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Volunteer Visit Report Line

Patient & Family Support Volunteers have a choice of mailing, emailing or calling in their patient visits and telephone contacts. Take advantage of our newly established, dedicated, secure line to turn in our patient visit report quickly and easily.

Here are the instructions to utilize the secure mailbox line:

1. Dial 850-202-0836
2. Choose the Tallahassee office report line
3. Record your message with the following information:
 - Your name
 - Patient's name
 - Date of visit or phone contact
 - Length of time spent on visit or phone calls (1/4 hour: 15, 30, etc.)
 - Round trip mileage
 - What type of contact: P/F Support, 11th Hour, Respite Care or Telephone contact?
4. Give any special information the team may need to know.
5. Call Covenant Hospice main number immediately if you need to report an issue or concern after visiting a patient. Do not leave this type of message on the recorded line.

If you have any questions, please call Kortney Rudd 850-701-0131 or 850-575-4998.

Covenant Hospice Connects With Primitive Baptist Churches

Covenant Hospice's Community Educator, Karen Henry, was asked to speak and provide literature to the Old West Florida Primitive Baptist Conference on Saturday, January 14, 2012 in Tallahassee Florida and the Middle Florida-Georgia Primitive Baptist Conference, Saturday, January 21, 2012. Two of Covenant Hospice's goals for this year are to reach out the underserved populations and faith-based organizations in the counties served. One of the ways that Volunteers and staff can help our Community Educators market to the faith based organizations is to ask their own churches to allow the Community Educators an opportunity to come out and speak.

Our Community Educators have a variety of interesting in-services they can give to. Please call Ginny (850.363.0839) or Karen (850.509.4421) for more information.

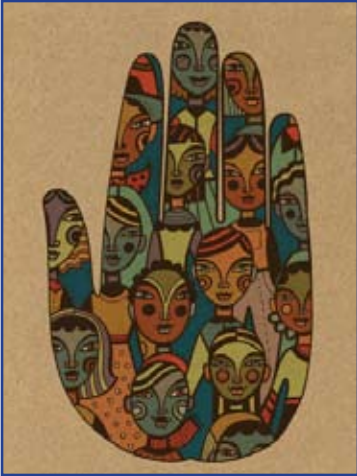


UPCOMING EVENTS AND REMINDERS

1st Thursday of every month	<i>Timesheets and Visit reports are Due!</i> Short on time? Call in your visit report: 850-202-0836	
Thursdays	<i>IDG (Interdisciplinary Group)</i> Covenant Hospice Conference Room	
February 2 5:30 pm	<i>Development Meeting</i> Covenant Hospice Conference Room	
February 4 6:00 - 9:00 pm	<i>Chocolate Affair</i> University Club Center (More information at covenanthospice.org)	
February 7 6:00 pm	<i>HeArts for Covenant Hospice</i> Panera on Park Avenue	
February 23	<i>Leon County Ambassador Training</i> Covenant Hospice Conference Room	
February 23 6:00 pm	<i>HeArts for Covenant Hospice</i> Panera on Capital Circle	
1st Thursday of every month	<i>Timesheets and Visit reports are Due!</i> Short on time? Call in your visit report: 850-202-0836	
Thursdays	<i>IDG (Interdisciplinary Group)</i> Covenant Hospice Conference Room	
March 1 5:30 pm	<i>Development Meeting</i> Covenant Hospice Conference Room	
March 6 6:00 pm	<i>HeArts for Covenant Hospice</i> Panera on Park Avenue	
March 10 9:00 - 5:00 pm	<i>Patient & Family Support Training</i> Covenant Hospice Conference Room	
March 29 5:30 - 6:30 pm	<i>Jefferson County Ambassador Training</i> Location TBD	
March 22 6:00 pm	<i>HeArts for Covenant Hospice</i> Panera on Park Avenue	
March 22 5:30 - 6:30 pm	<i>Volunteer Training</i> Covenant Hospice Conference Room	

Calling All Counties

Lydia Claire Brooks
Development Manager



Have you been waiting for the perfect opportunity to support Covenant Hospice's unfunded programs in your local community? Now's your chance! This year, Covenant Hospice will kick off a Butterfly Campaign to raise awareness and funds throughout the region. Although the campaign itself will take place in November in honor of National Hospice and Palliative Care Month, there is a lot of work to be done to get ready! Whether your preference is to be in the office or out hitting the pavement, we've got a spot for you! If you'd like to be involved, contact Kortney Rudd or Lydia Claire Brooks, Development Manager, at (850) 701-0137.

If you want to get inspired first, come out for *A Chocolate Affair*, our 3rd annual signature fundraiser. After two sell-

out years, we've moved to a larger venue at the University Center Club in Doak Campbell Stadium. Sample delectable desserts from area restaurants and away to fabulous music. Tickets are only \$35 and are available online at eventsatcovenant.org/ChocolateAffair, over the phone at (850) 701-0137, or at the Covenant Hospice office.

Bereavement Corner

Bobbie Massey, MSW
Registered Clinical Social Worker

Recently, while shopping with my seven year old daughter she looked at me and said, "Momma, we have got to start looking at swimsuits, Summer is almost here." I thought to myself, but Winter has just begun! I then begin to think about Bereavement and Grief and the time during the grieving process when an individual also begins to look ahead for sunnier days when the coldness of their grief has just begun.

A man who was grieving his wife illustrated his "looking ahead" beautifully in a wonderfully written short story. He said while sitting on the couch faced with heart breaking sobs he begun to feel a sense of peace. He said at that moment he decided he "must live" and has begun to make decisions to re-engage himself in life. He has sought new inspiration from work and started to make connections with others in friendships.

A woman whom had been grieving for several months said, "I was standing there crying when all of the sudden I could feel the grief break free. My body had felt like two wooden blocks which were then broken open and all of my grief was released." She laughed and said, "I finally feel like shopping again and buying a pair of shoes. I haven't wanted to wear anything new since my Aunt died."

Those who experience the intensity of grief realize at some point there will be a sunnier day and begin to shop for their "new swimsuits" in life. I continue to be grateful for the many lessons which I have learned from the bereaved and from my very wise seven year old teacher.

SAVE THE DATE

**April is National
Volunteer
Appreciation
Month. To honor
Covenant Hospice
volunteers, we
are planning a
Volunteer
Banquet for
Sunday, April 15.
Please mark your
calendars with
more information
to follow in
the upcoming
months!**

*We'd like to request
that all volunteers
submit their current
email address. Please
contact us either by
phone 850-701-0131
or email to:
kortney.rudd@
covenanthospice.org*

We Care For Kids

Erik Persson, MSW
PIC-TFK Program Manager



Santa's Little Helpers with volunteers Niki White and Vanessa Fletcher

During the holidays, the Tallahassee branch adopted a family in our PIC-TFK program. The staff and volunteers were gracious and giving of their time and resources. I am amazed at the caring individuals here at Covenant Hospice. I've never seen anything like it before. We can come together at the holidays and make a family have a special Christmas; something they may have not had in a long time. Times are tough, but our organization and the people within it continue to give from their hearts. Not only during the holidays; but throughout the entire year.

Thank you to everyone who helped to make our family have a fabulous Christmas!

Ambassador Training in Gadsden County

A special "Thank You" to all those who came out on Saturday, January 14, to the William "Bill" McGill Library, for the Covenant Hospice Ambassador Training in Gadsden County. It was an excellent training session presented by Kortney Rudd, Volunteer Service Manager and Karen Henry, Community Educator for Gadsden County.

This was Covenant Hospice's first Ambassador Training in the eight counties it provides compassionate care and services in.

The message to the future Ambassadors was, "You are the Faces and the Voices" of Covenant Hospice! Our five attendees were: Minnie Bridges, Anitria Daniels, Kimberly Cooper, Joan Bridges, and Julian Drew. There were great ideas and thoughts shared by the five attendees. Ginny Geiger, Community Educator for Jefferson, Taylor, and Madison, also attended the training and gave good support to her team and the future Ambassadors.

There is a schedule of upcoming Ambassador Training in the seven other counties. Please call Kortney Rudd for information on the Ambassador Schedules at 850.575.4998.

February Parades In Wakulla County

Please come out to the Valentine's Parade in Wakulla on Saturday, February 11, 2012 at 10:00 am. On Saturday, February 18, 2012, the Black History Parade will be at 10:00am. Karen Henry, is the official parade driver for Wakulla Senior Center and the Wakulla

Senior Center's Queen. The parades are always fun and there are normally vendors, entertainment and food set up in Hudson Park. Please see Karen for more details.

Dr. Martin Luther King, Jr. Day Celebration

Covenant Hospice Community Educator, Karen Henry attended Wakulla County Christian Coalition's Dr. Martin Luther King, Jr. Day Celebration, on Monday, January 16, 2012. The event was well attended by the residents of Wakulla County.

Happy Birthday Covenant Hospice Volunteers



February:

Lauren Ballantoni
Charles Ritch
Jeffrey Williams
Howard Adams
Carole Stewart
Stephanie Prost
Angel Swindell
Elizabeth Barron
Tieka Wright
Verena Maher
Tiarik Cooper

March:

Azra Yasmeen
Ann Kawamoto
Holly Moss
Richard Harris
Keven Ulrich
Jessica Metcalf
Jalynsey Brown
Kimberely Speights
John Lilly



Spiritual Corner

Rick Stewart, Chaplain

I found the following declaration from a grieving family member to be inspiring:

To be honest, not every day has been easy. I had days where Psalm 6:6 “I am weary from my groaning; with my tears I dampen my pillow and drench my bed every night” was all that defined my day. Grief is not something you just wipe away and say, “I’m strong enough to avoid it”. It is a real human emotion that when dealt with using healthy biblical steps can spur an individual on to a greater spiritual maturity. It often does not feel good or easy, but it feels real and I dare not wash it away. The valley sometimes is so dark and the mountains seem so steep that they block out all light, but the light does exist. The incline is tough, but not impassable.

Some days I do not feel like myself. Some days I feel like I’m on the outside looking in and watching life just happen around me, but one single truth pulls me through every day. God always feels like himself and He is never outside looking in, but is inside holding on. I know that no matter how sad I feel, His arms of grace are fully embracing me and will NEVER let go. God is already showing me that when I am ready, I must seek to counsel and care for others who have walked this same path. I might not have handled every moment perfectly in this, but I can introduce them to the peace of God. It is easy to fear and worry, but impossible to forget how the hand of the Lord has held and protected me.

Anticipating A Parent’s Death

Helen Fitzgerald, CT

When a parent becomes ill and is dying, the adult child can be forgotten mourner. Friends, colleagues, and even other family members may assume the adult child has broken close ties with his/her parents, married, moved away, and therefore is not so affected by the illness or death of a parent. Not true. The illness and perhaps the death of a parent is extremely painful at any age.

In earlier years, parents came to live with their children when they became too ill to safely live alone. This was an accepted fact. Now, times are different. Lifestyles are different. In many families, everyone works. Today, the “stay-at-home” mom, who would have been the nature person to care for the ailing parent, is less common. With much trepidation and homes vary widely as to the services offered as well as the quality of care, and finding a suitable one isn’t always easy. Coming from the rural Midwest, my siblings and I lucked out: the staff knew our parents personally.

Whether ailing parents are brought into the child’s home or placed in a nursing home, there are huge requirements and expectations of the adult child — not only emotionally, but physically and financially as well. When parents reach this junction in life there are many issues the adult child must deal with as he/she begins the journey through grief.

Grief is what you experience whenever you suffer a loss. “Loss” is the key word here: loss of function, loss of control, loss of independence. Grief is not only experienced

when a loved one has died, but can begin earlier than that, before death. There is a term for this grief. It’s called “anticipatory” grief.

Your parent is often sharing this grief with you. When he/she becomes ill or as a disease progresses, that parent may lose more and more of his/her functioning and independence. This leads to role changes as well. You become the parent, now making decisions that your own parent used to make. You may no longer feel comfortable confiding in your parent as you have in the past — now, you may not want to cause concern or worry. My father was 80 years old and ailing when my son suffered a very serious car accident. My first impulse was to call daddy, but sadly, I realized it was not fair of me to put that on a man who could do nothing to help, unlike the good old days when he would offer comfort and advice. For you, it could be that mom can no longer cook Thanksgiving dinner or dad can no longer manage his affairs. Instead of your mom changing your diapers, you must now change hers.

These are tiny deaths all building up to the big one, the final death of the body. With each of these losses there is a grieving time. When your parent dies the final death, you may sense a period of relief and feel more ready to move on with your life. You may be ready to pick up on other aspects of dealing with the death of your parent, such as loneliness, feelings of being an orphan, and the fact that you are not the “older generation.”



Volunteer Requests and Opportunities

Administrative: Provide administrative support to Covenant Hospice staff in the Tallahassee branch office. Activities include answering phones, filing, computer work, assembling mailings and materials.

Ambassador: Attend local health fairs and share resources available at Covenant Hospice.

Heart of Hospice: Are you are knitter or interested in learning to knit? This group knits for Covenant Hospice patients.

Patient & Family Support: Support patients and families by providing companionship, sitting with patients to give family caregivers a break, assisting with small tasks, running errands, or providing transportation.

11th Hour: Provide emotional support and caring presence for patients nearing death, in order to ensure that no Covenant Hospice patient dies alone.

If you or anyone you know is interested in helping with any of the opportunities above, please contact:

**KortneyRudd: (850) 701-0131 or
kortney.rudd@covenanthospice.org**



Licensed in Florida in 1983

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TALLAHASSEE, FLORIDA 32308

