



April 2023 Edition



April, 2023

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ONE QUICK ITEM TO START....

National Healthcare Decisions Day is April 16. It is a day designated to empower patients, caregivers, community members, and providers to engage in healthcare decision-making and advance care planning. Our Begin the Conversation program is a perfect tool for you, your friends/families, and your communities to put critical preferences in writing. Please let us know if you need personal assistance or if you would like to schedule a group presentation to Begin the Conversation! It is a gift.

Volunteer Announcements

1. Celebrate Good Times....C'mon!

April is National Volunteer Month, so we will be meeting IN PERSON to celebrate you, our wonderful volunteers, with some food, fun, and fellowship. Please make it a point to join us at 10:00 a.m. on one of the dates below. If you can't make it to your main county of service, you are welcome to attend any of the other locations. We can't wait to see your smiling faces and personally thank you for all you do!



Brunswick County

SECU Hospice House
Monday, April 10

Horry County

Conway office
Wednesday, April 19

New Hanover County

Hospice Care Center
Wednesday, April 12

Onslow County

Jacksonville office
Monday, April 24

Columbus County

Angel House
Thursday, April 13

Bladen/Robeson Counties

Elizabethtown office
Thursday, April 27

Pender County
Hampstead office
Monday, April 17

All meetings are at 10:00 a.m.

2. Documentation Updates

As you hopefully read last month, Medicare will once again be mandating that hospices match 5% of their clinical hours with volunteer hours very soon. That means LCFL needs to have one volunteer hour for every twenty hours provided by our doctors, nurses, social workers, aides, chaplains, and counselors!



Consequently, we need to be ramping our hours back up (they currently sit at about 2.5%). We will be running our quarterly statistics for January-March in the next week, so if you have any outstanding hours, **please submit them as soon as possible** (remember, you can use the online portal for a quick and easy option...see the bar code below).

Finally, the agency has set a standard for volunteer activity. To remain "active", we're asking volunteers to document at least one hour every quarter. If you haven't been able to meet that standard recently, the volunteer coordinators will be reaching out to talk about possible opportunities.

3. Bucket Lists

In an effort to be a world-class hospice, LCFL has begun to provide "bucket list" experiences for our patients and families. The events have ranged from art shows, to classic car rides, to beach days. Our clinical teams, in partnership with our volunteer, marketing, and outreach departments, are working together to identify and orchestrate these meaningful experiences. If you haven't seen them already, check out our social media feeds for pictures and summaries.

But we could use your help. If you are a patient care volunteer, and you recognize an opportunity for a bucket list item with your patient, please let us know. And we'd love to have you involved in the experience...you'll love it!

Picture to Right:

Last month, with the help of the community, Carolina Exotic Cars, and the UNC health system, we were able to meet a young man's wish. Though he wasn't able to actually ride in the cars, he was able to enjoy an exotic car show in his honor. It was truly humbling for all involved to see such community support and love.



Volunteer Recruitment



As many of you know, LCFL has experienced a decline in our volunteer workforce over the past few Covid-plagued years. So, we are coming to you, our current volunteers, for help in recruitment. If you know of any friends, family, neighbors, church groups, or personal/professional networks that might be interested in the wonderful opportunity to volunteer with LCFL, please send them our way via our email address, Volunteer.Department@LifeCare.org, or have them complete an application on our website, <https://lifecare.org/get-involved/volunteer/>.

For your time and effort, we'd like to thank you for each volunteer you refer. The first FABULOUS gift prizes will be presented at the appreciation meetings this month, so be sure to come. Start making those contacts and sharing those names...just be sure we know that you linked them to us from the beginning, so we know who to reward.

And remember, you can encourage interested volunteers to complete an application on our website or simply share this QR code. For a list of upcoming orientations, see the calendar below.



Volunteer Needs

Front Desk Greeter

SECU Hospice House of Brunswick - Bolivia

<https://www.signupgenius.com/go/70A0844ABAE29A5F49-bccfront8>

Dr. Robert M. Fales Hospice Pavilion - Wilmington

<https://www.signupgenius.com/go/70A0844ABAE29A5F49-hccfront4>

Angel House - Whiteville

<https://www.signupgenius.com/go/70A0844ABAE29A5F49-wccfront2>

Pet & Music Therapy

Dr. Robert M. Fales Hospice Pavilion - Wilmington

<https://www.signupgenius.com/go/70A0844ABAE29A5F49-petand4>

Admission Packets Assistance

LCFL Corporate Office, 1414 Physicians Drive, Wilmington

<https://www.signupgenius.com/go/70A0844ABAE29A5F49-corporate1>

Volunteer Monthly Education

STRESS MANAGEMENT - Volunteering

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Volunteering helps counteract the effects of stress, anger, and anxiety. The

social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

Volunteering is a fun and easy way to explore your interests and passions. Doing

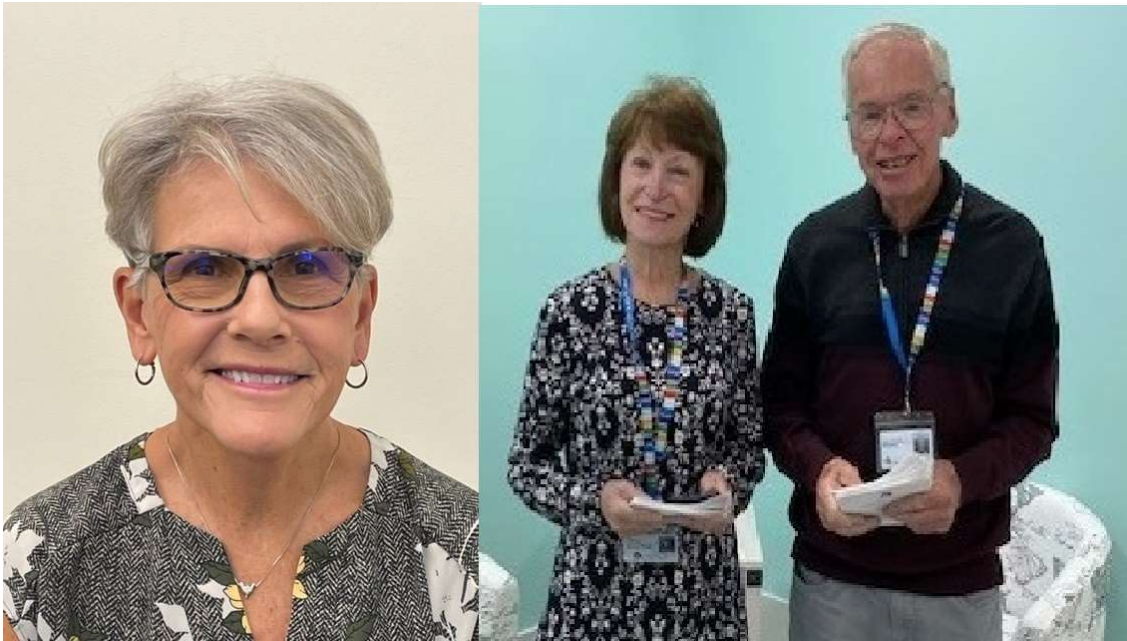
volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

Source: Selections from "Volunteering and It's Surprising Benefits," by Jeanne Segal and Lawrence Robinson, HelpGuide.org, updated February 27, 2023.

Volunteer Spotlights



A big thank you to all the volunteers who came out and supported our Welcome Home Vietnam Veterans event at the Battleship on March 29. We were appreciative not only that you helped pull off a successful event, but that you were so positive and encouraging as we honored and celebrated our local Veterans.

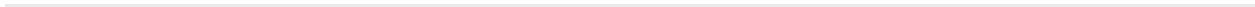


Our volunteers amaze us everyday by going above and beyond in a variety of ways!
Here are but two examples from last month.

Left: New Hanover volunteer, Sandra Duff, was of tremendous help to a family member who struggled with hearing. Walking her from the Care Center to the home office, Sandra made sure she got the information she needed while providing her with abounding patience, support, and care.

Right: Horry volunteers, June Bay and Anthony Braxton, put on their host/hostess hats last month and helped LCFL orchestrate a Seasons Memorial Service.

You never know what we might ask our volunteers to do!



Volunteer Documentation

As a reminder, please turn in your hours within 48 hours of your volunteer activity. And don't forget about our online option using the link (<https://forms.office.com/r/KkGbewjDVe>) or the QR code to the right. We are once again being required to have a certain number of volunteer hours so we need your support. Thanks.



Volunteer Calendar

Check out the calendar below for April support/appreciation meetings, staff office hours, and new volunteer orientations:

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Wilmington Continuum Tile Ceremony: 10:00 A.M.
3 PENDER Office: Marti Deeter	4 WHITEVILLE Care Center: Laura Long	5	6 COLUMBUS/BLADEN Office: Jenny Todd WILMINGTON Care Center: Laura Long	7 OFFICES CLOSED GOOD FRIDAY	8 ~HAPPY EASTER WEEKEND~
10 BRUNSWICK Volunteer Appreciation Event: 10:00 A.M. BRUNSWICK Orientation: 1:00 P.M.	11 NEW HANOVER Orientation: 10:00 A.M.	12 NEW HANOVER Volunteer Appreciation Event: 10:00 A.M. NEW HANOVER Orientation: 1:00 P.M.	13 COLUMBUS Volunteer Appreciation Event: 10:00 A.M. COLUMBUS/BLADEN Orientation: 1:00 P.M.	14	15
17 PENDER Volunteer Appreciation Event: 10:00 A.M. PENDER Orientation: 1:00 P.M.	18 WHITEVILLE Care Center: Laura Long	19 HORRY Volunteer Appreciation Event: 10:00 A.M. HORRY Orientation: 1:00 P.M.	20 COLUMBUS/BLADEN Office: Jenny Todd WILMINGTON Care Center: Laura Long	21 NEW HANOVER Orientation: 10:00 A.M.	22 Brunswick: Impressions Tile Ceremony: 10:00 A.M.
24 ONSLow Volunteer Appreciation Event: 10:00 A.M. ONSLow Orientation: 1:00 pm	25 WHITEVILLE Care Center: Laura Long	26	27 BLADEN/ROBESON Volunteer Appreciation Event: 10:00 A.M.	28	29

INFO

APRIL IS VOLUNTEER APPRECIATION MONTH!

In April, we will be meeting **IN PERSON** to celebrate you, our volunteers, with food, fun and fellowship.

Please make it a point to join us on one of the dates listed on the calendar. All meetings are at 10:00 a.m.

OFFICE & CARE CENTER HOURS

Scheduled for the date and location as listed. Subject to change.

ORIENTATION

Orientation scheduled for new volunteers at listed location. NOTE: RSVP is required as dates/times are subject to change.

CONTACTS

Marti Deeter (910) 902-9908
Home Office: Wilmington
Laura Long (910) 620-5062
Home Office: Brunswick
Jenny Todd (910) 632-3491
Home Office: Brunswick

Other Events

In addition to the items listed above, please check out the following agency and community events.

Job Fair

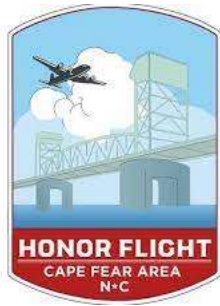
If you or someone you know is interested in career opportunities at LCFL, please join us for a Job Fair on April 20, from 4-8 p.m., at our

Wilmington home office (1414
Physicians Drive).



Attendees can learn about our clinical and nonclinical openings, competitive wages, excellent benefits, generous paid time off, and sign-on bonuses for nurses, aides and social workers, as well as talk to HR representatives and take a tour of our Wilmington campus.

Honor Flight

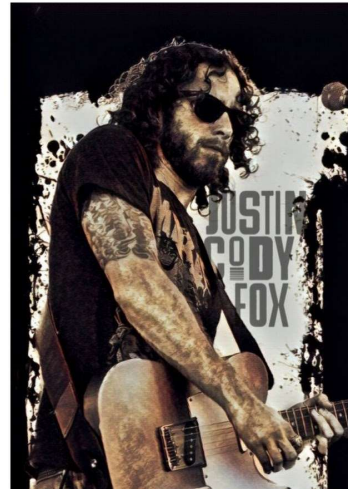


LCFL is a proud sponsor of the local Honor Flight program. Because of this, we'd like to invite all volunteers and community members to participate in the welcome home festivities. This year's Veterans and Guardians will be returning to the Wilmington International Airport (ILM) from Washington DC around 9:00 p.m. on Saturday, April 29. Please join us for this special event if you can (and invite your friends).

First Chance for White Pants

First Chance? Say what?! It's true.

This year there is going to be a First Chance for White Pants Pre-Gala event at Waterline Brewing Company in Wilmington. Everyone is invited to get their white pants out for their first opportunity to wear them after Memorial Day and join in the fun on Sunday, June 4, from 2-6 pm. Tickets are \$35 each and includes a free beverage and live music.



"We had an opportunity to partner with Waterline Brewing Company for a fundraiser in conjunction with the Last Chance for White Pants Gala," Katie Tate director of foundation, said. We were able to book the first weekend after Memorial Day, and thought it would be a good play on our theme."

Although it has long past fallen out of fashion folklore, it used to be the only time acceptable to wear white pants was the period between memorial Day and Labor Day. Years ago, the foundation chose the weekend prior to Labor Day for its gala. The theme offered people in the community a fun-filled, casual fundraiser as opposed the many local galas and balls that require formal attire.

"At \$35 a ticket, the event is a more affordable, scaled-down version of our annual gala." Tate continued. "People can put on their white pants, have a great craft beer from Waterline, listen to local favorite musician Justin Cody Fox, and hopefully enjoy some amazing weather."

Children under 12 are free to attend. A suggested donation of \$10 is being asked for children older than 12 but younger than legal drinking age. There will be at least one food truck on site.

Keep Us Informed!

As part of our Centers for Medicare & Medicaid compliance requirements, we are required to track and document volunteer education and training. As this newsletter serves to help satisfy the volunteer education requirement for our agency, it is important for us to know you have read the newsletter.

[Please click here to let us know you have read the newsletter.](#)

OUR MISSION

To provide access to the highest quality LifeCare, education, and supportive services to our patients, their families, and the communities we serve.



Thank you for being part of our team!

Please be sure to FOLLOW US on social media



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