

## Become a Volunteer

Hospice volunteers are members of an interdisciplinary team of nurses, physicians, social workers, and counselors, working to provide compassionate care for those facing the end of life.

Patient care volunteers complete training that educates the ethics of confidentiality, working with families, listening skills, signs and symptoms of approaching death, loss, grief and bereavement support. Many are inspired by personal losses of their own. They honor that journey by bringing comfort and reassurance to patients, caregivers, and families at a challenging time of life.



"You matter because you are you, and you matter to the end of your life. We will do all we can, not only to help you die peacefully, but also to live until you die."

*—Dame Cicely Saunders, Nurse, physician, and founder of the hospice movement (1918-2005)*

**High Peaks Hospice**  
has offices in:  
**Saranac Lake**  
**Mineville**  
**Glens Falls**

*Servicing Warren, Essex and portions of Franklin, Hamilton, St. Lawrence, and Washington Counties*

**For more information call**  
**518.891.0606**

### Our Mission

Dignity, comfort and peace  
at the end of life

High Peaks Hospice provides end of life care that listens with respect, cares with compassion, supports with choice and comforts with understanding wherever you call home.



**VOLUNTEERS**  
**Make a Difference!**



**"Volunteers comfort with their presence. One does not need to know all the right words to say, but the ability to just be present."**

*—Gina Davis*

## Patient/Family Volunteers

Patient/family volunteers visit patients and their families in the patient's own home, a nursing home, hospital or other alternate living facility. These volunteers act as a "professional friend" providing practical help for overburdened families. Patient/family volunteers do not provide personal care to the patient. They offer respite, to allow caregivers a few hours off, emotional support, companionship and a wide range of tasks including errands and transportation. The assistance they provide relieves caregivers of some day-to-day concerns and allows the family to spend quality time with the patient.



## Ways to Volunteer

### Office Work

- Photocopying
- Filing
- Database entry
- Mailings

### Fundraising

- Distributing posters
- Assisting with events

### Patient/Family Visits

- Providing respite for caregivers
- Recording life stories
- Reading to patients
- Assisting with hobbies
- Praying together
- Assisting at meals
- Playing games
- Watching TV
- Playing an instrument
- Friendly visits
- Running errands
- Writing cards
- Pet care

### Bereavement

- Phone calls
- Home visits
- Support Groups
- Remembrance/Holiday events

## A Common Thread

Volunteers are an integral part of High Peaks Hospice and fulfill a variety of functions. They bring a rich variety of life skills and interests to their hospice service. Some knit and sew items of comfort to be distributed to patients. Those with technical skills or public speaking ability are welcome to augment office staff and outreach/development events.



Each of our volunteers have a common thread; commitment to our mission of providing *end of life care that listens with respect, cares with compassion, supports with choice, and comforts with understanding, wherever one calls home.*