmacies, health departments and your doctor’s office. Places to get free flu shots include:

- Wednesday, October 24, 1-4 p.m. at Atlantic General Woman’s Health Center in Selbyville.
- Thursday, October 25, 10 a.m.-1 p.m. at Holy Savior Catholic Church in Ocean City.
- Thursday, October 25, 10 a.m.-7 p.m. PRMC van located in the Salisbury Salvation Army store parking area.
- Thursday, November 1 (tentative time) 12-1:30 p.m. PRMC van at Coastal Hospice main office.
- Friday, November 30, 11 a.m.-12:30 p.m. at the Walgreens mobile clinic at the Dorchester County YMCA.

Beginning October 22: PRMC Wagner Wellness Van:
- Mondays and Fridays at Rt. 13 and Newton Street parking lot at PRMC.
- Tuesdays at the Crisfield Library.
- Wednesdays at Worcester County Health Department in Snow Hill.

Patient care and patient support volunteers need to complete and return the education certificate:

I certify that I have read “What you need to know about the flu season” article included in the Fall 2018 Volunteer Newsletter.

Please print your name: ____________________________________________

Please sign your name: ____________________________________________

Date: ____________________________________________

Email to rsmith@coastalhospice.org, fax to 410-860-2094, or mail to: Coastal Hospice
Attn: Renée D. Smith
PO Box 1733
Salisbury, MD 21802-1733
1st Annual Skills and Safety Fair

This year we are inviting nurses, aides and volunteers to join us at the Holly Center gymnasium to complete our required skills and safety education. The training is scheduled for 12-8 p.m. on November 14 and 8 a.m. - 4 p.m. on November 28. There will be stations set up for you to visit to review various skills necessary for patient care and patient support volunteers. This process should not take more than 1 1/2 hours to complete. We HIGHLY encourage ALL patient care and patient support volunteers to attend one of the two dates listed above. There will be more info to follow via email in the near future. Education offered will include: hand washing, nail care, walking patients, back safety, arm circumference, oxygen safety, PPE, and the opportunity to participate in a Virtual Dementia Tour.

So, mark your calendars to join us for a fun way to complete the required annual compliance review and evaluation as you learn new skills!

Volunteer Steve Hoefer makes a pair of glasses for patient

To say that Steve Hoefer spends his Sundays volunteering for patient care at Coastal Hospice at the Lake is an understatement. Steve connects with patients and finds ways to make them happy and improve their quality of life. The Lake has a patient with ALS who was having tremendous difficulty communicating because he cannot move from his chest down, only moving his head and neck. Steve made this patient a pair of glasses with a laser pointer. Now, the patient can point to anything on a chart by moving his head and pointing with the laser. The staff typed up a sheet of his frequent requests, and now he can point to what he wants or needs. His first word he spelled was “happy!” The patient and staff cried with joy.

“Steve is beyond amazing,” said Monique Welch, nurse manager at the Lake. “He has made such a difference in this man’s life. He is truly a blessing to our patient.”

Save the date: Volunteer Services Holiday Gatherings

Steve Hoefer visited Bunky at Coastal Hospice at the Lake on Sunday, October 14. He made glasses with a laser pointer so that Bunky could communicate and enjoy a game of checkers.

Happy Holidays!

We look forward to seeing you!
Orientation for new patient care volunteers

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

Anyone interested in becoming a Patient Care Volunteer this training is for you!

Tuesday, October 30, 2018
9 a.m. - 4 p.m.
Worcester Co. Public Library, Ocean Pines

To enroll, call 410-543-2590 or email volservices@coastalhospice.org.

Farrow presents We Honor Veterans Certificate

Steve Farrow, Coastal Hospice board member and volunteer, visited a patient at Genesis in Salisbury in full uniform representing the U.S. Navy. Farrow regularly volunteers for the We Honor Veterans Program. The program serves and honors those who have served us. Veterans in our care receive a special visit that includes a personalized certificate, a patriotic blanket and, whenever possible, a salute from a uniformed guard.

Put your name on it: Stansell House Volunteer Room naming update

Volunteers have raised 25 percent of their goal for the Volunteer Room of the Macky and Pam Stansell House of Coastal Hospice at the Ocean. Volunteers set a goal of raising $5,000 for the hospice house and have raised a total of $1,250 since launching this campaign this spring. Volunteers and community members are invited to donate toward the room to honor the dedicated Coastal Hospice volunteers who provide patient and family care and support, prepare meals, arrange flowers, garden, support office staff, and contribute in many other ways to the mission of the organization. The Volunteer Room provides space for volunteers and staff to put together materials for families and patients.

To find out how to contribute to the campaign, contact Heather Duma, Coastal Hospice director of advancement, at 410-742-8732 or by emailing hduma@coastalhospice.org.

Coastal Hospice volunteer and board member Steve Farrow presented Richard Massey with a certificate honoring his 21 years in the U.S. Army.
Board of Directors

Chairman: Michael P. Dunn
Vice Chairman: Stephen R. Farrow
Secretary: Byron Braniff
Treasurer: Lorie L. Phillips
President: Alane K. Capen
Member-at-Large: Michael E. Schrader

Coastal Hospice Volunteer News Editor: Kat Gunby

Coastal Hospice, Inc., does not exclude people or treat them differently because of race, color, national origin, age, disability, sex.

Calendar of Events

October 23  Berlin Chew & Chat
Open Volunteer Forum
Noon - 1:30 p.m., CHO-Racetrack Rd., Berlin
Open forum. Information will be presented regarding our skills assessment and safety fair occurring in November.

October 24  Celebration of Life
3 - 4 p.m., Philmore Commons Conference Room, Salisbury
See insert for details.

October 30  Introduction to Coastal Hospice
For new Patient Care Volunteers
9 a.m. - 4 p.m., Ocean Pines Library
Encourage interested individuals to contact Volunteer Services Office regarding patient care volunteer training opportunities. Space is limited.

November 8  Brews & Bites
A benefit for the Macky & Pam Stansell House of Coastal Hospice at the Ocean
More information and tickets are available at coastalhospice.org

November 14  Skills and Safety Fair for Volunteers
See insert for details.

November 22  Thanksgiving Holiday - Office Closed

November 27  Berlin Chew & Chat
Noon - 1:30 p.m., CHO - Racetrack Rd., Berlin
Volunteer opportunities at the Macky and Pam Stansell House of Coastal Hospice at the Ocean will be discussed.

November 28  Skills and Safety Fair for Volunteers
See insert for details.

December 11-14  Santa Run
Volunteer Services’ multi-day delivery of gifts and holiday cheer to hospice patients.

December 19  Volunteer Holiday Brunch
8:30 - 10:30 a.m., Volunteer Services Office, Philmore Commons, Salisbury.
See insert for details.

December 19  TENTATIVE: Volunteer Open House at the Stansell House
5 - 7 p.m., The Point at Ocean Pines
See insert for details.

December 25  Christmas Day - Office Closed

January 1  New Year’s Day - Office Closed