



LOWER CAPE FEAR
LifeCare

January 2023

LifeCare
Volunteer
Newsletter

THE SERVER

Happy
New Year
2023

A special thanks to Brunswick volunteers Kathy Scott and Fran Pasquel who assisted LCFL staff in decorating our Veterans Christmas tree at SECU Hospice House of Brunswick. *Pictured below, left to right are Kathy Scott, Fran Pasquel, Jenny Todd, and Laura Long.*



Veteran Winter Care Packages



American Legion Post 551, of Southport, NC, made their annual delivery of approximately 150 winter care bags for Veterans. The bags contained snacks, socks, throat lozenges, etc. The bags were then divided by county and taken by Lower Cape Fear LifeCare volunteer coordinators to each location. There staff then distributed to all Veteran home patients, and those in skilled nursing facilities. These bags are a welcome treat for our Veteran patients during the dreary days of winter.

VOLUNTEER EDUCATION Cultural Competence

Cultural competence is the appropriateness and effectiveness of one's behavior in another cultural environment. Volunteers and staff often interact with people from different cultural backgrounds. It is important to develop skills to better engage with people from a variety of cultures.

Here are some cross-cultural attitude strategies that help you develop and enhance the ability to practice effective communication in intercultural situations:

- **Practice openness** by demonstrating acceptance of difference.
- **Be flexible** by demonstrating acceptance of ambiguity.
- **Demonstrate humility** through suspension of judgment and the ability to learn.
- **Be sensitive to others** by appreciating cultural differences.
- **Show a spirit of adventure** by showing curiosity and seeing opportunities in different situations.
- **Use a sense of humor** through the ability to laugh at ourselves.
- **Practice positive change or action** by demonstrating a successful interaction with the identified culture.

By developing these skills, we can further ensure that others feel valued and understood. *(Nursing Forum: Cultural Competence)*

If you were unable to attend our December volunteer meetings, you missed out on a great time! Thanks to everyone who attended, and those who brought a friend interested in volunteering!



Special thanks everyone who participated in our caroling outing on Dec.13. LCFL team members, volunteers, and New Beginnings Church members visited Universal Health Care in Bolivia, and The Landings at Oak Island. Seeing the faces of the residents light up shows what a difference each visit means to those in skilled nursing facilities.

WANTED! VOLUNTEERS



WANTED
Smile-creating,
Day-brightening,
Kindness-sharing,
Cause-helping,
Spirit-lifting,
Difference-making,
Hardworking
VOLUNTEERS



REWARD!

Fun & Fulfillment Learn New Skills
Connect with Others Increase Self-esteem
Sense of Purpose Lasting Relationships
MAKE A DIFFERENCE IN SOMEONES LIFE



Brunswick Volunteer Ellen Cox was recognized for seven years of loyal service with LCFL. She is moving to Greensboro to be closer to her family. She folded linens at SECU Hospice House of Brunswick weekly. Mrs. Ellen will be greatly missed. Thank you, Ellen, for your support.

We need volunteers to assist with front desk duties – click links below

- Front Desk at SECU Hospice House of Brunswick in Bolivia
<https://www.signupgenius.com/go/70A0844ABAE29A5F49-bccfront5>
- Front Desk at Dr. Robert M. Fales Hospice Pavilion in Wilmington
<https://www.signupgenius.com/go/70A0844ABAE29A5F49-hccfront1>

Electronic Volunteer Activity Log

<https://forms.office.com/r/KkGbewjDVe>



On December 27, the LCFL Blue Boys honored and thanked Army veteran Ronald Arvidson for his service to our country. Ronald served during the Vietnam Era as a missile technician. Accompanying the Blue Boys were two members of American Post 543.



On December 13, we honored New Hanover County Air Force Veteran Billy Smith for his service to our country. He is pictured with his spouse and LCFL Onslow County Air Force Veteran Volunteer, Kyle Roberts. Thank you, Mr. Smith, for serving.

There are open tasks available for volunteers interested in making patient support visits in homes and skilled nursing facilities. Contact Marti Deeter or Jenny Todd regarding tasks in your area at Volunteer.Department@LifeCare.org



2023 Volunteer Meetings—Recurring Schedule

WEEK 2
WEEK 3
WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BRUNSWICK COUNTY 10 a.m. SECU Hospice House of Brunswick 955 Mercy Lane, Bolivia, NC		NEW HANOVER COUNTY 10 a.m. Dr. Robert M. Fales Hospice Pavilion 1406 Physicians Dr., Wilmington, NC	COLUMBUS COUNTY 10 a.m. Angel House Hospice Care Center 206 Warrior Trail Rd., Whiteville, NC	
PENDER COUNTY 10 a.m. LCFL Pender Office 16747 US Highway17, Suite 136, Hampstead, NC		HORRY COUNTY 10 a.m. LCFL Horry Office 1314 3rd Ave., Conway, SC		
ONSLow COUNTY 10 a.m. LCFL Onslow Office 2970 Henderson Dr., Jacksonville, NC			BLADEN/ROBESON CTY 10 a.m. LCFL Bladen Office 103 East Dunham St., Elizabethtown, NC	

2023 Volunteer Orientations—Recurring Schedule

WEEK 1
WEEK 2
WEEK 3
WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BRUNSWICK COUNTY 1 p.m. SECU Hospice House of Brunswick 955 Mercy Lane, Bolivia, NC		NEW HANOVER COUNTY 1 p.m. Dr. Robert M. Fales Hospice Pavilion 1406 Physicians Dr., Wilmington, NC	COLUMBUS COUNTY 1 p.m. Angel House Hospice Care Center 206 Warrior Trail Rd., Whiteville, NC	
PENDER COUNTY 1 p.m. LCFL Pender Office 16747 US Highway17, Suite 136, Hampstead, NC		HORRY COUNTY 1 p.m. LCFL Horry Office 1314 3rd Ave., Conway, SC		
ONSLow COUNTY 1 p.m. LCFL Onslow Office 2970 Henderson Dr., Jacksonville, NC			BLADEN/ROBESON CTY 1 p.m. LCFL Bladen Office 103 East Dunham St., Elizabethtown, NC	

Welcome New Volunteers!

Pender/New Hanover:

Karen Puryear

Trish Todaro

New Hanover:

Sandi Adams

Bee Anthony

AnnaKathryn Burt

Amy Craig

Katerina Distler

Lani Lawrence

Casey McNamara

Frank O'Sullivan

Kay Robinson

Suzanne Wallace

Brunswick:

Kate Landon

Columbus:

Iris Caines

Torria Leggett

As part of our Centers for Medicare and 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 send an email to let us know that you have read this month's newsletter to Volunteer.Department@LifeCare.org

Thank you!



Lower Cape Fear LifeCare is a nonprofit organization dedicated to providing access to the highest quality LifeCare, education, and supportive services to our patients, their families, and the communities we serve.