



## Hospice Volunteers of Hancock County

*July - August, 2020 Newsletter*

### Hospice Regatta of Maine 2020 Update



The Hospice Regatta of Maine is an annual tradition that draws participation and interest from a broad range of hospice supporters.

We are grateful to our sailing partners, the Northeast Harbor Fleet and the MDI Community Sailing Center, as they are still planning to run this summer's races, designating those on the weekend of July 10<sup>th</sup>, 11<sup>th</sup> and

12<sup>th</sup> as the Hospice Regatta races, as planned. The dedication of these partners to supporting Hospice Volunteers of Hancock County is admirable, appreciated and motivating as we continue our commitment to serving our neighbors. We also acknowledge and extend our appreciation to the Southwest Harbor Fleet and Northeast Harbor Sailing School for their many years of sharing our message of service with their sailors, both adults and juniors. All races will, once again, be recognized with the continued donation of trophies provided by our friends at A.G.A. Correa & Son, who have been supporters of this event for all of its 24 years.

In the case of both the adult sailors in the fleets and the young sailors in the sailing schools, the requirements of the coronavirus pandemic will not allow us to hold our customary post-race social gatherings, so that part of our weekend events will look different this year. Participants will receive a commemorative gift and we will share photos, race results and commentary, including post-event drone footage, through our facebook page on Saturday, July 11. We will also recognize our major sponsors through visual representation at the Northeast Harbor waterfront.

We are delighted to have the support of our major media sponsors with their continued commitment of promotion for the events: the Bangor Daily News, Star 97.7 radio and Points East magazine, all of which are very generous with their promotions and exposure for our services through high-profile features of the Hospice Regatta of Maine. Again, our gratitude to these media sponsors!

So, please keep your eyes and ears open for information about the Hospice Regatta, and join us online for announcements about the races and be sure to thank our sponsors for their support for this important hospice tradition!

*Jody*



### **Advance Care Directives Webinar, July 7th at 4pm**

HVHC Volunteer Cookie Horner and MDI Palliative Care Dr. Vanessa Little are co-leading an interactive webinar with the Beth C Wright Center on Advance Care Directives. Please email Lori Johnson at [ljohnson@hospiceofhancock.org](mailto:ljohnson@hospiceofhancock.org) for Zoom ID# information.

### **HVHC Lunch & Learn, August 6th at 12:00pm**

Save the date for our next Lunch & Learn, more details coming soon...

### **Re-integration of In-Home Volunteer Visits**

HVHC has been working closely with our medical partners in the community and staying up-to-date on CDC's guidelines around COVID-19. On a case-by-case basis, our volunteers will resume visiting patients in their homes (nursing homes in our region are still closed to visitors). Volunteers resuming their visits will be able to provide support once again for some of our patients and their caregivers who need respite care. We are working diligently on protocols for our volunteers and scheduling training to assure best practices to keep our patients safe while protecting our volunteers at the same time. Many of our volunteers are looking forward to being able to visit their patients in the future, while some of our volunteers will need to decline in-person visits out of caution for themselves and their families. Please email Lori Johnson at [ljohnson@hospiceofhancock.org](mailto:ljohnson@hospiceofhancock.org) or call and leave a message for her at 667-2531 for further information.



### **Online Grief Support Group**



The bereavement team is embarking on our first attempt at an online grief support group! After a few months of primarily offering individual grief support, it has become clear that grieving people are hungry for community. This is new territory for all of us. We have been participating in learning opportunities to understand how better to run these groups online, and have had many discussions about how to do it. It is easy to assume that online groups are an inferior, better-than-nothing alternative to live groups, but we are hoping that we will learn some new things and discover ways of leading these groups that we hadn't considered before.

Hopefully, this experience will improve how we lead live groups once we're able to do that again. And when we finally get to the point that we can meet safely in person, we may end up continuing to run some groups online for people who can't get to the live groups. This is such a challenging time, but the silver lining is that we are stretching and growing, and learning new

---

things along the way. Thanks to Emilie Disney, who was trained as a bereavement volunteer before she became our office manager, and will be co-leading this group with Jane.

### **HVHC Caregiver Support Group**



Lori Johnson, HVHC's, Program Director and Barbara Sinclair, HVHC volunteer and retired psychologist, will be facilitating a support group for caregivers of those who are chronically or terminally ill. Each group will last 60-90 minutes based on the size of the group.

The support groups will be held via zoom. Although the dates/times have not yet been decided, we hope to be up and running as soon as possible - we just need your help in referring caregivers to us who may benefit from this free support group.

Please help us spread the word as we know there are people who would benefit from this support. For more information contact Lori ([ljohnson@hospiceofhancock.org](mailto:ljohnson@hospiceofhancock.org)) or at 667-2531.

**HVHC Volunteers**, please remember our weekly **Coffee Klatch** on Thursday mornings at 10 a.m. and a new time- Wednesday afternoons at 4:30 p.m. These informal get-togethers have been a fun way to connect with each other, exchange information, provide support and have some good laughs. If you would like more info about how to join in the Coffee Klatch please let Emilie know at [info@hospiceofhancock.org](mailto:info@hospiceofhancock.org) or call the office at 667-2531 and leave a message in the general mailbox.



### **Volunteer Enrichment Day Recordings Available!**

Recordings from our recent Volunteer Enrichment Day workshops are now available on our own Youtube channel! If you would like to access them, please let Emilie know ([info@hospiceofhancock.org](mailto:info@hospiceofhancock.org)) and we will send you a link. Here are the available recordings:

- **Changing Funeral Trends, with Lauri Fernald, Jane Cornman & Emilie Disney**
- **Peace in the Puzzle, with Jan Watson**
- **Boost Your Confidence: How to Manage Difficult Situations & Questions as a Hospice Volunteer, with Jane Cornman and Jody Wolford-Tucker**
- **Self-Care for the Caregiver, with Barbara Cookson**
- **Grief & Loss During Covid-19, with Jane Cornman**
- **Also, Body Scan Meditation with Barbara Sinclair (a 20 minute, guided meditation)**

*If you are an active volunteer and view these previously-recorded Zoom presentations, please make sure to let Lori or Jane know so they can record your continuing education hours :-)*

---

## How Race affects End-of-Life Care

Since our last newsletter, recent events have raised awareness of the ways in which racism affects our society and its institutions. The COVID19 pandemic has also revealed health disparities related to race, with minorities experiencing the highest rates of infection. Racial disparities are also seen in end-of-life care as well, which is addressed in recent articles from the Hospice News Network bulletin. We have provided a summary of some articles below that address how race impacts the utilization of hospice services across the country. If you'd like to read these articles in full please click on the link provided or ask us and we'd be happy to send you a copy.

**The National Hospice and Palliative Care Organization has issued a response to recent acts of violent racism in the US, citing the “Need to Address Structural Racism and Health Inequities” in America.** (NHPCO, 6/9/2020) The statement expresses grief, and demands that every life be respected and valued. “Everyone deserves compassion, comfort, peace and dignity during life’s most intimate and vulnerable experiences,” NHPCO argues. “This is not possible without eliminating the structural racism and health inequities that plague our health system and have resulted in racial minorities bearing a disproportionate burden of death and illness.”

[\(www.nhpc.org/nhpc-statement-in-response-to-acts-of-racism-and-violence-and-need-to-address-structural-racism-and-health-inequities-in-the-u-s/\)](http://www.nhpc.org/nhpc-statement-in-response-to-acts-of-racism-and-violence-and-need-to-address-structural-racism-and-health-inequities-in-the-u-s/)

**A recent study of nonelderly Medicaid patients in New Jersey finds higher rates of aggressive end-of-life care for non-Hispanic black patients with advanced cancer.**

(Oncology Nurse Advisor, 5/19/20) The author concludes that “Strategies to increase awareness of community preferences for [end of life] care at the provider, health system, and policy levels, as well as strengthening communication strategies between clinicians and patients, are needed to achieve optimal [end-of-life] care for low-income and vulnerable populations.”

[\(www.oncologynurseadvisor.com/home/cancer-types/general-oncology/racial-ethnic-disparities-in-end-of-life-care-in-a-medicaid-population/\)](http://www.oncologynurseadvisor.com/home/cancer-types/general-oncology/racial-ethnic-disparities-in-end-of-life-care-in-a-medicaid-population/)

**Barriers to engagement with advance care planning have long been observed among black patients.** (Patient Engagement HIT, 5/19/20) A recent study finds a 41% increase in black patients completing advance directives after playing an end-of-life planning game called “Hello” in community centers and places of worship.

[\(https://patientengagementhit.com/news/community-based-tool-ups-end-of-life-care-planning-communication/\)](https://patientengagementhit.com/news/community-based-tool-ups-end-of-life-care-planning-communication/)

**A recent study published by the *American Journal of Managed Care* examines differences in hospice and palliative care across race, ethnicity, and geography.** (AJMC, 2/18/20) The goals of the study were to determine whether there were significant differences across these areas and if they were affected by hospital-level variation. The study found that there were indeed significant differences across hospitals in palliative care consultation and discharge to hospice care.

[\(www.ajmc.com/journals/issue/2020/2020-vol26-n2/racial-and-ethnic-disparity-in-palliative-care-and-hospice-use\)](http://www.ajmc.com/journals/issue/2020/2020-vol26-n2/racial-and-ethnic-disparity-in-palliative-care-and-hospice-use)