

The Mission & Vision of Hospice Volunteers of Waldo County

Vision: In Waldo County, no one need die nor grieve alone

Mission: We provide free, confidential, non-medical support and assistance to those at the end of life, their families, and the bereaved; we offer relevant education within the community.

Our President's Message

You have been my light in the darkness. Following the death of my son, I felt that grief and despair would overwhelm me. I could hardly get out of bed. Focusing on a single bright flame gave me something to move towards in the darkness. That light was your support group: a place I knew I could come, be heard and held by the shared experience and caring of others who have gone through what I have. — comment from grieving parent

Stories like these from our community are what keep us going. We share the light on the journey of love and loss. Whether facing the impending death of a loved one, or the tragic loss of a family member, we reach out with neighborly support. We provide respite support, friendly conversation, a partner for craft projects, structured counseling, books from our library, support groups and practical around the house support. Anyone in Waldo County in need of our services is given a listening ear and the practical support we can offer. Our services are always free of charge.

List of Board Members 2018

President: Jane Beers

Vice President (ex-officio):

Dr. Deb Peabody

Treasurer: Carole Wagner

Rae Ann Beach

Secretary: Sandy Mattson, RN

Members: Jean Ashland

Ruta Kadonoff

Katie Riposta

Barney Lutsk

Cyrene Slegona

Staff Director: Flic Shooter

We have listened to many stories of loss of loved ones over the years and we know that much of the sorrow and confusion as death approaches is magnified by a lack of planning for our last days. To address this, our dramatic live presentation "End Stage", which roleplays these conversations, inspires the audience to have discussions with their loved ones about end of life desires and goals for care. We would love to come and present to your community or group.

We present this report to let you know of our work and how you can be involved. Let us know if we can answer any questions.

Jane Beers, Board President

Ways to Get Involved:

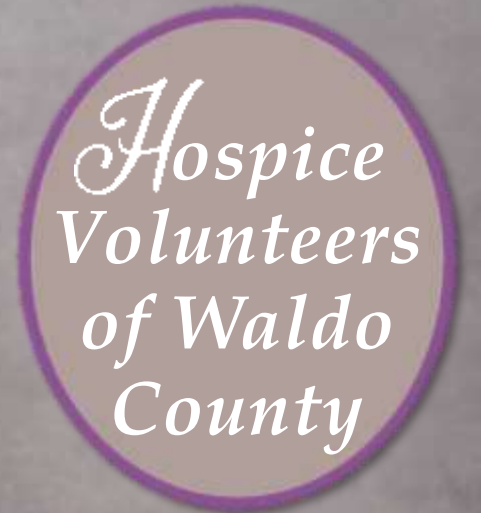
Hospice Volunteers of Waldo County is only able to hold true to our vision with the involvement of our neighbors across Waldo County. Please consider joining us in any of the following ways.

- Let your neighbors and friends know we are here to help: share this info with someone you know who is facing end of life issues or who has experienced a loss.
- Join us as a trained volunteer: we offer a 35 hour training twice yearly that is a chance to grow in your own knowledge of end of life issues.
- Join us as a community volunteer: we always need partners within the community to help us with fund raising or join us in a particular project to support a particular patient.
- Consider a financial gift: beyond our annual appeal at the end of each year, we are in need of financial support all year.
- Invite us to speak to a group of people you are a part of: perhaps your neighbors or a service or church group you belong to would like to learn more about preparing for the end of life or supporting their friends as they walk through grief.

Please contact us at:
207-505-4434

hvowc1@gmail.com

HospiceVolunteersOfWaldoCounty.org



~ Our 2018 Year in Review ~

In our 37th year of providing end of life and bereavement support to our neighbors, we were busy working towards our vision of ensuring that, in Waldo County, no one need die nor grieve alone.

From companionship to advocacy, from help with errands and respite to education, our more than 75 volunteers offer our services in complete confidence and free of charge. Our volunteers span the ages of 20 to 85, and our services are available to people of all ages as well. We work with Waldo County school districts, community groups, businesses, nursing homes and with our local hospital. Our 2018 activities included the following:

- q Supported 139 patients and families facing the end of life
- q Provided 3875 hours of patient and family support in homes, Waldo County General Hospital or nursing homes
- q Supported 152 individuals in bereavement
- q Provided 1507 hours of bereavement support
- q Held five support groups for the bereaved public
- q Held support groups at Belfast Area High School & Searsport Middle School
- q Ongoing bereavement support for young adults who experienced loss as children
- q Led a trauma debriefing session in the community
- q Held six trainings for clinicians with the Palliative Players to help improve communication
- q Held Advance Care Planning workshops in the community, 71 people attended
- q Held six End Stage productions featuring the Palliative Players in the community
- q Trained 20 new volunteers
- q Sponsored evening educational offerings on various topics
- q Presented to community groups on hospice and end of life care across our county
- q Passed state inspection
- q Remained 100% compliant with quality measures
- q Staff attended two professional trainings
- q Volunteers completed 2338 hours of continuing education
- q Added three new members to our Board of Directors
- q Reorganized our lending library collection
- q Purchased new books and DVD's for our lending library collection
- q Made handmade pillowcases and catheter bags made available to patients
- q Held Annual Remembrance Gathering at Belfast Free Library
- q Signed contract with Northern Light Home Care and Hospice to provide volunteers to their program
- q Continued our partnership with Friendship Sampler Quilters to provide handmade quilts for patients
- q Continued our partnership with HeartSong to offer music at the end of life as well as monthly in the hospital

For more information please visit us at HospiceVolunteersOfWaldoCounty.org

Our Community q Partners for 2018

- | | | |
|------------------------------------|---------------------------------------|--------------------------------------|
| q Aging Well In Waldo County | q Harbor Walk | q Rauch Instrument Co |
| q Allen Insurance | q Hannaford | q Revision Energy |
| q Bell the Cat | q Harbor Hill Center | q Riposta Funeral Home |
| q Belfast Area Rotary Club | q HeartSong | q RSU 71 |
| q Belfast Bay Fiddlers | q High Street Design | q RSU 3 |
| q Belfast Area Chamber of Commerce | q Hospice Education Institute | q St. Margaret's Episcopal Church |
| q Belfast Coop | q Jack's Grocery | q Stockton Springs Community Library |
| q Belfast Library | q Katwalk | q Swan Lake Grocery |
| q Belfast Lions Club | q Little River Redemption | q Tall Pines Health Care Community |
| q Belfast Police Department | q Little River Veterinary Hospital | q Towns of Waldo County |
| q Best Café | q Macleod Furniture | q Tozier's Family Market |
| q Blake Veterinary Hospital | q Maine Community Foundation | q Tarrantine Tribe |
| q City of Belfast | q Maine Cancer Foundation | q United Mid Coast Charities |
| q Camden National Bank | q Maine Hospice Council | q United Methodist Church |
| q Coyote Moon | q The Meadow | q Unitarian Universalist Church |
| q County Copy and Print Center | q Old Professor Book Store | q Midcoast MAINEiacs Robotics Team |
| q Delvino's | q Paddling the Rapids, Deb Burwell | q Villageside Farm |
| q Darby's | q Paint Chic | q Vinoleo |
| q First Church in Belfast | q Penobscot Shores | q VFW |
| q Friendship Sampler Quilters | q Perry's Home Furnishings and Design | q Waldo County General Hospital |
| q Glow | q The Play House | q Waldo County General Hospital Aid |
| q Greater Belfast Area Ministerium | q Private Home Care | q White Cap Builders |
| q Green Store | | |

2018 Service Stats

Patient Services
 Patients served in their homes and nursing homes: 139
 Total hours with patients: 3,875

Bereavement Services
 New clients served: 152
 Bereavement Support mailings: 150
 Individual support: 53
 Bereavement Hours: 1,507
 Support Groups: 5
 Groups in schools: 2

Educational Services
 Trainings for Health Care Providers: 6
 Advance Care Planning Workshops: 71 participants
 End Stage Presentations in the community: 6
 231 audience members
 Lending library borrowers: 71 people
 Volunteer Continuing Education Hours: 2338
 Fundraising, office and administrative support hours: 2748
Total of volunteer's hours: 10,468
 Total people receiving direct services: 418
 People receiving educational services: 379

2018 Financial Stats

Income Sources and Amounts:

Individual donations	\$32,368
WCGH support	20,000
Grant funding	15,302
Program income	9,245
Community organizations	8,770
Fund raising events	6,249
Total Income	\$91,934

Expenses by category

Staffing	\$76,579
Fund-raising expenses	4,825
Insurance/Fees	4,626
Program	4,530
Office	2,400
Educational resources	1,819
Board/Vol development	1,213
Total Expenses	\$95,992