

Part of our mission is to help our friends and neighbors in the community make the best decisions for themselves and their families in their time of need.

Our Speaker's Bureau is a free community service offered to groups who want to learn more about these important life issues.

**To request a speaker or for more information, please contact:
Tammy Christman, Director of Community Outreach and Volunteer Services
at 607.432.6773 or email tammy.christman@helioscare.org**

Presentation Topics include:

Caregiver Education Series - Taking care of someone you love can be stressful and an isolating experience. This educational series offers the family caregiver valuable information and tools intended to empower them and build caregiver confidence. The workshops will also teach caregivers how to provide care for a loved one while simultaneously caring for themselves.

What is Palliative Care? - Palliative Care is different than Hospice Care. Learn how Palliative Care addresses the discomforting symptoms and stressors that accompany every serious illness, and why many are reviving this additional layer of support earlier in the disease process.

"Five Wishes" - Five wishes is a valuable gift for yourself and for your loved ones. Learn how to complete this advanced directive form, which allows you to designate a health care proxy and provides you with the peace of mind of a living will.

The "Wonders" of Hospice - A broad look at how Hospice and Palliative Care works to benefit patients and their families with a serious illness, and everything you've ever wondered about the services provided by Hospice and Palliative Care.

Hospice in the Nursing Home - A common misunderstanding is that hospice care is only for patients living at home. For some, a nursing home is "home." Learn about how hospice care enhances the quality of life for nursing home patients facing life-limiting illnesses and the value added services hospice brings to nursing home residents and staff.

See more topics on back!



Presentation Topics (continued)

“Being Mortal” - Dr. Atul Gawande’s best-selling book helps us understand what people want and need as they face their own mortality and encourages the questions that need to be asked and answered about end of life decisions. Join us in a thoughtful discussion to reflect upon “What Matters Most” to you.

It’s All About “Presence” - Sometimes we find ourselves worried about “What am I going to say?” before reaching out to someone dealing with a serious illness. Learn how your mere presence can be the greatest source of comfort and other simple ways to communicate support.

Spiritual Care and Hospice - Get an inside look at the role of a Hospice Chaplain, and the practice of spiritual care by non-clergy.

Career Opportunities at Hospice - A career with Helios Care is more than another job. Learn about the opportunities to make a significant, powerful, and lasting difference in the lives of your fellow community members at a very important time in their life.

Volunteer Opportunities at Hospice - Learn about the myriad ways you can make a difference for our patients and families as a valuable member of our Hospice Team. Besides interacting with patients, there are plenty of other ways to get involved, from office assistance to fundraising.

Grief and Loss - The loss of a loved one can be one of the most difficult, painful and confusing experiences in an individual’s life. Learn the different ways we provide support to families and loved ones as they begin this difficult journey.

How Children Grieve/Camp Forget-Me-Not - Examine the similarities and differences in the way children, teens, and adults grieve, and how our fun and unique camp can help children, teens and their parents who have lost a loved one.

We Honor Veterans Program - A look at how we strive to meet the unique needs of veterans coping with a life-limiting illness. Learn about how our Hospice recognizes over 100 veterans each year.

StoryKeeper Program - Did you know that Storytelling is one of the oldest healing arts? Learn about how our StoryKeeper program helps patients reflect on their life memories and in addition, will enjoy the gift of handing down an audio-recorded gift to their loved ones for generations to come.

Grief During the Holidays - How do you cope with holidays when you are struggling with a recent loss? Learn how to care for yourself during the holidays.

Complementary Therapies - Learn about alternate ways we provide comfort and relief from pain and stress through many therapies along with other ways to complement the use of conventional medications.

Hospice - the Myths vs. the Simple Truths - Learn the common misconceptions about Hospice and the realities of our practice.