



Hospice Volunteers of Somerset County, Inc.

Spring 2024



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WELCOME

On behalf of Hospice Volunteers of Somerset County welcome to our spring 2024 Newsletter. This year Hospice Volunteers of Somerset County (HVSC) enters its 35th year of providing services to the people of Somerset County and it is a time to celebrate all those who have given their time, talents, and energy to serve as board members, volunteers, and staff. Without you and the many businesses, towns, organizations, and donors this achievement of service would not be possible. Thank you all from the bottom of our hearts.

Perhaps you have heard and remember the story of the Good Samaritan, who when coming upon a man lying in a ditch, stopped his journey to care for him. While others passed this man by as they journeyed on to care for their own needs the Good Samaritan stopped his self-pursuits to serve the needs of his fellow man. Why did he stop to serve, what made him different from all the others who passed by? I believe it was that in seeing this man the Good Samaritan saw what could be himself and it broke his heart to think that no one cared enough to stop and help.

So, you can imagine how my heart broke at our last board meeting when Amy said we have two people on our waiting list for a volunteer to go into their homes. For 35 years Hospice Volunteers of Somerset County (HVSC) has been providing support and compassion for those we serve. While most hospice clients receive services in his/her home, some clients are visited in nursing homes. Families identify the needs that they have such as transportation, meal preparation, respite for the caregiver, and taking care of pets, etc.; and then volunteers donate their time and talents. As loving community members, we also grieve and celebrate the lives of loved ones through our community garden ceremony, lights to remember ceremony, and grief support groups. Will you please consider giving a portion of your time and energy to be a volunteer, so no one must wait for our service? Men, it is time for you to step up to serve as a volunteer, we desperately need the loving kindness of men to be there for their fellow man.

In our country today, there are only 17 hospice volunteer organizations left as larger for-profit organizations try to provide these services. Do you remember Paul Harvey? Harvey's catchphrases included "In a moment... the rest of the story...", and "Now you know... the rest of the story," concluding his radio show with "Paul Harvey... Good day". Please help us tell "the rest of the story" of the continuation of our next 35 years. Help us unite to have a strong volunteer hospice organization providing loving kindness for our families, friends, neighbors, and community. When you do the generations to come will soon know.... the rest of the story. "Bill Primmerman ...Good day" and thank you.

Amy Thinking Out Loud

As we celebrate 35 years of “Sharing the Journey” I would like to take this moment to acknowledge that without the volunteers who do so many things for this organization that we would not have made it to 35 years. It’s incredible to think about all the people who gave of themselves over these last 35 years. I was a volunteer back in 1998 for about 2 years. My very first hospice patient was one of the very first volunteers that started the whole organization 10 years prior to that. I was very humbled to have the privilege to sit with one of the women that started it all and to give back what she started.

Being a volunteer for Hospice is such a rewarding endeavor. It gives you an opportunity to slow down and meet people where they are. To sit and listen, with your ears as well as with your heart. Just picking up the phone and placing a call to someone could make all the difference to that person’s day that again I will use the word humbling.

There are ways that a person care volunteer. Just give me a call or shoot me an email. I would be more than happy to talk to you.

Bereavement Information

- **Grief is a response to the loss of someone or something that was important.**
- **Grief can occur after a death, divorce, illness, or other significant loss.**
- **Grief can affect your physical and mental health.**
- **The experience of grief is different for everyone.**

Grief often involves intense sadness, feelings of shock and numbness or even denial and anger. For most, the intensity of the emotions surrounding grief ease over time. It’s a journey that affects everyone differently. It can be physically exhausting. Mentally draining. Some find it difficult to do simple things, some jump into many projects and events to keep them busy.

If you or someone you know has persistent feelings of depression surrounding their grief. If your feelings are getting in the way of everyday life and you are unable to experience happiness, then you should seek outside help. It’s okay to share the journey of your grief.

View from the Board

From: Bill Primmerman

It is a pleasure to work with a great board and staff that represents an agency that provides such wonderful service to Somerset County. I would sincerely like to thank those board members leaving us. Dr Roger Renfrew for his 2 years of service (our 2023 Vice Chair) and Sharon Provost as a board member and member of the fundraising committee in 2023. A special thanks to Dana Hamilton who has served in many capacities as a board member since 2014.

I would also like to acknowledge and thank Amy Cunningham for her continued service to Somerset County and congratulate her on her new position here at HVOSC. Amy is now the HVSOC Program Director. I would like you to help us welcome Emily Reinholt as our new HVOSC Operations Manager.

Here are your 2024 HVOSC Board members:

Chair: Bill Primmerman, Cornville, Maine

Vice Chair: Dan Belanger, Madison, Maine

Secretary: Tim Curtis, Madison, Maine

Treasurer: Sherry Rogers, Solon, Maine

Members at large: Ken Lexier, Skowhegan, Maine; Kathy Poirier, Cornville, Maine; Lynda Quinn, Skowhegan, Maine; Linda McKenzie, Cornville, Maine; and Danielle Denis, Canaan, Maine.

We currently have standing committees to move the organization forward, which we welcome community members to serve on. These committees are Finance, Policy Development and Fundraising. If you have an interest in serving as a board member or a member of any of these leadership committees, please contact us at 474-7775, volunteer@hvosc.com or hvoscvolunteer8@gmail.com.

We are also looking for volunteer assistance with the following:

May 17th and 18th 2024 - yard sale

Hospice Memorial Gardens in Skowhegan and Jackman
(Dates and times to be announced soon.)

June 12th, 2024, Annual meeting and 35th year celebration

Basket Bingo at the Skowhegan State Fair in August

November Bake Sale 2024 and RFGH

Lights to Remember ceremony in December 2024

Our calendar Auction in December 2024

We hope you as an individual, town, community business or organization will consider being part of our team in 2024. You will be glad you did.

Sincerely,

Bill Primmerman



**HOSPICE VOLUNTEERS
OF SOMERSET COUNTY**
Sharing the Journey

We are having a lawn sale!

MAY 17TH And 18TH

8:00 AM TO 2:00 PM



ANNUAL MEMORIAL GARDEN REMEMBRANCE CEREMONY

JUNE 1, 2024 @ 7:00 p.m.

Each year Hospice Volunteers of Somerset County honor the memory of loved ones by planting flowers in the Community Memorial Garden in Coburn Park in Skowhegan. The Bloomfield Garden Club maintains this lovely garden throughout the year. They do a wonderful job, and we are eternally grateful to them for the hard work they put in.

We would like to invite you to join us in planting flowers in the garden on June 1st. We will have music, read poems, and read the names of our loved ones aloud. We have a few more special moments planned.

This is an opportunity for the community to come together and honor each other and the memories we hold so dear. We have all been touched by death in some way. This garden gives you a quiet place to come, sit and enjoy the beauty and know you are not alone in your grief and that the community holds you and your loved ones in their hearts.

If you would like to make a donation in memory of a loved one or a general donation to our organization, please fill out the form and mail back to: Hospice Volunteers of Somerset County P.O. Box 658, Skowhegan, ME 04976.

Thank you.

Amy Cunningham, HVOSC Program Director

Bill Primmerman, Board Chairman



Enclosed is my donation (*please enter amount*)

\$10.00 _____

\$20.00 _____

\$30.00 _____

Other _____

Donor's Name _____

Mailing Address _____

Name (s) of Person (s) in Memory _____

I plan to attend the ceremony: Yes ___ No ___ Number of Attendees: _____

If you have any questions, please contact Amy Cunningham at 207-474-7775 or email at volunteer@hvosc.org or hvosc.volunteer8@gmail.com.

Mail donations to: Hospice Volunteers of Somerset County P.O. Box 658 Skowhegan, ME 04976

**We are on the Web:
www.hvosc.org
Or on Facebook at hvosc**

*We care for those with a life limiting illness, provide support
and solace to the grieving and educate the community.*

To Contact Hospice Volunteers of Somerset Count, Inc.:

207-474-7775

Skowhegan office is located at.

165 Main Street

Skowhegan, Maine 04976

We are open.

Monday – Thursday

9:00 a.m. to 5:00 p.m.

