

Volunteer Training, Continuing Education & Support

November - December 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.

Timeline of Annual Volunteer Requirements and Upcoming Due Dates

Influenza Prevention – Flu season is fast approaching. If you receive the flu vaccination from your doctor or pharmacist, you must provide a copy to the Volunteer Administrative Office by email it to hwrvolflu@hospicewr.org or texting a picture to 216.296.3695.

In addition to this, you need to complete the following online form

[Click here to complete the 2022-23 Influenza Vaccination Program Form](#)

Those who cannot receive the vaccine or choose not to receive the vaccine will can request an exemption, go on hold, commit to only hone call or resale shop volunteering during peak flu season.

Clinical Supervisory Review (Clinical volunteers only) – Now that many volunteers have returned to in-person patient visits and volunteering at the IPU, all volunteers who are active and available for in-person assignments are required to have a Clinical Supervisory Review completed by 12/31/22. Your VSM will be contacting you over the next 2 months if this has not yet been completed.

Week of October 31 – The Annual Competency for all volunteers will be emailed/mailed . This must be completed by 12/31/22

Continuing Education Requirement – 2 continuing education opportunities are required to be completed by 12/31/22 for all volunteers that were activated prior to 2022.

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

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

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

Volunteer Training

November - December 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 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 Training

November - December 2022

Saturdays, December 3 & 10*

Comfort Touch

David Simpson Hospice House
Great Lakes Room
300 East 185th St.
Cleveland, OH 44119
9 AM to 3 PM

**must attend both sessions*

2023

End of Life Doula

Please see attached flier for 2023 training schedule.

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 CEUS for their attendance.

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 **volunteerrsvp@hospicewr.org**

Volunteer Continuing Education

November - December 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, November 2, 11:30 AM to 12:30 PM
Media, Summit Hands on Care Volunteers

Wednesday, November 16, 4 PM to 5 PM
Stein

Tuesday, December 6, 6 PM to 7 PM
DSHH Reception, Lakeshore, Warrensville Heights

Tuesday, December 6, 6 PM to 7 PM
AFHH, Lakewood, Lorain, Westlake

Wednesday, December 14, 4 PM to 5 PM
Stein

NO MEETINGS THIS PERIOD
Ashtabula, DSHH, Life Enrichment, Mentor, Support

Schedule of Continuing Education Opportunities

Descriptions for each of the below are on the following page

SELF DIRECTED

Renal (Kidney) Disorders

Thursday, December 1

VIRTUAL

Using Labyrinth as a Tool for Reducing Anxiety & Enhancing Peace
6:30 PM to 8 PM

Wednesday, December 7

IN-PERSON

Veteran Culture—Vets Serving Vets
David Simpson Hospice House
Great Lakes Room
300 East 185th St.
Cleveland, OH 44119
9:30 am to 12 PM

Thursday, December 15

VIRTUAL

Nonpharmacological Interventions
6 PM to 7:30 PM

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

Volunteer Continuing Education

Continuing Education Class Descriptions

Nonpharmacologic Interventions

Join us for a review of the nonpharmacologic intervention presentation from your initial volunteer training and share interventions that you have found helpful with your patients.

Renal (Kidney) Disorders

Please join us to learn about Renal (kidney) disease, how it can impact other end life diagnoses, and how you can best to support the person experiencing this illness.

Using a Labyrinth as a Tool for Reducing Anxiety & Enhancing Peace

As we enter the days of less light and colder weather, we can explore the Labyrinth tool to reduce anxiety, create focus, bring relaxation and peace. Can be used for yourself and/or your patients and caregivers. You will be given resources for paper/online

Veteran Culture—Vets Serving Vets

This course is designed especially for volunteers who have military history, to prepare them to conduct veteran to veteran visits and veteran recognition ceremonies. Topics include military culture, women in the military, invisible wounds, communication techniques, and what you can do to support veteran patients with sensitivity toward their individual experiences. Upon completion of this course, volunteer will receive a Veteran Recognition Resource Binder. This class concludes with the recognition of veterans in attendance with their permission.

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

Saturday, November 12

9 AM to 11 AM

Comfort Touch Practice Session

East Campus

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

END OF LIFE DOULA

VIRTUAL

Monthly Support

Tuesday, November 22

2 PM to 3 PM OR 6 PM to 7 PM

Thursday, December 22

2 PM to 3 PM OR 6 PM to 7 PM

VIRTUAL

Quarterly Continuing Education: Exploring Vigil Presence

Tuesday, November 1

1 PM to 2:30 pm

OR

Saturday, November 5

9 AM to 10:30 AM

REIKI

VIRTUAL

Reiki Peace Meditation & Share

Friday, November 18

5 PM to 6:30 PM

Reiki Peace Meditation & Share

Sunday, December 18

5 PM to 7:30 PM

Great Lakes Room

David Simpson Hospice House

300 East 185th Street

Cleveland, OH 44119

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

Support, brainstorming, sharing and exploring your role as an EOLD. We host on the 22nd of each month.

End of Life Doula—Quarterly Continuing Education: Exploring Vigil Presence

Special presentations with a Hospice of the Western Reserve Nurse and Spiritual Care Coordinator to explore their perspectives of Vigil Support. “Live” presentation on November 1st and recorded on Nov 5th.

Reiki Peace Meditation & Share

Topics will vary. We host on the 18th of each month.

To register: **216.383.5280** or **volunteersvp@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

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

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

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

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