

Innerpoint

Spring 2013

Living Our Core Values

by Sandy Powers, Volunteer Services Manager



We all deal with control issues, for goodness sakes— we’re human. To be a peaceful presence, a calm in any storm (and the storm may be as simple as the incessant pounding of thoughts the mind drags us through a billion times a day) takes work.

When I take a peek into the bottomless control bag I tend to carry with me wherever I go, I realize I want to control just about everything. I’m usually resisting what’s happening now and trying to stop change, changes at work or trying to protect my adult kids from . . . the list is endless. Or wanting to capture the headless horseman who has taken my 80-year-old father’s body and won’t give it back. I want to get in life’s face and yell, “Give me a break! Don’t you see you’re causing so much suffering? Stop it.” I love my Dad. I love my kids. Heck I love me. Why all this suffering?

I’m powerless to stop change. My ego hates it. But luckily, my spiritual practice has taught me I am more than my ever-changing emotions. My heart, where the Sacred dwells, is where I must rest. It is there I must renew myself. It is there Wisdom awaits. My happiness is not dependent on what life throws at me. It comes from beyond the swirling events of the world. It comes from a journey to the heart where acceptance awaits. It requires me to rest in the arms of acceptance from there I will be led.

Contemplation and reflection are my best friends! I take them with me wherever I go. Then when a fireball comes crashing out of the sky these wonderful tools help me reconnect to the place of peace within. They help me to see through the eyes of a victor and not a victim.

Cultivating the garden of the heart is essential for navigating life’s journey. Remember what happened when the wicked witch of the east was hit by the bucket of water? Yes, she shriveled up and died. That’s what wanting to control everything can do. It can cause our best self to shrivel up and feel like it’s dying. Luckily for us, it never dies.

It’s impossible for it to die, because our best self, our amazingly loving capacity of peace, kindness, compassion, is indestructible. It was a gift given to us at birth by the Holy. Nothing can take it from us, period!

We have within us everything to add to this world. We might think our endless capacity of peace and love left town, but it’s there waiting, ready for our embrace. It is the Holy Spirit being ready, able, and willing to guide us every step of the way.

This I know for sure. I will get sad. I will grieve loss. I will crumble. I will get frustrated and angry. But I KNOW this too— I will get up again. I will find peace. I will love. I will add to this world in only the way I can. How long it takes me I don’t know, but I know and trust it WILL happen.

Thank you from the bottom of our hearts for serving our patients and families!

Series 1: **Control** **&** **Acceptance**

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Your Volunteer Services Team, At Your Service!!!



Cate Magnusson, Sandy Powers, Steve Stewart, Jan Davis, Mary Romer

Meet Steve Stewart . . .

After serving as a volunteer with Providence Hospice and Home Care of Snohomish County for 12+ years, I am excited and honored to now be a part of the Volunteer Services team here at Providence Hospice of Seattle! My role is to provide our patients with volunteers for respite, companionship, handiwork, office support, notary services and barber services.

Some of my personal interests include love of nature and spending as much time as I can exploring it.

I am committed to providing you with the support you need to help make your volunteer time with us a very positive and meaningful experience.

Please stop by the office to introduce yourself and say "hello" if you are able! In the meantime, I look forward to meeting as many of you as I can in training sessions and support group meetings.

Meet Jan Davis . . .

I have been part of Providence Hospice of Seattle since 2009—first as a Patient Care Volunteer and since November, 2012, as a Volunteer Services Coordinator. My major responsibilities include facilitating Patient Care & Core Trainings as well as acting as volunteer coordinator to the Stepping Stones team.

Prior to joining Providence I've enjoyed an eclectic mix of professions, as a geologist, a corporate librarian and, most recently, as an account manager-software trainer for a library services firm.

Being outdoors sustains me and I spend as much as time as I can cycling & hiking. Most mornings I can usually be found dragging my lazy Labrador around Discovery Park. I'm very excited to be working with our amazing volunteers and staff as they provide such important support to our patients and their families.

Meet Sandy Powers . . .

I have the best job ever! As Manager of Volunteer Services I travel between our three hospice locations Seattle, Everett, and Olympia. I get to work with compassionate, funny, caring, and highly intelligent staff, what a gift! Together we serve volunteers. Without volunteers our agency would not exist.

The road to this position started over 20 years ago when my mother died. I left the corporate world determined to live my life from my heart, whatever the heck that meant. I opened a community resource center and became a certified Life Coach. After that my first role with Providence 9-years ago was as a hospice vigil volunteer. In between those roles I wrote a book "I Believe in You: Discovering the Inside Passage to Happiness" and three years ago became a Providence employee working with volunteer staff to develop best practices. We know if we put all of our heads together we will serve our volunteers and ultimately our patients and families in even greater ways. I hope to meet you soon!

58 New Volunteers

WELCOME 2012-2013 VOLUNTEERS

Adheip Mally, Alex Wallner, Amy Day, Angela Keller, Anne Conners, Annee Fisher, Berit Koltveit, Bill Browsers, Brennon Murphy, Bruce Milne, Carol Vogt, Carrie Smith, Cassandra Overby, Chris Ingersoll, Cindy Ogasawara, Dana Dralle, Dara Foti, Erin Page, Esteban Ginez, Eugene Chau, Galen Pizzorno, Glen Boyd, Gloria Overgaard, Helen Boyer, Ismael Diallo, Jennifer MacDonald, Jennifer Revall, Joan Blacker, Jodie David, Judy Lavelle, Kristin Gearin, Laura Jordan, Leo Butzel, Letha Myers, Lillie Jones, Linda Carney, Luna Poco-Enders, Margaret Bruce, Mary Jackson and her dog Lisette, Mary Clare Schroeder, Mitch Caramello, Nate Fihn, Noa Curtis, Paul Turner, Robin Gaphni, Robin Kelson, Sandra North, Sandy DeMers and dog Stormy, Scott Cuthbert, Sharma Craw, Sharon Grabner, Sheryl Sperry, Terri Hammons, Terri Zavertnik, Tommy Crocker, Virginia Baker, Vita O'Trubova and dog Isabela

THANK YOU FOR MAKING A HUGE DIFFERENCE!



Our Animal-Assisted Activities Volunteers



Vita O'Trubova and her dog Isabela



Mary Jackson and her dog Lisette



Sandy DeMers and her dog Stormy

We are beginning a volunteer program for *Specialty Volunteers*. This is an opportunity for individuals who have a sewing, knitting or crocheting talent and want to donate prayer shawls, lap robes, lap quilts, or pillows for patients. If you are a patient care volunteer who knows of any clubs, organizations or individuals who would like to contribute handiwork items as a group, or if you want to make them yourself, this is for you! We have had some lap and prayer shawls made for us through a staff member and they are wonderful. Our care teams can take them out on visits to share with patients and families. If you are wanting to get involved with this artistic and comforting way to offer care, contact Steve Stewart here in Volunteer Services.

Support Group Meetings

Support Group Meetings

6:00 to 8:00 p.m. Save the dates!

(April 27 is our Volunteer Conference so there will not be a support meeting in April)

May

Wednesday, May 22, Support meeting: "Progressive Relaxation: Deepening into Peace" led by volunteer Sandra North

June

Tuesday, June 18, Support meeting: (TBA) led by Mary Romer

July

Thursday, July 11, Stepping Stones Support meeting led by Jan Davis

August (summertime, no meeting!)

September

Tuesday, Sept 17, Support meeting: *The Power of Vulnerability—short you tube with Brenne Brown and discussion to follow led by Cate Magnusson*

PHOS Facebook Page

Did you know that PHOS has their own Facebook page? You can find it by going to Facebook and typing in Providence Hospice of Seattle. Every week we post new articles that highlight end-of-life care.

Hospice volunteers gain wisdom and listening skills: http://www.pennlive.com/east-shore/index.ssf/2013/03/m_diane_mccormick_hospice_volunteers_gain_wisdom_and_listening_skills.html



Gentle Reminder: Remember when you are unable to make a weekly visit due to illness, vacation, or cancelation, please phone your volunteer coordinator each time. Here is why: When you are given the assignment, the coordinators write the following in the patient's medical record "Volunteer will provide weekly visits unless otherwise notified." Consequently, when you miss a visit, the coordinator must make a note in the medical records. **Thanks for your follow through!**

SPRING by Mary Oliver

Somewhere
 a black bear
 has just risen from sleep
 and is staring
 down the mountain.
 All night
 in the brisk and shallow
 restlessness
 of early spring
 I think of her,
 her four black fists
 flicking the gravel,
 her tongue
 like a red fire
 touching the grass,
 the cold water.
 There is only one question:
 how to love this world.
 I think of her
 rising
 like a black and leafy ledge
 to sharpen her claws against
 the silence
 of the trees.
 Whatever else
 my life is
 with its poems
 and its music
 and its glass cities,
 it is also this dazzling darkness
 coming
 down the mountain,
 breathing and tasting;
 all day I think of her—
 her white teeth,
 her wordlessness,
 her perfect love.