
VOLUNTEER CONNECTIONS

Volume 1 / Issue 1



AT A GLANCE

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Annual Reviews

Since January we have been working to ensure that all annual reviews are completed for all active volunteers. Most of you should have received a packet in the mail, either your annual or a new volunteer packet, with a checklist to complete for our records. If you haven't received a packet or are interested in volunteering and need a volunteer packet, please contact Tiffany and she will get you the necessary information. Also, included in the packets should have been an Hospice of the Plains Volunteer Program review. We want your honest feedback regarding our volunteer program as this helps us make necessary changes! Please feel free to call or email with any questions regarding the annual or new volunteer review. Hospice of the Plains is blessed to have such a wonderful group of volunteers. It is an honor to be part of such a great team!

Volunteer Coordinator Changes

Tiffany Storch is now the new Volunteer Coordinator for the Sterling Hospice of the Plains service area and Cassie Diehl is the new Volunteer Coordinator for the Wray Hospice of the Plains service area.

Coloring to Destress

Some of my earliest memories from childhood was sitting at the table with a box or Tupperware container full of crayons. I can still remember the different shaped crayons, the broken crayons and the new crayons and the way the box or Tupperware container smelled. I can remember the feeling of the crayons as they slide across the paper and the proud moment once I finished the coloring page and my mother hanging it on the refrigerator for all to see.

Flash forward several years to the current adult coloring craze and all of those memories come right back. In any store I see many varieties of the coloring books from kittens to garden scenes. But can

coloring really reduce stress as an adult?

According to the American Art Therapy Association, coloring for adults is self-soothing. An excerpt from a news release from the American Art Therapy Association states, "Coloring books can also provide a structured way for the individual to feel engaged with the art process. Coloring is an active process that can serve as a practice of externalizing focus and redirecting individuals who are pre-occupied in unhealthy internal dialogue. Despite their apparent benefits, however, coloring books should not be confused with the creative process inherent in art-making that occurs in an art therapy session." - See



more at:

<http://3blmedia.com/News/Adult-Coloring-BookPhenomenon#sthash.K26Wcoov.dpuf>

So, if you are finding yourself in need of a break, may I suggest picking up a coloring book, a box of crayons and finding a quiet corner for a few minutes to unwind and recharge. Return to those memories at the dining room table with the box/Tupperware full of crayons and the proud moment of completing a coloring page for all to see.

- Tiffany Storch
Hospice of the Plains



INSPIRATION FOR ALL

“The joy in hospice volunteering comes from opening my heart to vulnerability and the burden of worry, sorrow or pain and transforming that energy back into a nurturing, quiet and gentle presence.”

-Julie Engstrom, Hospice Volunteer



Volunteer Coordinator

VOLUNTEER OPPORTUNITIES

- Direct patient/family volunteer– as census provides
- Teen volunteer– Stand out on college applications!
- Weekly/Bi-weekly Office Cleaning
- Office Assistance- filing and other tasks to assist office staff
- Tuck in program– Make phone calls to check on patients’ needs 1-2 times weekly

UPCOMING VOLUNTEER TRAININGS

Upcoming trainings to be provided by Hospice of the Plains staff. Please look for our next training date and time in the next monthly Volunteer Connections Newsletter. Starting monthly and included with the monthly newsletter will be training topics/articles of interest for continuing education for all our volunteers!

Contact Us

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