

# HOST POST

Volunteer Edition

Winter 2008

**WISHING YOU ALL A HAPPY AND PROSPEROUS NEW YEAR!**

### 13th Edition Angel of Hospice Arrived in December 2007



The new porcelain Angel of Hospice, holding a sea shell, is the latest offering of Victoria artist, Judy Murphree. The Angel sells for \$25.00 and is available at all Hospice of South Texas offices *while supplies last*.

Our thanks to *Town and Country Gifts* in Victoria and *Rendezvous* in Cuero who graciously carried the new Angel of Hospice during December 2007, helping us raise funds for patient/family services.

### WELCOME New Patient Companion Volunteers!

These Volunteers Completed Core Trainings Sept.—Dec. 2007. The Next Volunteer Core Trainings will begin this Spring.

#### **Beeville**



Ofelia Loya      Josefa Guerrero      Nora Salazar

#### **Hallettsville**



Mary Jane Swope

#### **Edna**



Louise Kerley



Brenda Allen



James Hurt

#### **Yoakum**



Marie Nelson

#### **Gonzales**



Sharon Pirkle



Rachel Contreras



Barbara Koricanek

#### **Schulenburg**



Sharon Hanzelka

### Inside This Issue

Calendar of Upcoming Events.....	2
Hallettsville/Yoakum Area Activities.....	3
Medical Alliance Treats Host.....	4
In-service Information.....	5
23 Ways to Describe Volunteers.....	6
Gift of Light Campaign .....	7
President Bush Proclamation.....	8
Shepherds' Watch Ministry.....	9
Bereavement News.....	10
5K RUN/WALK.....	11

PEACE



GIVE a HEART on VALENTINES DAY

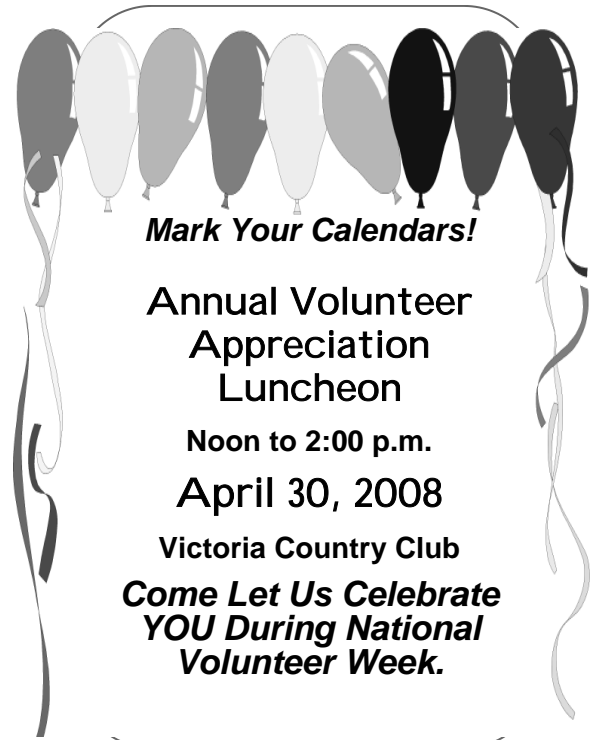
For \$20.00 each these porcelain Hearts by Victoria artist, Judy Murphree, make an ideal gift for loved ones. They can be purchased at all HOST offices and at Victoria Mall the 9th of February, 2008.

HOPE



calendar

- January 22 In-service for Volunteers  
*Sensitivity Training: The Older Adult*  
Tues., 3:00—4:00 p, Yoakum Hospice Office
- January 29 In-service for Volunteers  
*Sensitivity Training: The Older Adult*  
Tues., 5:00—6:00 p, Victoria Hospice Office
- February 2 Texas Radio Mardi Gras Gumbo Cook-off  
Proceeds will go to Hospice of South Texas!  
Sat., Noon—5:00 p, Schroeder Hall
- February 8 Lunch/Get Acquainted Gathering  
Yoakum Area Volunteers  
Fri., 11:30 a –1:00 p Werner's, Shiner
- February 11 NEW In-service for Volunteers  
*Caring for Someone with Mid to Late Alzheimer's*  
Mon., 4:30—5:30 p, Victoria HOST Office
- February 13 NEW In-service for Volunteers  
*Caring for Someone with Mid to Late Alzheimer's*  
Weds., 4:30—5:30 p, Hallettsville HOST Office
- February 21 You Are Invited for Gumbo  
Volunteer Chefs to Feed Staff & Volunteers  
Serving at Noon at ALL HOST OFFICES
- March 2 Service of Remembrance  
Sun., 2:00 p start, Reception to Follow  
Victoria Jaycee Hall (2905 North St.)
- April 16 Teleconference: *Living With Grief: Children & Adolescents*  
Wed., Noon—3:30 p, Victoria Region III office
- Mid to Late April Relay for Life (Dates vary by community)
- April 30 Volunteer Appreciation Luncheon ↗



**Mark Your Calendars!**

**Annual Volunteer Appreciation Luncheon**

Noon to 2:00 p.m.

**April 30, 2008**

Victoria Country Club

**Come Let Us Celebrate YOU During National Volunteer Week.**

**WELCOME NEW Office Helpers, Special Projects, Handy Man and Patient Companion Volunteers! Sept. - Dec. 2007**

- Brenda Allen
- Jean Marie Appelt
- Bruce Bowden
- LaNelle Carriero
- Rachel Contrares
- Sr. Lucilla Donnelly (Reactivated)
- Marion Fagan
- Tammy Frietsch
- Rene Gonzalez
- Sarah Griggs
- Josefa Guerrero
- Sharon Hanzelka
- James Hurt
- Carol Kaiser
- Louise Kerley
- Barbara D. KoricaneK
- Ofilia Loya
- Cathy Nelson
- Ruby Marie Nelson
- Sharon Pirkle
- Nora Salazar
- Richard Shannon
- Mary Jane R. Swope
- Jack Todd

**ANNOUNCEMENTS**

**Weekly Note Card Painting**

Wednesdays 1p. — 3:30 p., **Victoria Office**

**Weekly Prayer Shawl Class/Gathering**

Fridays 1p.— 4p. Ongoing, **Hallettsville Office**  
Fridays 1p. — 4p., Ongoing, **Victoria Office**  
Thursdays 11a.— 2p. Ongoing, **Yoakum Office**

**Monthly Bereavement Mail Out**

2nd Friday of Month, 9:00 a., **Victoria Office**



## Hallettsville and Yoakum Offices Volunteers Activities

### Prayer Shawl Ministries Meeting in Yoakum and Hallettsville Offices

Interested in participating? Know someone who might be? Call Linda Browning 798-2077 (Hallettsville) or 293-2750 (Yoakum)

#### Prayer Shawl Ministry Volunteers Christmas Luncheon Was Hosted by Lori Devereaux in Yoakum December 6, 2007.



(Pictured above from left) Mildred Easton & Bernice Berger (Yoakum), Sherry Pross (Hallettsville), Dennis Rowan & Lori Devereaux (Yoakum), Deborah Weathers (Cuero), and Lillian Roznousky (Yoakum) take time to pose at the Luncheon.

“The Jones Family” Interactive Exercise was facilitated by Sandra Ryan (staff) during the Gonzales CORE Volunteer Training in December. It taught the importance of patients and their families developing a plan to face the future when a family member is seriously ill. This is one of the ways hospice can help.



(Pictured from left) Sharon Pirkle, Barbara Koricanek, Rachel Contreras (all of Gonzales), Terry Robinson (HOST Executive Director), and Marie Nelson forming the Jones Family.

*You HOST volunteers astound me by your dedication, eagerness to serve, and caring hearts. You are fantastic, and continually bless those lives you touch.*  
- Linda Shutt-Browning, Volunteer Coordinator



**Handy Man Corp Volunteers** recently did a fabulous job painting two palliative care rooms designated for Hospice of South Texas by the Shiner Nursing & Rehabilitation facility!



(Pictured left to right) David Heyer, David Coldewey, Hardy McCullough, Monroe Rieger, Mattias Leos, and Jerry Cheatham.

Sherry Pross & Monica Foyt display two of the many gorgeous prayer shawls they created as part of Hallettsville PSM.

\*\*\*\*\*  
Since the Yoakum & the Hallettsville Prayer Shawl Ministries began last Summer, 80 beautiful, comfort shawls have been fashioned — as well as other comfort items — by participants for HOST patients.



**Victoria Goliad Jackson Medical Alliance Treats HOST Staff,**



Pictured above left to right back row:) Kitty Dhingra, Karen Perez, Julie Rojas, Nancy O'Sullivan, and Sallye Allen. (Front row:) Melanie Burns, Susan Whitehouse, Jamie Notz, and Ann Herbst holding cookie tins destined for Hospice of South Texas patients.

125 HOST Staff and Volunteers attended the "Coffee" hosted by the V.G.J. Medical Alliance on December 11th. The food and beverages were delicious and the entertainment was home grown. Thanks to the V.G.J. Medical Alliance members generosity our patients and their families received the donated cookies just in time for the holidays.



(Pictured above) Cathy Bonta, who with the help of Mary Thompson (not pictured) sold Hearts, Angels and Note Cards at the Coffee, brought in \$600.00 for Hospice of South Texas. The sales table was beautifully decorated by Gena Kuester.

**Editor's Note...**



*2007 Was a Busy Year in Which Record Numbers of HOST Volunteers Made a Huge Difference in the Lives of Our Patients and Staff.*

*62 wonderful volunteers joined our ranks in 2007. Volunteer service hours were at an all time high averaging 2,850 hours monthly. Angel Watch Teams and Lay Pastoral Care participants grew by 30%. Office Helper hours increased by 38%. More volunteers participated in more outreach & fundraising activities than ever before. May God Bless you for who you are. I am proud to serve the Mission of Hospice of South Texas with you. Sandra Ryan, Director of Volunteer Services*

**Staff Door Decorating Contest Was Judged by Volunteers in December**

Mary Cheatham, Betty Swihart, and Dot Moulriere drove to all four HOST offices (Goliad, Yoakum, Hallettsville, and Victoria) to judge doors the staff had decorated for the Holidays. Pictured is the HR door decorated by Carolyn Nevlud.



Pictured above from left: Donna Roberts (staff), Lynn Bludau, Pat Bianchi, Bennie Vitek, Linda Shutt-Browning (staff), Claudia Sheblak (at keyboard), Raymond Smith, Teri Scheibelhut, Jerry Uptmor, Ted Sheblak, Chris Kovarek (staff), Gerald Bludau, Patsy Brown. The Hospice Singers performed Christmas carols for the 1st hour of the Coffee held at the Victoria Hospice office. (Picture right) HOST Chaplain Will Carr & HOST Social Worker Chris Kovarek helped to maintain the festive mood for the gathering by singing and playing music of the season following the Singers. *Thank you all for adding joyful sounds to the mix!*

**Hospice Singers & Staff Provided Christmas Cheer at Coffee Hosted by VGJ Medical Alliance for Hospice of South Texas Volunteers & Staff**





**Looking for New Ways to Serve the HOST Mission?**

Help HOST reach out to those serving our patients in nursing homes and personal care centers. Although we bring extra TLC to our patients in facilities and personal care homes, we would like to do more, by giving extra attention to the residents - calling bingo, for example, or hosting ice cream socials, leading games or prayer. **INTERESTED? PLEASE CALL** the Volunteer Coordinator nearest you: **Sandy Ryan, Holly Jones or Linda Browning** for more info or to sign up.

**Wide Selection Pretty Note Cards Raising Funds for Patient Services**

Display Stand (pictured below in Victoria office) was Donated by **Betsy Edwards**. Note Cards crafted by **Susan Adams** and hand painted by **Lauri Pokluda** from Cuero sell for \$3.00 each. Packs of Victoria Note Card Painters' Historical Series are displayed in baskets. Packs sell for \$5.00.



Note Cards are for sale at: Beacon Insurance, Best Choice Medical Equipment, Blue Moon Antiques, Foxcroft, Grace Lutheran Church, Hairworks, Harding & Parker, L-Ann Imaging, Melvin's Menswear, Palm Tree Boutique, Peggy's Wig Salon, Rings & Things,

Torin Bales Fine Jewelry, Uniform Connection, Victoria College Bookstore, Victoria Office Equipment, and all HOST offices.

**Patient Companion Volunteers, Mark Your Calendars!**

**NEW IN-SERVICE COMING IN FEBRUARY:**

***"Caring for Someone with MID to LATE Alzheimer's Disease"***



*This in-service offers information and help finding solutions that can be applied your care giving situation. For caregivers—including those wishing to companion people with advanced Alzheimer's disease—this program deals with coping with behavioral changes, activities, information regarding tolerance levels, and more.*

Monday, February 11th, 2008, 4:30—5:30 p, at Victoria HOST Office (605 E. Locust)  
OR

Wednesday, February 13th, 4:30—5:30 p, at Hallettsville HOST Office ( 404 N. Texana)

**BEARS, BEARS, BEARS. Teddy Bear Club Going Strong**

Judy Bellanger (pictured below left) uses an article of the patient's clothing to personalize the bears. She sews hearts (made from the loved one's clothing) onto the T-shirts the bears wear. Children (18 & younger) living in the homes of Hospice of South Texas patients become members of the Club. Each child receives a certificate with their bear. The project is being funded by our Chaplains from donations they receive from bereaved for performing funerals, etc. More funding sources are being sought.



In addition to all her Prayer Shawl work in 2007, Judy Bellanger made 48 pairs of hand pillows, one door draft stopper, seven neck scarves (for bears) AND sewed hearts on 37 teddy bears' T-shirts. Thank you, Judy!

**Sensitivity Training: The Older Adult**

An Interactive In-service for Patient Companion Volunteers

*If these glasses do not look familiar, this one's for you. Come & join the fun!*



Tuesday, January 22nd at Yoakum HOST Office (206 West Hugo St.) from 3:00p to 4:00 p  
OR

Tuesday, January 29th at the Victoria HOST Office (605 E. Locust Ave.) from 5:00 to 6:00 p

Pictured above from left: Gladys Welfl, Holly Jones, Teresa Touchstone, Betty Swihart, David Heyer, Ken & Susan Adams.



**Twenty-three ways to Describe Volunteers**  
**The Heart of Hospice of South Texas for 23 Years**  
*Happy New Year!*



*Generous*  
*Compassionate*  
*Dedicated*  
*Talented*  
*Kind*  
*Dependable*  
*Supportive*  
*Friendly*  
*Giving*  
*Tolerant*  
*Loving*  
*Versatile*  
*Encouraging*  
*Hardworking*  
*Creative*  
*Heartwarming*  
*Helpful*  
*Knowledgeable*  
*Sincere*  
*Insightful*  
*Respectful*  
*Innovative*  
*Essential*



### Gift of Light Campaign 2007 Huge Success!

In late November, three trees were readied at Victoria Mall to receive Dove ornaments purchased in memory or in honor of loved ones.



Gift of Light Trees were also placed in Yoakum & Hallettsville during the Holidays.



### 95 Volunteers and Staff Helped with the 2007 Gift of Light Campaign

They set up, took down and packed away the trees & decorations, sold doves, note cards, porcelain ornaments, sang Christmas carols, cut-out dove ornaments, kept track of sales inventory, wrote thanks, wrote checks... Our sincere thanks to all who helped.

### Tree Site Sales Raised Nearly \$6,000 for HOST!



61 Volunteers & Staff manned the Gift of Light table at the trees site in Victoria Mall for 192 hours during peak activity times for three weeks in December. Curtis Markland deserves special mention here for most time at the table and generating the most sales.

Gena Kuester was indispensable running supplies, inventory and cash back & forth to the trees site during the three weeks that the table was manned. She kept everything organized. Claudia Sheblak was Gena's back up and along with Ted Sheblak organized the Hospice Singers performances at the site. Many, many thanks to you.



### Rose Drost, Chairman of the Gift of Light Campaign for 23 years,

once again worked tirelessly throughout December inscribing names on over a thousand Dove ornaments, sending thank you cards & acknowledgements to participants, and writing thank you letters to all GOL Patrons, Sponsors and Underwriters.



*Thank you, Rose, your first-class efforts on behalf of Hospice of South Texas are deeply appreciated.*

The 2007 Gift of Light Campaign netted over \$43,000.00 for HOST programs and services.



Hospice Singers (left) Ted Sheblak, Lynn Bludau, Claudia Sheblak), Volunteers (above) (Mary Jeansonne, Mary Virginia Jacobs) working the Gift of Light table—selling Doves, Angels, Note Cards, Small Ornaments, Hearts and Mall Shoppers (far right and front left).

**President Bush Signs National Hospice Month Proclamation as NHPCO Reports Consistent Growth in Number of Patients Served**

(Alexandria, VA) – In a proclamation issued from the White House, President Bush declared November 2007 as National Hospice Month. This is the 29<sup>th</sup> consecutive year November has been designated as a national month in honor of hospice.

The proclamation reads in part: *"Hospice care professionals and volunteers are answering a timeless call to love their neighbors as themselves. During National Hospice Month, we recognize these individuals for their strength and compassion. Their efforts make our country a more loving and caring place."*

The National Hospice and Palliative Care Organization reports that 1.3 million people with life-limiting illness received care from the nation's 4,500 hospice providers last year. This represents continued growth in both patients served and number of providers. Approximately 35% of all deaths in the US were under the care of a hospice program.

Additionally, the top five diagnoses among hospice patients reported by NHPCO show the continued trend of less cancer patients among those served. The top five diagnoses seen in hospice for 2006 are as follows: Cancer 44%, Heart Disease 12%, Debility 12%, Dementia 10%, Lung Disease 8%

The true value of hospice goes deeper than statistics and is reflected in NHPCO's theme for National Hospice Palliative Care Month 2007, *It Must Be Love*.

"The philosophy at the heart of hospice and palliative care is about so much more than what's commonly seen in conventional medical care. It's about providing solutions for difficult times when hope is in question, it's being close in a time of fear, it's about dignity, humanity, and hope," said J. Donald Schumacher, NHPCO president. "When you look at all that makes up hospice and palliative care, and the difference that care makes in the lives of more and more Americans, you begin to understand its contribution in the healthcare continuum."

**Volunteers Help In DME Warehouse**



Volunteer Helpers, Billy Mouliere (pictured above left) and Matias Leos, take a break from work in the Warehouse. Some other helpers last Fall were Randall Silkey, Bruce Bowden, David Alcantar.

**AEP Grant for \$150 Awarded to Hospice of South Texas in Nov. due to efforts of Volunteer,**

**Mary E. Thompson,** who is an AEP Retiree and qualified to apply for the grant after having volunteered at least 75 hours in the past 12 months for a non-profit organization.



**Real Life / Real Simple II 10/01/07**

**Volunteers Working Event Raised \$421.00**

(Pictured left below:) Volunteer Betty Swihart selling Note Cards handcrafted by Susan Adams especially for this Victoria event, Victoria painters' Note Cards and porcelain ornaments, greets customer Joyce Ward.



Other volunteers who worked the booth: Gena Kuester, Donna Todd, Judy Bellanger, Mary Jeansonne.

**PRAYER SHAWLS BEING MADE IN VICTORIA**



Prayer, laughter, fellowship and concentration infuse the Friday afternoon Prayer Shawl gatherings at Hospice of South Texas office in Victoria. Since the PSM began in Aug. 2003, 1,763 shawls have been given to our patients. Everyone is welcome to participate!

**A Reminder to Volunteers**  
 Please send in or drop off your current proof of Auto Liability Insurance and a copy of your Driver's License to the HOST office nearest you EVERY TIME YOU RENEW.  
 Send to HOST Volunteer Department : 605 E. Locust Ave., Victoria, TX 77901 or 206 W. Hugo, Yoakum, TX

**Victoria Note Card Painters Wish You a Happy New Year!**



(Picture left to right:) Alicia Fernandez, Betsy Wright, Myrna Guidry, Pat Knebel, Franke Roberts, LaVerne McCloud, Sarah McKee, Margarete Clapsaddle, Amanda Windham, Mary Mlcak, Jerry McCaskill, Betsy Edwards. (Not pictured:) Ethel Guion, Virginia Daniel. Note Card painters, sales, production increased in 2007.

**Beginning this Month - January 2008**

**The Shepherds' Watch**

**A Ministry of Hospice of South Texas**



**Partnering with Faith Communities**

The Ministry's Purpose:

- to provide education
- to provide timely identification of members in need of support and to guide them to the appropriate resources (such as: *Pathways* if chronically ill or *Hospice* if terminally ill)
- to support caregivers
- to provide assistance to the Ministerial staff
- to promote access to hospice care
- to facilitate family communication
- to assist loved ones through the bereavement process.

Assists in Guiding Community Members and Families to the Appropriate Services at the Most Beneficial Time.

**QUESTION: Why is Hospice of South Texas starting a Shepherds' Watch Ministry?**

**ANSWER: Because too many seriously ill people are still going it alone, unaware of hospice care or Pathways services.**

***This is a community problem, therefore the solution lies with the community.***

***Hospice of South Texas is committed to finding every possible way to partner with community service organizations to reach those in need AS EARLY AS POSSIBLE.***

***Pathways***

**An Educational / Supportive Program for Those Living With Advanced / Chronic Illness.**

Staff Social Worker, Donna Roberts, LMSW, is heading up this community outreach service of the Palliative Care Center of South Texas. *Pathways* participants actively learn more about the choices they have and ways to deal with the issues that advanced or chronic illness brings. Working with the physician, the *Pathways* facilitator offers life-enhancing education on a one-on-one basis regarding such topics as: *Communication, Defining Quality of Life, Coping Strategies, Advance Directives, as well as Emotional, Spiritual and Practical Issues.* *Pathways* does not involve medical care or medical advice. The Service is offered free of charge, although some insurances provide reimbursement.

Know someone who may benefit from this service? Have them call: 1 800 874-6908 and ask for the *Pathways* facilitator.



### BEREAVEMENT NOTES

- Donna Vidales, Bereavement Coordinator

Hats off to our newest Bereavement Department Volunteer, Sister Lucilla Donnelly. Sister makes numerous monthly phone calls to those who have lost a loved ones on Hospice of South Texas care and helps with many other office tasks. She comes to the office to work Mon-Thurs for about 4 hours each day. She is a blessing to us and we say, "Thank You Sister!!" (Pictured below in Lay Pastoral Article)

The Bereavement Department is needing a list of volunteers who enjoy working with children of dying patients. If this is you, please let Sandy, Holly, or Linda know. Also, volunteers who desire to have more education on working with bereaved children should also contact us.

Wanted: Folks who want training to how to become a bereavement group co-facilitator please let us know. Actual work with bereavement groups will be a part of this training. You will be surprised how great the connection feels with those who are grieving.



*As I reflect back on the past year, I am reminded of how precious every moment spent as a Volunteer Coordinator is with Hospice of South Texas. In particular, the beauty of giving that I witness from all of you, our wonderful volunteers. I thank*

*God every day for the gift that he has given to me. When I first came to Hospice of South Texas, I was one of those people who didn't even want to think about death for fear that I would somehow cause the very thing that I feared the most. Some of my friends who are having babies talk about witnessing the miracle of birth. But I feel even more fortunate, as I am surrounded by the miracle of rebirth. I just wanted to take a moment to thank each and every one of you for letting me be a part of such an extraordinary class of human beings. What an honor it has been for me to work and share in many of your experiences with Hospice of South Texas. Thank you from the bottom of my heart.*

*I am so excited about the upcoming year! We're making lots of plans for 2008. We'll keep you posted with flyers, calls and newsletters.*

*- Holly Jones, Volunteer Coordinator*

### EVEN STAFF GETTING INTO THE ACT

Pictured from left: Susan Markland, Director of Clinical Services, and volunteer Texxie Perdue, pose with Susan's first ever shawl! Texxie finished it off with a ruffled trim in October 2007. HOST is giving out 425 beautiful Prayer Shawls a year.



### Volunteers Trained September 18, 2007 for LAY PASTORAL CARE



Pictured left to right: Colin Bludau, Randell Silkey, Sr., Donna Todd, Marianne Cockrum, Ricki McKinney, Sr. Lucilla Donnelly, Teri Scheibelhut, John Morkovsky, Sandra Ryan (staff). These volunteers join fifteen other volunteer participants trained to provide spiritual care to HOST patients.

### Service of Remembrance

We need VOLUNTEERS to serve on various committees and work at this year's Victoria Service of Remembrance on March 2, 2008 at the Jaycee Hall. We need committee members for Agenda, Decorating, Food & Refreshments, and Entertainment. Please sign up at the Bereavement Department if you are interested in being a part of this huge event.



-Sonia Del Bosque, Bereavement Assistant

HEB Plus in Victoria Held a Cooking Connections Manager Challenge on Nov. 3, 2007. Joe Farias, General Merchandise Leader, chose Hospice of South Texas as his charity for this event. There were three challengers and Joe came in 1<sup>st</sup> winning \$300.00 for HOST!

Some point areas included interaction with the public, entertainment, and sales between certain hours. Thanks to all who cheered him on and bought the ingredients he used in his Cooking Connections demos.

# Living in the Light 5K RUN/WALK

Benefiting Hospice of South Texas.  
Sat., Nov. 17, 2007  
Riverside Park, Vic.



Race Director, Melissa (Missy) Janzow, gave hundreds of hours to make this Event a splendid success. Congratulations, Missy, you did it again! In fact, you outdid yourself. Thank you!

## The 2nd Annual



Over 400 runners/walkers participated in the race (including at least 60 children). Some came from as far away as Dallas. The rain held off until the races were over.

**The 5K Walk/Run raised \$15,621.33 after expenses for Hospice of South Texas!**



Racers shoes were outfitted with electronic chips that tracked their times.

