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.

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

List of Board Members 2018

President: Jane Beers
Vice President (ex-officio):
   Dr. Deb Peabody
Treasurer: Carole Magner
   Rae Ann Beach
Secretary: Sandy Mattson, RN
Members:
   Jean Ashland
   Ruta Kadonoff
   Katie Riposta
   Barney Lutsk
   Cyrene Slegona

Staff Director: Flic Shooter

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

2018 ANNUAL REPORT
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:

- Supported 139 patients and families facing the end of life
- Provided 3875 hours of patient and family support in homes, Waldo County General Hospital or nursing homes
- Supported 152 individuals in bereavement
- Provided 1507 hours of bereavement support
- Held five support groups for the bereaved public
- Held support groups at Belfast Area High School & Searsport Middle School
- Ongoing bereavement support for young adults who experienced loss as children
- Led a trauma debriefing session in the community
- Held six trainings for clinics with the Palliative Players to help improve communication
- Held Advance Care Planning workshops in the community, 71 people attended
- Held six End Stage productions featuring the Palliative Players in the community
- Trained 20 new volunteers
- Sponsored evening educational offerings on various topics
- Presented to community groups on hospice and end of life care across our county
- Passed state inspection
- Remained 100% compliant with quality measures
- Staff attended two professional trainings
- Volunteers completed 2388 hours of continuing education
- Added three new members to our Board of Directors
- Reorganized our lending library collection
- Purchased new books and DVD’s for our lending library collection
- Made handmade pillowcases and catheter bags made available to patients
- Held Annual Remembrance Gathering at Belfast Free Library
- Signed contract with Northern Light Home Care and Hospice to provide volunteers to their program
- Continued our partnership with Friendship Sampler Quilters to provide handmade quilts for patients
- 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

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Our 2018 Year in Review

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Our Community Q Partners for 2018

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

2018 Service Stats

<table>
<thead>
<tr>
<th>Service Category</th>
<th>Number of Services</th>
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<tbody>
<tr>
<td>Patient Services</td>
<td></td>
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<tr>
<td>Patients served in their homes</td>
<td>139</td>
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<tr>
<td>and nursing homes</td>
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<tr>
<td>Total hours with patients</td>
<td>3,875</td>
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<tr>
<td>Bereavement Services</td>
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<tr>
<td>New clients served</td>
<td>152</td>
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<tr>
<td>Bereavement Support mailings</td>
<td>150</td>
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<tr>
<td>Individual support</td>
<td>53</td>
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<tr>
<td>Bereavement Hours</td>
<td>1,507</td>
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<td>Support Groups</td>
<td>5</td>
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<td>Groups in schools</td>
<td>2</td>
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<tr>
<td>Educational Services</td>
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<tr>
<td>Trainings for Health Care Providers</td>
<td>6</td>
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<tr>
<td>Advance Care Planning Workshops</td>
<td>71 participants</td>
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<td>End Stage Presentations in the community</td>
<td>231 audience members</td>
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<td>Lending library borrowers</td>
<td>71 people</td>
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<td>Volunteer Continuing Education Hours:</td>
<td>2,338</td>
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<tr>
<td>Fundraising, office and administrative support hours:</td>
<td>2,748</td>
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<td>Total of volunteer’s hours</td>
<td>10,468</td>
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<tr>
<td>Total people receiving direct services:</td>
<td>4,188</td>
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<td>People receiving educational services:</td>
<td>379</td>
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2018 Financial Stats

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<th>Income Sources and Amounts:</th>
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<tr>
<td>Individual donations</td>
<td>$32,368</td>
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<tr>
<td>WCGH support</td>
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<td>Grant funding</td>
<td>15,302</td>
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<td>Program income</td>
<td>9,245</td>
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<td>Community organizations</td>
<td>8,770</td>
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<td>Fund raising events</td>
<td>6,249</td>
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<td>Total Income</td>
<td>$91,934</td>
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<table>
<thead>
<tr>
<th>Expenses by category</th>
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<tbody>
<tr>
<td>Staffing</td>
<td>$76,579</td>
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<tr>
<td>Fund-raising expenses</td>
<td>4,825</td>
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<td>Insurance/Fees</td>
<td>4,626</td>
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<td>Program</td>
<td>4,530</td>
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<td>Office</td>
<td>2,400</td>
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<td>Educational resources</td>
<td>1,819</td>
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<tr>
<td>Board/Vol development</td>
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<td>Total Expenses</td>
<td>$95,992</td>
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