

We believe:

- No one should live in pain.
- No one should live in fear.
- No one should die feeling alone.
- Everyone deserves to be a *partner* in his or her care, not just a patient.
- Children deserve to have their grief honored and their lives celebrated.
- We are changing the way people face living, dying and death for the better.



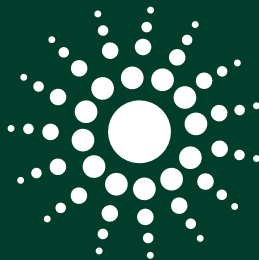
SAN DIEGO HOSPICE
and The Institute for Palliative Medicine

You matter.[™]

San Diego Hospice and The Institute for Palliative Medicine
4311 Third Avenue, San Diego, CA 92103

619-278-6451 direct
866-688-1600 (ext. 6451) toll-free

volunteer@sdhospice.org
www.sdhospice.org



SAN DIEGO HOSPICE
and The Institute for Palliative Medicine

Be a hero on
your own terms

Volunteer at San Diego Hospice and
The Institute for Palliative Medicine

you

© 2009 San Diego Hospice and The Institute for Palliative Medicine

San Diego Hospice and The Institute for Palliative Medicine is a 501 (c)(3) non-profit organization that relies on charitable support to provide its programs and services.

Why San Diego Hospice?

Because we have become the leader in the relief of pain and suffering for people with life-limiting illnesses. (That's why we need you.) We care for nearly 1,000 people a day all over San Diego County, and we're one of the 10 largest hospices in the country.

Most of our patients remain in their homes, surrounded by their family and the familiar, and supported by our multi-disciplinary teams—doctors, nurses, social workers, spiritual counselors, home health aides and you. All committed to helping people live with more comfort, dignity and quality of life.

As a trained San Diego Hospice patient care volunteer, you will be a part of the team, spending time with patients once a week or more, providing important companionship, an extra listening ear, a walk in a wheelchair or a trip down memory lane. Just by being there, you make a difference—a difference we hear about from grateful families and the patients themselves.

In fact, because we are a community-owned rather than a for-profit organization, we couldn't do our job without our volunteers. (Last year, for example, over 600 volunteers contributed nearly 90,000 hours of time).

In addition to patient care volunteers, we also need hair-cutters, drivers to deliver medical supplies and organizational volunteers with computer and related business skills. Organizational volunteers help us save hundreds of thousands of dollars that go back into patient care.

You can make a difference in someone's life.

With your personality. Your ability to relate. Your skills. Your way of solving a problem, sharing a story, helping others remember important moments in their lives.

You can be one of our 600 volunteers.

You can become a hero on your own terms. On your own time. In your own way.

You give us the precious gift of your time and interest. We give you a chance to make a real difference in someone's life. We train you, find you the right assignment and stand behind you as you grow.

You matter.™



Capt. John, USN Ret., was wary at first. Palliative care was not part of his Navy background. When he was introduced to a volunteer who specialized in collecting life stories for patients, he found a new reason to look forward to each day.

We promise you supportive training both at the beginning and thereafter. We promise you personal achievement and growth. And memorable moments. Tough challenges. The satisfaction of being part of an organization that is the leader in the relief of suffering.

There are many reasons you might choose to volunteer with San Diego Hospice. But the most important reason our volunteers give us for stepping on to this path is, *"I want to make a difference."* You can—in someone else's life. In your life—in being trained for a role so special you will never find another like it. In contributing to the relief of pain and suffering in a very tangible and personal way.

"Where else could I go where I could feel I'm helping people live to the fullest, no matter how long that is?" That's what one of our volunteers said in a monthly supportive supervision session.

Where else, indeed?

Find out more by calling San Diego Hospice Volunteer Resources, **619-278-6451**. Or contact us by e-mail: volunteer@sdhospice.org. Or visit our Web site at www.sdhospice.org

*Be a hero on your own terms.
Be a San Diego Hospice volunteer.*