Every day, ordinary people make an extraordinary difference in the lives of Tanner Hospice Care patients and their families by giving a priceless gift of their time. What draws them to this special work is as varied as the volunteers themselves.

Some people volunteer after witnessing the positive impact Tanner Hospice Care has had on a family member or friend. Others see it as a way to make a difference for someone else or to stay productive. There are also those who do it for the love of giving and a passion for the hospice mission.

The National Hospice and Palliative Care Organization (NHPCO) estimates that, in 2013, roughly 355,000 hospice volunteers provided 16 million hours of volunteer service in the United States. At Tanner Hospice Care, there are 31 active volunteers who provide this vital service.

More dependable people are needed to visit with patients and offer a calming presence for families in Tanner’s

Continued on page 2
A Gift of Being Present

six-county service area. There are several different kinds of opportunities. Here are a few surprising facts about volunteering with Tanner Hospice Care:

- **Even a few hours a week will help!**
  Everyone's time and availability differs, and there is no minimum number of hours required. Volunteers are called depending on need and availability.

- **So many ways to make a difference.**
  Visiting with a patient, helping with appointments or errands, reading together, taking walks or writing letters for patients, offering caregivers a free moment for themselves, assisting with household maintenance or lawn work, and even helping the office with administrative duties all make meaningful contributions.

- **Support and training.** Tanner Hospice Care volunteers receive training that prepares them to handle the role they've selected, whether that involves spending time directly with patients and families or providing office support. Monthly volunteer meetings offer volunteers a chance to gather together and fellowship with other volunteers.

- **Common misconceptions.** Some may have misconceptions about hospice work, believing that it is difficult or depressing. Caring for patients and families may have some sad moments, yet the majority of this work focuses on helping people live each day to the fullest.

**Why should you consider volunteering with Tanner Hospice Care?**
Ask any of the volunteers to describe their volunteer experience and you will hear that they get so much more than they give: fulfillment from making a difference in people’s lives, greater
Tanner Hospice Care volunteers enjoy camaraderie with other generous volunteers throughout the year. By sharing their time and skills with local patients and their families, they find fulfillment from making a difference in people’s lives.

If you would like to learn more about volunteering with Tanner Hospice Care, please contact Mandy Jackson at 770.812.8583.

self-knowledge and insights from patients and families, spiritual growth from supporting a person through a challenging time and camaraderie with other generous volunteers. They agree that their experience is very rewarding.

How can you get started?
It starts with a phone call and an application. Volunteers will complete a pre-training interview and a one-day training course. Volunteers must be 18 years of age or older, not seeking class credit and be able to provide their own transportation. Other requirements include submitting to a background check, drug screen and TB test, and receiving a flu shot.

I’m not ready to make a commitment, but might want to learn more.
A phone call is not a commitment, and we welcome calls from people who may not be ready to commit immediately. Sometimes, a few months later, they might start volunteering when their schedule allows. We’re very flexible and often able to accommodate people’s schedules. Any amount of time is helpful, and even if you are just exploring options for the future, we would still love to hear from you.

For additional information, please contact Tanner Hospice Care at 770.214.2355.
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Anonymous
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Gift-In-Kind Donation:
Liberty Chevrolet, Inc.
Tables filled with pies, casseroles and countless other culinary delights greeted community members who arrived early and waited in line for the 24th annual Hospice Holiday Food Sale at First Baptist Church of Carrollton Fellowship Hall on Nov. 21, 2015.

Thanks to the generosity — and talent — of all who prepared and donated the dishes, as well as the support of those who made purchases or donations, $13,330 was raised to help Tanner Hospice Care continue to provide care and comfort to the area’s terminally ill.

All monies raised from the food sale, as well as from individual donations, will be used to supplement patient care expenses such as medications, supplies and medical care.

“We are so grateful to all of our supporters for making this Food Sale a success,” said Debbie Brock, director of Tanner Home Health and Tanner Hospice Care at Tanner Health System. “Because community members took the time to prepare, present and purchase the wonderful dishes at the sale, Tanner Hospice Care will be able to assist more local families struggling to meet the physical, emotional and spiritual needs of their loved ones. Thank you to everyone who helped make this possible.”

Every year, Carrollton High School students who are members of the Health Care Science Students of America (HOSA) program, show their community support by both volunteering for the food sale and making a donation. They hold fundraisers throughout the year to make their donation. This year, they raised $2,320.58 to help provide hospice services for those in need.
Hospice Happenings

Dr. Sam Supawanich Discusses Benefits of Meditation

Retired general surgeon and Tanner Hospice Care volunteer, Dr. Sam Supawanich, presented a program on the benefits of meditation at the January volunteer meeting. Studies indicate that meditating even a few minutes each day can result in lower blood pressure, decreased tension and an improved immune system. Decreased anxiety, increased creativity and emotional stability are also frequently identified as benefits from meditation. Dr. Supawanich encouraged everyone to discover these benefits for themselves!

From The Heart...

“We want to thank Tanner Hospice Care for the wonderful care you gave us. You were so helpful, kind and caring. It meant so much to the family.”

“For all those who had a hand in caring for my husband. We know you made his last days more comfortable. We as a family appreciate everything you did.”

“Thank you all so much for the care and love you provided my mother during her three months with you. You were so good to her and supportive of us. Words cannot express our gratitude.”

“Thank you all so much for the care, knowledge and kindness given to my family during a very sad and difficult time for us all. Your involvement helped ease our pain and helped her loved ones through the process of letting go. I am forever grateful.”

“We just want to thank you for the caring support that your team provided our loved one during his illness and your continued support to our family throughout the year. I hope you all know how much the sweet cards mean to us. You are such a blessing to so many and we want you to know how much you are appreciated. God bless you all.”

Motorized Wheelchair and Lift Find New Life

Glenn Pierce of Liberty Chevrolet in Villa Rica contacted Tanner Medical Foundation when his customer left a Pronto motorized wheelchair and lift that was no longer needed. He hoped that the equipment might have another life helping someone in the community. When he learned that Tanner Hospice Care patients could be helped, he eagerly donated the wheelchair and lift. Tanner Medical Foundation and Tanner Hospice Care thank Mr. Pierce for his generous donation.
Because of your generous support, a neighbor will find ease from suffering, a loved one will have the choice to remain at home, a family will receive spiritual support and a community will know that Tanner Hospice Care is available to help.

Through the generous support of caring people like you, Tanner Hospice Care is able to help families struggling to meet the physical, emotional and spiritual needs of their loved one.

Thank you for remembering Tanner Hospice Care with your gift.

As a not-for-profit organization, we rely on support from our compassionate donors to help us provide exceptional care and support to every individual and their loved ones as they fulfill life’s journey.

If you would like to support this important work, please mail your donation to Tanner Hospice Care, P.O. Box 1136, Carrollton, GA 30112, or call 770.812.4438 (770.812.GIFT.)