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# Volunteer *focus*

Celebrating volunteers and their experiences, focusing on education, providing opportunities for community involvement and ongoing training opportunities.

*I know if my heart is not attached to a resolution or goal, I'll never bother to achieve it. A resolution grounded in my heart will succeed. A resolution that I "should" do will eventually fail.*

## New Year Resolutions: Grounded in the Heart

By Susan Ness, Director of Volunteers

**Time flies when you're having fun; or so the old saying goes. If that's true** then we must have had a lot of fun because this year has certainly gone fast!

2012. A brand new year. Everyone talks about New Year Resolutions. Things we should work on: health, family, friends, education, business and a hundred other things we should want to do better, different or not do at all.

And have you noticed that the newest business venture/profession is a Personal Coach? These

folks supposedly will coach you on how to be successful, wealthy, skinny or whatever you want, for a fee of course. Never mind that 90% of these personal **coach's are not successful** or wealthy or even necessarily happy. It **confuses me a lot, but we'll save that for another time!**

Not that resolutions are a bad thing. We should always have goals, a vision of where we want to be a year from now. But I guess the older I get the more skeptical I become; or maybe just realistic. Dare I say a bit wiser than a year



ago?

Wiser because I realize that there are many things that I could use my time and energy on. Wiser because I realize I have time, energy and possibly attention span for only a few of these

## New Year Resolutions continued...

goals. And wiser because I know if my heart **is not attached to a resolution or goal, I'll never bother to achieve it.** A resolution grounded in my heart will succeed. A **resolution that I "should" do will eventually fail.**

I am so fortunate to be able to spend every day with extraordinary, inspiring people who have clearly seen what they want to do with their energy, time and heart. Every day our volunteers amaze me with their ability to care about others; and their capacity to

**make a difference in a stranger's life.**

I love the quote by Michael Nolan: *There are many things in life that will catch your eye, but only a few will catch your heart. Pursue these.*

So as we step into 2012, whether you set goals, make resolutions or simply follow where your heart leads, I pray that you are blessed as you bless others. May you see joy, peace and prosperity in your New Year!

# Volunteer Spotlight: Ellie Nation

## ABOUT ELLIE:

**I'm a Sophomore at Fruitland High School.** I love my friends at school, my favorite subject is English, and I love Basketball.

## HOBBIES:

**For fun I play "Words With Friends" with my mom.**

## ABOUT BEING A HOSPICE VOLUNTEER...

I love getting to see my patient every week. He makes me smile, and makes my day every time I go. I love him and **I'm so glad we got to meet.**

## QUOTE FROM HOSPICE FAMILY:

**"Ellie has continued to visit my**

**father every week, brings him small gifts, shares stories, talks and laughs, and spends some incredible time with my father. He looks forward to her visits, and I cannot thank Ellie enough for this. Ellie is very busy in her own rights, in high school with her school work and sports, with her own family, and with her other volunteer duties.**

There are not that many people left in the world who are truly giving and unselfish as Ellie is, and I am both humbled and so very grateful for the time/attention she has/is giving my father. No word can truly express my gratitude, and I am writing this

letter to let you know what an asset she is to your program, **and to our lives."**



# Announcements

## Blood Pressure Clinics

Held at community senior ctrs.  
Nyssa—Jan. 5, 10am  
Weiser—Jan. 13, 10am  
New Plymouth—Jan. 24, 10am

## Memory Bear Workshops

Dorian Place, Ontario, OR  
Thur. Jan. 12, 1-4pm

## IDT

Payette office  
Wed., Jan. 11, 8:30am  
Wed., Jan. 25, 8:30am

Nampa office  
Wed., Jan. 18, 8:30am  
Wed., Feb. 1, 8:30am

Volunteer newsletter—**Don't forget, you can now access this very newsletter on the Volunteer page of the website.** Want to be more green? We will gladly email you an electronic version; simply email a request to [sarah@XLHospice.com](mailto:sarah@XLHospice.com).

## Recipe *corner*

### Smoked Salmon Dip From Alaska

Submitted by Susan Ness, Director of Volunteers

8 oz cream cheese  
½ - ¾ cup of mayonnaise  
½ cup sour cream  
2-3 Tablespoons lemon juice  
Dash of Worcestershire sauce  
1-2 Tablespoons liquid smoke  
1 cup shredded cheese  
1 small onion, minced  
1-2 cups cooked salmon

Mix all ingredients together and refrigerate 2-3 hours. Serve with crackers.

Enjoy!



# January Birthday wishes

4th Monica Roumagoux  
13th Franco Gelsomino  
17th Lindy Bower  
18th Patricia McConnel  
26th Carol Collins  
31st Gail Summers

Did you know?

## Spread the word

The total number of days that a hospice patient receives care is referred to as the length of service (or length of stay). Length of stay can be influenced by a number of factors including disease course, timing of referral, and access to care.

The median (50th percentile) length of service in 2009 was 21.1 days, a slight decrease from 21.3 in 2008. This means that half of hospice patients received care for less than three weeks and half received care for more than three weeks.

Please help us spread the word that hospice brings quality of life and can be a great help to patients and families earlier in the course of illness.



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