

January 2021 Volunteer News



A Note from Robin

I have some wonderful news to share!



Phyllis Robichaud, Hospice Volunteer from Washburn is pictured in front of the fireplace at the Aroostook House of Comfort in Presque Isle.

Home Care & Hospice Statewide Locations

Presque Isle

18 Greenhill Drive, Suite 1
Presque Isle, ME 04769

Bangor

885 Union Street, Suite 220
Bangor, ME 04401

Ellsworth

441 Maine Street, Suite 2
Ellsworth, ME 04605

Waterville

325-C Kennedy Memorial Drive
Waterville, ME 04901

South Portland

50 Foden Road, Suite 1
South Portland, ME 04106

Phyllis Robichaud was nominated and won the Home Care Alliance of Maine Hospice Volunteer of the Year Award for the State of Maine!

Chris Turner, Associate VP of Hospice Care with NLHCH compiled information provided by Robin and Gail and submitted the following nomination:

Phyllis has a passion for hospice. She truly understands the philosophy of care and upholds that understanding of providing comfort to her hospice patients and their family members with the utmost respect and dignity.

Phyllis is a real gem and is a natural at making families feel welcomed during their time of grief. She has a friendly and warm approach and certainly advocates for the patients when they have needs.

Phyllis also has a great relationship with staff who consistently say how much they appreciate her and how positive she is. Phyllis is willing to help with anything! From patient visits, to fundraisers, to bake sales, to volunteer training, to bereavement visits, to

Volunteer News continued

office support as well as being a very active volunteer at the Aroostook House of Comfort. One time the house was very busy, and she took the initiative to stay and help the staff which resulted in her staying for 12 straight hours!

Phyllis is very dependable and reliable. If she says she will be there you know you can count on her. She is comfortable working with a team and comfortable working independently. Phyllis has a calming nature that gives patients and families a sense of security and she is at ease so can help in any situation. She does not shy away when someone is hurting; she leans in.

Phyllis has gone above and beyond to support our staff and patients this past year, continuing to serve at the Aroostook House of Comfort during COVID-19. We are very grateful that Phyllis is willing to be a part of our team. She gave 302 hours of her time this past year, just under 6 hours per week on average.

Phyllis has an incredible passion for hospice that you just don't find often. She truly embodies the philosophy of care and comfort and her 100% whirlwind of positivity is unmatched.

Thank you, Phyllis for all that you've done for our agency and hospice in Aroostook county since 1996!! We could not have done it without you!

This award is usually presented at an awards ceremony held at the Blaine house in Augusta, but due to the COVID-19 pandemic, that was not possible this year. Instead, Chris Turner, coordinated a surprise ZOOM connection to share with Phyllis that the nomination had been made and that she had won the Volunteer of the Year award.

If you would like to congratulate Phyllis, please send me an e-mail. I will collect your comments and send her a summary.

Phyllis, this award was well deserved. Thank you for your dedication and support, and for sharing your sincere hospice heart! I truly believe you are making a difference in the lives of many.

Hospice Volunteer Support Meetings

ZOOM Volunteer Support Meeting

Date: To Be Announced

Time: TBD

Link will be sent via email.

Suggested Training Topic

End Well You Tube videos with a variety of guest speakers on several relevant hospice topics.

<https://www.endwellproject.org/>

or

https://www.youtube.com/channel/UCfm6c70gpUVNvG_1AOE2d1Q

These videos can be used as continuous training time! Please e-mail me the following information:

Date you viewed the video, topic, name of presenter, length of video

Fun Health Fact

Bananas can help improve your mood. A banana has approximately 30% of your daily recommended intake of vitamin B6. Vitamin B6 helps the brain produce serotonin, which is considered a mood stabilizer. Serotonin impacts your motor skill and emotions. It is also the chemical that helps you sleep and digest food. Eating a banana can help relieve depression and anxiety by stimulating the serotonin levels in your body.