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• **Houston Solari Hospice Care**
• **NEWS RELEASE**
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WHAT ARE YOUR 2012 NEW YEAR'S RESOLUTIONS?

Volunteer Opportunities Abound at Houston Solari Hospice Care

Houston, Texas – Dec. 29, 2011 – A new calendar year. A clean slate. Another fresh start. Every year, people contemplate their New Year's resolutions, usually giving up bad habits or adopting good new ones. According to the popular website, www.2012resolutions.com, one of the 10 best resolutions is to "help others often."

In the past, a lot of people made decisions to give money to charities. However, in this struggling economy, that has become harder to do. So, instead of reaching into your wallet or pocketbook, think about donating your time.

"It's an incredibly rewarding experience to know you are giving back to those in need," says Dana Reeder, volunteer coordinator, Houston Solari Hospice Care. "Even a couple of hours a week can have a huge impact."

At Houston Solari Hospice Care, volunteers are used in a variety of capacities. Volunteering might be in the form of sharing a special knowledge or hobby, such as speaking a second language or providing music therapy. It could involve giving family members short-term respite relief to get away from home for an hour or so, or perhaps sitting with patients, reading to them, running errands or helping with light household chores. Volunteers might be able to provide a service to patients, like massage therapy or notary services. Volunteers can also hone their clerical skills by answering phones or offering secretarial support.

"Our volunteers work in a variety of capacities with patients in their homes, in our administrative office and in our newly opened Inpatient Hospice Home," says Reeder. "The only requirements are compassion and commitment. Our volunteers come from many walks of life and have different backgrounds and motivations for giving of their time. We find a place for everyone's unique gifts. Sometimes, our patients and their caregivers just need someone to listen. Volunteering can be that simple."

At Houston Solari Hospice Care, all hospice volunteers receive several hours of hospice training. Hospice volunteers also receive ongoing in-service education. Recognition events provide additional opportunities to interact with hospice staff and other volunteers as well as honor the valuable work volunteers do to help patients and their families.

“Ironically, the biggest benefits in becoming a hospice volunteer may not be limited to those gifts you give, but rather to those gifts you receive,” says Reeder. “There’s something about carving out time to help others that actually leaves you feeling good about yourself. In the end, volunteering is often a two-way street and a win-win for everyone. It’s great to know you’ve made a difference.”

To learn more about Houston Solari Hospice Care’s Volunteer Program, contact Dana Reeder at 713-664-7120 or Dana.Reeder@SolariHospice.net, or visit www.solarihospice.com and click on the link for Volunteer.

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