

# HospiceConnections

VOLUNTEER NEWS FROM HOSPICE OF THE CAROLINA FOOTHILLS

## Volunteer Class Graduates Seventeen



Congratulations to our newest graduates who completed the 15-hour hospice volunteer training. Welcome to the Hospice team!

Not pictured: June Ritchie, Barry Gee, Jacque Brown-Williams, Charlotte Costa and Elaine Haines.

**Left to Right: Meghan Wofford, Wanda Wofford, Katie Manna, Heidi Mendez, Nan Keenan Van-Laan, Greta Bivens, Marcia Moran, Ron Crawley, Louise Elliot, Tammy McIntyre, John Cappadona, Barbara Stewart.**

## Save The Date and Join Us!

### VOICES FOR HOSPICES CONCERT

October 10, 2009 at 4 pm  
Tryon Fine Arts Center



Every other year, voices from around the world gather in their respective communities to sing for Hospice to raise both funds and awareness. This year,

we are pleased to have 40+ voices from our local communities who will present a concert of music full of "hope and life". And as a bonus, Beth Child will be at the piano! Admission to concert will be by donation.

If you are interested in helping to underwrite the costs of this event, please call Diane or Maureen in the Development Office.

## Help your Hospice cut costs!



Your Hospice, like all Hospices across the country, is being affected by the proposed cuts to state and federal funding through Medicare and Medicaid reimbursements. In order to weather the lag time in reimbursement we're already experiencing, and in preparation for whatever cuts may come, we are tightening our belt in lots of ways so that patient and family care does not suffer at all.

One of the belt-tightening ways you can help with is to elect to receive electronic, rather than paper, newsletters. **If you would like to receive *Hospice Connections* (volunteer newsletter) and *Hospice Horizons* (community newsletter) via e-mail, let us know by sending an e-mail to Tracey Brannon at [tbrannon@hocf.org](mailto:tbrannon@hocf.org)!** And thanks for considering it!

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## Managing Nausea and Vomiting

### WHAT IS NAUSEA AND VOMITING?

- Nausea is an unpleasant feeling that may occur in the back of the throat or stomach prior to vomiting
- Vomiting is the emptying of stomach contents

### WHAT TO REPORT TO THE HOSPICE/PALLIATIVE CARE TEAM?

- Amount and frequency of nausea and vomiting
- Description of vomited fluid

### WHAT CAN BE DONE?

*The good news is that there is much you, the caregiver and the hospice/palliative care team, can do for nausea and vomiting.*

The team will always try to discover the underlying cause and discuss treatments with the healthcare provider.

- Record what causes the patient to feel nauseated or to vomit and what decreases the nausea and/or vomiting.
- Provide carbonated drinks that have gone flat for patient to sip
- Provide sports drinks (such as Gatorade); with children use Pedialyte

- Help patient avoid acid juices (such as cranberry, grape, apple)
- Provide small amounts of salty foods (such as crackers, chicken broth)
- Help patient avoid fried foods, milk products, or foods with strong smells
- Provide frequent mouth care
- Provide foods as requested by patient in small frequent amounts as large meals may be overwhelming
- Help patient avoid strong odors such as perfumes and deodorizers
- Help patient avoid eating immediately after vomiting
- Offer sips of water or ice chips before eating again
- Maintain a comfortable room temperature
- Help patient avoid constipation
- Use medications as ordered by healthcare provider
- Contact hospice/palliative care team if nausea/vomiting continues.

### VOLUNTEER NEWS

## News from the Development Office

We've contacted a local artist to paint a mural in the Children's Playroom at Smith Phayer Hospice House. If you know of anyone who would like to contribute to the cost of the mural, or underwrite the entire project, please call Diane or Maureen in the Development Office at 828.894.7000. Thank you!

Also, we just want our Hospice Volunteer Family to realize that although we closed the "fundrais-



ing campaign" for Smith Phayer Hospice House, a mortgage remains on the building. We are still accepting donations towards the payment of that mortgage, toward wish list items (see list at [www.hocf.org](http://www.hocf.org)), and toward ongoing operations of the House and Gardens. So, just in case anyone asks you, we want you to be "In The Know..." Thank you for everything you do for us!

**Children's playroom at SPHH.**

### Hospice Connections

A HOSPICE OF THE CAROLINA  
FOOTHILLS PUBLICATION

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### Mission Statement

Hospice of the Carolina Foothills promotes and provides compassionate end-of-life care, meeting the medical, emotional and spiritual needs of individuals and their families.

### Contact Information

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WEBSITE [www.hocf.org](http://www.hocf.org)

**Newsletter Editor**  
Yvonne Gilliam

# WANTED: Special Volunteers for Special Jobs!

Special needs for volunteers include:

- Patient companions to visit in the Inman nursing facilities once a week
- Patient companions to visit patients and assist families at the Smith Phayer Hospice House
- 11th hour patient companions to sit with our patients during the last hours and days of life ... so that no one has to die alone
- Thrift Barn volunteers for donation area and sales floor.

Please call Yvonne Gilliam (457-9125) or Tracey Brannon (894-7000) if you are interested in any of these special needs. And THANK YOU for what you are already doing for the HoCF mission!

## Crabby Old Man

*When an old man died in the geriatric ward of a small hospital near Tampa, Florida, it was believed that he had nothing left of any value. Later, when the nurses were going through his meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Missouri. The old man's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the St. Louis Association for Mental Health. And this little old man, with nothing left to give to the world, is now the author of this "anonymous" poem.*



What do you see nurses? What do you see?  
What are you thinking....when you're looking at me?  
A crabby old man, not very wise,  
Uncertain of habit with faraway eyes?

Who dribbles his food....and makes no reply.  
When you say in a loud voice "I do wish you'd try!"  
Who seems not to notice the things that you do.  
And forever is losing a sock or shoe?

Who, resisting or not, lets you do as you will,  
With bathing and feeding the long day to fill?  
Is that what you're thinking? Is that what you see?  
Then open your eyes, nurse...you're not looking at me.

I'll tell you who I am...as I sit here so still,  
As I do at your bidding, as I eat at your will.  
I'm a small child of ten...with a father and mother,  
Brothers and sisters, who love one another.

A young boy of sixteen...with wings on his feet  
Dreaming that soon now...a lover he'll meet.  
A groom soon at twenty...my heart gives a leap.  
Remembering, the vows that I promised to keep.

At twenty-five, now...I have young of my own.  
Who need me to guide...and secure a happy home.  
A man of thirty...my young now grown fast,  
Bound to each other...with ties that should last.  
At forty, my young sons have grown and are gone,  
But my woman's beside me...to see I don't mourn.  
At fifty, once more, babies play 'round my knee,  
Again we know children...my loved one and me.

Dark days are upon me...my wife is now dead.  
I look at the future...I shudder with dread  
For my young are all rearing...young of their own.  
And I think of the years...and the love that I've known.

I'm now an old man...and nature is cruel.  
Tis jest to make old age...look like a fool.  
The body, it crumbles...grace and vigor, depart.  
There is now a stone...where I once had a heart.

But inside this old carcass...a young guy still dwells,  
And now and again...my battered heart swells.  
I remember the joys...I remember the pain.  
And I'm loving and living...life over again.

I think of the years...all too few...gone too fast.  
And accept the stark fact...that nothing can last.  
So open your eyes, people...open and see.  
Not a crabby old man. Look closer...see...ME!!

**VOLUNTEER BIRTHDAYS**

**August**

- Tammy McIntyre ..... 7
- Donna Donnelly .....10
- Calvin Carson .....11
- Patricia Chambers .....12
- John Freeborn .....13
- Laurie Ellenberger .....17
- Petie Kaericher .....17
- Elaine Belk .....19
- Betsy Filipovicz .....20
- Margaret Kell .....20
- Diane McEntee .....22
- Kathy Ashley .....23
- Nan Cunningham .....26
- Mary Gilbert .....27
- Bea Rolla .....29



**September**

- Conyers Woodruff .....8
- Mary Ayers .....10
- Doris Canniff .....11
- Bill Johnson .....12
- Ted Ernst .....13
- Edith Kinkade .....14
- Kaitlyn Manna .....20
- Ruth Masna .....21
- Kim McCool .....22
- Sally Huffaker .....24
- Rochelle Tyson .....29
- Virginia Clark .....30
- Betty Cline .....30
- Marty Odom .....30

**CALENDAR**

**August**

- 4 Bereavement Support Group  
Noon – 1 pm, Hospice Center, Columbus
- 5-8 \$2 Bag Sale on all clothing at Thrift Barn
- 13 Bereavement Support Group  
8:30 – 9:30 am, Dutch Plate, Campobello, SC
- 27 Bereavement Support Group  
6-7 pm Hospice Center, Columbus



**September**

- 1 Bereavement Support Group, Noon – 1 pm,  
Hospice Center, Columbus
- 10 Bereavement Support Group  
8:30 – 9:30 am, Dutch Plate, Campobello, SC
- 24 Bereavement Support Group  
6-7 pm Hospice Center, Columbus



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