



the heart OF MOUNTAIN VALLEY

is our Volunteers!

JIM MCKNIGHT



As the year draws to a close,

I want to take a moment to express my heartfelt gratitude for everything you do for our patients, families, and staff. Your unwavering dedication and kindness make an incredible difference, and we're so fortunate to have you on our team.

This year, we also extend a special thank you to Jim McKnight, who has retired after 15 remarkable years of volunteer service. Jim, your immeasurable contributions and compassionate spirit have left a lasting legacy. We wish you all the best as you embark on this next chapter of your life. Thank you for bringing light, hope, and joy to those who need it most. As we wrap up the year, I hope you feel the same care and warmth you so generously give to others.

With gratitude and best wishes!

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Volunteer Services Manager

Heidi College





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our **NEW** Volunteers!

KATHY HEALY



DIANE HODGES



DILLAN FLIPPIN



STACEY GRISWELL



PAM JACKSON



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.

PUMPKIN WINNERS



Cheryl Hicks



Mary Vipperman



Shelby Bauguess



Education CONNECTION

Navigating the holidays when a loved one has dementia



The holidays are often filled with sharing, laughter and memories. But they can also bring stress, disappointment or sadness, particularly for families affected by dementia. Preparing ahead of time can help.

Adjust expectations

The stress of caregiving responsibilities plus holiday traditions can take a toll. During this time of year, it's especially important that you take care of yourself — mentally, physically and emotionally.

Communicate realistic expectations about what you can and cannot do. Sometimes this can create a sense of loss if you must give up a role you always had, such as making the turkey, brisket or sweet potato pie, but think of it as a chance for another family member to start a new tradition.

Have a conversation with family beforehand about changes they might notice in the person living with dementia.

Some people living with Alzheimer's become confused or agitated in the evenings (this is known as "sundowning"). Consider celebrating earlier in the day to work around this or make other arrangements.

Adapt gift giving

Provide people with suggestions for useful and enjoyable gifts for the person, such as an identification bracelet or membership in an adult daycare, or suggest comfortable, easy-to-remove clothing; favorite music; photo albums of family and friends; or favorite treats.

Advise people not to give gifts such as dangerous tools or instruments, utensils, challenging board games, complicated electronic equipment or pets.

Depending on their abilities and preferences, involve the person in gift giving. For example, someone who once enjoyed baking may enjoy helping to make cookies and pack them in tins or boxes. Or you may want to buy the gift so that the person can wrap it.

Suggest to friends and family that they get you gift certificates or something that will help make things easier, like house cleaning, lawn or home maintenance, laundry services, restaurants or food delivery gift cards.

Familiarize others with the situation

The holidays are full of emotions, so it can help to let friends and family members know what to expect. If the person is in the early stages of dementia, relatives and friends might not notice any changes.

If the person is experiencing moderate or severe symptoms, though, there may be significant changes since their last interactions with some family members.

Make sure friends and family understand that changes in behavior and memory are caused by the disease and not the person. People can help with communication by being patient, not interrupting or correcting, and giving the person time to finish their thoughts.

Involve the person living with dementia

Ask them to help prepare food, wrap packages, decorate or set the table. Involve the person living with dementia.

Avoid using candies, artificial fruits or vegetables as decorations because a person with dementia might confuse them with real food. Lots of blinking lights may also confuse the person.

When making holiday plans, consider what will be most comfortable and enjoyable for the person living with dementia. Maintain the person's normal routine as much as possible so that holiday preparations don't become disruptive or confusing.

Focus on the things that bring happiness and let go of activities that seem overwhelming, stressful or too risky. Taking on too many tasks can wear on both of you.

Build on traditions and memories while experimenting with new traditions that might be less stressful or a better fit with your caregiving responsibilities, such as watching seasonal movies together.

Remember

They're not crazy or lazy. They're saying and doing things that are normal for a person with dementia. If they were doing or saying things to deliberately aggravate you, they would have a different diagnosis.

Their reality is now different than yours, and you cannot change them. You cannot control the disease. You can only control your reaction to their symptoms.

They cannot remember — and they cannot remember that they can't remember. They will ask the same question over and over, thinking it's the first time they've asked it.

They're likely frightened and confused all the time. Each person reacts differently to fear. They may become passive, hostile, angry, uncooperative, agitated, or verbally or physically combative. Their anxiety may compel them to shadow you. They cannot remember your reassurances, so you will have to repeat them.

Don't

- Argue
- Try to reason
- Confront
- Remind them that they forget
- Question their recent memory
- Take it personally

Do

- Give short, one-sentence explanations
- Repeat instructions or sentences
- Allow plenty of time for comprehension
- Agree with them and redirect them to another subject or activity
- Accept the blame when something's wrong (even if it's a fantasy). Leave the room, if necessary, to avoid confrontations
- Respond to the feelings rather than the words they say
- Be patient, cheerful, and reassuring
- Go with the flow
- Elevate your level of generosity and graciousness



SCAN
for the Mountain Valley
dementia and Alzheimer's
support page



Happy BIRTHDAY

JANUARY

- 2nd KATIE INGRAM
- 3rd LIB ARNOLD
- 9th MARCIA DUDLEY
- 10th SANDRA JOHNSON
- 13th KATHY SPRINKLE
- 14th MIKE RUSSO
- 18th GWEN CALLOWAY
- 20th DEBRA QUESENBERRY
- 23rd LOU STACKHOUSE
- 31st CAROLYN GRAHAM
- 31st CHERYL HICKS
- 31st BRENDA ADAMS

FEBRUARY

- 9th GLENNA VAUGHN
- 15th DOT MARION
- 22nd PATTY LYONS

MARCH

- 4th JAN HUFFMAN
- 5th JOHNNY MOTLEY
- 7th MARY LEE JOHNSON
- 8th LILLIE MERRIMAN
- 9th KAY ADKIN
- 15th SUE WALL
- 21st SHARON COOPER
- 24th JANIE HELTON
- 24th MAUREEN CARVILLE
- 27th MARGERY WILLARD
- 29th SANDRA MAYES



Recipe of the quarter

CROCK POT POTATO SOUP

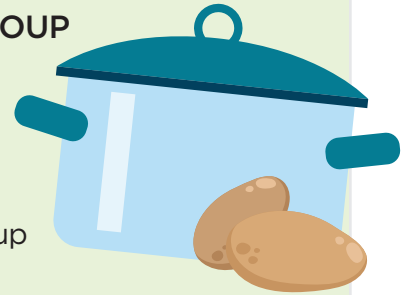
Marilyn Johnson

Ingredients

- 1 bag frozen hash browns
- 28 oz chicken broth
- 1 can cream of chicken soup
- ½ cup chopped onion
- 4 T milk
- 8 oz cream cheese, softened
- 1 cup shredded cheddar cheese
- Salt and pepper to taste
- Bacon bits (optional)

Instructions

1. Mix frozen hash browns, chicken broth, onion, cream of chicken, milk, salt, and pepper together
2. Cook on low for six hours
3. Add cream cheese and shredded cheese
4. Cook for an additional 30 mins
5. Stir using whisk to make sure cream cheese is broken up
6. If desired, add bacon bits on top



Volunteers helped with this Philanthropy mailing and got it done on day two. **Thanks!**

Mountain Valley
THANKS
our special partner,
the United Way



United Fund of
Stokes County

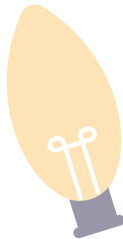
United Fund
of Surry

United Way of
Wilkes County

Yadkin County
United Fund

Yadkin Valley
United Fund

Holiday luncheons



Volunteer Spotlight

LLEW FOLGER



Bereavement volunteer

“

Both my parents were at the Woltz Hospice Home in Dobson where they were lovingly cared for in their final days by the staff and volunteers. I always wanted to give back for the kindness they experienced

Volunteering in the print shop has allowed me to give back while enjoying time with new friends!

”

DEBRA GUESENBERY



Tuck-in volunteer

“

I love to share a kind word, sometimes a little laughter, and most of all let the families know, they are not alone.

The people I call inspire me to be the best I can be and to continue to help others.

”

SUZANNE STEWART



Administrative volunteer

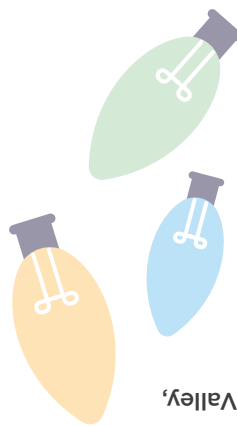
“

Volunteering at Mountain Valley has changed my life for the better.

Showing people a smiling face when they come to the hospice home is important to me. I go in every day with the intention of showing everyone love.

”

WELCOME
to the NEW The Heart of Mountain Valley,
our volunteer newsletter
INSIDE:
What's happening
Education connection
New volunteers
Recipe of the quarter



PO Box 325
Dobson, NC 27017

