



**January, 2024**



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ONE QUICK ITEM TO START....

### **YET ANOTHER AWARD!**

Congratulations to our President and CEO, **Gwen Whitley**, who was named one of the "influencers" in this year's WilmingtonBiz100. We are very proud of Gwen's dedication and commitment to ensuring access to the highest quality care and support in our entire region. You can read more about Gwen and the other WilmingtonBiz100 influencers [here](#).

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# Volunteer Announcements

## 1. Oh so close!

It's almost ready...your one-stop information shop for everything related to volunteering at LCFL! Our new webpage is under construction and we will be sharing it with you soon! Just a small peak of what's going to be included...



- Meeting and event calendars
- Monthly ZOOM links
- Online documentation tools
- Information for new volunteer referrals
- A comprehensive list of ongoing and pop-up volunteer opportunities
- Links to immediate sign-ups for open tasks
- Lots of reference materials, resources and education, including annual credentialing documents

## 2. Support meetings this month (In-person)

Thanks to all the volunteers who came out for our Zoom meetings last month. To help kick off an exciting 2024, we'd love to get everyone together in person this month for some education as well as fun and fellowship. Please plan to

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join us at a meeting that is convenient to you (**please note that the New Hanover County meeting is at 11:00am and the Pender date has changed**).

**Brunswick County (BCC)**

Monday, January 8, 10:00a.m.

**N Hanover County (Home office)**

Thursday, January 18, 11:00a.m.

**Columbus County (WCC)**

Thursday, January 11, 10:00a.m.

**Onslow County (Jacksonville)**

Monday, January 22, 10:00a.m.

**Horry County (Conway)**

Wednesday, January 17, 10:00a.m.

**Pender County (Hampstead)**

Tuesday, January 23, 10:00a.m.

### 3. A few other reminders

As we finish out 2023, please note...

The Volunteer department will be running our quarterly and (calendar) year-end reports soon, so if you have any outstanding hours, please submit them ASAP. We want to be sure to capture as much activity as we can!



Also, if you have been a LCFL for more than a year, please be sure to complete your annual paperwork and competency forms (which we send via DocuSign) upon your anniversary date. Thanks!!!

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DON'T FORGET TO USE THE LINK AT THE END OF THE NEWSLETTER  
TO LET US KNOW WHEN YOU READ IT.

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## Volunteer Recruitment

If you know of any friends, family, neighbors, church groups, or personal/professional networks that might be interested in volunteer opportunities, please have them contact us at [Volunteer.Department@LifeCare.org](mailto:Volunteer.Department@LifeCare.org) or have them complete an application on our website by sharing the QR code.



And if you've never seen it, check out LifeCare Answers at <https://lifecare.org/lifecare-answers/>. It is a perfect way to help dispel myths and inform potential volunteers about the special kind of caring we provide!

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## Volunteer Needs

### **Front Desk Greeter**

Starting this month, there is only one link for each sign-up for the entire year, which we hope will be easier to remember/use.

SECU Hospice House of Brunswick - Bolivia

<https://www.signupgenius.com/go/70A0844ABAE29A5F49-47017430-bccfront#/>

Dr. Robert M. Fales Hospice Pavilion - Wilmington

<https://www.signupgenius.com/go/70A0844ABAE29A5F49-47018430-hccfront#/>

Angel House – Whiteville

<https://www.signupgenius.com/go/70A0844ABAE29A5F49-45523170-wccfront>

### **Pet & Music Therapy**

Dr. Robert M. Fales Hospice Pavilion - Wilmington

<https://www.signupgenius.com/go/70A0844ABAE29A5F49-45519913-hccpet>

### **Admission Packets Assistance**

LCFL Corporate Office, 1414 Physicians Drive, Wilmington

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

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# Volunteer Monthly Education

## GRIEF AND BEREAVEMENT

The following is a TOP TEN list of things you need to know about grief and bereavement.

1. **Grief is a process.**
    - Phases of grief
      - Shock and denial
      - Protest and anger (towards doctors, God, the deceased, oneself)
      - Guilt and depression - *I'm still alive*
      - Disorganization (can't concentrate)
      - Reorganization and acceptance
    - Challenge: not always all of them, not in order, and can go backwards
  2. **We all grieve differently.**
    - Depending on ages, genders, cultures, and past experiences
    - We grieve differently each time we experience loss
  3. **There are different reactions to grief.**
    - Emotional: i.e. sadness, anger
    - Physical: i.e. increased/decreased appetite, sleeping
    - Social: i.e. loss of interest, isolation
    - Cultural: i.e. dependence on rituals, history
    - Spiritual: i.e. questioning one's faith, doubt
  4. **Children need to grieve too.**
    - Involve them in the process; help them feel involved
    - Let them know they are supported
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- It's not just a grown-up thing
- 5. **You're not going crazy!**
  - Acknowledge the feelings; accept the process
  - You can still have a relationship with the person
  - Be patient with life decisions
- 6. **Don't just sit there....do something**
  - Exercise, eating right, get rest
  - Limit alcohol and medication
  - Keep appointments; schedule things; try something new
  - Connect with spirituality
- 7. **Don't just do something...sit there**
  - Feeling sorry for oneself is allowed
  - It is ok to think about the sad things; it is ok to cry
- 8. **When helping others...**
  - Avoid pity
  - Don't make assumptions...*I may appear I'm doing well, but...*
  - Don't worry about silence...you might not have the words
  - Don't say how they should feel
- 9. **Grief can be done together**
  - Offer something specific to help: i.e. make a meal, take a walk
  - Call often; talk to me about my loved one
  - Listen, listen, listen
- 10. **Grief is never gone**
  - Does not just steadily decline and then fade away
  - Can resurface anytime
  - People need to learn to live *with* their grief

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## Volunteer Spotlights



Much appreciation to our Brunswick volunteers for helping deliver Thanksgiving and Christmas meals to our hospice patients and families, including Jackie Konoski (and son), Rick Rodgers, Lorraine Heister, Bob Canavan, Dave Pearce (and wife), Andi Lloyd (and husband), Sharon Lightbourne, Kathy Cassell, and Linda Rahilly.

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Congratulations to our volunteer and community engagement teams for winning our LCFL staff wreath-making contest. The wreath, entitled *Christmas in July*, was masterfully created by Marti Deeter, Jenny Todd, Laura Long, Shannon Jordan, and Carrie Dunlap and was recently sold at the Festival of Trees fund raiser.



If you visited one of our Care Centers this holiday season, you may have noticed brand new trees decorated to honor our local Veterans.

Thanks to volunteers, Pat Fredette, Kathy Scott, and Mary Curtis, for lending a helping hand on one of the trees!



LCFL staff and volunteers Bee Anthony, Sandy Sonnessa, Catherine Helgesen, Shar Day, and Grace Morgan, spent an afternoon last month Christmas caroling in three patient homes and and one nursing facility. The group actually sounded great for no rehearsals and everyone had such a fun time spreading holiday cheer... we will definitely look do it in more locations next year!

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## Volunteer Documentation

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**As a reminder, please turn in your hours within 48 hours of your volunteer activity (including phone call contacts).** 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.



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## **Volunteer Calendar**

Check out the calendar below for January support meetings (IN PERSON), staff office hours, and new volunteer orientations. Please also note that the LCFL offices will be closed on January 1 and January 15.

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# January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 OFFICES CLOSED HAPPY NEW YEAR	2 WILMINGTON Office: Laura Long	3	4 WILMINGTON Office: Jenny Todd WHITEVILLE Care Center: Laura Long PENDER Office: Marti Deeter	5
8 BRUNSWICK In Person Volunteer Monthly Meeting: 10:00 AM BRUNSWICK Orientation: 1:00 PM	9 WILMINGTON Office: Laura Long	10	11 BLADEN/COLUMBUS In Person Volunteer Monthly Meeting: 10:00 AM COLUMBUS Orientation: 1:00 PM	12
15 OFFICES CLOSED MARTIN LUTHER KING DAY	16 WILMINGTON Office: Laura Long	17 HORRY In Person Volunteer Monthly Meeting: 10:00 AM HORRY Orientation: 1:00 PM	18 NEW HANOVER In Person Volunteer Monthly Meeting: 11:00 AM NEW HANOVER Orientation: 1:00 PM	19
22 ONSLOW In Person Volunteer Monthly Meeting: 10:00 AM ONSLOW Orientation: 1:00 PM	23 PENDER In Person Volunteer Monthly Meeting: 10:00 AM PENDER Orientation: 1:00 PM WILMINGTON Office: Laura Long	24	25 WILMINGTON Office: Jenny Todd WHITEVILLE Care Center: Laura Long PENDER Office: Marti Deeter	26 COLUMBUS Office: Jenny Todd
29 PENDER Office: Marti Deeter	30 WILMINGTON Office: Laura Long	31		

## JANUARY IN PERSON MEETINGS

Our January Volunteer Monthly Meetings will be IN PERSON with food, fun and fellowship.

Please join us on one of the dates listed above. If you are unable to attend at your main county of service, you are welcome to join us at any of the other locations!

## 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.

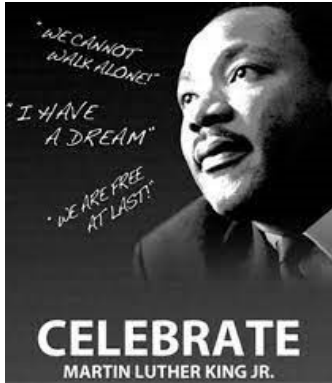
## CONTACTS

**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.

## MLK PARADES



Lower Cape Fear LifeCare is proud to help honor the legacy and impact of Martin Luther King, Jr. by participating in two area parades this month:

**Myrtle Beach - Saturday, January 13, at 10a.m.**

**Wilmington - Monday, January 15, at 11a.m.**

We'd love for volunteers to walk with our LCFL team. In interested, reach out to Jason Clamme at [Jason.Clamme@LifeCare.org](mailto:Jason.Clamme@LifeCare.org) for more information.

## **DEMENTIA EDUCATION**

Volunteers are encouraged to save the date of a special dementia training by the renowned, **Melanie Bunn**. The exact times and locations are still in the works, but the sessions will most likely be in Pender and Onslow Counties on Friday, February 9. We will let you know details as soon as we have them...you won't want to miss this opportunity (even if you have to travel a little)!



## **COMMUNITY AWARENESS EVENT**

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Another save the date! LCFL will be providing an important community awareness session in Riegelwood (Columbus County) on the evening of February 19. Invite friends to come learn about all the programs and resources we provide, including volunteer opportunities, our spectrum of care services, and advance care planning tools. More information to come soon.

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## 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.](#)

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## OUR MISSION

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



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## Thank you for being part of our team!

Please be sure to FOLLOW US on social media.



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