



## Centra Hospice

### Lynchburg Office Location:

2097 Langhorne Road / Lynchburg, VA 24501  
Phone: 434.200.5077

### Bedford Office Location:

1621 Whitfield Drive / Bedford, VA 24523  
Phone: 540.587.6592

### Farmville Office Location:

1705 East Third Street / Farmville, VA 23901  
Phone: 434.315.5050

[CentraHospice.com](http://CentraHospice.com)

*Centra Hospice is a member of the National Hospice and Palliative Care Association, a member of the Virginia Association for Home Care and Hospice, and certified by The Joint Commission, Medicare and Medicaid. Centra Hospice was founded in 1983 (as Hospice of the Hills) and was one of the first in Virginia. Since its founding, Centra Hospice has provided service to thousands of patients living in the central Virginia area. Patients with a prognosis of six months or less, both cancer and non-cancer illnesses, are eligible to receive hospice services. Hospice considers the patient and family together as the unit of care.*



*“Volunteers don’t receive a paycheck... they get a direct deposit to their heart.”*

— Berda Mack  
Volunteer - 20yrs.

## Share Your Gifts & Make a Difference

### *Become a Volunteer*



# How *you* can make all the difference.

## What is hospice?

Hospice is a philosophy of care committed to helping a person live out the last months, weeks and days of life as fully as possible regardless of age, race, culture or diagnosis. Hospice care is extended to the family, caregivers and friends of patients.

## Do you have a few hours a week or a few hours a month to offer?

As a member of the hospice team, our volunteers play a significant role in the care provided to patients and their family members. Working alongside our hospice physicians, nurses, home-care aides, chaplains, therapists, and social workers, our volunteers are valued members of a caring, professional team and have the satisfaction of knowing their time makes a difference.



## Volunteer roles:

Volunteering for Centra Hospice offers a great deal of flexibility and a variety of options:

- **Patient Companion Volunteers** – provide support and a caring presence to patients; serve as an advocate and liaison for patients either in their homes or in nursing facilities
- **Caregiver Companion Volunteers** – provide support and empathy for caregivers/family members
- **Delivery Volunteers** – a friendly face at the door to deliver supplies or meals during time of special needs
- **Memorial Service Volunteers** – share fond memories, listen, share in fellowship and/or assist with arrangements for the regularly scheduled memorial services
- **Bereavement Volunteers** – provide caring concern and someone to count on through times of sadness and loneliness
- **Administrative Office Volunteers** – provide extra hands on assistance with miscellaneous office duties; letters, mailings, special projects
- **Specialty and Event Volunteers** – participate in and help with community awareness, the cookie-a-thon and annual quilt auction
- **Junior Volunteers** – participate in projects and educational programs that benefit families, patients and staff

Centra Hospice volunteers come from a variety of careers and backgrounds. Volunteers offer their unique life experience and gifts. Having an interest and willingness to understand the hospice philosophy of care is a good place to begin. No prior experience is necessary, and all volunteers receive eight hours of classroom training to prepare for the numerous opportunities available.

## The choice is yours.

Whether reading to a patient, assisting a family member, running errands or delivering supplies, every minute counts and is of great value to our team, patients and families.

For more information or to find out about upcoming training dates, please call 434.200.5077 (Lynchburg), 540.587.6592 (Bedford) or 434.315.5050 (Farmville).

## Why choose Centra Hospice?

Not all hospices are alike. We are your local non-profit hospice serving Lynchburg, Bedford, Farmville and surrounding counties. Centra Hospice offers more choices and options for care compared to traditional hospice programs.

In addition to high quality medical care, Centra Hospice offers spiritual, psychosocial support and personalized services that may include pet therapy, comfort touch massage, music therapy and aromatherapy.

