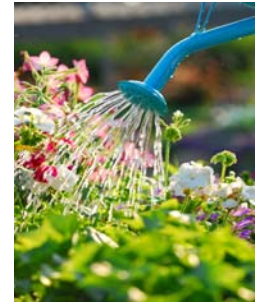




Hospice of New York

Manhattan, Bronx, Brooklyn, Queens & Nassau



Volunteer Voices

2013

A note from Angela and Sandra:

The slow start of spring is behind us and we can now look ahead to the many reminders of the incredible joys of new life and the precious meaning of each day. The spring blossoms, the chirping of birds celebrating their new offspring and the brightness of sunshine give us many opportunities to appreciate the changes of the seasons. By your gift of service, compassion and caring, you contribute to that joy and make our community and country a better place.

As we continue to expand our volunteer department, we are able to provide services to more patients of different cultures and backgrounds. In fact, to date our active patient care volunteers speak 29 different languages. By giving your time, by being there to listen, by sharing quiet moments and knowing that your mere presence makes a difference, you bring great comfort.

Visiting with patients or assisting our Hospice staff as an administrative volunteer, your contributions enable us to continue our commitment to the dignity of life. You are very much appreciated. Thank you!

WELCOME TO OUR NEW VOLUNTEERS

Jessica Bonds

Edna Faulkner

Megan Muser

Stephen Brown

Margaret Gaon

Katharine Rouse

Chicaliena Charles

Sonja Grant

Geraldine Russo

Wai Chin

Roma Krapovicki

Lynnbroke Santos

Joanne De Los Rios

Fran Levine

Aisling Walsh

Hannah Ewart

Amy Melson

Mathew Zaringhalam

Erin Morrill





Happy Birthday Volunteers

Margaret Gaon	4/7	Erin Krom	5/14	Mary Douglas	6/2
Phyllis Gelman	4/5	Tasha Belgrave	5/15	Anne Flood	6/3
Gail Cruise-Robertson	4/17	Gail Wasserman	5/19	Samuel Yoo	6/6
Leslie Fields	4/18	Varky Mathew	5/20	Thea Chaloner	6/7
Elissa Kapp	4/23	Dalvir Bhatti	5/24	Charmaine Charles	6/14
Sophia Protopapas	4/26	Delus Rios	5/27	Walter Pifumm	6/16
Corrine Carlsen	5/1	Arthur Fettner	5/29	Judith Caraballo	6/16
Veronica O'Donnell	5/3	Beatrice Diggso Rodriguez	6/1	Gloria Collazo	6/20
Stephen Brown	5/12			Phyllis Lawrence	6/22
Roselyn Botkin	5/14			Robert Sullivan	6/30

REFLECTIONS OF LAMAR

By Phyllis Phelps

I have been a Hospice volunteer for 2 1/2 years. It has been a pleasure to meet so many families and be a part of the end-of-life care of their loved ones. But the Lyon family will always be special to me. When Sandra assigned me to this case and described the situation, I was not sure I was up for it. God equipped me for this family, and I am grateful.

Lamar was a very funny man. Because of his illness, we never had a real conversation, but you could tell by his facial expressions what he meant. We would play endless hours of dominoes and Tic-Tac-Toe. He also liked to listen to music, and have the Bible read to him.

The nursing home staff loved to visit Lamar also. The nurses would come by and flirt with him, --blow kisses, toss a "Hi Lamar," and when they were alone with him, you could hear them quietly pray for him as they administered care. When it was time for them to go home, he always gave a thumbs up!

Throughout his care, the hospice staff worked tirelessly to provide comfort. It was not unusual to see his nurse, his aide, and myself at his bedside.

When it became apparent that his time was near, I made it a point to look after his mother. She was very strong, but I knew she was having a hard time and so was I! I was honored that she had enough trust in me to call me when she needed me. It took Superstorm Sandy and a cold to move me out of the way. When I received the call that he passed, I thought I would experience a meltdown, but that is not what happened. I felt sad, but calm.

When I think of Lamar, I feel at peace. As Christians, we are taught that God's peace passes all natural reasoning and understanding. I know Lamar asked the Lord into his life, so I feel it is safe to say that Lamar is with Him.

Sleep On Lamar
Take your rest
We loved you so
But God loves you best



Volunteer Notes



- This was my second visit with Natalie and her home health aide, Diane. Spent about an hour helping Diane clean Natalie's living room, which was very cluttered. I talked with Natalie, a very personable and generous woman. Really enjoyed spending time with her. Read her a J.D. Salinger story and sat with her for a long time. Enjoyed spending that time with her and she said she found my reading soothing —Margaret Frank
- Anna appeared to be in a better mood today. She was more verbal. I showed her pictures of the wedding I attended yesterday. We then watched The Andy Griffin Show since she had never seen it, but chose it from the TV section of the newspaper that her son, George had left out. She found it very ridiculous, but wanted to keep watching it when I left. We talked about knitting, which she used to do a lot before she got sick. I also told her about the bride and groom from the wedding I attended, and the cute Army man I met at the reception! That got her to giggle a bit. Her husband was in the army too. —Xem Bui
- The patient is such a kind soul. I can't believe she is 97 years old and so strong. We sat together quietly, and I offered to turn the TV volume down, so she could pray the rosary. She said that she was praying for me, too, and was very thankful that I had come to see her. It is inspiring to see her stay strong to her faith. I hope that she enjoys a happy new year and returns home.—Danielle Espinoza
- Sat with Jane and her niece Tasha. Chatted with Tasha, who is very dedicated to her to her Aunt. Jane was highly confused, one minute berating me for being a nurse, then the next, telling me thank you for visiting. I was smiling at her and telling her that I was enjoying our visit, and then she got mad. Too cute. I then visited with Ms. Roberts, and she was happy to see me. For 93 years old, she is very cognitive. She expressed her desire to go home, but knew that was not possible, because she could no longer live alone. She has no family, only her pastor. I held her hand and comforted her and she smiled at me.—Gloria Collazo
- Visited with Ira. He was happy to see me and was very interactive. We talked quite a bit about his past and he stated that he really appreciated that I had come to keep him company. I helped him to the bathroom and back. He stated he looked forward to seeing me again. He told me that he loved classical rock music. I played some music for him through my phone before I left. — Alex Stewart
- It was really nice spending some quality time with Nancy. On previous visits, I was too preoccupied with chores. She is no longer eating or drinking anything, but is in very good spirits and even cracking jokes! I offered to sing to her before I left, since I know music has been a big part of her life. She was very appreciative. I am looking forward to seeing her again. — Zachary Miller
- My meeting with Lillian went very well. The afternoon proved to be a better time for her. We chatted for a bit and then I read a couple of chapters from the book, *The Spellman Files*, by Lisa Lutz. It was a hit! —Stacey Robertson
- I visited with the patient in his private home. He was awake and sitting in a chair in his room when I arrived. We sat and we talked about the opera he was listening to. His daughter called while I was there, and I spoke to her for five minutes. The patient and I talked about the weather. — Robin Cohen
- Kathy's son came over this afternoon. We all sat around and shared some of our life experiences — Ana Duncan



THE POWER OF MUSIC

(Based on an article by Sally Abrahms , AARP Bulletin ,3/13)

Geriatrician Theresa Allison, MD, can't talk with her grandmother. Alzheimer's disease has left her without the ability to see, converse or recognize her granddaughter. Yet the two are able to interact. Instead of talking, they sing. For 45 seconds, life is completely normal. Engaging in this way is profoundly meaningful.

Allison, a musicologist as well as physician, sometimes sings songs with her frightened or confused patients to get them to relax during a physical exam. She encourages generous doses of music in caregiving, whether the loved one is cognitively intact or has memory loss.

Lately, researchers have focused on how music can benefit those with Alzheimer's. Anecdotal evidence shows that music can tap memories and reduce anxiety, pain, heart rate and blood pressure.

Here are some suggestions when using music while visiting patients:

- **Select familiar songs — most people remember music from their childhood or when they were in their 20s.**
- **Choose your music source — pick what works for you: a CD player, an MP3 player or iPod, a tablet, a Kindle or your phone.**
- **Gear music to activities – use music to get loved ones and patients through transitions, moving from one room to another, when waking up. Sing when giving directions. Never use loud, frenetic music.**

If you are interested in the entire article, call Sandra at 347-226-4821

Music is a world within itself, with a language we all understand—Stevie Wonder

Training

Knowledge
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today

A Special Thank you

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