



the heart OF MOUNTAIN VALLEY

is our Volunteers!

HAPPY NEW YEAR!

welcome!

You're holding the new and improved Volunteer newsletter! We've added new features and included games to play. Let's get started!

We're wrapping up 2023 with some great memories!

With all your hard work and generous hearts, we ended our fiscal year with 5.06% for the NC volunteer match and 3.77% for the VA volunteer match. These numbers have increased tremendously, and we want to thank each and every one of you for all of your efforts in making this happen!

Our team enjoyed seeing you at the luncheons and movie days we had throughout the year. We look forward to even more participation in the pumpkin decorating contest — we always enjoy seeing the pumpkins!

We hope all of you had a wonderful holiday season and enjoy a very healthy and prosperous New Year.

We're so thankful you're a part of our team!





HEIDI College
Volunteer Services Manager
hcollege@mtnvalleyhospice.org
(336) 407-7416



ANGIE Cagle
Chief Human Resources Officer
acagle@mtnvalleyhospice.org
(336) 789-2922



JASMIN Clark
Volunteer Services
Administrative Assistant
jclark@mtnvalleyhospice.org



RAVEN Lowe
NC Volunteer Coordinator
rlowe@mtnvalleyhospice.org
(336) 960-0726



DANIEL Quesenberry
VA Volunteer Coordinator
dquesenberry@mtnvalleyhospice.org
(276) 732-9344



ANN PERRY

our **NEW** Volunteers!



DEBBIE WENZEL



LEANNA REED



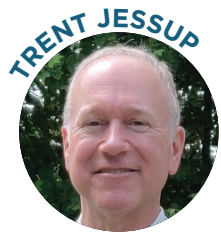
LIBBY JOYCE



LILLIE MAE MERRIMAN



MARQUITA MOSS



TRENT JESSUP

Outreach opportunities



Charity event



Bake sale



Mailers



Port-a-pit

- **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
- **Therapy animals**
We're looking for certified therapy animals to visit patients in both of our hospice homes. If you know anyone, please send them our way



Education CONNECTION

Hospice care levels

All Medicare-certified hospices are required to offer four levels of hospice care depending on patient and caregiver needs.

Article provided by  **Medicare.org**
A non-government website

1

Routine home care

This is the most common level of care in hospice. Patients are generally stable and their symptoms, like pain, nausea and vomiting, are adequately controlled. This is usually provided in the home.

2

General inpatient care

Crisis-like level of care for short-term management of out of control patient pain and/or symptoms. This is usually provided outside the home in an inpatient setting at a medical facility like a hospital or skilled nursing facility.

3

Continuous home care

Crisis-like level of care for short-term management of out of control patient pain and/or symptoms. This is usually provided in the home.

4

Respite care

A level of temporary care provided in a nursing home, hospice inpatient facility, or hospital so that a family member or friend who's the patient's caregiver can take some time off. This level of care is tied to caregiver needs, not patient symptoms.

Holiday luncheons



Recipe of the quarter

SPINACH AND ARTICHOKE DIP

Kathy Sprinkle

Ingredients

10 oz frozen chopped spinach (thawed)
1 lg garlic clove finely chopped
2 (14 oz) cans artichoke hearts, drained and chopped
¾ cup mayonnaise
8 oz cream cheese
1 Tbsp hot sauce
1 ½ cup shredded Parmesan cheese

Instructions

1. Preheat oven to 375 degrees
2. Drain water from spinach
3. Mix all ingredients
4. Bake in casserole dish for 30 minutes
5. Remove from oven and sprinkle remaining Parmesan cheese on top
6. Place back in oven until cheese is melted and light brown



Christmas Baskets

For 12 years, the Krafters group has worked with UWF (United Women in Faith) to make 20 Christmas baskets for hospice patients in Wilkes County. For the last nine years, this group has partnered with Mountain Valley to deliver the baskets.



Aaron and Tanya Shire make the baskets which take approximately 20 hours each. Lois Dills makes an ornament, usually an angel, to include in the basket. Mary Clark and Jan Taylor organize the baked goodies, hard candy, and fruit that go in each basket.

ALL STARS SHOUTOUT:
AARON + TANYA SHIRE
LOIS DILLS
MARY CLARK
JAN TAYLOR

Mountain Valley
THANKS
our special partner,
the United Way



United Fund of
Stokes County

United Fund
of Surry

United Way of
Wilkes County

County
United Fund

Yadkin Valley
United Fund



The Humble Hare
BENEFITING
MOUNTAIN VALLEY
HOSPICE SERVICES

Styling up fabulous finds to raise funds for hospice care

The Humble Hare offers
an ever-changing inventory
of carefully curated fashionable,
unique, and vintage items donated
by generous individuals and
businesses in support of hospice
care for the local community.

Where your shopping makes a difference!

705 West Pine Street
Mount Airy, NC 27030
(336) 789-1230
Open Mon-Sat, 10-5

38 East Cheek Street
Sparta, NC 28675
(336) 372-4545
Open Tues-Sat, 10-5

Donations accepted daily.
Please call ahead when
donating furniture.



Volunteer Spotlight

BEVERLY RUSS



Multi-role volunteer

— “ —

I volunteer because I enjoy making friends with those in the end stages of their lives.

I love seeing them smile again because they know that someone cares.

— ” —

CHERYL HICKS



Administrative volunteer

— “ —

I love to help people.

Volunteering with Mountain Valley gives me a purpose, and has been a blessing. I have made some wonderful friends.

— ” —

HARRIETTE MOORE



Multi-role volunteer

— “ —

I especially love when patients and their families enjoy reminiscing about their lives, and sharing special memories and milestones with me.

Volunteering with Mountain Valley is an honor and a pleasure,

— ” —

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

105 N Crutchfield St
Unit 2
Dobson, NC 27017

