



# the heart OF MOUNTAIN VALLEY

*is our Volunteers!*

## VOLUNTEER HOLIDAY LUNCHEON

Mingle & games @ 11am  
Lunch @ 12pm

**DOBSON**      **GALAX**      **MARTINSVILLE**  
Nov 12th    Nov 13th    Nov 6th

**Please RSVP Jasmin:**  
jclark@mntnvalleyhospice.org  
(336) 355-0419



### **As fall is around the corner,**

it's time to start packing up our flip flops and shorts and bringing out our comfy sweats and pumpkin spice lattes. Coming up in October we have the Autumn Leaves Festival where we will be having our annual bake sale to raise funds for our We Honor Veterans program. Later in the month we have our annual pumpkin decorating contest. This year we have added new, fun opportunities with an additional option of decorating your pumpkin in the office with your fellow volunteers or you can decorate your pumpkin at home. More information on both events in this newsletter.

In November you will be receiving your holiday luncheon invites with an extra spin on things this year. Please join us for games and prizes prior to lunch this year. It should be a great time for all!

We want to thank each of you for the time and dedication you take out of your day to give back to our patients and families.

**You are the heart of hospice and are very much appreciated!**



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**DANIEL Quesenberry**  
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our **NEW** Volunteers!

**VICIE BALDRIDGE**



**CHASITY BECK**



**TESS BRYANT**



**GINETTE STRIDESBURG**



# Outreach opportunities

- **Visit our patients**  
in their homes, facilities, or in our hospice homes, located in Yadkinville and Dobson
- **Call a patient or caregiver**  
each week during tuck-in calls to make sure they have everything they need for the weekend
- **Deliver birthday cakes**  
Look for monthly emails to sign up to make deliveries
- **Assist with fundraising**  
or speak at our outreach events
- **Provide a meal**  
to one of our hospice homes. Visit our webpage to sign up
- **Mailing and bindery**  
needs for special projects or events
- **Community education**  
If you have a civic or church group we could come and speak at educating about hospice and volunteer needs, please reach out with the information
- **Birthday balloons**  
You can now deliver balloons! Helium tanks and balloons are now at each Mountain Valley office.

**VOLUNTEERS NEEDED!**

We are in need of volunteers to visit patients in:

Winston Salem  
Clemmons  
Wilkes County  
King  
Dobson



Ice cream social





# Education CONNECTION

**Our Love's PEAK program cares for children and families who are facing the challenges of coping with a serious illness or condition. Ages range from infancy to 21 years.**

The Love's PEAK multidisciplinary pediatric team offers physical, emotional, and spiritual care with the goal of enhancing the quality of life for children, teens, and their families as they cope with a progressive and potentially life-limiting illness or condition. Mountain Valley is committed to providing care to people of all ages. We are one of only a few hospice and palliative care organizations that provides a specialized program of care for seriously ill children.

## Goals of care

No one knows a child better than the parents or guardians. With that in mind, Love's PEAK strives to meet the family's goals of care. The family drives the care provided to the pediatric patient, whether the goal is for continued aggressive treatments, comfort care only, or something in between. We pride ourselves in actively listening and working diligently to meet the family's goals.



## Grief support

Love's PEAK strives to meet the unique needs of children and their families by offering information, support, and a safe place to express feelings.

## Individual support

Children and teens affected by serious illness or loss of a loved one can contact Love's PEAK for grief support. Individual support is offered by highly trained and skilled bereavement coordinators. Services may occur at the child's home or in the community — whatever setting is most comfortable for the child and family.

## Palliative care

Our Love's PEAK physician or nurse practitioner offers consultative home visits for the management of uncontrolled symptoms. Symptoms are usually a result of the serious illness or treatments associated with the illness. Children served in this program may have a life expectancy of months or years. Some symptoms to be managed include nausea, vomiting, pain, and shortness of breath.

## Hospice care

Our Love's PEAK clinical staff offers a team approach to care for children with life-limiting conditions. These children usually have a life expectancy of months rather than years. Anyone can

make a referral to our program and we'll work closely with the primary care provider to meet the goals of care. These may include a variety of services such as nursing care, social work, and counseling.

## Concurrent care

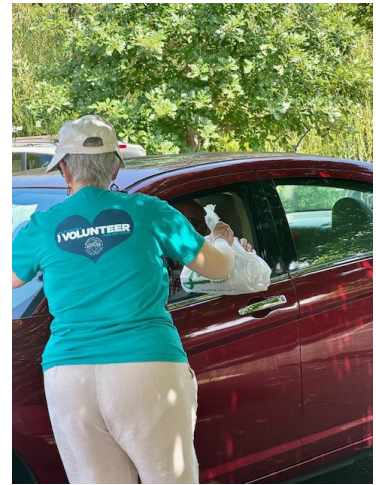
Children facing a life-limiting illness have varying needs. Concurrent care, provided through Medicaid, was created so pediatric patients can receive hospice services along with other aggressive treatments such as home health, in-patient care at the hospital, chemotherapy, and radiation. If a pediatric patient has private insurance, Love's PEAK staff can inquire about payment procedures.

Love's PEAK services are available beginning with a diagnosis; helping families navigate the health care system is an important part of our program. Our team works closely with the child's physician and family to plan and coordinate care.

## Love's PEAK Grief Camp

A one-day camp is offered in both North Carolina and Virginia served by Love's PEAK. The camp is for children ages 5 - 16 who've experienced the loss of a loved one or significant person. It offers fun activities to help children through the grieving process. Campers connect with others their age who may understand what they're feeling and gain new skills to help build confidence and hope for the future.

# THANK YOU for your help!



# Happy BIRTHDAY

## OCTOBER

- 2nd NANCY MILHOLAND
- 3rd MARY VIPPERMAN
- 8th MARY JOYCE
- 9th DANNY GREENWOOD
- 12th ARLENE INGRAM
- 14th JUNE BARR
- 20th JIM MCKNIGHT
- 25th SANDRA MOORE

## NOVEMBER

- 7th NADINE MONCUS
- 9th CHRISTINE WILKINS
- 18th MARLENE MARTINEZ
- 21st KESHA PHILLIPS
- 22nd CATHERINE SCHALL
- 23rd DARLENE ADAMS
- 25th TINA PHILLIPS
- 28th DARLENE ADAMS
- 28th MIA LAWS

## DECEMBER

- 6th SUSAN HALL
- 13th MARY REAVIS
- 20th BEVERLY RUSS
- 27th SUZI COMET



## Recipe of the quarter

### HUMMINGBIRD CAKE

Sharon Jones

#### Ingredients

- 1 ½ cups oil
- 3 eggs beaten
- 2 cups flour
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 oz crushed pineapple, undrained
- 1 ½ teaspoon vanilla
- 2 cups bananas, chopped
- 1 ½ cups chopped pecans

#### Topping

- 1 8 oz cream cheese
- ½ cup butter softened
- 1 box confectioner's sugar
- 1 tsp vanilla

#### Instructions

1. Combine dry ingredients in a large bowl; add oil and eggs
2. Mix well, but do not beat (fold in)
3. Add vanilla, pineapple, bananas and one cup of pecans
4. Spoon batter into three greased and floured pans
5. Bake at 350° for 25-30 minutes
6. Cool in pans for ten minutes
7. Remove and cool completely
8. To prepare topping; mix cream cheese and butter
9. Add confectionary sugar and vanilla
10. Spread between layers, on top and sides of cake
11. Sprinkle with the remaining ½ cup pecans





Mountain Valley  
**THANKS**  
OUR SPECIAL  
**PARTNERS**



IN AFFILIATION WITH



# PUMPKIN PARTY

Amazon gift cards will be awarded to the top three!



Come join us at one of the locations below to decorate pumpkins! We'll provide the pumpkins and decorating supplies. Unable to come in? Feel free to decorate your own at home! Submissions should be sent to Heidi College at [hcollege@mtnvalleyhospice.org](mailto:hcollege@mtnvalleyhospice.org) or at (336) 407-7416 by November 1st

Please RSVP to Jasmin at [jclark@mtnvalleyhospice.org](mailto:jclark@mtnvalleyhospice.org)  
or at (336) 355-0419

GALAX OFFICE  
WED OCT 16 | 10AM

MARTINSVILLE OFFICE  
WED OCT 23 | 10AM



SECU  
FRI OCT 18 | 10AM

WOLTZ  
FRI OCT 25 | 10AM

# Volunteer Spotlight

DARLENE ADAMS



Multi-role volunteer

“ I have experienced a lot of tasks that I never thought I could manage, but God was on my side.

I'm so thankful for the opportunity to volunteer at the Mountain Valley hospice home to help others.

”

SUZI COMET



Tuck-in volunteer

“ Listening to someone share memories of a loved one brings a smile to all.

”

SHIRLEY FULCHER



Multi-role volunteer

“ I feel like my visits bring companionship and light to patients when they need it most.

I am so grateful that I can bring a smile to the faces of our patients and families.

”

What's happening  
Education connection  
New volunteers  
Recipe of the quarter

INSIDE:

to the NEW The Heart of Mountain Valley,  
our volunteer newsletter

# WELCOME

PO Box 325  
Dobson, NC 27017

