



In Mid Coast Maine

# Volunteer Newsletter

April 2009



See article below about May 31st HV Benefit Concert in partnership with Saint Charles Borromeo Church. Please help us publicize by using poster insert as a mailing to friends or hang poster in appropriate public locations.

## Letter from the Director

As spring emerges I am struck by how quickly we move from hibernation to hyper-drive. So many exciting projects and new initiatives are occupying our attention at HV. Please read on to be informed about them. It is with both gratitude and sadness that I announce that our ABLE volunteer Carol Kinkade and our USM intern Amy Wescott are nearing the ends of their time with us. We have so appreciated both of their service to the agency. In her year with us Carol has been instrumental in website maintenance, operations and office administration. Amy has been involved in most every aspect of our agency and especially in the launching of our Memory Bridge Initiative. **We all will miss having them here** and wish to extend a big thank-you for all their service to HV. Both Amy and Carol will continue to volunteer in other capacities so you may still see them around.

If you haven't seen it yet, HV now has an 11x17 and an 8½ x 11 color informational poster for hanging in appropriate locations. If you know of a business or health professional office that would be willing to post this marketing tool, please drop by and pick some up for delivery. This project has been in the works for over a year and we are delighted about its completion. Thanks go out to Mike L'Abbe, Gerry Maraghy and Amy Berube of Mid Coast Hospital/CHANs for their help in bringing this project to fruition. -Betsy Elder

## May 31st Benefit Concert in Partnership with Saint Charles Borromeo Church- SAVE THE DATE

Thanks to the generosity of the choir at Brunswick's St. Charles Borromeo (SCB), Hospice Volunteers will be the beneficiary of proceeds from their spring concert on May 31st at SBC at 2:30pm. (see insert poster) A diverse collection of great music composed in honor of the Virgin Mary will be presented by the SCB Choir and guests from other area churches. Music ranging from Pop to Palestrina will include; Gregorian Chant, *Ave Maria and Sancta Maria* by a variety of composers, Palestrina's *Alma Redemptoris Mater*, *Stabat Mater* by Fabio Fresi and many other well known and classical repertoire which focuses on the eternal feminine qualities of Mary. The centerpiece of the show will be Mozart's *Litaniae Lauretinae*, K109, a fifteen minute piece for choir and solo quartet. Comic relief will come from *Hail, Holy Queen* from the movie *Sister Act*. This event promises to have a little something for everyone. For singers who would like to participate, see SCB website for rehearsal schedule. Rehearsals begin on April 14th. Besides being a fund-raiser for HV, this event has potential to draw participation from many parts of the southern Maine music and spiritual communities.

# Memory Bridge Initiative



Sophie and Jordan with commemorative buddy project



BHS Students with Nancy Herk-Bott and Rick Wilson

The Memory Bridge Initiative (MBI) is a national program started in Chicago which fosters intergenerational partnerships between students and patients with Alzheimer’s disease. This year MBI partners, HV and Respite Care, created the first Memory Bridge Program in Maine designed to meet the goal of creating a positive culture with respect to Alzheimer’s disease. They received grants to fund this program and initiated a pilot MBI this winter with Rick Wilson’s BHS service-learning students. Grant funds from the Wing-Benjamin Trust and Alfred Senter Fund purchased the powerful MBI curriculum. Grants from the Maine Community Foundation and Unity Foundation, procured by HV, subsidized other facets of the program. MBI is designed to build community, improve education and challenge commonly fearful and stigmatizing social constructions with respect to Alzheimer’s disease. Using the MBI curriculum during a twelve-week, experienced-based learning process, BHS students explored life skills, journaling, active listening and communication skills to garner hands-on experience empowering them to be effective companions to Alzheimer’s patients. During field interactions at both the Highlands and Respite Care, students and their buddies shared enriching social and emotional connections. Students created commemorative life maps using visual art, music, poetry, creative writing or other modalities to capture the life story of their buddy. HV hopes to continue to offer an optimized program for intergenerational interaction between youth and elders suffering with mental health challenges. Caregiver stress, feelings of isolation and fear regarding Alzheimer’s disease, are rampant and have far-reaching impacts that could be alleviated by providing programs like the MBI. MBI can help students develop an appreciation for their elders, the passage of time and perhaps inspire them to find their a career path in medicine, social work, expressive therapy, case-management, psychology or other health-care related field. MBI can provide a transformative experience for students to develop their emotional intelligence. USM intern Amy Wescott carried out pre- and post- evaluations of students and elders to assess MBI impact. Measureable changes in student attitudes towards elders with Alzheimer’s as a result of their buddy relationship were evident. Using a standardized instrument to measure quality of life during interventions with dementia patients, Amy also evaluated changes in elder participants with interesting results. Alzheimer’s is a hospice issue because it is the 5th leading cause of death among older Americans and mortality rates due to Alzheimer’s are increasing faster than any other fatal condition. Communities which nurture intergenerational social connections strengthen cultural resilience to meet this challenge.



**From Director of Bereavement Services**

As you read this, I will have just passed the 6 month mark since being hired last October. So much has been accomplished since then, including placement of many of our fall training facilitators, the re-structuring of some of our grief support groups, design and printing of a new grief support group brochure, and analysis to support starting a Suicide Survivor Support Group in the fall. Myself, along with Mary French, Ann Hough, Sharon Kennedy, Wendy Sinton, Don Weatherbee, and Amy Wescott are completing training in facilitating this type of group which will begin in the fall. We are currently serving 42 children/teens/adults in grief support and this number continues to grow. We are grateful to be of service and to offer this support to our community. –Lynn Ellis

**Memorial Bricks for Sale again this Spring**



Like last year, HV wants to sell enough Memorial Bricks to build a memorial garden-patio in the back of the Hospice Center.

New terms for brick sales are available which include options for putting the names of two people (and their birth/ death dates) on one 8x8x4 granite paver for \$400. As before, the 4x8x4 granite brick with name and dates sells for \$300. Pursuit of grants to implement the garden are underway and we have high hopes that this year we'll have enough bricks ordered to begin phase one of the garden project. FMI call HV.

**Hospice Volunteers Wish List** includes volunteers to answer phones and greet people who come into the office; particularly on Tuesdays & Thursdays both afternoon and morning shifts.

Books: The Art of Racing in the Rain by Garth Stein  
The Four Things That Matter Most by Ira Byock, M.D.

**PLEASE HELP** HV seeks interested volunteers with technical skills to assist in designing, filming and producing a hospice educational dvd/marketing tool with video equipment provided by a Brunswick Coastal Rotary Club grant. FMI call Betsy at HV.

**Endowment Fund** As tax season is upon us, are you looking for a tax shelter, IRA non-taxable distribution locale or other place to make a charitable donation? Hospice Volunteers' Endowment Fund welcomes your participation in helping us reach our goal of \$800,000 Please consider this in your financial planning and see **Help Us Help Others** on the website for how to actively contribute. **THANK-YOU** to all who have contributed this year to the endowment and the annual appeal.

**From Director of Volunteer Services –Kathy Goddu**

We're halfway through our Spring 2009 volunteer training with 11 participants. Once again they are a terrific group of people who are dedicated to helping those through a most difficult time in their life. The 2009 22<sup>nd</sup> Annual Governor's Volunteer Service Awards were presented at the State House in Augusta on April 21st and five mid coast area individuals and organizations received 'Exemplary Service Awards' from Governor John Baldacci, second from left. Honorees all in the 'volunteer of the year' category are, left to right, Elaine Greene of *Freeport Flag Ladies*; Kristen Poeraatmadja of Bowdoinham and Sharon Kennedy of Brunswick, both of HV, and Ed Levay of Harpswell & Mid Coast Hospital. The Governor's awards honor Maine's most dedicated volunteers and the services they provide to citizens of Maine. We'll have a recognition event sometime later this Spring. Congratulations Sharon & Kristen! A Big Thank YOU to all of our volunteers for their support & dedication to the agency.

Photo Courtesy Of Millie Stewart



**Clergy Breakfast Training at Highlands on June 16th**

In response to a request from clergy at a Hospice Focus Group in Spring 2008, HV is offering a customized training workshop on end-of-life, bereavement skills and caring for the caregiver. In coordination with Caroline Russell, hospice volunteer and resident of the Highlands, the Highlands has graciously offered to provide breakfast and the Holden Frost Ballroom to accommodate this event. Sessions will be facilitated by Lynn Ellis and Kathy Goddu from 8:30-11:30am.

**Alyce Redman Resource Center Library News**

The library committee has new faces this spring and celebrates the interest demonstrated by Lee Evans, our new library chairman. Sally Harticka, Carol Kinkade and Elizabeth Prest have also joined the committee. Dan Ellis will be joining us to maintain the website. Welcome and thank-you to all for your devoted commitment to this essential aspect of HV's operation. We appreciate your time and energy! If you know anyone else who would like to join the library committee, please call HV. A **special thanks goes out to Earl Redman** for his commitment to insuring fresh flowers or blooming plants inhabit the library all year long in memory of his wife Alyce.

**HOSPICE VOLUNTEERS  
IN MID COAST MAINE**

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If you'd like to see a color version of this newsletter, please visit the website above. If you can receive this by e:mail, please contact us and let us know your e:address. We prefer this method of delivery.

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**Hospice Volunteers in Mid Coast Maine  
STAFF**

Betsy Elder- Executive Director  
Lynn Ellis- Director Bereavement Services  
Kathy Goddu - Director Volunteer Services  
Elaine McGuire- Administrative Assistant

**Newsflash! Family Fall Festival Fun & Fundraiser** in mid-October hosted by our *Transitions* volunteers is in planning stages. If you are interested in assisting with this fun community education event to benefit HV grief programs, please call Betsy at HV & join the fun.

**Save the Date DMMR/Maine Hospice  
Event-** Bring Hospice Awareness to the

streets on August 29th. Form a team and ride 25, 50 or 75 miles for HV. Know a willing sponsor? HV welcomes donations of time, gift certificates & cash to this annual fund-raiser.



**Current and Upcoming Grief Support  
Groups**

**Transitions-** Mid Coast Grieving Children/Teen/Parents Group – meets weekly on Mondays 6:15-7:15PM

**Adult Grief Support** – Structured weekly group began April 7 (enrollment now closed, a new group will be offered in the Fall)

**Adult Grief Support** -- Open enrollment, 2<sup>nd</sup> & 4<sup>th</sup> Tuesday evenings, 7-8:30PM

**Grieving Parents** – Open enrollment, 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 7-8:30PM  
Open to parents who have lost a child to death

**Living Loss, Living Hope** – 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 5-6PM  
Anticipatory grief support for individuals, caregivers, families facing life-threatening illness/divorce/other losses.

**Suicide Survivor Support Group(s)** to begin in September '09.

Please call Lynn Ellis, Director of Bereavement Services to sign up for a group. A pre-attendance intake is required before attending any group to match you with the most supportive group based on your individual needs. Groups will not run in July/ August, however grief crisis support is available at all times.