



# Volunteer Continuing Education Opportunities

## May – June 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.*

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

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

### [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.

**Tuesday, May 2**  
**6:30 PM – 7:30 PM**

- ◆ Virtual

### [Learn More about Hands on Care and Feeding Techniques](#)

Hear from volunteers who provide assistance with direct patient care. They assist HWR paid staff caring for patients by helping to feed, change, move, clean 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.

**Tuesday, May 2**  
**5:15 PM – 6:15 PM**

- ◆ Virtual

### [Rapid COVID-19 Testing Method Training](#)

We are currently conducting Rapid Covid Testing Clinics at several of our sites for paid staff 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.

#### **Self-Directed**

[Click here to complete the Rapid COVID-19 Method Training](#)

To register: **216.383.5280** or **[volunteersvp@hospicewr.org](mailto:volunteersvp@hospicewr.org)**



## 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.

**Friday, May 19**  
**4 PM – 5 PM**

- ◆ Check-In Callers
- ◆ In-Person
- ◆ Virtual

**Tuesday, May 23**  
**6 PM – 7 PM**

- ◆ Westside Teams
- ◆ Virtual

**Wednesday, May 24**  
**4 PM – 5 PM**

- ◆ Stein Teams
- ◆ Virtual

**Tuesday, June 6**  
**12 PM – 1 PM**

- ◆ Ashtabula Team
- ◆ Virtual or In-person
- ◆ BYOL – RSVP by 6/2

**Wednesday, June 28**  
**4 PM – 5 PM**

- ◆ Stein Teams
- ◆ Virtual

## 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. PPOM volunteers may assist with helping 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.

**Wednesday, June 7, 1 PM – 2 PM**

- ◆ Virtual

## Disease State: Cardiopulmonary

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. This is also good training for any EOL Doula to have.

**Monday, May 22, 6 PM – 7:30 PM**

- ◆ Virtual

## Care and Support of Heart Patients

This NEW presentation taught by a Cardiac Nurse Practitioner is designed to help you better understand issues that cardiac patients are living with and explain ways to better support them. This class includes an overview of heart failure: causes, common symptoms, diagnosis, and treatment. Additionally, we will discuss interventions that promote comfort for these patients in the advanced stage of heart disease.

**Thursday, June 15, 6 PM – 7 PM**

- ◆ Virtual

To register: **216.383.5280** or **[volunteersvp@hospicewr.org](mailto:volunteersvp@hospicewr.org)**



## Monthly Reiki Peace Meditation & Reiki Share

If you are a reiki practitioner, please join us for our monthly peace mediation and reiki share. These are always on the 18th of each month. The time, location/virtual varies.

**Thursday, May 18**

**6 PM – 7:30 PM**

♦ Virtual

**Sunday, June 18**

**1 PM – 3 PM**

♦ Virtual or in-person

David Simpson Hospice House  
300 East 185<sup>th</sup> Street  
Cleveland, 44110

**Please RSVP for in-person attendance by June 16<sup>th</sup>**  
**If no one registers for in-person attendance, the share will be conducted virtually.**

## Reiki 1 & Reiki 2 Refresher

This class will be virtual and cover the "lecture" portions of training.

**\*Must supply certificate if not already on file.**

**\$35 Fee payable to HWR, Attention Volunteer Team, 17876 St. Clair Avenue, Cleveland, 44119.**

**\*Fee is being donated by the volunteer Reiki Master to the Patient Special Care Fund.**

### **Reiki 1**

**Wednesday, May 17**

**9 AM – 11:30 AM**

- ♦ Virtual
- ♦ This session will be recorded.

### **Reiki 1**

**Friday, May 19**

**9 AM – 11:30 AM**

- ♦ Virtual
- ♦ Recording from 5/17 will be viewed.

### **Reiki 2**

**Wednesday, June 14**

**9 AM – 11:30 AM**

- ♦ Virtual
- ♦ This session will be recorded.

### **Reiki 2**

**Saturday, June 17**

**9 AM – 11:30 AM**

- ♦ Virtual
- ♦ Recording from 6/14 will be viewed.

To register: **216.383.5280** or **[volunteersvp@hospicewr.org](mailto:volunteersvp@hospicewr.org)**



## Comfort Touch Practice Session

Open to all current volunteers who have already completed Comfort Touch training. Join other Comfort Touch practitioners for a practice session to review and practice your skills and share experiences providing Comfort Touch. If you have a Comfort Touch stool, please bring it to class. Remember to wear comfortable clothing and shoes.

**Saturday, May 20**  
**9 AM – 12 PM**

- ◆ Hospice of Medina County  
5075 Windfall Road  
Medina, 44256

**Thursday, June 8**  
**6 PM – 8 AM**

- ◆ West Campus  
22730 Fairview Center  
Fairview Park, 44126

## End-of-Life Doula Support

Open to all current volunteers who have already completed End-of-Life Doula training. On the 22<sup>nd</sup> of each, current volunteer End-of-Life Doulas come together to share stories "ah ha" moments, get support from each other, and process difficult situations.

**Monday, May 22**  
**2 PM – 3 PM or 6 PM – 7 PM**

- ◆ Virtual

**Thursday, June 22**  
**2 PM – 3 PM or 6 PM – 7 PM**

- ◆ Virtual

## End-of-Life Doula Continuing Education

HWR's Dr. Kevin Dieter will present a doctor's perspective for vigil presence. He will review helpful things for the Volunteer End of Life Doula to be aware. This session will be recorded and intended to be used for future doulas/education.

**Tuesday, May 9**  
**2 PM – 3:30 PM**

- ◆ Virtual

To register: **216.383.5280** or **[volunteersvp@hospicewr.org](mailto:volunteersvp@hospicewr.org)**



## TedTalks and Podcasts

After you have listened to a below listed TedTalk 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](#)

### Alive Inside: A Story of Music and Memory

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

### 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. (Video is approximately 50 minutes).

Link: [Click here to view Understanding Bipolar Disorders](#)

### 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](#)

### 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](#)

### 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](#)

### 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](#)

To register: 216.383.5280 or [volunteersvp@hospicewr.org](mailto:volunteersvp@hospicewr.org)



## Self-Directed Video Opportunities

### **Cardiopulmonary Disease and CP Phone Support**

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. (Video is approximately 75 minutes).

**Link:** [Click here to view Cardiopulmonary Disease and CP Phone Support Training](#)

### **Emotional Intelligence**

Have you ever felt that you weren't "connecting" with a patient? Think that you aren't communicating in the clearest way? Our emotions have a lot to do with how we interact with others. This presentation will explore the ways our emotions affect our personal interactions and give suggestions on how to harness our emotions to be a more effective communicator and improve our interpersonal relationships. (Video is approximately 45 minutes ).

**Link:** [Click here to view the Emotional Intelligence video](#)

### **HIV and AIDS**

Did you know that nearly 13 thousand individuals die of HIV/AIDs each year? While it no longer provides the "death sentence" it once did, the diseases now have a longer-term, chronic impact on patients and their families. The video discusses the 3 stages of the disease process, current treatment, the continued stigma, and volunteer support at end-of-life. (Video is approximately 60 minutes).

**Link:** [Click here for the HIV-Aids video link](#)

### **Sacred Hands: Wisdom for Self-Care**

Join us to learn about the daily application of the ancient wisdom from the Japanese healing arts, Jin Shin Jyutsu®. We will practice simple finger sequences to release worry, fear, anger, grief and trying-to, so to create deeper peace, security, ease, harmony, laughter, joy and balance. These techniques are easy and applicable to self or others. (Two videos are approximately 90 minutes).

**Link:** [Click here for the Sacred Hands Wisdom for Self-Care video link](#)

### **Understanding Coronary Artery Disease**

Learn about risk factors for coronary artery disease and heart attacks, how both complicate other end-of-life diagnoses, and how volunteers can best support our patients experiencing these conditions. (Video is approximately 3 hours and 30 minutes).

**Link:** [Click here to view Understanding Coronary Artery Disease](#)

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## Books

After you have read one of the books below, please complete an on-line survey or request a paper survey by calling 216.255.2020

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

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

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## Movies

After you have read one of the books below, please complete an on-line survey or request a paper survey by calling 216.255.2020

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

Available on Video	Available on Streaming
Patch Adams (1998)	Christina (2016) – Netflix
Running for Jim (2013)	Clouds (2020) – Disney +
So Much, So Fast (2007)	Coco (2017) – Disney +
The Farewell (2019)	End Game (2018) – Netflix
To Joey, With Love (2016)	Extremis (2016) – Netflix
What They Had (2019)	Live Twice, Love Once (2020) – Netflix
	Lucky *(2017) – Apple iTunes, You Tube
	<b>* New Offering Made From Scratch, Netflix</b>
	Ram Dass, Going Home (2018) – Netflix
	The Fault in Our Stars (2014) – Disney +

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