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For Immediate Release

## **Make a Difference as a Hospice Volunteer**

(Danbury, Conn.) -- Are you a good listener who enjoys being with other people? Have you been looking for a way to have an impact on someone else's life? Do you have the capacity to brighten someone's day? If so, please consider becoming a volunteer for Regional Hospice and Home Care.

The nonprofit home hospice and palliative care agency is hosting a training session for new volunteers on Monday, Sept. 29; Wednesday, Oct. 1; Monday, Oct. 6 and Thursday, Oct. 9. All sessions are from 9 a.m. to 3 p.m., with the exception of Oct. 9, which is from 9 a.m. to 4 p.m. A light lunch will be served. Attendance at all four sessions (25 hours of training) is required to become a Regional Hospice volunteer.

"We are looking for compassionate, caring people who are interested in helping families who have a loved one receiving end-of-life care," said Mary Beth Hickey, Regional Hospice volunteer manager.

Volunteers are needed to support families by helping out with errands, reading to patients, playing cards with patients, and visiting with patients to give primary caregivers a respite. In addition, some volunteers also care for patient's pets or provide pet therapy visits with trained dogs. Those trained in holistic or complementary therapies, such as reiki, massage, accupressure or acupuncture, can also bring their expertise if requested by patients or families.

Training includes information on the hospice philosophy in general, as well as the specific services provided by the Regional Hospice team. The death and dying process is also reviewed in detail. An interview, references and a background check are also required. After completing the process, "The schedule for volunteers is very flexible," said Hickey. "It can be a few hours or a few days each week, depending on the volunteer's availability."

Anyone interested in volunteering for Regional Hospice should contact Mary Beth Hickey at [mhickey@regionalhospicect.org](mailto:mhickey@regionalhospicect.org) or call (203) 702-7415 to discuss the process and sign up for the upcoming training session.

Regional Hospice and Home Care, a nonprofit home hospice and palliative care agency based in Danbury, Conn., is currently building the state's first and only private-room, family centered hospice residence -- the Regional Hospice Center for Comfort Care & Healing -- with plans to accept patients in December 2014. For more than 30 years, Regional Hospice's certified caregivers have offered real hope to those facing advanced illness and their families through medical, emotional, spiritual and comfort care. The award-winning Healing Hearts Center for Grief and Loss, a bereavement center that offers a range of grief support services, is a program of Regional Hospice. For more information, visit [www.RegionalHospiceCT.org](http://www.RegionalHospiceCT.org). Follow us on twitter: @real\_hope. Like us on Facebook: [www.facebook.com/RegionalHospice](http://www.facebook.com/RegionalHospice).

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