



March, 2024

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ONE QUICK ITEM TO START....

We're accepting applications for our children's summer grief camp. **Camp Voyager** is an opportunity for young people who have experienced the death of someone special. We will play, laugh, create, make friends, and take time to remember the people we know who have died. There is no cost to attend. If you know of a potential attendee, please let us know or have them visit our website at <https://lifecare.org/grief-groups-workshops/>

Volunteer Announcements

1. LEAP into volunteering!

We had a wonderful time last month meeting with you and launching our new volunteer-focused website, LifeCareVolunteers.org. If you missed it, here are some of the features of this wonderful new volunteer department resource...



- Pictures and short bios of our Volunteer Department staff
- Ongoing volunteer opportunities, as well as some "pop-up" needs
- Information and links to unique volunteer programs
- Yearly and monthly calendars and listing of events
- Links to submit your volunteer hours or refer a friend
- Back issues of the Server (volunteer newsletter) for your reading pleasure
- Log-in information for monthly support meetings
- Volunteer guidelines, policies, and other pertinent documents
- Access to the LCFL apparel store
- Links to other LCFL videos, educational items, and resources
- And so much more!

When you have a chance, please take a moment (or two or three) to check out the site. And let us know if you have any thoughts or suggestions for ways to make it even better!

A HUGE thank you to our marketing team and to Sally Shepherd (Marketing Specialist), specifically, for helping make this vision a reality.

2. Support meetings this month (virtual)

Thanks to all the volunteers who attended our Zoom calls in February. We had such an engaged conversation about our agency's community outreach and education! Many of you were able to meet our Community Engagement Coordinators, Shannon Jordan and Carrie Dunlap, whose role is to speak to organizations and community groups to create awareness, recruit volunteers and donors, and inform potential patients and families. If you have a connection with a group who might be interested in one of our presentations, please let us know and we'll get you connected with Shannon and Carrie.

This month, our education focus will be on the LCFL bereavement department. If you can, please plan to join us at one of the two **virtual options...**

Zoom meeting login info

<https://us04web.zoom.us/j/2947198640?pwd=q08fyXsaP2S02AdquJqIPCB7TCdjQ8.1>

Meeting ID: 294 719 8640

Passcode: Volunteer

Phone only: 646.931.3860

Zoom call option #1

Monday, March 11
10:00a.m.

Zoom call option #2

Monday, March 11
6:00p.m.

3. LifeCare Memory Partners

If you are in Brunswick or New Hanover counties and are interested in expanding your role as a Memory Partner volunteer, please let us know. We are experiencing an increase in respite needs for our clients and their caregivers living with



Alzheimer's and other dementia-related diseases. We'd love to sign you up for an introductory training and get you involved in this critical program!

4. More exciting news!

SHHHH....we don't want to jinx it, but the Volunteer Department is excited to announce that we will be adding a new volunteer coordinator soon. She is scheduled to start in March and we'll introduce her in April, so stay tuned!

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

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 or have them complete an application on our website by sharing the QR code.





Volunteer Needs

Front Desk Greeter

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

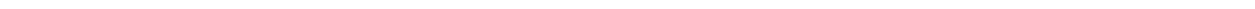
Dr. Robert M. Fales Hospice Pavilion - Wilmington

<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>



Volunteer Monthly Education

One of the biggest misconceptions about hospice care is that it stops feeding or starves a patient. This is simply not true. Read our LCFL blog "When Does Hospice Stop Feeding a Patient?" to learn the truth.

[When Does Hospice Care Stop Feeding a Patient?](#)

Fewer things are harder than watching a loved one with a life-limiting illness slip away. It becomes even more challenging when families notice that their loved one has stopped eating and drinking.

Because many family traditions revolve around food and drink as a way of showing love and care, they wonder if they are being neglectful, even hurtful by not ensuring their loved one has food and drink. They may feel like they are giving up on them.

Nothing could be further from the truth. It's simply part of the dying process. A person's need for food and water are significantly less than those of an active, healthy person.

Hospice care does not deny a patient food or drink. If someone has the desire to eat or drink, there are no restrictions on doing so. However, for most patients, there comes a point where they simply do not want nor need food or liquids.

Physical Changes at the End of Life in Hospice Care

As someone nears the end of life, their body loses its ability to digest and process food and liquids. Organs and bodily functions begin to shut down and minimal amounts of nutrition or hydration are needed, if at all.

Continuing to insist that your loved one receives food and water, including artificial nutrition or hydration through nasal or stomach feeding tubes can cause distress. Forcing food and liquids can cause additional physical problems and discomfort.

As the body loses the ability to regulate fluid, swelling can occur in the feet, legs, and hands. Worse yet, it can cause swelling in the lungs causing shortness of breath, coughing, and the inability to get enough oxygen into the blood. This is known as hypoxia. Hypoxia can cause confusion, agitation, and even combativeness.

Feeding can cause its own set of issues for loved ones at the end of a life. Forcing food can cause choking or aspiration. Aspiration is when food or liquids enters the lungs and it can be very painful. It can cause the same symptoms as liquids such as shortness of breath and coughing. Additionally, it can cause nausea and vomiting, abdominal bleeding, excessive gas, constipation, or diarrhea.

All these can be especially painful to someone who is dying. These symptoms are uncomfortable at best for someone who is healthy, but, for someone at the end of life, it is much worse.

While we think of food and drink as a way to provide comfort and express our love, at the end of life this may no longer be the case. So, what can we do to show our love and make our loved ones more comfortable at this time?

How You Can Help Your Loved One in Hospice Care

Providing support is the best thing you can do for your loved one at end of life.

- If they are still able to eat or drink, offer small sips of water or liquids, ice chips, small amounts of food with a spoon, or hard candy. Take your cues from your loved one when they have had enough.
- If they are no longer drinking, keep the lips and mouth moist with swabs, lip balm, or a wet washcloth. Often, your hospice care team will provide a special sponge-tipped swab to provide your loved one with moisture for the mouth.
- If your loved one can no longer eat or no longer wants food, provide other means of comfort such as conversation, music, singing, reading, pet visits, gentle massage, spiritual or religious rituals, or other acts to show your love.

Talk to Your Hospice Care Team

As a hospice volunteer, if you are ever feeling nervous and anxious about your patient's disinterest in food and liquids, talk to your hospice care team. They can help you understand the process of dying and the changes going on in your patient's body. They can also provide other suggestions for you to help support and educate family members who may be feeling likewise.

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Volunteer Spotlights



Thanks to the volunteers who came out and helped us launch our new website, LifeCareVolunteers.org, including this fun team in Columbus County (more meeting photos next month). We always enjoy seeing you all and are excited to offer this valuable online resource.



LCFL would like to wholeheartedly thank Mike Hamby (pictured with his certificate) for his service to our We Honor Veterans program. Last week, Mike participated in his 100th Veteran pinning ceremony! So many Veterans' lives have been touched by Mike and his Cape Fear (white shirts) pinning team.



We are still growing, now with over 315 volunteers supporting LCFL patients, families, and programs! Welcome to all our newest volunteers, including these orientation "classes" in Brunswick County...we can't wait to get y'all involved!



Lower Cape Fear Lifecare recently paid tribute to Colonel James G Wood, Jr. a retired Air Force officer. During the ceremony, Army Veteran and LCFL volunteer, Anthony Braxton, pinned Colonel Wood with a special pin and then presented a framed certificate to his wife, Lynn.

Volunteer Documentation

As a reminder, please turn in your hours within 48 hours of your volunteer activity (including phone call contacts). You can use this direct link (<https://forms.office.com/r/KkGbewjDVe>), click on the QR code to the right, or go to the new website, LifeCareVolunteers.org. Lots of options!!!



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Volunteer Calendar

Check out the calendar below for March support meetings (virtual), community and educational events, staff office hours, and new volunteer orientations. And please be aware that LCFL offices will be closed on March 29 in observance of Good Friday.

www.lifecarevolunteers.org		<h1>March 2024</h1>		
Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 PENDER Office: Marli Deeter	5	6	7 WHITEVILLE Care Center: Laura Long WILMINGTON Office: Jenny Todd	8 SC VOLUNTEER COMMUNITY BLITZ (questions contact Jenny Todd)
11 ZOOM CALL (1): 10:00 AM ZOOM CALL (2): 6:00 PM	12	13	14 WHITEVILLE Care Center: Laura Long COLUMBUS Orientation: 1:00 PM	15 HORRY Office: Jenny Todd
18 PENDER Office: Marli Deeter	19 BRUNSWICK Orientation: 9:00 AM	20 HORRY Orientation: 10:00 AM	21 WHITEVILLE Care Center: Laura Long NEW HANOVER Orientation: 1:00 PM SC VOLUNTEER RECRUITMENT PRESENTATION EVENT: 11:30 AM (questions contact Jenny Todd)	22
25 PENDER Office: Marli Deeter	26	27	28 WELCOME HOME VIETNAM VETERANS DINNER & RECOGNITION Brunswick Community College, 6:00 PM (Reservations Required, contact Laura Long)	29

<p>GET YOUR CONTINUING EDUCATION HOURS VIA ZOOM! ZOOM CALLS FOR ALL VOLUNTEERS</p> <p>Monthly volunteer meetings via Zoom call. Choose either of the TWO listed times, all meetings have the same agenda. See email for call details.</p>	<p>OFFICE & CARE CENTER HOURS Scheduled for the date and location as listed. Subject to change.</p> <p>ORIENTATION Orientation scheduled for new volunteers at listed location. NOTE: RSVP is required as dates/times are subject to change.</p>	<p>CONTACTS Marli Deeter (910) 902-9908 Home Office: Wilmington Laura Long (910) 620-5062 Home Office: Brunswick Jenny Todd (910) 632-3491 Home Office: Brunswick</p>
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Other Events

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

WELCOME HOME VIETNAM VETERANS

As part of our We Honor Veterans program, LCFL will honor National Vietnam Veterans Day by hosting a special recognition dinner on Thursday, March 28, at 6:00pm, at the Odell Williamson Auditorium on the campus of Brunswick Community College. The event will feature a catered meal by Mission BBQ, as well as a short program, and is open to all Vietnam-era Veterans (and a guest). Contact Laura Long for more information or to register.



TRIBUTE CEREMONIES

Loved ones and friends are invited to join us at a Celebration of Life tribute ceremony. At these bi-annual events, LCFL recognizes and remembers patients, supporters, and loved ones receiving special dedications. In our beautiful facilities and gardens, each name helps create patterns, put together to create meaningful designs that live on beyond us.

Saturday, April 13

Continuum Ceremony
Wilmington Garden
10:00-11:00a.m.

Saturday, April 27

Impressions Ceremony
Brunswick Care Center
10:00-11:00a.m.

VOLUNTEER RECRUITMENT LUNCHEON



The Volunteer Department is excited about a new event we're planning. On Friday, April 26, from 12:00-2:00pm, we will be hosting **Bloomfest 2024**...a community luncheon to recruit volunteers in Columbus, Bladen, and Robeson counties. The event will be at the Arts Council building in Whiteville and will feature a cool "floral" presentation. Tickets are \$20. Please share with anyone you know that might be interested in volunteering with LCFL!

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.



LOWER CAPE FEAR
LifeCare

Thank you for being part of our team!

Please be sure to FOLLOW US on social media.



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