

DHH VOLUNTEER NEWS



February 2016

We volunteers



INSIDE:

 **HAPPENING** at DHH
& **CAN YOU HELP?**

 **NEW OFFICE HOURS**
Upcoming Workshops
& **HPCO Conference**

 **MAKE YOU THINK Video:**
"Boundaries and Self-Care"

Roses are Red
Violets are Blue
DOANE HOUSE HOSPICE is better
THANKS to **VOLUNTEERS** like **YOU!**



I hope you enjoy the
2nd EDITION of the **DHH VOLUNTEER E-NEWS!**

Isn't **February** a busy month!!!

With **Groundhog Day**, **Chinese** and **Korean New Year**,
Valentine's Day, **Family Day**... 



It's a good thing 2016 is a **Leap Year!**
We might just *need* that *extra day!*

Things are a hoppin' at DHH so, it goes
without saying that Jean and Juliet continue to
appreciate the support of **VOLUNTEERS LIKE**

YOU to keep our programs running

and our clients supported.

Thanks for reading!
Gong Hey Fat Choy!
Susan H-H



Can You Help?



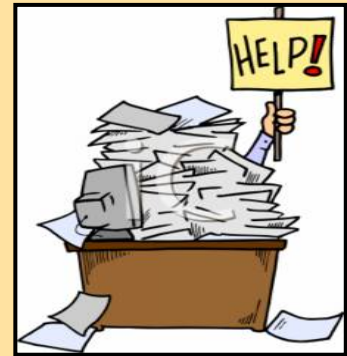
In January, 2015,

DHH is interested in **NEW VOLUNTEERS!**

If **YOU** know anyone who might be interested, please ask them to visit the website and fill out an application or call Jean at DHH - 905 967 0259

Core Concepts training
(for those who wish to work with clients)
will start in April.

Doane House Hospice received **26** referrals.
In January 2016 we received **40!!**



1 VOLUNTEER	BREAKFAST MEETING REP: East Gwillimbury Chamber of Commerce -	3 rd Tuesday of the month from 8am - 10am @ Silver Lakes Golf Club
2 VOLUNTEERS	AWARENESS COMMITTEE	Bi - weekly commitment
2 VOLUNTEERS	DHH NEWSLETTER COMMITTEE	bi weekly commitment, mostly working from home Published: March, June, September and December
2 VOLUNTEERS	GOLF TOURNAMENT COMMITTEE	
1 VOLUNTEER	OFFICE ADMIN. HELP	Each week: Wednesday afternoons 12:30 - 4:30 pm
1 VOLUNTEER	OFFICE ADMIN. HELP	Each week: Tuesday mornings 9:30 am - 12:30 pm

**Hike
for
Hospice**
May 1st, 2016

HAPPENING SOON...STAY TUNED!!



**Tee-Off
for
Hospice**
June 2016



NEW OFFICE HOURS
from January 25th 2016:
Monday through Thursday
8:30am - 4:30pm



**WORKSHOP
 INFO**

WORKSHOPS

FREE WORKSHOP

"Managing Work Related Grief"

Monday February 29 -

6:00 to 8:00 pm

Location: Police
 Headquarters

171 Major Mackenzie
 Dr. W. Richmond Hill

An exploration of the
 tools that build
 resilience

An opportunity to
 develop a personal self
 care plan

Topics covered are:
 Managing grief
 experienced through
 providing care

Recognizing Compassion
 Fatigue and Burnout
 The ABCs of Self-Care

*Space is limited,
 pre-register
 to ensure a seat*

Spring Symposium "Challenges on the Palliative Journey"

Friday March 4

8:30 am to 4:00 pm

A full day event with speakers
 who are experts in their field
 sharing their experience and
 insight into some challenging
 issues in palliative care.

Topics include:

Keeping Our Seniors Safe
 Coping With Multiple Losses
 Communicating Through Conflict
 and more....

Where: Holiday Inn Express

10 East Pearce St.
 Richmond Hill

Cost: \$30.00 per person
 \$50.00 at the door
 Lunch included



CONFERENCE April 17-19, 2016

In exchange for your
 volunteer time at the
 annual conference
 (a commitment of one
 three-hour shift on each
 of the 3 days of the
 conference) volunteers
 receive a discounted
 registration fee for the
full conference.

For further information,
 contact Paula Neil, Dir.
 of Operations.
 Tel: 416-304-1477 ext 27
 The deadline to submit an
 application is Fri. March
 4, 2016.

More info: www.palcarenetwork.org



[MAKE YOU THINK - Video Link](#)

Take Care of You



Boundaries and Self-Care in Hospice Palliative Care ...

are the topics highlighted in this month's video, presented by Elizabeth Causton, (Social Worker and Educator with *Life and Death Matters* Although directed at workers in long-term care settings, the value and importance of boundaries and personal self care is easily applied to hospice volunteers – or – for that matter - *anyone* involved in caring for a friend or loved one.

Challenge for caregivers

To feel both deeply and compassionately while remaining clear about your role and your boundaries.

On the one hand, it is the 'nature of the work' that draws us to it, but at the same time, companionship our palliative or bereavement clients brings about emotional strains not always understood by others.

While we feel honored and rewarded in all that we do, honouring ourselves is equally important. Boundaries and good-self care can't be over-emphasized.

Emotional Resilience

Having clarity about your role
Means setting good boundaries

The ability to adapt to emotional strains is called emotional resilience. With this, a sense of purpose, balance, and wellbeing is maintained – for the benefit of both the client and the volunteer. Click on the title and have a mindful watch of this (4 minute) video. Are your boundaries in place? How successful are *YOU* at being as good to *YOU* as you are to others?

The video above is a (4 minute) portion of the complete (18 minute) version found here: https://youtu.be/wSb_O6_E7_A

"What you do for yourself, you're doing for others, and what you do for others, you're doing for yourself!"

- Pema Chodron

dalchwellness.com



DON'T JUST BE GOOD TO OTHERS.

be good to yourself too.



THIS IS WHERE I DRAW THE LINE

Reminder: Take Care of Myself

