

Volunteer Training, Continuing Education & Support

July/August 2022 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.

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

- Comfort Touch
- Hands on Care/Feeding
- Rapid COVID Testing

Saturday, July 23 & 30*

Comfort Touch

Stein Hospice South Campus
1912 Hayes Avenue, 3rd Floor Conference Room
Sandusky, OH 44870
9 AM to 3 PM

**must attend both sessions*

Comfort Touch

Comfort Touch is a nurturing style of acupressure that gives special consideration to physical and emotional needs of elderly and/or ill persons. Designed to bring the benefits of touch to a broad range of people, its primary intention is to provide comfort through techniques that promote deep relaxation and relief from pain. It has been a great benefit in reducing symptoms like pain, anxiety, and breathing difficulty experienced by our Hospice and Navigator patients and we need additional Comfort Touch volunteers to work with our patients.

Physical considerations: Volunteers must be able to apply 2-5 pounds of pressure with hands and tolerate frequent position changes including sitting and standing. The class teaches proper body patterning/body mechanics to protect yourself from injury.

COST- \$75, which covers the two books used in the training. Make check out to *Hospice of the Western Reserve* and send to Volunteer Team, 17876 St. Clair Ave., Cleveland OH 44110. Class attendance will be confirmed after receipt of payment.

*Volunteers who are nurses or social workers will also receive 10 hours of CEU's for their attendance.

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

Volunteer Training

July/August 2022 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 click on the link below to let us know you are interested in the Hands on Care and Feeding Techniques Training.

[HOC/Feeding Techniques Training Interest Survey](#)

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

July/August 2022 Schedule

Volunteer Check in & Stay Connected

VIRTUAL

Created at the onset of COVID and with changes to the volunteer program, Check In & Stay Connected meetings were intended to keep volunteers informed of the ever-changing situation. As we are still in pandemic mode with few changes, several teams have decided to reduce these meetings from monthly to bi-monthly or quarterly. Please know you are welcome to attend any team's meeting whenever it is offered.

Wednesday, July 20, 4 PM to 5 PM

Stein

Tuesday, August 2, 1 PM to 2 PM

DSHH Reception Desk, Lakeshore, Warrensville Heights

Monday, August 15, 6 PM to 7 PM

Medina, Summit

Wednesday, August 17, 4 PM to 5 PM

Stein

NO MEETINGS THIS PERIOD

AFHH, Ashtabula, DSHH, Lakewood, Life Enrichment, Lorain, Mentor, Support, Westlake

Schedule of Continuing Education Opportunities

Descriptions for each of the below are on the following page

Set Your Own Schedule

SELF DIRECTED

Cardiopulmonary Diseases

Set Your Own Schedule

SELF DIRECTED

Understanding Bipolar Disorders

Wednesday, August 10

VIRTUAL

Your Vital Role as a Volunteer in the Patient Care Plan

6 PM to 7:30 PM

Thursday, August 25

VIRTUAL

Using Music to Enhance Your Visits with Patients

10 AM to 11 AM

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

Volunteer Continuing Education

Continuing Education Class Descriptions

Cardiopulmonary Diseases

Learn about cardiopulmonary diseases such as Heart Failure, COPD, Emphysema, and Chronic Asthma and the symptoms patients may exhibit and what volunteers can do to ease those symptoms. HWR has a Cardiopulmonary program that supports these patients and their families in both the Hospice and Navigator (Palliative Care) Programs. Details of this program and how volunteers can get involved with our CP Phone Support Call will be explained. Any volunteer wanting to make these calls needs to take this training. Please consider taking this self-directed learning module. Once you register through the RSVP line or email, you will be sent a link to a video to view, a survey to complete, and handouts.

Understanding Bipolar Disorders

Bipolar Disorders can be hard to understand. Watch this presentation to learn about the challenges facing someone living with Bipolar disorder and how it impacts their family. Having Bipolar disorder and a chronic or terminal illness can impact the person's quality of life. Learn how you can best to support a person living with this illness.

Using Music to Enhance Your Visits with Patients

HWR Certified Music Therapist Natalie Leo will share the impact music can have along with tips and resources that will help you feel more confident using music to deepen and enhance your encounters with patients.

Your Vital Role as a Volunteer in the Patient Care Plan

Do you struggle with what to include or not include in your timesheet comments? This class will provide a deeper understanding of how the information you submit on your timesheet contributes to the patient's individualized plan of care, how it becomes part of the patient's electronic medical record, and how it connects to the overall transdisciplinary care plan.

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

Volunteer Role Specific Support

July/August 2022 Schedule

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

Saturday, July 9th

Comfort Touch Practice Session

East Campus
34900 Chardon Road, Chagrin
North Building 1, Suite 105
Willoughby, OH 44094

9 AM to 11 AM

END OF LIFE DOULA

Friday, July 22

VIRTUAL

Monthly Support

2 PM to 3 PM

OR

6 PM to 7 PM

Monday, August 22

VIRTUAL

Monthly Support

2 PM to 3 PM

OR

6 PM to 7 PM

REIKI

Monday, July 18

VIRTUAL

Reiki Share & Peace Meditation

11 AM to 1 PM

Wednesday, July 27

Reiki Share

David Simpson Hospice House
300 East 185th Street,
West Parking Lot Gazebo
Cleveland, OH 44119

3 PM to 4:30 PM

Thursday, August 18

VIRTUAL

Reiki Share & Peace Meditation

6 PM to 7:30 PM

Class Descriptions

Comfort Touch Practice Session

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

End of Life Doula—Monthly Support

Open only to End of Life Doulas. Afternoon and Evening times. Support, brainstorming, sharing and exploring your role as an EOLD

Reiki Share

In person share is open to any Reiki practitioner. Masks will be worn. RSVP is required.

Reiki Share & Peace Meditation

Open to volunteers who are certified Reiki Practitioners. Topics will vary. We host on the 18th of each month

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

Volunteer Continuing Education

TedTalks and Podcasts

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

[2022 Self Directed Continuing Education Evaluation - Online/TED Talk Survey \(surveymonkey.com\)](#)

Volunteer Continuing Education

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

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

Book survey: [2022 Self Directed Continuing Education Evaluation - Book Survey \(surveymonkey.com\)](https://www.surveymonkey.com/s/2022-Self-Directed-Continuing-Education-Evaluation-Book-Survey)

Volunteer Continuing Education

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 +

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

Movie survey: [2022 Self Directed Continuing Education Evaluation - Movie Survey \(surveymonkey.com\)](https://www.surveymonkey.com/s/2022-Self-Directed-Continuing-Education-Evaluation-Movie-Survey)