

Volunteer Training, Continuing Education & Support

March - April 2023 Schedule

Hospice of the Western Reserve provides palliative and end-of-life care, caregiver support and bereavement services throughout Northern Ohio. In celebration of the individual worth of each life, we strive to relieve suffering, enhance comfort, promote quality of life, foster choice in end-of-life care and support effective grieving.

Timeline of Annual Volunteer Requirements and Upcoming Due Dates

2022 Volunteer Evaluation - All HWR and Stein Hospice volunteers who began volunteering prior to 2022 should have received their annual evaluation. Some received emails and some were mailed paper copies early in February. **The due date for reviewing, signing, and returning it is March 31, 2023.** If you haven't received yours, please contact Nancy Guder at nguder@hospicewr.org

We have a number of volunteer opportunities we are seeking to fill with either self-directed, in-person or virtual trainings scheduled for March, April and throughout the year.

- ◆ End of Life Doula
- ◆ Comfort Touch
- ◆ Hands on Care/Feeding
- ◆ Rapid COVID Testing

Mondays & Wednesday, April 17, 19, 24 & 26*

VIRTUAL

End of Life Doula

9 AM—1 PM

**must attend all four sessions*

End of Life Doula

End-of-Life Doulas (EOLDs) complement the care provided by family members, friends, and the Hospice/Navigator Transdisciplinary Team by providing non-medical, holistic support and comfort to the hospice person and their family. Tools learned will include education & guidance as well as emotional & spiritual support. Volunteer EOLDs will assist patients with Life Review, Legacy Creation, Vigil Planning and Vigil Presence; support from an end-of-life doula can significantly improve the quality and dignity of the end-of-life journey.

Preferred qualities: Non-judgmental, compassionate, comfortable with diverse experiences, excellent listener, patient, reliable, resilient, grounded, strong boundaries, and great communication skills.

To register: **216.383.5280** or **volunteersvp@hospicewr.org**

Volunteer Training

March - April 2023 Schedule

The following trainings are scheduled based on volunteer availability and at a location that is convenient. Please see descriptions for training requirements and specifics.

Hands on Care

We are looking for volunteers to commit to as needed or scheduled shifts at David Simpson Hospice House, Ames Family Hospice House, the Medina Inpatient Unit, and the Stein Inpatient Unit. After training, Hands on Care and Feeding volunteers will work side by side with paid staff in providing personal care: bathing, repositioning, toileting, and feeding.

Hands on Care training is 4 hours and for those only interested in feeding, the training is 2 ½ hours. Following the training, the volunteer will schedule time to shadow with a paid staff team member or a trained HOC/Feeding volunteer. You will need to shadow 2 times for a several hour shift before being passed off to take assignments. HOC/feeding volunteers are also required to complete a yearly skills lab to maintain skills.

Please complete the online survey to let us know your interest

[Click here to complete the HOC/Feeding Interest Survey](#)

Training times will then be set up at each IPU. You will be notified of when the trainings are scheduled.

Rapid COVID-19 Testing Method Training

In order to visit patients in the Alt Home setting, paid staff are required to be regularly tested for COVID-19. We are currently conducting Rapid Covid Testing Clinics at several of our sites, and are in need of additional volunteers to help. If you have an active clinician license or certification, and are interested in learning more about the process, please register. Training materials will be sent to you and if after reading the material you would like to help at the testing clinics, Joan Ibbett will contact you to schedule a time to meet so a competency assessment can be completed.

Testing clinics occur 1-2 times a week at some of our offices during regular work hours. Clinics are staffed in 2 or 4 hour blocks of time.

To register: **216.383.5280** or **volunteersvp@hospicewr.org**



Volunteer Continuing Education

March - April 2023 Schedule

Check In & Stay Connected

Check In & Stay Connected meetings are intended to keep volunteers informed and connected. Not every team holds these meetings. Please know you are welcome to attend any team's meeting whenever it is offered.

IN-PERSON or VIRTUAL

Thursday, March 9, 6 PM - 7 PM
Ashtabula Team

VIRTUAL

Wednesday, March 29, 4 PM -5 PM
Stein Teams

IN-PERSON or VIRTUAL

Tuesday, April 4, 12 PM - 1 PM
Ashtabula Team

IN-PERSON

Thursday, April 6, 11 AM—12 PM
Medina & Summit Teams

VIRTUAL

Thursday, April 6, 1 PM—2 PM
Mentor Teams

Wednesday, April 12, 5:30 PM—6:30 PM
DSHH Reception, Lakeshore, Warrensville Heights

Wednesday, April 19, 4 PM - 5 PM
Stein Teams

Schedule of Continuing Education Opportunities

Descriptions for each of the below are on the following page

VIRTUAL

Wednesday, March 8

Pet Peace of Mind

1 PM -2 PM OR 5—6 pm

Saturday, March 18

Learn More About Reiki

9:15 AM—10 AM

Tuesday, March 21

Check In Support Call Training

3 PM—4:30 PM

Tuesday, April 18

Learn More About Reiki

6:45 PM—7:30 PM

Thursday, April 27

Understanding Symptom Management Medications

2 PM—3 PM

Saturday, April 29

Learn More About Hands on Care and Feeding Techniques

9 AM - 10 AM

Saturday, April 29

Learn More About Comfort Touch

10:15 AM - 11:15 AM

To register: **216.383.5280** or **volunteerrsvp@hospicewr.org**

Volunteer Continuing Education

Continuing Education Class Descriptions

Check In Support Caller Training

Support patients and families in the home care setting with weekly phone calls to check in and to inquire as to whether they have all their essentials for the upcoming weekend.

Learn More About Comfort Touch

Hear from volunteers who provide gentle touch and connection through Comfort Touch, a touch modality using gentle acupressure. If you've ever wondered if Comfort Touch would be useful to learn these tools/skills, plan to join in our Volunteer Panel discussion with current Comfort Touch Volunteers.

Learn More About Hands on Care and Feeding Techniques

Hear from volunteers who provide assistance with direct patient care. They help feed, change, move, clean, assisting HWR staff in caring for patients. If you've ever wondered if it would be useful to learn these tools/skills, plan to join in our Volunteer Panel discussion with volunteers who provide "Hands-on Care" (HOC) and/or Feeding Techniques.

Learn More About Reiki, A Japanese Healing Art for Relaxation, Stress Reduction

Reiki, is an ancient Japanese hands-on healing modality which has become more popular in the past decades. If you have heard about Reiki, have been curious about what Reiki is or how it works, or if you have an interest in learning more about it, please join us for a short panel sharing with current Reiki practitioners/volunteers.

Pet Peace of Mind

Pet Peace of Mind volunteers are specially trained to provide in-home pet care assistance when the patient needs help caring for a pet and/or may assist to help pets find a loving new home when necessary. With this kind and compassionate support, patients no longer have to worry about their pet's current or future needs. This training will equip you with the education and practices to help care for a pet and provide assistance when needed.

Understanding Symptom Management Medications

Join Hospice of the Western Reserve Associate Medical Director, Kevin Dieter, MD, for an overview of the medications commonly prescribed to manage symptoms experienced by patients at the end of life.

To register: **216.383.5280** or **volunteersvp@hospicewr.org**

Volunteer Role Specific Support

The following programs are designed to provide additional support for volunteers who are trained and actively serving in the following roles: *Comfort Touch, End of Life Doula, or Reiki.*

COMFORT TOUCH

Comfort Touch Practice Session

Saturday, March 25

9 AM—11 AM

Headquarters
Room A-100
17876 St. Clair
Cleveland, OH 44110

END OF LIFE DOULA

VIRTUAL

Monthly Support

Wednesday, March 22

2 PM—3 PM

OR

6 PM—7 PM

Saturday, April 22

2 PM—3 PM

OR

6 PM—7 PM

REIKI

VIRTUAL

Reiki Peace Meditation & Share

Saturday, March 18

8 AM—10 AM

VIRTUAL

Reiki Peace Meditation & Share

Tuesday, April 18

6 PM—7:30 PM

Class Descriptions

Comfort Touch Practice Session

Join other Comfort Touch volunteers to practice yours skills. Please bring your own stool if you have one.

End of Life Doula—Monthly Support

Each month on the 22nd, current volunteer End-of-Life Doulas come together to share stories, ah ha moments, get support from each other, process difficult situations, etc.

Reiki Peace Meditation & Share

Open only to Reiki Practitioners Times and location vary. Some gatherings are in-person and others are online/Microsoft Teams. Please contact Reiki Master, Tina Thonnings: kthonnings@hospicewr.org for details.

To register: **216.383.5280** or volunteersvp@hospicewr.org



Volunteer Continuing Education

TedTalks and Podcasts

Alive Inside: A Story of Music and Memory

Dementia and use of music

Link: [Alive Inside - a story of Music and Memory](#)

How to be more empathetic: Brené Brown on Empathy

“What is the best way to ease someone’s pain and suffering? In this beautifully animated RSA Short, Dr Brené Brown reminds us that we can only create a genuine empathic connection if we are brave enough to really get in touch with our own fragilities.”

Link: [How to be more empathetic | TED-Ed](#)

WE are the Medicine

Kevin Dieter, MD, Associate Medical Director, Hospice of the Western Reserve

"Bas Sona." Or in simpler terms: "May you have a blessed death." Many of us struggle with the concept of death. Dr. Kevin Dieter has over thirty years of experience caring for patients at the end of life. In his talk, Dr. Dieter shares what he has learned from his patients, and how we can cultivate a new approach to the dying process.

Link: [WE Are the Medicine | Kevin Dieter | TEDxNEOMED - YouTube](#)

What the Irish wake teaches us about living and dying - Kevin Toolis

“For centuries, the Irish funeral wake has served as a time for people to grieve a life lost and celebrate a life lived, together. In this profound and lyrical talk, poet Kevin Toolis laments the fear and denial of death that characterizes increasingly individualistic societies. He reasons that living life fully means embracing our shared mortality -- and offers simple ways to reconnect with your community, the people you love and even yourself.”

Link: [Kevin Toolis: What the Irish wake teaches us about living and dying | TED Talk](#)

When it Rains

In this May 2021 American Life segment show producer Sean Cole shares his personal experiences with something known as “cumulative grief”.

Language warning - one incident of strong language.

Link: [When It Rains - This American Life](#)

After you have listened to an above listed Ted Talk or Podcast, please complete an on-line survey or request a paper survey by calling 216.255.2020

[Click here to complete the TED Talk/Podcast Evaluation](#)

Volunteer Continuing Education

Bolded titles are new offerings.

Book	Author
The Art of Dying Well	Butler, Katy
Making Rounds with Oscar	Dosa, David
Demystifying Hospice	Clayton, Karen J
When Breath Becomes Air	Kalanithi, Paul
Death is but a dream	Kerr, Dr. Christopher
Visions, Trips, and Crowded Rooms	Kessler, David
The Other Side of Sadness	Bonanno, George
A World of Hurt: Between Innocence and Arrogance in Vietnam	Powell, Mary Reynolds
Fly a Little Higher	Sobiech, Laura
Advice for Future Corpses (And Those Who Love Them)	Tisdale, Salli
The Body Keeps Score	Van Der Kolk, Bessel
The Art of Condolence	Zunin, Leonard M and Hilary S. Zunin
Elderhood	Aronson, Louis
On Living	Egan, Kerry
The American Book of Living & Dying: Lessons in Healing Spiritual Pain	Groves, Richard and Klauser, Dr. Henriette Anne
The Soul of Care: The Moral Education of a Husband and a Doctor	Kleinman, Arthur
That's Good Grease	Rick Schneider

After you have read an above listed book or movie, please complete an on-line survey or request a paper survey by calling 216.255.9090

[Click here to complete the Book Evaluation](#)

Volunteer Continuing Education

Bolded titles are new offerings.

Available on video	Available on streaming
Patch Adams (1998)	Ram Dass, Going Home (2018) - Netflix
To Joey, with Love (2016)	Christina (2016) - Netflix
Running for Jim (2013)	Clouds (2020) - Disney +
So much, so fast (2007)	End Game (2018) - Netflix
The Farewell (2019)	Extremis (2016) - Netflix
What They Had (2019)	Live Twice, Love Once (2020) - Netflix
	The Fault in Our Stars (2014) - Disney +
	Coco (2017) - Disney +
	Lucky *(2017) - Apple iTunes, You Tube

*contains strong language

After you have read an above listed book or movie, please complete an on-line survey or request a paper survey by calling 216.255.9090

[Click here to complete the Movie Evaluation](#)