

October 2009

The History of Iowa City Hospice Volunteers

In 1979, a group of community volunteers gathered to bring a different concept of care, called hospice care, to our community. Advisory groups, presentations and fundraisers were a fact of life for these volunteers who shared the vision of a different kind of care at the end-of-life. In 1982, the first class of Iowa City Hospice volunteers was trained; a year later, the first patient and family were served.

This special group of volunteers laid the foundation for a community based not-for-profit organization to serve and support those in our community who are facing a terminal illness. In 2009, 26 years later, that vision has now touched the lives of almost 5,000 patients and families in southeast Iowa. In many ways, Iowa City Hospice is the same organization today as it was in 1983. Patient and family care at the end-of-life is our mission; volunteers provide special care and companionship to individuals and their families; and the organization still provides the same care to everyone, regardless of their insurance coverage or their ability to pay.

In 1983, the Iowa City Hospice Board of Directors gave the co-founders, Martha Lubaroff and Mary Child, plaques inscribed with the message, "Whose dream will comfort and grow." Their dream has grown and the comfort it brings to our friends and neighbors is their enduring legacy. The gift you bring is priceless; thank you for being part of the dream, Iowa City Hospice's care!

Through the years, the voices of Iowa City Hospice's volunteers continue to tell our story....

*"For all of us in the beginning, creating a hospice was labor of love. Its success could only happen in a place like Iowa City, where people really care about what happens in their community."
(Martha Lubaroff-Iowa City Hospice Co-founder)*

*"I just thought it was wonderful for people to be able to spend their last days at home, in their own beds, with their own dogs, windows and gardens."
(Ginny Kirchling-Iowa City Hospice Volunteer)*

*"I was somewhat surprised that he died August 7 (2009) and was happy that he was in God's care now. His son and grandson made me feel very comfortable with them. When it was time to leave, he looked at me almost saying, 'I am glad you came.'
(Mary, Iowa City Hospice volunteer)*

*"She had just been transferred to her wheelchair when I arrived, so I strolled around the care center with her as it was too cool outside. We had an enjoyable conversation about family and hometown memories. She was very calm and lucid with only a rare 'senior moment.' A very sweet lady! She did say she was looking forward to leaving this life to see what is next!"
(an Iowa City Hospice volunteer)*

Volunteer Opportunities

We have some new office based volunteer opportunities available. If you know anyone who might be interested in these opportunities, or if you are yourself, please contact Jessie Hanlin at jessica.hanlin@iowacityhospice.org or (319) 688-4200.

Volunteer & Patient Care Coordination Assistance: 8-10 hours a week, M-F, to connect and update ICH volunteers with important patient information and changes by phone and email. Update patient demographic information and organize volunteer files. Requires phone, computer, filing, sorting, and excellent organizational skills.

Volunteer Receptionist: Greet people at the front desk of Iowa City Hospice and connect them to the appropriate staff member or resource. Available up to 40 hours per week, M-F.

Data Entry Volunteer: 2-10 hours a week, M-F, to update our database. Requires accuracy, excellent typing skills, and the ability to sit at a computer.

Stockroom Volunteer: 4-8 hours a week, M-F, to help organize and stock supply shelves. Requires good organizational skills, the ability to lift up to 20 lbs., and stand on a step stool.

Delivery Volunteer: Daily need for someone who is comfortable driving long distances and lifting up to 40 pounds. We supply the vehicle. Must be a good driver with a good driving record.

We will also be offering a new patient care volunteer training January 22-24, 2010. Contact Jessie for details.

News Briefs

Dr. Michelle Weckmann, one of Iowa City Hospice's two medical directors, attended an American Academy of Hospice and Palliative Medicine advocacy event in Washington, DC in October. She is board-certified in hospice and palliative care.

Keila Naparstek, MSA, LISW, will present "Handling the Holidays" in

- Tipton on November 8
- Solon on November 12
- Muscatine on November 15
- Iowa City on December 7

Registration is encouraged but not required.

In November we will have screenings from the HBO series "**The Memory Tapes**" at the Iowa City Public Library. "The Memory Loss Tapes" from 12-2:00 pm on November 12 and "Caregivers" from 12-1:30 pm on November 19.

Both programs will be followed by discussion with members of our staff. Register online at <http://olderadults-alzheimer.eventbrite.com>.

Volunteer In-service November 4

On November 4 Iowa City Hospice is offering a very important program that provides CEU credits to healthcare professionals, is open to the public, and is also one of the Medicare mandated in-services for volunteers that we make available each year.

The program, "Older Adults at the End of Life: Considerations for Caregivers in the 21st Century" will be from 1-4:00 p.m. at the Iowa City Public Library. The presenter is Mercedes Bern-Klug, PhD, MSW, MA, an assistant professor in the UI School of Social Work and Director of the UI Aging Studies Program. She conducts research on how social workers, nurses and physicians can help older adults and their family members with medical decision making. Her program will provide a historical perspective on death and dying, address the complexities of caring for loved ones at the end of life, and provide suggestions for improving care.

Registration is required and on a first-come, first-served basis. Registration must be received by October 30, 2009. Register online at <http://olderadults-alzheimer.eventbrite.com>.

Meet our new Direct Patient Care Volunteer Coordinator

During the next few months we will be hosting two more open houses so you can meet Jessie Hanlin, MSW, LMSW, gather as a community of volunteers and allow us to recognize the valuable role volunteers play at Iowa City Hospice. Please join us from 9-10:30 am on Saturday, November 14 at Iowa City Hospice.

We will also have a special volunteer reception from 4-7 pm on Thursday, December 10 in the new Kirkwood Room, Governor's Ridge, 515 Kirkwood Avenue, Iowa City. (invitations will arrive soon).

The current economic climate has inspired us to go back to our roots and less costly ways of doing things, so the open houses are in lieu of a dinner in November.

In-service Education in 2010

Will include bi-monthly reflection and share times to discuss current patients and those who have died, and an in-service on "The Gifts of Grief" on February 25 at the Iowa City Public Library.

Contact Iowa City Hospice
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