



## The Volunteer Violet

August 27 2020



### ***NOTHING IS TOO SMALL TO NAME AS A BLESSING.....***

As a spiritual care provider, I seek to support the holistic well-being of patients. One way to do this is to help people express the joys in their lives—their blessings, or what they are thankful for. It is the simple joys in our lives that bring quality of life, meaning and hope.

The practice of recognizing and naming what we are thankful for can also help ground us when life may seem chaotic, crazy or even hopeless. At the start of the pandemic when I was home full time, I actually started this practice with my three year old daughter as part of her bedtime routine that we still continue today. I sing a little phrase, “Thank you God for this day, thank you for...” and she fills in with what she is thankful for. Sometimes it's playing on the swings, eating cookies, painting, her brother, or seeing her grandparents. NOTHING is too small to name as a blessing or joy.

This practice has helped me and my own emotional and spiritual well-being in this crazy time that has been and is our current pandemic. At the beginning of the pandemic, things felt very out of control and even scary as there were so many unknowns and uncertainties about the virus and what life was going to look like. Expressing and naming my blessings has helped to remind me that there is still good happening in my life despite all of the craziness. I found many times after naming those things that my daughter and I were thankful for,

my anxiety was less and I could breathe a little more deeply knowing that God was continually at work in our lives. *(Continued on page 2)*

Laurel Swartzendruber

Hospice Spiritual Care Provider



Likewise, our patients might be dealing with new diagnoses, new prognoses, or new declines in their health; it might seem that their worlds are crashing down around them, or they may have a lot of fears about what the rest of their days might look like. Giving thanks can help remind them that there still is good happening in their lives and that there is still meaning for them each day. Acknowledging the good things in their lives might also make the unknowns not quite so scary or anxiety producing; it can help reframe their perspective on life.

No matter what you may be going through or experiencing, I encourage you to seek and name the simple joys in your life. May you find meaning, hope and goodness in each of your day

Laurel Swartzendruber

Spiritual Care Provider

## **STANDING OVATION PLEASE**

**Since the storm on August 10, the staff has had to deal with loss of phones and internet and unusable Wi-Fi office components. We were finally restored on August 19th! Through it all we persevered! Hats off to the team- You were there through thick and thin!!!**



# ABOUT ME:



LINDA  
WITTHOFT  
\*\*\* VOLUNTEER \*\*\*



**NICKNAME:** Nana

**BIRTHPLACE:** Centerville, IA moved to Washington at 5 yr old

**JOBS:** Librarian 28 years, farm wife, Mom & Nana

**IN MY FREE TIME:** I love to be outside, especially at softball and baseball games

**FAMILY:** son –Joel, his wife Darci daughter—Jamie, her husband Curt Daughter—Jina Grandchildren: 4 boys and 2 girls

**FAVORITE FOOD:** Pizza

**FAVORITE PART OF VOLUNTEERING:** being useful

**WHY I VOLUNTEER FOR HOSPICE of WASHINGTON COUNTY:**

It's a friendly place and I wanted to help others

## VOLUNTEER OF THE YEAR 2019

