



HOSPICE HEARTBEAT

Hospice Volunteers of Somerset County, Inc.

Fall 2023

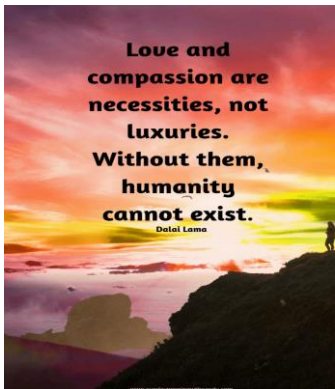
WELCOME

On behalf of Hospice Volunteers of Somerset County (HVOSC) welcome to our fall 2023 Newsletter. What a spring/summer of change for Hospice Volunteers. Jimmy Dean said "I can't change the direction of the wind, but I can adjust my sails to always reach my destination." We began with our Hospice Garden Ceremony in the spring. Many thanks to the Skowhegan Garden club and those sponsoring flowers. The winds carried us to work with the Community of Jackman, establishing a new Hospice Garden at their Town Office. What a spectacular job and ceremony the community did. If you are up there please stop by to see the new addition. Did you see and or attend our first ever Basket Bingo at the Skowhegan Fair? What a wonderful gift to be the recipient of funding from this event. Our sincere thanks to everyone who contributed to helping us move toward our destination.

As Hospice Volunteer Agencies across the state and country have closed due to lack of support the Board of HVOSC adjusted our sails for the future of the organization. We decided to sell the property we owned in order to grow HVOSC. We were blessed to have Gary and Dawn Boudreau buy the property for their denture business. Their commitment to Somerset County and Hospice has allowed us to stay and continue delivering our services right from 165 Madison Ave in Skowhegan and we can't thank them enough. I hope you will consider supporting their new business and welcome them to Skowhegan.

Our destination is to grow our organization for the citizens of Somerset County needing our services. Motivation happens through the winds of change. As you can see in the attached information we are moving forward through our fundraising efforts and by establishing staffing changes; we will soon be posting a 20-30 hour position for Community Outreach and Marketing. When you see Amy congratulate her on being promoted to HVOSC Program Director. As we begin to set sail for 2024 please consider growing HVOSC with your donation of time, talent and or financial giving.

The mission of Hospice Volunteers of Somerset County (HVSC) is to provide support and compassion for those we serve. I hope you will choose to join us.



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Board of Directors

Bill Primmerman

Roger Renfrew

Tim Curtis

Dana Hamilton

Dan Belanger

Lynda Quinn

Sharon Provost

Amy... Thinking Out Loud

Hello Somerset County Community,

We know all too well how an unexpected diagnosis can change someone's universe in an instant. Or how family members can be thrust into the new reality of caregiving and feel pushed beyond their comfort zones.

We witness the painful yet necessary process of grieving losses - health, independence, or losing someone we cherish - and we witness the physical, emotional, and spiritual journey toward a more hopeful "new normal" as the journey of recovery progresses.

In each of these new realities, our hospice team is there to help - thanks to YOUR contributions of time and financial support. The generous support we receive enables our hospice to serve more people in more ways. Through individual, corporate, and foundation gifts, grants, partnerships, and volunteer time and talent; you help make possible the many projects, events, services, and programs that enhance the lives of our patients and families, and the well-being of our community. Whether it is home hospice care for an uninsured patient, grief support for our community, our volunteer program, providing community education, workshops and events, or partnering with community agencies; your support is what allows us to keep these community benefits available. As the year winds down, we want to wish everyone in our community peace and the sharing of precious time with friends and family.

Don't take for granted the value of a day.

Bereavement Information

On October 25, 1988, President Ronald Reagan designated the entire month of October as Pregnancy and Infant Loss Awareness Month. From there, a specific date, October 15th, is now called **Pregnancy and Infant Loss Remembrance Day**. At 7:00 p.m. in all time zones, families around the world will light candles in memory all the precious babies who have been lost during pregnancy or in infancy.

A miscarriage is defined as loss of a baby before the 20th week of pregnancy, and a stillbirth is loss of a baby at 20 weeks of pregnancy and later. According to the American College of Obstetricians and Gynecologists (ACOG), studies reveal that anywhere from 10-25% of all clinically recognized pregnancies will end in miscarriage. Statistics in the United States alone reveal that between miscarriage, stillbirth, or the death of a newborn child 1,000,000 babies die each year. Unfortunately, too many families grieve in silence, sometimes never coming to terms with their loss. It may be hard to talk about, but the more open we are about these losses, the better we can serve bereaved parents. Early pregnancy loss is the most common type of loss in pregnancy and infant losses, and yet the most disenfranchised – or, as defined by grief researcher, Kenneth Doka, "Grief that persons experience when they incur a loss that is not or cannot be openly acknowledged, socially sanctioned or publicly mourned."

Here are tips for what bereaved parents want you to know from her blog on life, death, grief, and recovery:

- We will never be back to normal. Over time, we may learn to function. We may be able to return to work and activities that we once enjoyed, but we will never be the same as we were before.
- If a length of time passes that our friends and family think is "long enough" and we have not returned to the way we were before our child died, please don't treat us like something is wrong with us. There is no timetable.
- We don't ever want you to experience what we have experienced, but we would like for you to try to understand us. We don't expect you to take on our pain or to fix us. What we would like is to have you walk beside us, even if it feels uncomfortable.
- Before our child died, we were ignorant about child loss. Then we were thrown into the deep end, and we didn't know how to swim. We are dependent on our friends and family to try to help us at least learn to float, and without support, we are sometimes afraid that we will sink.

- Since the death of our child, regardless of the cause, if there ever were a cause confirmed, we have gone over and over in our minds ways we think we could have prevented this death. We wonder if we are to blame because of our genetics. We rack our brains wondering What we crave most is assurance from our friends and family that we did all that we could and that we did the best that we knew to do at the time with the knowledge that we had.
- Please call us. Please invite us to do things. We may decline some invitations, but we always appreciate being asked. Ask again and keep asking. Please understand if we are now quieter or more forgetful. Grief Brain is a real thing.

View from the Board

The mission of Hospice Volunteers of Somerset County (HVSC) is to provide support and compassion for those we serve. Mother Teresa said *“Not all of us can do great things. But we can do small things with great love”*. A strong volunteer organization provides loving kindness for families, friends, neighbors, and community. We rise as a community by lifting others and I truly believe the key to happiness and fulfillment enters our life when we serve others. Somerset County is full of good people and I’m sure you do not have to look far to see our citizens and volunteer organizations in action transporting, feeding, donating, running community fundraising events, and comforting loved ones. The world is full of good people and from where you are, if you can’t find one, then I encourage you to be one.

HVOSC is looking for a few good people to serve on the board for 2024. We currently have standing committees to move the organization forward, on which we welcome community members to serve on. These committees are Building and Grounds, Finance, Policy Development and Fundraising. If you have an interest in serving as a board member or a member of any of these leadership committees, please contact us at 474-7775 or volunteer@hvosc.com.

We are also looking for volunteer and business assistance with the following:

- November Bake Sale 2023
- Lights to Remember ceremony in December 2023
- December calendar raffle

We hope you as an individual, community business or organization will consider being part of our team in 2023-2024. You will be glad you did.

Bill Primmerman

HVOSC Board Chair



165 Madison Avenue Skowhegan, ME 04976

PO Box 658 Skowhegan, ME 04976

(207) 474-7775 | volunteer@hvosc.org | www.hvosc.org

September 20, 2023

I hope this letter finds you well and thriving,

My name is Amy Cunningham and I am the Community Outreach Coordinator for Hospice Volunteers of Somerset County.

Hospice Volunteers of Somerset County as gone through some changes in the post Covid world and other unexpected events. But we are still here! One of the things that has changed is our fundraising efforts. In the past we held an annual dinner and auction. Going forward we will no longer be doing them or for the near future we will not. As this was our biggest fundraising event every year, we have taken a huge hit.

We would like to thank you donating to the dinner and Auction in years past. Donations like yours helps us continue providing support to our community members in a respectful and dignified way.

We have planned a Calendar Raffle for the month of December this year. Each day of the month of December someone's name will be drawn to win a prize. We are hoping you will help by donating a product or service from your business because it will greatly help. All donations are greatly appreciated and tax deductible.

A donation form for a product or service is attached. Simply fill it out, then mail it back to the address listed above. We ask that all donations be in by October 30, 2023, so tickets for the calendars can be sold in time for December drawings. If you are interested in buying tickets for the drawings, call 474-7775 for more information.

Thank you in advance for your consideration, we as a nonprofit organization could not continue to do the work we do without your support. We have non-profit 501 C3 status and the EIN is 01-0465864.

Cordially,

Amy Cunningham

Community Outreach Coordinator



**HOSPICE VOLUNTEERS
OF SOMERSET COUNTY**
Sharing the Journey

165 Madison Avenue Skowhegan, ME 04976

PO Box 658 Skowhegan, ME 04976

(207) 474-7775 | volunteer@hvosc.org | www.hvosc.org

For a Donation of item for our calendar raffle, please fill out below and return to us by October 30, 2023

Name of Business or Individual: _____

Name to list as donor: _____

Address: _____

Phone: _____

I would like to donate the following item (s) for the calendar raffle:

Donated item: _____

Item description: _____

Value: _____

Please list any expirations or restrictions that may apply: _____

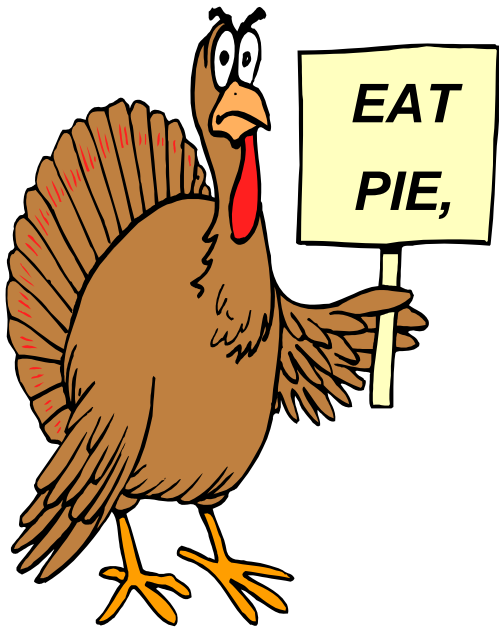
Items is to be (circle one) Picked up or Delivered

Email Address: _____

Mailing Address: _____

**Please return this form to
Hospice Volunteers of Somerset County
P.O. Box 658 Skowhegan, ME 04976**

Hospice Volunteers of Somerset County



Homemade Pies, Fudge, Yeast Rolls, Breads, and more

November 22, 2023

8:00 am until sold out!

Location

Redington-Fairview

General Hospital

If you would like to donate a baked good contact Amy at 207-474-7775 or e-mail volunteer@hvosc.org

We are on the Web:

www.hvosc.org

Or on Facebook at hvosc

We care for those with a life limiting illness, provide support and solace to the grieving and educate the community.

To Contact Hospice Volunteers of Somerset Count, Inc.

(207) 474-7775

Skowhegan office is located at

165 Madison Avenue

Skowhegan, Maine 04976

The office is open

Tuesday and Wednesday from 9:00 a.m. to 5:00 p.m.

Fridays for scheduled events.

Call Monday - Thursday 9:00 a.m. to 5:00 p.m.

to reach Amy to set up appointments, home visitations, equipment drop offs and or pickups.