

# volunteer vibes



## VOLUNTEERS BACK IN ACTION!

HAROLD JAMES



served in the army for 25 years and has been a Capstone Volunteer since 2018

DOROTHY PETTAY



loves nature and all animals, especially cats. She has been a Capstone Volunteer since 2019

## SERVICE PROJECTS

For the second quarter service project, Capstone participated in a collection for the Veterans Empowerment Organization. The VEO serves veterans- men, women, and families- through a proven holistic approach, meeting them where they are and providing needed resources to help restore them to a life of self-sufficiency.

Learn more at <https://veohero.org>



WE RAISED \$500.00 IN  
CASH AND ITEMS!

## MEET OUR NEW VOLUNTEERS!

CHRIS DELA CRUZ



is an engineer with two cats

ANIKA DAHIYA



is a rising senior at Northview HS and designed this newsletter

PALLAVI DOKKA



loves to play the piano by ear and has dreams of becoming a neurosurgeon one day

## WAYS THE VOLUNTEER TEAM HAS GOTTEN INVOLVED THIS QUARTER

- Attending an event at Phoenix of Braselton
- Helping with bereavement group sessions
- Helping with bereavement mailings- folding brochures and letters, stuffing and labeling envelopes, adding postage, and making copies
- Working on many tasks in the office, including building bookshelves
- Creating Happy Birthday and Happy Spring cards for our patients and families
- Most importantly, Patient Visits!

Please contact  
Jama Cochrane,  
Volunteer Coordinator at  
[jcochrane@capstonehospice.com](mailto:jcochrane@capstonehospice.com)  
with your volunteer  
requests, ideas, and needs!

CINDY EVANS



loves to write poetry and has been helping in the office every afternoon. Now we can't live without her!

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TAYLOR JONES



is a rising junior at Mill Creek HS who is interested in becoming a surgeon

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PABLO LOPEZ



is a college student who plans to attend PA school

MEL MASSIE



works full time and still finds time to volunteer weekly

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NAEEMA QURESHI



is a rising senior at Northview HS and wrestles

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LYDIA SCHWAB



is a rising junior at Mill Creel HS who wants to work in either pediatrics or geriatrics

FHATIMA THOMAS



did Color Guard for two seasons

ADITI YELLU



plays volleyball and attends South Forsyth HS

SANTHOSH YELLU



lived in cold Michigan for 20 years and now can't imagine going back!

## COMING UP...



Join us for our third quarter service project with Lifesouth Bloodmobile on August 25th at 10:30 am. Appointment sign ups will be coming soon!

**LIFE SOUTHSOUTH**  
Community Blood Centers