January 2014: Happy New Year!

As we enter our 30th year as a licensed hospice provider, we know that this milestone was only made possible by the support of our most loyal friends, those who volunteer for Hope. Through your grace and generosity, together we have helped hundreds of thousands of patients and families at the end of life. We offer our thanks, and wish you peace and joy throughout the season. Please join with us in celebration as we eagerly look forward to the special moments this new year will bring.

“I expect to pass through this world but once. Any good therefore that I can do, or any kindness or abilities that I can show to any fellow creature, let me do it now. Let me not defer it or neglect it, for I shall not pass this way again.”

Wishing you and your loved ones a wonderful New Year,

Tamara Borek

Jane Davis

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**Five Volunteer Resolutions to Start the New Year**

1. **Stay Social!** Join us for a dutch treat lunch or a show at the Broadway Palm Dinner Theater.

2. **Give Hope.** Tell a friend or neighbor about your volunteer experience. Most of our new volunteers find us through word of mouth.

3. **Keep Learning.** Remember to attend at least two continuing education classes a year. Winter School is a great way to stay up to date!

4. **Plan Ahead.** If you haven’t already completed your advance directives, ask your volunteer coordinator for a free copy of Five Wishes.

5. **ALWAYS Remember** to complete your progress notes - for every assignment. We appreciate all that you do!
Ways to Volunteer - Join Us as We Hit Another Homerun!

We are gearing up for our 8th year working the Twins Game’s Concession Stand. Spring training will run through the month of March.

What positions are available?
• Captain - We need 2 for each game - one to open and one to close. You will open the stand, meet the cook, make sure all volunteers are there, help open windows and direct volunteers.
• Cook - We need 1 per game. Responsible for cooking all hot dogs, french fries and pretzels. Works with Prep Volunteers.
• Prep - We need 2 per game. Wraps and preps food.
• Runners - We need 2 per game. Runs to get food for cashiers and brings it to them, keeps track of inventory and restocks if needed. Tells cook when food supply is low.
• Cashiers - Runs a register, pours beer and soda, and handles money.
• Waitlist - Can be called to fill in when needed, be able to work any position.

Dress Code & Other Requirements
Wear closed toe/heel shoes (a must), khaki/tan pants, hat or visor and a Hope baseball shirt. We will provide shirts for those who do not have one or do not have one in good condition from previous years. Order your shirt when you sign up to work for a game. Volunteers must be 16 years of age. If volunteers are under 18 years old, they need to be accompanied by a parent.

Volunteers must be able to stand for 5 hours at a time on a hard surface. Breaks are provided, but there is no place to sit down. Volunteers need to be able to hear clearly in a noisy environment - it can get loud! This job also requires quick thinking and lots of movement. Please be aware that it can get very hot in the concession stands.

Twins Games Volunteer Kickoff Party
Thursday, February 20, 2014 at 6:00 p.m.
Fort Myers Community Rooms, HealthPark Office

Join us for the Kickoff Party for the Twins Baseball Games. Sign up for a shift and have some food and fun. Yes, hot dogs will be served! Call your Volunteer Coordinator to RSVP to the party.

Remember, friends and family are invited to help.
Ways to Volunteer

Bereavement Callers Needed
You may work from home or any of our offices making these calls. Call Joan Wyckoff at 489-9181.

Stay in Compliance
Have you received a notice in the mail from Hope asking you to sign some papers or reminding you to call for your TB test? If so, please take a moment to sign the papers and mail them back in the return envelope - or make the necessary phone call. These communications are essential to keep you up-to-date with all your required credentials. We want to maintain your status as an active volunteer! Help us by completing this important paperwork. If you have any questions, call Volunteer Compliance Specialist Barbara Tvedt at 444-4138.

Rainbow Trails Reunion Party Assistance
We need your help at the Rainbow Trails Camp Reunion! Join us for the fun barbeque and help keep the kids smiling. Can you do face painting or make animal balloons? The party is January 26, 2014. Call Joe Pardi at 489-9180.

Hope Chest Helpers
We need extra eyes and ears at our resale store in North Fort Myers. Individuals who volunteer will wear a security vest and walk around the store. You will have a radio to report any unusual activity, but you will not need to approach or interact with any shoppers. Shifts are flexible. To volunteer at Hope Chest, please call Store Manager Jane Davis at 652-1114.

Volunteer Department Kudos

VALOR Volunteers Support Our Troops
Thank you to VALOR volunteers Ralph Camp and Michael Einhorn who picked up and delivered donations to the Lee Memorial Military Support Group. Volunteers made donations to benefit 42 military service members, deployed predominately to Afghanistan, who have a connection to Lee County. Your generous participation was greatly appreciated!
Community Support for Hope

Pinktoberfest Benefit for Hope
Pink Heals of Southwest Florida organized the Pinktoberfest event, including a 5K fun run and the National Pink Heals tour stop block party. Proceeds from this special event raised $5,000 for Hope Hospice! Pictured here (L-R): Suzy Lewis, Keith Cortner, Ken Dobson, Samira K. Beckwith, Michael Piggott and Judy Hartwell.

Local Knights of Columbus Shows at Cape High
All performances are at Cape Coral High School and begin at 7:00 p.m. Shows are $15 each or $50 for all four. A portion of the proceeds will benefit Hope Hospice.

Knights of Columbus #7131 presents:
• Comedian Lucas Bohn and Andrea Garafalo, The Golden Voice Saturday, January 4, 2014
• Singer Impressionist Eric Kearns and Comedian Dan St. Paul Saturday, February 1, 2014
• The Mystics, Doo-Wop Group Saturday, March 1, 2014
• Suzi Cruz “N” Roy Michaels present Sheer Dynamite Saturday, April 5, 2014

Ticket Information
For mail order, mail check (payable to Knights of Columbus #7131) to Joe Vieceli, 1102 SE 32nd Terrace, Cape Coral, FL 33904
Or, purchase your ticket at one of these outlets:
• Advermarket Printing: 4720 SE 15th Ave #115-118
• Palermo Market: 231 Del Prado Blvd. S. #9
• St. Andrew Church Office (Checks ONLY): 2628 Del Prado Blvd.

WELL READ Store and Tree of Lights Holiday Fundraiser
On behalf of the entire volunteer department, we’d like to thank all of the volunteers who helped with the WELL READ store and the Tree of Lights memorial fundraiser. Your efforts are truly appreciated!

Toast to Hope supports Hospice
The 3rd annual Toast to Hope event, hosted by Marianne Dodge and the Toast Committee, raised more than $30,000 to benefit Hope Hospice of Cape Coral and the Tribute Gardens. For information on next year’s event, call Heather Chester at 489-9164.
Social Opportunities

**Dixie Swim Club at Broadway Palm Dinner Theatre**
Join us for a beautiful, funny show about five college friends. Come take the journey with them to laugh, cry and appreciate the beauty of long-lasting friendship. Five women gather once each year (we see them at 5 year intervals) to reminisce and catch up with each other. Don’t miss this heartwarming and hilarious show. Seating is limited, and we did sell out last year! The ticket price of $47 per person includes your buffet dinner, the show, taxes and gratuities. RSVP to Joe Pardi at 489-9180.
- April 1, 2014 at 5:30 p.m.

**Holiday Potluck Recipe: Pineapple Casserole**
This recipe from Christine was enjoyed at the Fort Myers Holiday Potluck.

**Ingredients**
- ½ cup butter – softened
- ¾ cup white granulated sugar
- 3 eggs
- 1 20 ounce can of crushed pineapple in its own juice
- 6 slices of white bread – cubed

**Directions**
- With a mixer, blend the first three ingredients. Add pineapple and stir. The mixture will look curdled.
- Fold in the bread cubes.
- Spray a baking dish with PAM spray. Pour pineapple mixture into baking dish.
- Bake at 325 degrees for about 45 minutes; the top should brown a little.
- Serve warm.

**In the News**

**Doctors vary on willingness to talk about hospice**
In a new study, over 4,000 doctors were asked when they would discuss hospice with a hypothetical cancer patient who was expected to live for 4-6 months and currently didn’t have any symptoms.
- Only about 27% said they would discuss hospice “now” with the patient.
- The others said they would wait to discuss hospice until the patient was hospitalized, the patient had symptoms, the patient’s family brought it up or until there were no more treatments to offer.

Patients are more likely to get care in line with their wishes when hospice is discussed early. “People are still reluctant to talk about death, but this is one of those things that will absolutely happen to everybody,” said Dr. Nancy Keating, the study’s senior author.
Education Opportunities

Save the Date for Winter School 2014
Don’t miss our special education opportunities at Winter School. This is a great way to fulfill your continuing education requirements while having a good time and seeing fellow volunteers.

This year, back by popular demand, Jill Waruszewski will give a special presentation on Hope’s newest program - Hope Visiting Nurses. Visiting Nurses (formerly the VNA of Southwest Florida) is a Medicare-certified home health provider, caring for patients directly in their own home or residence. Some of the services that we offer include:

• Medication management and education
• Disease management, including diabetes care
• Wound care, including VAC therapy
• Use of oxygen and pulmonary equipment
• Bathing, dressing and personal hygiene
• Light housekeeping and meal preparation
• Physical, occupational and speech therapies

If you know someone who could benefit from home health care or private duty nursing, please have them call Hope Visiting Nurses at (239) 337-4848. You can also find out more on our website at www.HopeHCS.org/HomeHealth.

Winter School Locations and Dates
Cape Coral: February 12, 2014
Bonita Springs: February 13, 2014
Fort Myers: February 18, 2014
Lehigh Acres: February 26, 2014

New Volunteer Orientation
Do you know someone who wants to become a volunteer? Classes are held in various locations throughout the year. Online applications are available at HopeHCS.org/volunteer. Call Joe Pardi at 489-9180 for details.

Special Classes from the Lee County Sheriff’s Department
For all classes, RSVP to Joe Pardi.

Personal Safety & Residential Security
Jan. 23, 2014 from 2:00 - 3:00 p.m. at Cape Coral
Jan. 14, 2014 from 1:00 - 2:00 p.m. at Bonita Springs

Identity Theft and Power Against Fraud
Jan. 24, 2014 from 10:00 - 11:30 a.m. at Fort Myers
Jan. 23, 2014 from 1:00 - 2:00 p.m. at Bonita Springs

Lehigh Acres Classes
Personal Safety: January 15, 2014 from 2:00 - 3:00 p.m.
Residential Safety: February 5, 2014 from 2:00 - 3:00 p.m.
JOIN US FOR A PRESENTATION

PEACE AT LAST
Stories of Hope and Healing for Veterans and their Families

Presented by Deborah Grassman
An author, educator and retired nurse practitioner with nearly three decades experience caring for dying veterans at the Bay Pines VA in Saint Petersburg, Florida.

Wednesday, January 15, 2014
10:30 - 11:30 a.m. Registration
11:30 a.m. - 2:30 p.m. Buffet Lunch & Lecture

The Church of the Resurrection of Our Lord
8121 Cypress Lake Road
Fort Myers, FL 33919

The lecture is free if you do not require a certificate of attendance or contact hours.

You will learn:
How stoicism, combat and guilt affect peace at end-of-life
How to identify forgiveness issues that surface with combat veterans
How to help veterans articulate and recover from wartime experiences
How to validate the contributions made by women veterans

Seating is limited.
RSVP by January 8
(239) 938-9301

Who should attend?
Faith leaders, healthcare professionals, therapists, volunteers, caregivers and all who are involved with, or interested in, care for veterans are encouraged to join us.

* For certificates of attendance or completion, you may pay at the door or send a check to 21st Century C.A.R.E. at 2234 Colonial Blvd, Fort Myers, FL 33907

1.5 CONTACT HOURS

Florida Boards of Nursing (ARNP, RN, Clinical Nurse Specialist, LPN, CNA); Clinical Social Work, Marriage and Family Therapy & Mental Health Counseling; 1.5 contact hours provided by Hope Hospice and Community Services CE Broker # 50-959. Nursing Home Administrators, 1.5 contact hours through Alvin A. Dubin Alzheimer's Resource Center, Provider #50-73.
Volunteer Department Spotlights

**Holiday Cookies Made with Love by Volunteers**

*Judy Reese with dozens of cookies in Bonita Springs*

*Lenora Stoll, Ann Haxter and Pat Stift wrap and package for delivery*

*Eleanor Gembecki and Doris Stark at the Community Center*

**Stitched with Love**

This November, dozens of excited Rainbow Trails campers boarded the buses for a weekend filled with some laughter, some tears, and an abundant amount of love and support. Upon their arrival at camp, each child was surprised with a handmade tote bag on their bunk bed containing a card welcoming them to camp, a pillow case, a quilt and a Hope Buddy Bear.

Every Hope Buddy Bear contained a recording device, which had a special message for each child. The messages were recorded with love by the child’s parent or guardian or by a Hope Volunteer. For many of our campers, especially for those who had never left home before, the bears provided comfort when they missed their families. The children were able to listen to their bears before bedtime.

Hope volunteers and community groups played an essential role in creating the totes, cases, quilts, Buddy Bears and recordings. We are especially grateful to:

- Stitch and Stuff Sewing Group
- Lehigh’s Quilts for Kids, in honor of Virginia Mae Brunner
- Southwest Florida Quilters Guild
- The Lehigh Volunteers
- Lois Langer
- Kathy Stanhope
- Cypress Woods RV Resort
Volunteer Department Contact Information

Tamara Borek: (239) 415-7217
Lehigh Acres, Hendry and Glades counties, Hospice House Lehigh Acres
Tamara.Borek@HopeHCS.org

Jane Davis: (239) 652-1114
Hope Chest Resale Store
Jane.Davis@HopeHCS.org

Ester Domingo: (239) 985-7773
Fort Myers, Beaches, Westlinks and HealthPark offices, Shellpoint
Ester.Domingo@HopeHCS.org

Colette Johns: (239) 985-7728
N Cape Coral, N Fort Myers, Downtown Fort Myers, 260 Facilities, Pet Peace of Mind
Colette.Johns@HopeHCS.org

Fran Nanio: (239) 985-7701
Team 250, Valor Program, Partners in Care (PIC) Program
Francine.Nanio@HopeHCS.org

Joe Pardi: (239) 489-9180
Volunteer orientation, Special Events
Joe.Pardi@HopeHCS.org

Barbara Nielsen: (239) 444-4140
South Lee County, Bonita Springs, Estero, Joanne’s Hospice House
Barbara.Nielsen@HopeHCS.org

Nina Tomasello: (239) 656-3240
Hospice House Cape Coral, Pine Island
Nina.Tomasello@HopeHCS.org

Barbara Tvedt: (239) 444-4138
Compliance Specialist
Barbara.Tvedt@HopeHCS.org

Joan Wyckoff: (239) 489-9181
PACE Center, Parkinson Program, Hospice House HealthPark, Team 240, 250
Joan.Wyckoff@HopeHCS.org

Call (800) 835-1673 ext 25341 to schedule a TB Test.

To purchase Hope Wear, visit:
ces.landsend.com/hopehospice
You don’t need a password. Purchases may be completed online with a credit card.