

Volunteering: Gifts from the Heart

By: Sherry Peach, Director of Volunteer Services

Have you ever sat back and wondered just what it is that makes The Washington Home and Hospice of Washington such a special place? Is it the appearance of always being clean? Is it the caring and dedicated staff? Is it the food, which has improved over the past six months? Could it possibly be the extensive recreational activities offered throughout the day? What about the convenience of the beauty shop? All of these reasons and many that are unmentioned do indeed make us special. I, however, need to share with you the amazing impact the volunteers have on the residents, patients, family members, and staff daily. In the last article, you may have read that The Washington Home and Hospice of Washington volunteers contributed 37,264 hours last fiscal year. But the big question is, "What neat innovative things do volunteers actually do?" Most of you realize those important daily functions that volunteers provide which impact tremendously on those within the facility. But again what else is being done?



Dr. Victoria Goldsten is the director of TWH's Natural Medicine Program. She regularly provides services to interested residents and staff members.



Volunteers Dick Randall and Ben visit with Mrs. McDermott.

I am proud to state that we have built strong relationships with quite a few unique and special groups within the community. One of these is the Natural Medicine program that has been at The Home since 1998. The Washington Institute of Natural Medicine interns visit twice a month to provide touch therapies, magnetic therapy, aromatherapy, and guided imagery to residents upon request. Dr. Victoria Goldsten is the director of this team, and she is credentialed as part of our medical staff but serves in a volunteer capacity. Dr. Goldsten and her team work in conjunction with The Home's medical staff to provide the best care possible for the residents and patients. This might mean traditional medical practices or, with the help of our holistic experts, it could mean alternative techniques. We are thrilled to be working with this mature and professional group. For more information or to schedule an appointment, please contact me at 202-895-0149.