

»» NEWSLETTER ««

# WELCOME TO OUR OAKLAND HEALTH COMMUNITY

Team of Oakland Hospice, Oakland Homecare, and Oakland Helping Hands



## TOP QUARTERLY NEWS

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As we step into the third quarter of the year, we're excited to share the latest updates and highlights from our community. This quarter has been marked by resilience, collaboration, and growth. From successful events to new initiatives, we're proud of the strides we've made together.

Thank you for being an integral part of our community. Let's continue to support one another and work towards a brighter future!



# REMEMBRANCE OF SEPTEMBER 11



As we mark the anniversary of September 11, we pause to remember and honor the lives lost on that tragic day.

It serves as a reminder of the resilience of our community and the importance of coming together in times of hardship.

Together, let's honor the past and support one another moving forward.

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# VOLUNTEER COORDINATOR CORNER

## >>> UPDATES <<<

### Welcome our new Volunteers

- **Sophia Sarsam**, Patient volunteer, joined our team in July, and we look forward to working with her. She will bring great compassion and presence to our patients.
- **Isabel Abdal**, Patient volunteer, joined our team in September, looking forward to working with her. She will also bring compassion and support to our patients.

Please Welcome Sophia and Isabel  
We appreciate your dedication and service.



## Volunteer Corner: Tips for Self-Care

Volunteering can be rewarding but also challenging. Here are some self-care tips for Hospice volunteers:

**Take Breaks:** Schedule regular breaks to recharge.

**Set boundaries:** Establish clear limits on your time and energy to prevent burnout.

**Practice Mindfulness:** Incorporate relaxation techniques into your daily routine.

## Volunteer Spotlight Meet: Billy Brooks

We are grateful for our dedicated volunteers! This quarter, we shine a light on Billy Brooks, who has been with us since the beginning. Billy has cared for numerous patients during his hospice patient volunteer role. He is deeply committed to supporting our patients and their families and has enjoyed volunteering for many years beyond his time at Oakland Hospice.

**Thank you Billy for all your contributions!**





## NEWS FROM DIRECTOR OF CLINICAL SERVICES

  


### New Hires:

- Katy Lambdin, PT.
- James Scott, COTA
- Natalie Walton, PT.
- Melanie Wells, PT.
- Shana Clark, RN.
- Brittany Eyestone, SLP.
- Misty Bell, RN.
- Kassi Nine, OT
- Joann Honey, Intake Coordinator.
- Cathy Mila, QA.
- Cora Swailes, Biller-PTA
- Denise DesMadryl-OT



## CELEBRATING OCTOBER PT MONTH



Beverly Bambach  
Cora Swailes  
Cathy Mila  
Faem Mumin  
Helen Mazzaresse  
Kash Nakum  
KK Patel  
Katy Lambdin  
Melanie Wells  
Natalie Walton





At Helping Hands, we understand that everyone deserves compassionate support in their home. Our dedicated caregivers provide personalized assistance tailored to your needs, whether it's daily living activities, companionship, or specialized care.

## UPCOMING EVENTS

Join us for our upcoming community events:

Oakland Health Flu Vaccination Clinic at the Singh Office Building!

Thursday, October 17, 9:30am -4:30pm at Oakland Health Office, Suite 222

Thank you for doing your part to keep our community safe! We look forward to seeing you there!

## STAY CONNECTED: FOLLOW US ONLINE:

Connect with us on social media to stay updated on the latest news, stories, and events happening at our hospice center. Join our Instagram community and help spread awareness about the importance of compassionate end-of-life care.



## VOLUNTEER OPPORTUNITIES

Find out how you can make a meaningful impact in the lives of those we serve by becoming a hospice volunteer. Your time and companionship bring comfort to those facing end-of-life care.

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