



SPRING 2024

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New Face in Hospice

JULIA VALACH, MSW, LCSW, MHPP
HOSPICE SOCIAL WORKER



Julia was raised in Lewistown and is a Fergus graduate. She attended the University of Montana graduating with a degree in Social Work. She went on to get a Masters of Social Work and completed the national exam for Licensed Clinical Social Work (LCSW). She has worked in the mental health field for 20 years in a variety of positions including, school based therapy, child and family therapy, hospice, and private practice. After living in Denver, she decided there was no place like home and moved back to Lewistown. She began working at CMMC in June of 2023. In her free time she enjoys mountain biking, backpacking, spending time with local family, and her family in the Czech Republic. She has two labradoodles and is an active member of Lewistown's Green Share Garden Project.

UPCOMING EVENTS

- New Volunteer Training—April 17 & 18, 2024; 7:30 am—5:00 pm
- OSHA Training (current Volunteers) - April 17, 2024; 1:00—5:00 pm
- Luncheon Trainings—MyndVR and other trainings (TBA)
- Tree of Lights—December 11, 2024, Celebration Church—6:00 p.m.

HOSPICE TREE OF LIGHTS—DECEMBER 6, 2023



Jim M, Russell E, and Anita P

Kristen M-C



Margee S



Jim M



Hospice
"Tree of Lights"
In Loving Memory of Those
Observed on the Tree

VOLUNTEERS AT WORK—BEREAVEMENT—IT TAKES THE TEAM!

Additional Volunteers: Michelle A, Lois D, Marilyn F, Kay G, Gloria M, Sandra P, and Linda R



Annual Hospice Volunteer Training

Volunteers Needed!

April 17 & 18, 2024

7:30 am Light Breakfast

8:00 am- 5:00 pm Training

M.E.C Conference Room

Central Montana Medical Center

408 Wendell Ave.

Lewistown, MT

(Located next to Hospice/Home Health)

**For more information,
Please call Eileen V. Stahl
at 406-535-6302**



**CENTRAL MONTANA
MEDICAL CENTER**

There is no charge for the training. Current hospice patient care volunteers are required to attain at least four (4) Education Hours annually in the current fiscal year. (July 1, 2023 -June 30, 2024)

ANNUAL CMMC HOSPICE VOLUNTEER TRAINING
April 17 & 18, 2024
CMMC's Home Health Conference Room (MEC Room)

Wednesday – April 17		
TIME	TITLE	PRESENTERS
7:30 – 8:00	REGISTRATION Continental Breakfast	Enjoy coffee, fruit, & rolls
8:00 – 8:15	Let's Get Acquainted – Ice Breaker	Eileen V. Stahl, Volunteer Coordinator
8:15 – 8:25	Hospice Introduction/"Extraordinary Care by Extraordinary People"	Eileen V. Stahl, Volunteer Coordinator DVD – 6 minutes
8:25 – 9:15	PANEL What is Hospice? Facilitated by Kathy Ward, Manager	Carrie Belstad, Intake; Brigette Owen, Nurse; Julia Valach, SW; Janelle Painter, PT; Jim Moe, Chaplain & Volunteer; Kristen Moulton-Cilwick, Spiritual Coordinator
9:15-9:30	Take a Break	Take a Break
9:30 – 10:00	At Hospice Admission: Consents, Patient Bill of Rights, CTI, Advanced Directives, POLST, Equipment, Family Dynamics, etc.	Wendy Peterson, Nurse
10:00 – 10:50	Facing Death: Providing Physical, Emotional, and Spiritual Comfort to Loved Ones	DVD – 33 minutes Quizzes
10:50 – 11:00	Take a Break	Take a Break
11:00 - 11:30	Pain & Symptom Management & Comfort Care	Erin Walsh, Nurse
11:30 – 12:00	Facing Death: Understanding End-of-Life Patient Needs	DVD - 15 min Quizzes
12:00 – 1:00 pm	LUNCH ON YOUR OWN	LUNCH ON YOUR OWN
1:00 – 1:30	HIPAA	Abbey Wichman, Compliance Officer
1:30 – 2:00	Compliance, Adult/Child Abuse Reporting, Conflict of Interest	Abbey Wichman, Compliance Officer
2:00 – 2:30	Infection Prevention/Handwashing	Courtney Moline, Nurse
2:30-2:50	Occupational Health	Laurie Ray/Liz Howell, Nurse
2:50 – 3:00	Take a Break	Take a Break
3:00 – 4:00	Safety/Fire Response Emergency Preparedness	Brad Johnson, Maintenance Jake Heinecke, Emerg Prep Power Pt.-EVS
4:00 – 5:00	Volunteer Scope of Practice	Eileen V. Stahl, Volunteer Coordinator
Thursday – April 18		
7:30 - 8:00	Continental Breakfast	Enjoy coffee, fruit, & rolls
8:00 – 9:00	Webinar: Communication: How to De-escalate Intense Emotions	Webinar – 45 minutes Eileen V. Stahl, Volunteer Coordinator
9:00 – 9:30	Signs and Symptoms of Death	Amanda Larson, Nurse
9:30 – 9:45	Questions and Answers; Quizzes	Eileen V. Stahl, Volunteer Coordinator
9:45 – 10:00	Take a Break	Take a Break
10:00 - 11:00	Hands-On Dementia Workshop	Shauna Halverson-Bruno, Nurse and Rowena Kippenhan, Nurse
11:00 – 11:30	Funerals, Options, and Information	Dennis Newgard, Cloyd Funeral Home
11:30 – 12:00	Questions and Answers; Quizzes	Eileen V. Stahl, Volunteer Coordinator
12:00 – 1:00 pm	LUNCH ON YOUR OWN	LUNCH ON YOUR OWN
1:00 – 1:30	"How to Manage Compassion Fatigue in Caregiving"	Ted Talks- Patricia Smith 17:36 Eileen V. Stahl, Volunteer Coordinator
1:30 – 2:00	Bereavement Overview	Rowena Kippenhan, Nurse
2:00 – 2:15	Take a Break	Take a Break
2:00 – 2:45	A Family Story	Charlotte Carroll, Family Member
2:45-3:00	Take a Break	Take a Break
3:00-3:30	Hospice Volunteers Share Experiences	Eileen V. Stahl and Hospice Volunteers
3:30 – 5:00	Just "What" Do Volunteers Do? Volunteer Application and Wrap up	Eileen V. Stahl, Volunteer Coordinator

For information on Hospice Volunteer Training, please call Eileen V. Stahl at 406-535-6302.



CENTRAL MONTANA MEDICAL CENTER

Central Montana Medical Center Hospice

Hospice, It's About Living.

408 Wendell Ave.
Lewistown, MT 59457
Tel: 406-535-6302
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We are on the web!

<http://www.cmmc.health/services/hospice>

A Note from your Manager

Dear Hospice Volunteers,

What inspires you? What brings you in spirit?

*As Hospice Volunteers, you can help inspire and bring patients and families to their place where they connect. With your visits and now with the help of a new interactive system called **MyndVR**, you and your patients can experience places that inspire them. With this new virtual reality program, and your help, Hospice patients can take that last journey they want to experience. The program is easy to navigate and with a brief training, you, as volunteers, can help inspire your patients to find that place where their spirit rests.*

If you are interested in learning more about MyndVR and being a part of a great experience, please contact Eileen.

I appreciate all you do to help our patients and families continue to live their lives to the fullest. I am sure they inspire you as much as you inspire them with all you have to offer.

HAPPY SPRING!!

Kathy Ward, RN

