

Hospice



Group members will learn about hospice care and will create frames encasing dried flowers to be gifted to hospice patients.



OBJECTIVES:

1. Group members will be reacquainted through a warm up activity.
2. Group members will learn about hospice professionals and understand the services provided when someone is receiving hospice care.
3. Group members will work together to frame dried flowers to be donated to a local hospice organization that will present the frames as gifts to their hospice patients.

NOTE: It is much more cost effective to dry your own flowers, but the drying process is time consuming. If you are going to dry your own flowers and leaves, etc., prepare yourself well in advance!



ACTIVITIES:

I. INTRODUCTIONS AND WARM-UP ACTIVITY

- a. Introductions of new F.I.I.V.E. group members, staff, and guest speakers (if applicable)
- b. Warm-Up Activity (See Appendix A: Warm-Up Activities)

NOTE: Don't forget to pass out nametags!

II. PRESENTATION

(See Appendix B: Volunteer Activity Session Scripts for presentation materials on *Hospice*.)

III. PROJECT: DRIED FLOWER FRAMES

NOTE: Make a dried flower frame in advance to show the group an example of what their finished product can look like!



INSTRUCTIONS:

1. Open up frames.
2. Cut a piece of colored/patterned paper to fit inside frames.
3. Paste dried flowers onto paper.



4. Paste paper onto frames' cardboard backing.
5. Let dry.
6. Close up frames.
7. Package the frames for delivery to a local hospice organization.

IV. REFRESHMENTS AND DEBRIEFING

While group members enjoy a small snack or refreshment, use the following questions to facilitate a debriefing discussion about the day's activity:

NOTE: Ask another staff member or an older adult volunteer to take notes!

1. What was your favorite part about today's session?
2. What is something new that you learned today?
3. How do you think the people receiving these dried flower frames will react?

V. CALENDAR CORNER/ANNOUNCEMENTS

- a. Prepare the group for the next F.I.I.V.E. volunteer activity session.
 - ~ Date/Time/Location
 - ~ Advertise guest speaker (if applicable)
 - ~ Supplies (if applicable)
 - ~ Recommend appropriate attire (if applicable)

VI. RECORDKEEPING

(See Appendix C: Recordkeeping Materials to use with each volunteer activity session.)



Additional Tips or Suggestions:

- Dollar stores have varied assortments of picture frames at very economical prices.
- If you are going to dry the flowers, as opposed to buying flowers already dried, consider splitting the job between your older adult volunteers.
- If you are going to dry your own flowers, request a donation from your local flower shop. They may have wilted flowers they can offer you free of cost.
- Invite a representative from a local hospice to come and speak to your group about hospice services.
- Alternative or additional activities:
 - Make no-sew fleece blankets for hospice patients
 - Create decorative booklets with words and phrases of encouragement for hospice patients and their family members
 - Create meditation/prayer beads for hospice patients and their family members
 - Make cards of appreciation for hospice workers and informal hospice caregivers
 - Complete this activity with residents of a skilled nursing community. When the frames are finished, gift them to the residents.