



Flashes of Inspiration

Volume 5 Issue 8

A Newsletter for Inspiration Hospice Volunteers

August 2009

Charity

Dear Volunteers,

Thank you for making Volunteer synonymous with charity. I want to commend you all for the beautiful volunteer service you do. I have heard so many expressions of gratitude for you, our wonderful volunteers, that I wanted to pass along this thanks. You make "Volunteer" a stamp of love that means: "I'm here for you, I'm your friend," a true friend who gives and expects nothing in return. A friend who loves with no strings attached. You give pure charity.

Here's a great example of one of the lives that was blessed because of you.

During an 11th hour one of our Volunteers was able to wake the family in the middle of the night just in time for them to gather around the bedside of their loved one as he took his last four breaths. The son of the patient said to the Volunteer, in awe, "Wow, you had perfect timing. Thank you." The family was so grateful to this volunteer for his support during this special time. How could you ever measure the worth of that moment, of that thank you?

Simple and pure service is so valued and needed. What precious and priceless moments! That's part of the beauty of "Volunteer". Thank you for giving this word life. Because what you do is truly a gift from the heart, it has infinite value.

So, our Volunteers, thank you again for carrying on this great work. Many of you have truly made a difference for our patients and blessed their lives. Thank you for your charity.

With gratitude,



Dr. John Garrett

Compiled by Brittany Horsley

Describe your type of volunteer assignment(s): I visit four Inspiration Hospice patients each week as part of my assignment as an Inspiration Hospice Volunteer Chaplain.

Personal background:

I was born in Glendale, California. I also lettered on my high school Track and Cross-Country Teams. Following my high school graduation I served for four years in the Aviation Branch of the United States Navy during the Vietnam War. Following my military service I completed a full-time LDS mission in Chile, South America. After my mission I attended Brigham Young University and lettered on the BYU Varsity Track Team and also competed in the 1971 World Games held in Helsinki, Finland. I married Janet Stevens from Holden, Utah in the Salt Lake Temple and we are the parents of 6 children and 13 grandchildren. I received my Bachelor's and Master's degrees from BYU and my Doctorate from Nova University. Janet and I are also the co-authors of 6 books.



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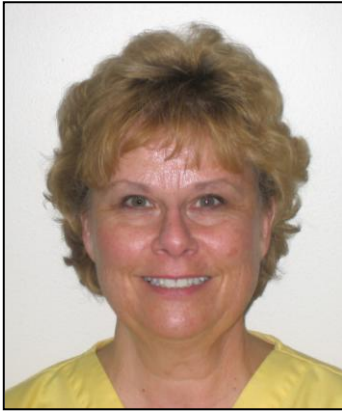
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Meet the Staff:

Ann Scott

Hospice Aide/ Patient Care Assistant

Compiled by Brittany Horsley



Describe your role: I love my position...I answer phones, schedule aide visits, answer phones, work on the computer, answer phones, create forms and information, and did I say answer phones??

Personal background: Elementary years were in Provo and Salt Lake. I went to South Ogden Jr. High and Bonneville High. (I'm glad that part of my life is over.)

One thing I love about my job: The office atmosphere and the people are always so positive! I love organizing and working on the computer, and have I mentioned I love to answer the phone.

Best things about working for Inspiration: The people. Working with the patients has always been fun for me. Now as I am in the office I have really enjoyed the transition of seeing the other side of the equation. I see how much everyone cares about our patients in the first stages. Bringing them to hospice and guiding the families and teaching them the value of our services

Best advice I've ever been given: Don't worry about things that would not matter 10 years from now.

People who have influenced my life: The first nurse I worked with, Nicole Braithwaite. She taught me a lot of the clinical things that happen with people. A girl from junior high school taught me to clean my nails. I was such a tomboy and didn't care about that stuff. And of course my mom, she makes you feel that you can do anything...a really good cheerleader...Go Mom!

Favorite place in the world: Wherever family is...and that means Utah...there's no place like home...

Favorite Song: Kid songs, especially church songs.

Favorite Movie: Romantic comedies.

Favorite Food: Chicken

What talent do you wish you had been born with: Singing, dancing, and playing the piano. Things you have to practice. (I'm not good at practicing and giving up TV time to master.) That sounds lazy doesn't it? I'll just stick with singing in the church choir. ♥

BRITTANY'S CORNER

IMPORTANT: INSPIRATION'S SUMMER PARTY HAS BEEN TEMPORARILY POSTPONED. The summer party has been cancelled on August 15th and is tentatively planned for September 12th. More details to come. Please don't hesitate to call me at the office if you have any questions 801.281.1314.



Enjoy your Summer!

I recently retired having served full-time for the past 38 years as a Mental Health Counselor and also a Hospice Chaplain. I am currently serving as a Transient Bishop at the Deseret Industries in Provo and also as a Temple Ordinance Worker in Provo, Utah.

Why I decided to be a volunteer: Following my retirement, I am able to continue to visit my same Hospice patients on a regular basis. What a great opportunity and blessing!

One thing I love about volunteering: Bringing love, happiness and peace into the lives of others!

Best things about volunteering with Inspiration: Inspiration Hospice is an excellent company with an outstanding staff and active volunteer program!

Best advice I've ever been given: From Dr. Karl Menninger: "Love cures people, both the ones who give it, and the ones who receive it."

People who have influenced my life: Everyone! Especially, my Lord and Savior, Jesus Christ.

Favorite place in the world: My home in Springville, Utah. And also my Temple Ordinance Work in the Provo Utah Temple.

Favorite song: All hymns and songs performed by The Mormon Tabernacle Choir.

Favorite movie: The Sound of Music.

Favorite food: Fresh fruit and vegetarian dishes.♥

Farewell Linda ~ Welcome Jacquie



ABC's of Inspired Volunteers

By Lorelee Kurzius

August 2009

D is for Discerning:

I am a retired Air Force wife. Forget what the commercials say, because *that* is the toughest job in the military! You no sooner find yourself transplanted to some foreign land far from friends, family and the English language than they send your husband away for a year or more at a time. Most often you are pregnant when this happens and several major appliances are guaranteed to break down as well as the car, but not until the most recent hurricane has passed and the power has finally returned!



I jest, but only in part. There were also lots of wonderful things about being a military wife like the travel, the food and, most importantly, the friends! We learned to make friends fast and we relied heavily upon each other, forming bonds stronger than most. And, because of the nature of our husband's careers, we got a whole new set of friends every year or so!

There are certain friendships though that I can seldom look back on without getting teary-eyed. Those are the friends that were with me through the most stressful times. Those are the friends that in difficult times *discerned* my needs and set about resolving them *often before I even realized what my needs were!*

These women knew the truth in the Hindu proverb, "Help your brother's boat across and your own will reach the shore".

I've tried ever since to be the kind of friend and neighbor and volunteer that notices others' needs and sets out to help before they ask, or sometimes even before they realize their own needs.

To discern is to see or recognize something that is not immediately clear or obvious. As volunteers we need to be discerning first, of where a patient is in their end-of-life journey. They may be in a stage of grief where they need to vent, or perhaps they may feel the need to plan or they may be in denial and want to discuss anything and everything but their reality. Some days

they may need to reminisce and other days discuss their belief system.

Secondly, we need to discern what their physical needs are that day. Things are changing fast for them and so their needs are ever-varying. You can inquire as to how you can assist, but most often you will find that they don't want to tell you because that is too much like "asking" for help. They are ever so appreciative though when and if you can "discern" their needs and fulfill them! This will require *open eyes* as you look around their home and *open ears* as you read between the lines of the conversation. It will also require an *open heart* as you examine their situation and wonder what you would want or need were the tables turned and you found yourself in their shoes. It may even require an open mind as you appeal to your higher power for inspiration.

While going through some recent trials, I penned this verse which I firmly believe.

*Far better than praying for self,
Is when other's needs we discern,
For when another's prayers we answer,
Our blessings are multiplied in turn.*

There is a secret to being a hospice volunteer. Others wonder how we can deal with such sad situations and spend all of this time around death. They wonder how we can bear to lose so many friends. The secret is, and I think every volunteer will readily admit it- that we get much more out of volunteering than we ever put in to it. That is what keeps us going. That is what keeps us strong enough to continue discerning and fulfilling needs. That's Inspiration! ♥

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Brittany Horsley & Jim Sweeney, editors

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835 East 4800 South, Suite 110
Salt Lake City, Utah 84107-5531