



# Flashes of Inspiration

Volume 4 Issue 8

A Newsletter for Inspiration Hospice Volunteers

September 2008

## Summer's Over ☹️

By Linda Spencer

How can it already be September and another summer has come and gone? It seems that most activities are scheduled during the summer months, and unfortunately, many times our calendars become double and triple booked and it becomes necessary to make choices between two or more "good" activities. Wouldn't it be great if everything worked perfectly with our own personal calendars and schedules so we could participate in everything we really want to do.

I am reminded of a patient who came on our service last year. He had been a high school teacher for 40 years. He and his wife had planned and prepared for a very long time with much anticipation to this time when they could now spend many glorious years together traveling and enjoying life together. Shortly after his retirement, he noticed he wasn't feeling well and made an appointment with his doctor...you get the picture! Sometimes our hopes and dreams can become dashed – even in an instant.

As our patients and their families are dealing with huge disappointments, it is a time when we can ease their burdens and bring them comfort, reassurance, compassion, a listening ear, and tender hearts. As a hospice volunteer, you make a tremendous difference for them with your presence, concern, tenderness, dependability, friendship, loyalty, availability and commitment.

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## Tom Miller

Compiled by Brittany Horsley

**Describe your type of volunteer assignment(s):** I have been very blessed to meet my patient. He likes it when I bring him chocolate shakes.

We take long walks together and chat about nothing. I know he doesn't know this but he has changed my life.

### Personal background:

I'm originally from the Los Angeles area. I have lived here in Utah now for 10 years. I miss the beach and I'm still not that fond of the snow, but Salt Lake is my home and I love it here.



### Why I decided to be a

**volunteer:** The reason I decided to volunteer was I knew that I needed to start thinking less about myself and more about other people.

**One thing I love about volunteering:** I can't name just one thing that I love about volunteering. There are so many things: from the staff at Inspiration Hospice making me feel like I'm one of the family, to my patient making me laugh and putting a smile on my face. It's been an awesome experience and I know that there will be many more to come.

**Best advice I've ever been given:** The best advice I've ever been given is "Treat others as you would want to be treated." That to me pretty much says it all.

**People who have influenced my life:** The person who has had the greatest influence in my life is my mom. She is my hero! Her guidance and love through my life is the reason why I am the man that I am.

*Spotlight continued on page 3*

# Meet the Staff:

## Nicole Chiles

### Administrative Assistant

Compiled By Brittany Horsley



**Describe your role:**

Data entry of itineraries, Payroll preparation, meeting minute taking and distributing, payment and sending of payables, copying, faxing, and anything else Bret needs me to do.

**Personal background:**

I grew up on one of the only farms in Bountiful Utah with orchards of all kinds and sheep, goats, and chickens. I am the second oldest (by 7 minutes after my twin) in a family of 7. I went to Woods Cross High School and participated in modern dance, played the violin in the Davis County Youth Symphony and graduated with high honors. I moved to Rexburg Idaho and got my associates degree in one year from BYU-Idaho. I spent a semester at Utah State studying psychology and for some reason I missed the deathly cold weather and moved back up to Rexburg where I met, and in 2006 married, my wonderful husband Rick who has been a printing press operator for 6 years. We moved to Salt Lake City in 2007 and moved to Bountiful last month.

**One thing I love about my job:** I love hearing about the wonderful experiences that our teams have in the field and the effects they have on our patients and their families.

**Best things about working for Inspiration:** Knowing that we are working for an important and wonderful purpose.

**Best advice I've ever been given:** To pray.

**People who have influenced my life:** God, my family, my husband.

**Favorite Place in the World:** I've been to Belize, Mexico, the Cayman Islands, and Honduras but my favorite place is still Idaho and Montana.

**Favorite Song:** *Ain't no Sunshine When She's Gone.*

**Favorite Movie:** *Legends of the Fall* (well, anything with Brad Pitt.)

**Favorite Food:** cheese...yummy!

**What talent do you wish you had been born with:** Read people's minds: everyone has always asked me if my twin and I can read each others mind (we can't...)



### BRITTANY'S CORNER

#### TB Tests and Annual Reviews:

In accordance with Medicare hospice regulations, volunteers are required to have an annual TB test and review. While I understand this is the not-so-fun part of volunteering, it is necessary. In the next two weeks, I will be contacting any volunteers who are missing this documentation. I understand you all have extremely busy lives outside of the care you give to our patients and will do my best to make appointments around your schedules. Please help me get this completed by setting some time aside to meet with Linda for an annual review or to take a TB test. Thank you for all you do for our patients and our hospice!

**Bereavement Training** - There has been some interest in Bereavement Training. If you would like to receive this training, which will be held from 3:00 to 5:00 (date to be determined), please contact Linda or Brittany.

#### MARK YOUR CALENDERS:

**Continuing Education** - A special in-service will be presented by Adult Protective Services on THURSDAY, OCTOBER 9 AT 1:30 in our Murray office. This will be an excellent presentation and will be very beneficial to each of us in supporting our patients. Please put it on your calendar and plan to join us.

#### Upcoming Volunteer Training - OCTOBER 14, 16, 21, 23

Our next volunteer training will be held in October at our Murray office. If you know someone who would be a great addition to our team, please encourage them to come.

**Favorite place in the world:** My favorite place in the world is the beach! The smell of the sand, the air and the sound of the waves are so peaceful to me.

**Favorite Song:** I am a huge music junky. I love so many types of music. I don't really have just one favorite song. My two favorite bands are Metallica and Journey. I would say *The Battery* is my favorite Metallica song and *Faithfully* is my favorite Journey song.

**Favorite movie:** My favorite movie happens to be the greatest sci-fi movie ever made - *Star Wars*.

**Favorite food:** My favorite food without question would be a good cheeseburger. You can't beat a double double from In-N-Out in California! ♥

Most of all, you can be a wonderful listener and allow them the opportunity to share their life stories and their deepest concerns with you.

Thanks again to each of you for giving all of the above to your patients. Remember, the Volunteers are the heart and soul of Inspiration Hospice and we love you! Though the journey for our patients may be uncertain and rough in spots, we can all make the road they are on much smoother and more comfortable to endure.

I hope we can all enjoy today for the adventure that it is and the hope for a very bright and enjoyable future – no matter what it holds in store for us. ♥

Hugs,

*Linda*

## Summer Party 2008 at East Canyon State Park



Julia and Nicole's Dog



Julia



Gayle



Ann and Harry



Ben and Family



Marilee and son



Becky and Carol



Kim and Shar



Nicole and Rick

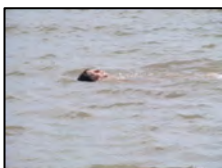


Jim and Shar

Mike



Shar and Jane



Linda: Long Distance Swimmer...



# “Living True”

By Diana Thomas

September 2008

## Coffee on Fridays



Every Friday we meet for coffee. Although, to be perfectly honest, neither of us really drinks coffee anymore. I bring my own green tea, and she sometimes orders a hot chocolate. Gratefully, the folks at Barnes & Noble don't seem to care if we order anything or not. But clearly, the point is not the coffee. The point is that we meet.

For years now, my Fridays have revolved around this meeting. Everything else on that day is just waiting for the meeting. Waiting for that precious 90 minutes when the world and all its worries recedes and I can bask in the unconditional love and acceptance of my friend.

If I had one wish for the world, it would be that everyone had such a friend. Everyone. Imagine if every person on earth could be held gently, for an hour and a half on Friday, in the heart of a friend who adored her without reservation. Imagine if every child was listened to so intently that he had no doubt—none, whatsoever—that he was special. Imagine if everyone felt understood, appreciated, respected, believed in. Imagine if everyone on the planet could laugh with total abandon every Friday. Imagine the healing.

So, no. I don't take my friend for granted. She is the kindest, finest, most gracious and caring person I know. She would do anything for me. I trust her completely.

I've stopped asking myself what I ever did to deserve the privilege of her friendship. Some questions just don't have answers.

Instead, I ask myself this: What kind of friend am I?

And I am asking you: What kind of friend are you?

Fred Rogers, of Mister Rogers Neighborhood, said: “Deep within us—no matter who we are—there lives a feeling of wanting to be lovable, of wanting to be the kind of person that others like to be with. And the greatest thing we can do is to let people know that they

are loved and capable of loving . . . the greatest gift you ever give is your honest self.”

I believe that our way of being a friend is our way of being. Looking at our friendships is a kind of mirror. When you look in that mirror, do you see the truth of who you are?

Learning to live true,



Share your thoughts and experiences by writing to:

[diana@seven-sisters.org](mailto:diana@seven-sisters.org)

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## Our Newest Volunteers



Top row, left to right: Ryan, Gayle, Laura, Judy, Heidi, Deanna, and Doug

Bottom row, left to right: Breanna, Erica, and Ann

### FLASHES OF INSPIRATION

A NEWSLETTER FOR INSPIRATION HOSPICE VOLUNTEERS.

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