



# Flashes of Inspiration

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A Newsletter for Inspiration Hospice Volunteers

August 2010

## Showing Compassion

I would like to share a poem with you written by an old man in a nursing home in Nebraska. After he passed away, the nurses in the facility were going through what was left of his things and came across this poem written by this little old man with nothing left to give:

What do you see nurses, what do you see?  
What are you thinking, when you are looking at me?  
A crabby old man, not very wise,  
uncertain of habit, with faraway eyes?  
Who dribbles his food, and makes no reply,  
when you say in a loud voice, "I do wish you'd try!"  
Who seems not to notice, the things that you do,  
and forever is losing, a sock or a shoe?

Who, resisting or not, lets you do as you will,  
with bathing and feeding, the long day to fill?  
Is that what you're thinking? Is that what you see?  
Then open your eyes, nurse....you're not looking at me.

I'll tell you who I am, as I sit here so still,  
as I do at your bidding, as I eat at your will.  
I'm a small child of Ten with a Father and Mother,  
brothers and sisters, who love one another.

A young boy of Sixteen, with wings on his feet,  
dreaming that soon now, a lover he'll meet.  
A groom soon at Twenty, my heart gives a leap.  
Remembering the vows that I promised to keep.

At Twenty-five now, I have young of my own,  
who need me to guide, and a secure happy home.  
A man of Thirty, my young now grown fast,  
bound to each other, with ties that should last.

*Compassion continued on page 2*

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## Brandey Faurot

Compiled by Brittany Horsley

**Describe your type of volunteer assignment(s):** Well to be honest I don't really have a "type." I love to do

all sorts of volunteer work. I've volunteered with Kids, River Rafting Trips, the Homeless Shelter, the Food Bank, Campaign Work and of course Inspiration Hospice. Volunteering is a very important priority in my life and to my family which makes all the difference in the world. I think when you feel like you've reached rock bottom and you go out and volunteer to help people less fortunate than you, that's when you look around and realize that life isn't so bad after all. It helps keep your feet on the ground and the feeling you get when you can make a positive change in someone else's life, even just a little one, its worth all the time in the world.



**Personal background (where you grew up, etc.):**

Well, I was born and raised in Salt Lake City, UT and being the middle child of five siblings always gives you something to do. I love to laugh and enjoy camping, boating, wave running, volunteering, sports, reading, movies, and anything with my husband, family and friends☺. I'm a pretty spontaneous person and love to live life by the edge.

**Why I decided to be a volunteer:** I originally wanted to be part of the Big Brother Big Sister program but unfortunately I couldn't dedicate a year so they referred me to Inspiration Hospice and I couldn't be happier. I'm so blessed to be able to be a part of something so worthwhile and meaningful.

*Spotlight continued on page 3*

## Meet the Staff: Carmen Harris

### Hospice Aide

Compiled by Brittany Horsley

**Describe your role:** I take care of patients and make sure they are doing fine and getting everything they need.



**Personal background:**

I was born in Lima, Peru. I came here eleven years ago. I spent three years in New Jersey and eight years here in Utah.

**One thing I love about my job:** I love everything I do. I love to make people happy. It makes me feel so good when they smile at me.

**Best things about working for Inspiration:** I like working for Inspiration because I feel like I'm at home.

**Best advice I've ever been given:** Save money.

**People who have influenced my life:** My kids. They are twenty-three and nineteen, both boys. They are the best boys. Whatever I do, I'm thinking of them. It doesn't matter how old they are, our role is never done.

**Favorite place in the world:** My bedroom. Watching television and lying in bed is the best for me.

**Favorite Song:** I love Chicago and Air Supply. I went to their concerts a few weeks ago.

**Favorite Movie:** *The Notebook*

**Favorite Food:** Chinese food.

**What talent do you wish you had been born with:**  
Psychologist ♥

At Forty, my young sons, have grown and are gone,  
but my woman's beside me, to see I don't mourn.  
At Fifty, once more, babies play round my knee,  
again, we know children, my loved ones and me.

Dark days are upon me, my wife is now dead.  
I look at the future, shudder with dread.  
For my young are all rearing young of their own,  
and I think of the years, and the love that I've known.  
I'm now an old man, and nature is cruel.  
Tis jest to make old age, look like a fool.  
The body, it crumbles, grace and vigor, depart.  
There is now a stone, where I once had a heart.

But inside this old carcass, a young guy still dwells.  
And now and again, my battered heart swells.  
I remember the joys, I remember the pain,  
and I'm loving and living, life over again.

I think of the years, all too few, gone too fast.  
And accept the stark fact.....that nothing can last.  
So open your eyes people, open and see.  
Not a crabby old man.....look closer.....see ME!!

I hope that each of us remembers these wonderful patients we care for were once young and vibrant and led normal lives with wishes and dreams. We need to remember to show them the patience and love that we would want to receive, if the roles were reversed.



**WE COULD NEVER LEARN TO  
BE BRAVE AND PATIENT IF  
THERE WERE ONLY JOY IN THE  
WORLD.  
- OELEN KELLER**

**One thing I love about volunteering:** I can't just pick one! But if I had to I think it would be the life experiences: meeting new people, going new places but most of all making a difference in the lives of so many people with just a little bit of my time and help. I think you always get more out of it than you ever could give. With every volunteer service I do it gives me such a different outlook on life and the world. And that to me is priceless.

**Best things about volunteering with Inspiration:**

The fact that I can be someone's last best friend; being there for them when they need someone the most. Spending time with them really gives me a deeper appreciation for life and to live it up to all that it's worth. I feel so privileged to be a part of someone else's dash!

**Best advice I've ever been given:**

Do what makes you happy.

Be with who makes you smile.

Laugh as much as you breathe.

Love as long as you live.

**People who have influenced my life:** I have so many wonderful people who influence my life. First off, my husband Bronson; he's changed my life and has made me a better person and always helps me strive to be better. He's my better half and I could not ask for more. Family: Oh wow! My family is oh so crazy but oh so fun to be around. I couldn't ask for a better family to be born into. I thank God I have them in my life. We've been through thick and thin together and I love them so much! Friends, I have some pretty amazing friends☺. My friends are the type that if the house caught on fire they'd be outside roasting marshmallows and hitting on the fire fighters. We always manage to find something fun and entertaining to do.

**Favorite place in the world:** Anywhere outdoors where I can be with my husband, family and friends.

**Favorite song:** *When You Say Nothing at All* and anything by Rascal Flatts

**Favorite movie:** At the moment I'd have to say *The Proposal*

**Favorite food:** I'm a steak and potatoes kind of girl. ♥

## BRITTANY'S CORNER

### MARK YOUR CALENDARS:

**Upcoming Volunteer Training:** Upcoming Volunteer Training will be held in our Murray office on **AUGUST 9, 11, 16 AND 18 FROM 5 TO 9** in the evenings. Please share these dates with your family and friends who may be interested in having amazing volunteer experiences.

**Inspiration's Summer Party:** Please plan to attend our party this year at **HISTORIC WHEELER FARM (6351 SOUTH 900 EAST, SALT LAKE CITY) ON SEPTEMBER 18<sup>TH</sup>, 2010 FROM 9 A.M. TO 3 P.M.** Lunch will be served at noon. We look forward to seeing you and your family there!

### Annual Memorial Service for Staff and Volunteers:

Our annual Memorial Service will be held at the Murray office on **SEPTEMBER 9, 2010 AT 12:30 P.M.** Please join us as we honor and remember patients and loved ones who have passed away in the last year.

### Practical Ways to Help Patients with Dementia- Continuing Education: SEPTEMBER 15<sup>TH</sup>, 2010 FROM 6 TO 8 IN THE EVENING.

This is a wonderful opportunity to learn more about your patients with dementia and how to best serve them. You will receive hands-on, interactive training from Dini Droguett, an expert in the field, as well as Inspiration Hospice volunteers. It will be a fun, educational experience. We hope you can join us!

**Bereavement Volunteers Needed:** We need volunteers to help us make bereavement phone calls. If you have had bereavement training and can spare an hour or two a week, please call Pauline Ford. If you have not had bereavement training and would like to receive it, it is only an additional four hours of training that we can provide to you. The calls would be made from our office and the schedule is flexible.

# ABC's of Inspired Volunteers

By Lorelee Kurzius

August 2010

## N is for Nearing Death Awareness:

You've heard of *Near-Death Experiences*, but have you heard of *Nearing Death Awareness*? A near-death experience is usually precipitated by a sudden event like a car wreck or heart attack. It is an out-of-body experience where the person's body gives all appearances of being dead. They find themselves gone from this world one moment and then brought back to life in the next.



With Nearing Death Awareness, a person who is slowly dying may find themselves partially in another realm of existence while still being alive in this one.

The term was first coined by hospice nurses who began to compare notes on experiences they had trying to understand confused messages from their patients. It led to a study of disease processes and medications to look for common factors in these patients. They found no physical explanation and found that these experiences happened amongst people of any gender, culture or religion. They even occurred amongst agnostics and atheists.

In some of the experiences, the patients were trying to share what they were experiencing. In others, the patients were trying to communicate about someone or something they needed in order to have a peaceful passing. The "nearer" patients got to "death", they appeared to be having a special "awareness" not of the fact that they were dying, but of some other existence not of this world. Thus these nurses chose the term, "Nearing Death Awareness" and continued to study and record these experiences.

Too often, these nearing death awareness experiences are written off as dementia, confusion, reactions to medications or dreams, if not outright hallucinations. Often these messages are hidden behind symbolic language, or are just so out of context that the family doesn't understand what is being expressed. These nurses learned to help make the families they worked with aware from the start that they might watch for these kinds of experiences and recognize them for what they were. They then wrote a book, *Final Gifts* by Maggie Callanan & Patricia Kelley to share with the rest of us how we might do the same. This book offers information on how to learn from those who are passing. They assure us

that it isn't necessary to be a medical professional, and in fact, it is the closeness of friends and family that allows them to better understand and interpret the symbolic language the patient may use.

Imagine how sad would it be, if you were passing and could see loved ones from the other side, come to greet you and welcome you, and your family thought it was merely psychosis and drugged you further because it disturbed them? At a time when you could be teaching them about what death is like and bring them comfort and peace, what a tragedy that would be!

Or what if you were struggling to tell your family some need you have, but in your condition, could only say it symbolically and they didn't understand? How frustrated would you be as you grew weaker and weaker and your ability to communicate grew weaker as well?

I remember one patient in Ogden that told her daughter that she was wanted to go. The daughter didn't understand at all and teasingly said, "Oh yeah? Where are we going-the grocery store? C'mon let's go!" and treating her in a childlike manner, took her out to the deck to sit. Early the next morning, that woman who had been walking and talking the day before, passed and her daughter had missed an awesome opportunity to talk to her mother about death and say her good-byes while she could still communicate.

Another time, I was working with a very scared patient who kept crying out in fear. After calming her through music and touch, there came a moment where she was suddenly smiling at something beyond me and telling me how happy she was to see a little girl. I asked her about the girl and she told me it was her daughter and we discussed her and the peace and love she brought. Later I was able to verify that she had indeed lost a daughter. It was a joy to share this experience with her family.

What a gift of comfort we as volunteers can bring if we are open to and help others be open to the possibility of Nearing Death Awareness experiences so that they will not miss out on sharing these sacred encounters as a loved one passes. That's Inspiration! ♥

### FLASHES OF INSPIRATION

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