

MHVCA Newsletter



Michigan Hospice Volunteer
Coordinators Association

“Spreading Seeds of Hope”

West Michigan Hospice Volunteer In-service and Retreat

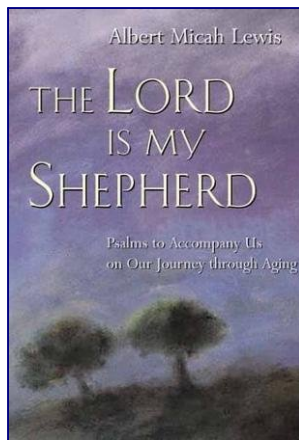
By Marcia Good, Region 3 Rep.

On April 30th the Hospice MHVCA members are sponsoring an all day gathering for hospice volunteers who reside in the West Michigan area. The event will take place in Grand Rapids and hopes to provide a venue for hospice volunteers to come together to learn, socialize and to re-energize.

The keynote speaker is Rabbi Al Lewis.

Dr. Albert M. Lewis is the Rabbi Emeritus of Temple Emanuel in Grand Rapids, Michigan and the Director of the Aquinas Emeritus College. He writes a weekly column for the Grand Rapids Press and is an adjunct professor of gerontology and psychology at Aquinas college.

Rabbi Lewis' book - The Lord is my Shepherd: Psalms to Accompany us on our Journey through Aging (Eerdmans, 2003) is widely used in synagogues and churches for study groups. Rabbi Lewis is frequently sought after as a scholar-in-residence, is very much involved in ecumenical dialogue and outreach and was the founding president of Hospice of Greater Grand Rapids. In past years Rabbi Lewis supervised rabbinic students in Traverse City and Petoskey, Michigan.



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MHVCA 2011 Retreat

May 19th & 20th
Higgins Lake, MI

Look Out For Brochure to be mailed
soon!

President's Corner

Happy 2011 to all our members! It looks like it will be another exciting year for MHVCA. Regional Reps have really been busy getting their regions active and involved with regularly scheduled meetings, guest speakers, and even organizing a Volunteer Mini-Conference, where area hospices pool resources and ideas and provide a day of education and social networking for their volunteers.

Our Higgins Lake Volunteer Coordinator Spring Retreat is coming up on May 19 and 20, with great speakers, lots of collaboration, and plenty of games, movies and fun. If you have never been, don't miss it, it has some of the most important learning opportunities for the new coordinator as well as opportunities for older coordinators to get new ideas.

And finally, our partners at MHPCO, who organize our annual Volunteer Symposium, are making great headway looking for a better location for this year's event and also seeing if we can change from a Friday-Sunday format to Thursday-Friday. Exciting changes are on the horizon! It's a pleasure to serve on the board again this year, and I look forward to seeing all of you at the Higgins Lake retreat.

~Maureen Bodenbach, MSH, MHVCA President



Finding MHVCA Online

MHVCA is located on the
MHPCO website under
Community Groups

1. Goto: www.mihospice.org
2. Click on Yellow Menu on the Right
3. Choose MHVCA

And you're There!!!! See Easy!

Hospice Angelic Care Volunteers Hear Presentation on Heart Health

Hospice Angelic Care volunteers and staff members gathered to receive education on Heart Health given by Nurse Practitioner Lyn Behnke who is part of the National Coalition for Women with Heart Disease. Special emphasis was focused on Women's Heart Health because Heart disease is the number one killer of women.

Knowing your Heart Risks were reviewed noting: High Blood Pressure; High cholesterol; Diabetes; Tobacco Smoke; Stress; Salt intake through food products; Physical Inactivity and Obesity. Lifestyle changes were discussed along with the need to see a medical professional regularly. Behnke shared her personal story which is the reason why she helps to educate, provide information and support others that are living with Heart Disease.

Behnke further talked about the importance of providing emotional and social support to individuals with Heart Disease. Helpful hints of specific tasks were discussed as to what support can be provided to Hospice Patients.

Submitted by Catherine Nickell-Simpson, Volunteer Coordinator
Hospice Angelic Care, Tawas



Hospice Angelic Care Volunteers listening to the Heart Health Presentation at Angelic's Attic and Hospice Thrift Store located in Tawas City

Emotions Last Well Beyond Memory

A new University of Iowa study offers some good news for caregivers and loved ones of individuals with Alzheimer's disease. Patients might forget a joke or a meaningful conversation - but even so, the warm feelings associated with the experience can stick around and boost their mood.

For the study, published this week in the Early Edition of the Proceedings of the National Academy of Sciences, researchers showed individuals with memory loss clips of happy and sad movies. Although the participants couldn't recall what they had watched, they retained the emotions elicited by the clips.

Justin Feinstein, lead study author and a student in the UI graduate programs of neuroscience and psychology, says the discovery has direct implications for Alzheimer's disease.

"A simple visit or phone call from family members might have a lingering positive influence on a patient's happiness even though the patient may quickly forget the visit or phone call," said Feinstein, a doctoral student in clinical neuropsychology. "On the other hand, routine neglect from staff at nursing homes may leave the patient feeling sad, frustrated and lonely even though the patient can't remember why."

The experiment started with an emotion-induction technique using powerful film clips. Each amnesic patient viewed 20 minutes of either sad or happy movies on separate days. The movies triggered the appropriate emotion, ranging from intense bouts of laughter during happy films to tears of sorrow during sad ones.

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Membership Has It's Privileges!!

Each year on November 1, membership in MHVCA begins anew. Longtime members as well as newcomers enjoy the many benefits of being a member of MHVCA, including:

- Quarterly Regional meetings
- Two General Membership meetings per year
- The Annual Volunteer Symposium organized by the Michigan Hospice and Palliative Care Organization every October.
- The Annual MHVCA Spring Retreat held just for volunteer coordinators each May (with reduced rates for members)
- The MHVCA Listserve, where members can ask questions of the general membership

Membership applications as well as a current list of members is located on our website at www.mihospice.org (under "community groups" and then "MHVCA"). Thank you for taking the time to update your membership!!! We appreciate everyone's input.

VOLUNTEER SYMPOSIUM 2011

Boyne Mountain, MI

October 20th & 21st

MHPCO will be sending out Call for Presenters in May.
Want to speak? Know a good presenter?



About MHVCA

Michigan Hospice Volunteer Coordinator's Association is a professional organization committed to the advancement and development of effective volunteer service administration in hospice programs.

BOARD MEMBERS

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Region 4

Sarah Balasia
Region 5

[Open]
Region 6

Teri Schmitchen
MHPCO: MHVCA Page Admin.
Crystal Hickerson
Newsletter Editor

To become a member or renew your membership, please contact Deb Chesney at dchesney@hom.org

Only \$25/year
New fee!!

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There will be four workshops offered during the day with attendees being able to choose three of the four. They include:

Eleventh Hour Volunteer Support – providing presence for patients who do not have a support system of family or friends to be with them during their final hours.

Presenter: Sue Milanowski, Volunteer Coordinator, Spectrum Health Hospice and Palliative Care

How to Hear What is Not Being Said
This interactive and engaging workshop has been presented to hospices throughout the country. Facilitated by Dave Kampfschulte, this workshop helps develop good listening and communication skills.

Dave Kampfschulte is a consultant, hospice volunteer and author of the book, *Amazing Circles*. Dave will also be our endnote speaker.

Care of the Actively Dying Patient
On one can predict the exact time of an approaching death. There are signs and symptoms which can serve as a guideline. These symptoms will be discussed and how volunteers will be able to support patients and families.

Presenter: Lorie Steigmeyer is a Hospice RN, Case Manager with In-House Hospice and a CNA, CPR and First Aid Instructor. She assisted in the development and implementation of "Get The Lead Out" seminar on lead poisoning to medical professionals.

Skilled Lotion Application/Special Touches Program – Touch is often a very good way to provide comfort and presence. Volunteers will learn how to skillfully apply lotion on patients' hands and feet by an Occupational Therapist. Video will be viewed and attendees will have an opportunity to apply, literally, the skills they learn!

Presenter: Candy Briney, Volunteer Coordinator, Lakeland Hospice

Saturday, April 30th
9:00 am to 3:00 pm
West Michigan Hospice Volunteer Retreat

Hosted by
Region 3 MHVCA Coordinators
(Michigan Hospice Volunteer Coordinator's Association)
Calvary Church Fellowship Hall
4500 Brenton SE, Grand Rapids, MI.

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About 10 minutes after the clip ended, researchers gave patients a memory test to see if they could recall what they had watched. As expected, the patients were extremely impaired. A healthy person recalls about 30 details from each clip, but one patient couldn't recall a single detail.

After the memory test, patients answered questions to gauge their emotions.

"Indeed, they still felt the emotion. Sadness tended to last a bit longer than happiness, but both emotions lasted well beyond their memory of the films," Feinstein said. "With healthy people, you see feelings decay as time goes on. In two patients, the feelings didn't decay; in fact, their sadness lingered."

These findings challenge the popular notion that erasing a painful memory can abolish psychological suffering. They also reinforce the importance of attending to the emotional needs of people with Alzheimer's, which is expected to affect as many as 100 million people worldwide by 2050.

"Age is the greatest risk factor for Alzheimer's, and there's currently no cure," Feinstein said. "What we're about to face is an epidemic. We're going to have more and more baby boomers getting older, and more and more people with Alzheimer's disease. The burden of care for these individuals is enormous.

"What this research suggests is that we need to start setting a scientifically-informed standard of care for patients with memory disorders. Here is clear evidence showing that the reasons for treating Alzheimer's patients with respect and dignity go beyond simple human morals."

Read the Study:

[Sustained experience of emotion after loss of memory in patients with amnesia](#), by Justin S. Feinstein, Melissa C. Duffa, and Daniel Tranel

Source:

Jennifer Brown
[University of Iowa](#) - Health Science

2011 Regional Meeting Schedule:



Don't Look
Down! Let Your
Career Soar!

Online Resources:

- ▶ VolunteerMatch.Org
E-Recruitment Website
- ▶ 1-800volunteer.org
E-Recruiting Website
- ▶ VolunteerSolutions.Org
E-Recruitment Website
- ▶ Hands On Network
www.behandson.org
E-Recruitment Website
- ▶ ServeNet.org
E-Recruitment Website
- ▶ Idea List.org
E-Recruitment Website
- ▶ Smart Volunteer.org
E-Recruitment Website for
Professional Volunteers
- ▶ Energize Inc.org
Resources for Volunteer
Management
- ▶ Volunteer Resource.org
Resources for Volunteer
Management
- ▶ E-Volunteerism.com
Resources for Volunteer
Management
- ▶ Volunteer Today.com
Resources for Volunteer
Management
- ▶ Points of Light Foundation
www.pointsoflight.org
Resources for Volunteer
Management

Region 2 Meeting Schedule

Heather O'Brien, Region 2 Rep. hobrien@northernhealth.org

March 14th – Grayling 10am -12 – lunch out to follow – Mercy Hospice
May 16th – Gaylord 10 am – 12 – lunch out to follow – Hospice of Michigan
August 15th – Cadillac 10am-12 – lunch out to follow – Mercy Hospice
November 14th – Traverse City 10am-12 – lunch out to follow – Munson Hospice

Region 4 Meeting Schedule

John Girdwood, Region 4 Rep. JohnGi@vnsn.org

April 19th - United Hospice Service, Marlette MI HOST: Lillian
June 21st - Hospice of Gladwin Area, Gladwin MI HOST: Joyce
August 16th - HEY NEW MHVCA MEMBERS!
We are currently looking for a venue for this meeting. Let me know if you'd like to host!!

Region 5 Meeting Schedule

Sarah Balasia, Region 5 Rep. sbalasia@in-househospice.com

April 11th -Hospice of Michigan in Detroit. Topic(s): African American Culture, Islamic Culture
July 11th -Compassionate Care Hospice in Canton. Topic(s): Judaism and Difficult Relationship
November 14th - Seasons Hospice in Madison Heights. Topic(s): Difficult Conversations, 11th
hour training, and Cultural Diversity wrap-up.

Keep checking www.mihospice.org for updates on regional meetings in your area

Job Announcement:

Volunteer Service Manager (PT) Fremont, MI – Hospice of Michigan
Email Kappy Pennington to inquire: kpenning@hom.org

Renew Your MHVCA Membership by March 31st

Also new members sign up NOW!!

Remember: Higgins Lake Retreat is discounted for Members!
If you haven't renewed you will have to pay full price!

Submit to this Quarterly Newsletter:

- Do you have an article to share?
- Job Announcement?
- Photos of Event?
- Inspirational Story of a Volunteer?
- Tips for your colleagues?

Editor's Notes . . .

MHVCA Newsletter is published quarterly. Brief appropriate articles are welcomed and will be considered space permitting. Please e-mail articles and or comments to the editor at crhicker@hom.org

EDITOR
Crystal Hickerson

Submission Guidelines:

- All submissions must be complete and include full contact information.
- Photos should be digital and attached to submission
- Submit to Crystal Hickerson at crhicker@hom.org

Find additional MHVCA online resources under community groups at www.mihospice.org