



HOSPICE *Happenings*

Providing physical, emotional, and spiritual support to terminally ill patients and their families with free, around-the-clock registered nursing availability and trained volunteers.

Soul Care Has Launched!

As the day of the first Soul Care Speaker Series got closer and closer, the number of people registering got bigger and bigger! Eventually more than 100 people registered, and 60 joined to listen to Rev. Dr. Terri Daniel on a most interesting topic, 'Making Peace With End of Life.' With gentle directness, Terri led the audience through what the end of life can look like, since it is inevitable. Participation at this first event is indicative that the time is ripe for these types of lectures. Conversations on death, dying, and end of life are much needed, and Volunteer Hospice is pleased to offer the programming. Our second Speaker Series event was June 8, when 47 people gathered virtually to hear Sarah Kerr on 'Ritual Healing for Death and Loss.'

To further the conversation, Volunteer Hospice has also launched in-person monthly death café meetings called 'Tea to Die For.'

Continued on page 3 >

Sequim Bay Yacht Club's 2022 Reach and Row for Hospice

Join Us September 17 & 18!



This year marks the 30th anniversary of Reach and Row for Hospice. Sponsored by the Sequim Bay Yacht Club, this community-focused fundraiser benefits our respite care program. Last year's event raised \$30,863.72. That brings the grand total to \$433,866 since the first event!

You can support this event by participating in the rowing event on Saturday, Sept. 17, or the sailing event on Sunday the 18th. Or, you may contribute to Volunteer Hospice with 'Reach and Row' noted on the memo line. All funds help to make a difference for the families and patients of Volunteer Hospice who need a few hours of respite care. If you can't participate, please come down to John Wayne Marina and watch the action from the shore!



More details and registration info are available at www.sequimbayyacht.club. Questions? Contact Susan Sorensen at starlady@olypen.com.

Hospice Care and Music Therapy

"Where speech fails, then music begins. It is the natural medium for the expression too strong and too deep to be expressed in words." That's from Charles W. Landon, a renowned music teacher.



Music Therapy Intern Faith Hardy with Volunteer Hospice patient Richard Reinke.

The aim of hospice music therapy is to provide comfort plus emotional and spiritual support. It facilitates expression of feelings and offers creative opportunities for personal sharing and reminiscing. It also reduces anxiety and pain perception. Emphasis is on engaging in compassionate, meaningful experiences that help clients and families transition through the end-of-life process in their own unique ways. When meeting with the therapist, goals are established, preferred music and interventions are identified, and a plan is created.

Experiences may include writing a song, singing songs, playing instruments, listening to music, discussing lyrics, practicing guided imagery, learning relaxation techniques, or taking part in a music life review. Sessions may occur at the bedside or in the home or facility—including our Encore! Adult Day Center. In addition to the client, sessions may include the spouse, children and significant others. The timing for music therapy may be during the end-of-life process, as a part of the funeral or memorial service, and during the bereavement period.

Faith Hardy came from Ohio for a music therapy internship at Encore! Adult Day Center of OlyCAP and last year offered music therapy sessions to Volunteer Hospice patients. Encore! is currently conducting virtual and telehealth sessions for those interested. Contact couture@olycap.org.

Contributed by Jim Couture



Summer/Fall Program Calendar

All in-person programs are contingent on COVID-19 guidelines and are subject to cancellation. All programs are free of charge and registration is required for all except Drop-In Grief Support. Call 360-452-1511 or email reception@vhocc.org.

COMMUNITY ORIENTATIONS

In-Person: Port Angeles

First Friday of each month, 11 a.m.–noon.
(Except September, which will be the second Friday.)

Online

First Thursday of each month, 11 a.m.–noon.
(Except September, which will be the second Friday.)

GRIEF SUPPORT GROUPS

In-Person Group: Port Angeles

Mondays, Sept. 12–Oct. 17, 1–3 p.m.

In-Person Group: Sequim

Mondays, June 27–Aug. 1, 1–3 p.m.
Mondays, Nov. 7–Dec. 5, 1–3 p.m.

Online Group

Please contact our office for information.

DROP-IN GRIEF SUPPORT GROUPS

Open to those who have attended a Volunteer Hospice grief support group; no registration needed.

In-Person Group: Port Angeles

First Thursday of each month, 6:30–8 p.m.

In-Person Group: Sequim

Fourth Monday of each month, 1–2 p.m.

BACK BY POPULAR DEMAND! **'EMPOWER YOURSELF'**

PRACTICAL TOOLS FOR LIVING ALONE

This workshop offers online and in-person meetings that focus on practical matters for those who have lost a spouse or partner. Thursdays, 1–3 p.m.

Home and Auto Maintenance: Sept. 29
Shopping and Cooking for One: Oct. 6
Household Finances: Oct. 13
Self-Care: Oct. 20

ONE-ON-ONE GRIEF SUPPORT

For anyone in the community grieving a loss. Call 360-406-4439 and ask for bereavement support.



Message from Our Interim Exec. Director

Service to the Community is the vibrant, heartfelt core of Volunteer Hospice. For more than 40 years, we've provided a variety of services to patients and their families as well as to the community.

Our services are centered around our superb visiting nurses and clinical staff. They are available seven days a week, 24 hours a day to provide vital hospice and palliative care and assistance to our patients and families. We provide grief support to community members through one-on-one discussions, groups and workshops. We offer respite care to provide short-term relief to caregivers. Our new Soul Care program provides expert speakers and informal discussions to help normalize conversations around death and dying. Our Lending Closet offers free equipment to our community, including hospital beds, walkers, wheelchairs, bathroom assist supplies, and more.

Every day I'm amazed at our community's support of Volunteer Hospice. Donations of time, medical equipment, and funds to continue our services clearly demonstrate this profound level of support. In my 40 years of nonprofit leadership experience, our community support easily tops the scale.

I have experienced Volunteer Hospice services directly, and now I'm privileged to support it through its short transition to new leadership. Together, let's continue the legacy of Rose Crumb.

Stuart Koop, Interim Executive Director

Summer/Fall Program Calendar

SOUL CARE

SPEAKER SERIES

Our Speaker Series is offered every other month on the second Wednesday.

Wednesday, Aug. 10, noon–1:30 p.m. via Zoom:

'Heart-Centered End-of-Life Care' with Gabby Jimenez

Wednesday, Oct. 12, noon–1:30 p.m. via Zoom:

'Why Death is the Best Teacher for Life'
with Karen Wyatt, MD

DEATH CAFÉ 'TEA TO DIE FOR'

Open, freeform discussions relating to death and dying. Offered monthly from 4–5 p.m.

Port Angeles

Fourth Wednesday of each month at the Port Angeles Senior & Community Center, 328 East 7th Street

Sequim

Second Monday of each month at KSQM-FM, 609 Washington Street, #17.

Volunteer Recognition

APRIL: **Volunteer Appreciation Week** was April 18 to 22. Several groups of volunteers were invited to lunches at local restaurants throughout April and May. Volunteers who work alone in their area (respite, grief) or on different shifts (front desk, lending closet, deliveries) had the opportunity to meet each other and share stories and good cheer!

MAY: **Suzanne Lockwood** for her flexibility and ease at tackling any task for Volunteer Hospice. She says, "It's gratifying for me to support the mission of providing services and medical equipment to the community."



JUNE: **Jim Brooker** for doing double duty when needed at the Lending Closet, and gracefully switching to being a delivery helper when circumstances changed unexpectedly.

HOSPICE HUGS

Esprit Conference
Fraternal Order of Eagles – Ladies' Auxiliary
The Lady Niners – The Cedars at Dungeness
Louella Gebhardt Memorial Golf Classic
Peninsula Men's Gospel Singers
Sequim Bay Yacht Club

Community-Sponsored Fundraisers

Ron & Karen Coles
Eve Farrell
Margaret Gardner
Judy Gates
Independent Bible Church
Pauline Jeffery
Robert & Barbara Kitzman
Dick & Helen McCammon Giving Fund
Donald Naddy Fund – South Dakota Community Foundation
Joan Ross
Lori Sublette & Kara Slehofer

General Fund

Chestnut Cottage Restaurant
Oak Table Café
Swain's General Store

Volunteer of the Month Program

Drennan & Ford Funeral Home and Crematory
In-Service

KSQM-FM Radio
Port Angeles Senior & Community Center
Death Cafés

Chas Bridge
Mickey Sexton
Conference Room Remodel

Volunteer Positions Open

"Without our wonderful volunteers, we would be nothing more than another good idea."

Rose Crumb, Founder

Call Volunteer Services Manager Astrid Raffinpeyloz at 360-406-4439 or email vsm@vhocc.org for more info on any of these positions.

We're looking for those willing to **offer grief support**, whether in person or via phone or video. Experience in psychotherapy, mental health counseling, or similar is appreciated but not required. Training will be provided.

Put a smile on people's faces by **delivering medical equipment** with Volunteer Hospice vehicles or working in the office at the **front desk or in the Lending Closet**. Weekly regular shifts available. No experience necessary.

For those of you **interested in the newsletter—interviewing volunteers, researching topics, providing images, or drafting articles**—please contact Astrid.

Or, join volunteers who like to have fun and be creative: our **Ambassador Committee** meets once a month to discuss community outreach and fundraising events.

Grateful for Hospice Care

"You guys do a wonderful job and we appreciate your help so much. You were like angels ... It was so much better having our family at home versus in a sterile environment. The nurses were like having family. In fact, it was a double blessing as one of the nurses was our neighbor. The support was for all of us, not just the patient."

Kathryn Kalla

> *Soul Care, continued from front page*

The concept of the death café was developed by Jon Underwood and Sue Barsky Reid in England in 2011. There have been over 14,000 death cafés worldwide since then. At a death café, people gather to eat cake (or cookies!) and drink tea (or coffee!) and discuss death. The only prerequisite is an open mind. No agenda is set and conversations flow as a group discussion. A facilitator may help move ideas along with a question or two, but often, the participants themselves lead the conversations. Colette, a participant at our first death café in April, said, "It was good to hear the experiences, beliefs, curiosities, and concerns of others on death and dying. It broadened my own way of thinking on the subject and gave me new insights on others' perspectives."

For details on upcoming Soul Care events, please see the Program Calendar on the opposite page.

Volunteer Hospice OF CLALLAM COUNTY

829 E. 8th Street, Port Angeles, WA 98362

Nonprofit Org
U.S. Postage
PAID
Olympic Mailing
& Printing Services

Clinical Staff

Marca Davies, RN, MS & Elizabeth Perez, RN, MSN

Patient Care Coordinators

Haley Blackburn-Jacobs, RN, BSN

Trish Buckingham, RN

Tammy Dedmore, CNA

Jannae Groeneweg, RN, BSN

Anne L'Heureux, RN, BSN

Jeanette McKinley, CNA

Natalia Powers, CNA

Gary Schneider, RN, BSN, CHPN

Molly Wallace, RN, BSN

Betsy Wharton, RN, BSN

Lynn Whitmore, BSN, RN, MS

Mission Support Staff

Stuart Koop, Interim Executive Director

Astrid Raffinpeyloz, Volunteer Services Mgr.

Anita Chilton, Administrative Manager

Board of Directors

Peter Raiswell, President

Michael Bucierka, MSW, Vice President

Loriann Hamilton Ridgeway, Treas./Secy.

Karen Affeld

Wendy Brown, RN

Sally Featherstone, BSN

Tyrrell Prosser

Ted Ripley



Welcome Back, Esprit!

After a two-year COVID interruption, the Esprit conference returned to Port Angeles. Participants, along with local residents, raised \$1,840 through the silent auction, donations in the Esprit box, and two public events open to the public: a talent show and a dance party. Considering the conference had fewer participants than in previous years, the amount raised is a remarkable success and confirms how much Esprit cares for Volunteer Hospice.

Please Support Volunteer Hospice

- Volunteer.
- Donate at volunteerhospice.org.
- Add Volunteer Hospice to your will.
- Donate needed items to the Lending Closet.
- "Like" our organization Facebook page.