



# 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.

#We'reMoreThanHospice

## VHOCC Volunteers Are Beyond Generous



Volunteer Hospice is sometimes known as 'Rose's Hospice.' That is very true; we would not be here without our founder Rose Crumb's vision and tenacity. I also think of Volunteer Hospice as *your* hospice, because as Rose said many years ago, "Without its volunteers, Volunteer Hospice would be nothing but a good idea." And without the community, we would not exist either.

Every year in April, nonprofit organizations across the country recognize and appreciate their volunteers. Get-together lunches with ribbons, certificates, and small gifts are organized. We do our part at VHOCC. But truly, there is absolutely no way we can thank our volunteers enough for the work they do. Yes, the time given translates into dollars saved and not spent by VHOCC. (See blue info box at right.)

More importantly, volunteers provide expertise, ideas, processes, and significant collaboration to ease staff responsibilities. Without VHOCC requiring volunteers to make a one-year commitment or contribute a minimum number of hours each month, there are volunteers who have volunteered consistently for 10+ years: Walt Blenderman, Penny Burdick, Tara Clark, Betty Conger, Lynn Gilbert, Lori Jacobs, Debby Smith, and Dan Welden. And some contributed over 200 hours of their time last year: Colleen Brastad, Chas Bridge, Colette Cavaleri, Suzanne Cloke, Sue Crews, Carolyn Depperschmidt, Frank Finney, Suzanne Lockwood, Jean Pratschner, Kelly Sanderbeck, Amani Stevens, and Nancy Watson.

There are volunteers like Chris Dennis who enthusiastically help with the oddest projects, like HVAC maintenance on our roof or changing the delivery van battery. We asked for help planting shrubs in Rose's Garden and three eager volunteers — Marina Chase, Bob Warder, and Linda Warder — showed up on the rainiest day of the year. A patient needed help setting up her new iPhone, and Christina Senter was the right blend of technology, calm, and sweetness. A distressed daughter needed gentle support to sit vigil and prepare her mother's body for cremation and Deb Barrows jumped in, solid in her meditation practice and ingenious in creating a sacred space.

*Continued inside >*



## Wind Phone Now in Rose's Garden

Thanks to Volunteer Chas Bridge, Rose's Garden now has a wind phone — a concept that originated in Japan in 2010, when a man grieving his cousin installed a phone (in a phone booth) in his garden. While not connected in any way to make real calls, the phone allowed him to open his heart and 'talk' to his loved one. That simple ritual is a way to process grief. While our wind phone (pictured above with Volunteer Colleen Brastad) is not in an enclosed cabin offering complete privacy, it sits in our contemplative garden, away from the busy street and shielded from the alley by the tree near which it rests. Thanks to those who donated materials and expertise to make this happen!

## Nearly Half-a-Million in Savings!

In 2024, we had 190+ volunteers helping us with front desk administration, Lending Closet management, equipment cleaning, deliveries, respite care, grief and bereavement support, facilitation of group discussions, and so much more. This represents an incredible 11,790 hours of support: the work of roughly six full-time equivalents. The average hourly value of volunteer time in Washington state in 2024 was \$40.28 — so having our incredible crew of committed volunteers saved us about \$475,000 last year!



## VHOCC Resources & Program Calendar

All programs are free of charge. Registration is required for all except Follow-Up Grief Support Groups. All programs are subject to cancellation. Call 360-452-1511 or email [reception@vhocc.org](mailto:reception@vhocc.org).

### COMMUNITY ORIENTATIONS

#### **In-Person: Port Angeles**

First Wednesday of each month, 11 a.m.–noon.  
VHOCC office, 829 E. 8th Street, Port Angeles.

#### **In-Person: Sequim**

First Tuesday of each month, 11 a.m.–noon.  
Location given at time of registration.

### GRIEF SUPPORT GROUPS

#### **In-Person Group: Port Angeles**

Mondays, Apr. 21–May 19, 1–3 p.m.

#### **In-Person Group: Sequim**

Mondays, June 2–June 30, 1–3 p.m.

### FOLLOW-UP GRIEF SUPPORT GROUPS

Drop-in groups open to those who have attended a VHOCC grief support group; no registration needed.

#### **In-Person Group: Port Angeles**

First Thursday of each month, 4:15–5:15 p.m.

#### **In-Person Group: Sequim**

Fourth Monday of each month, 1–2 p.m.

### ONE-ON-ONE GRIEF SUPPORT

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

### SOUL CARE

#### SPEAKER SERIES

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

**Wednesday, March 12, noon–1:30 p.m. via Zoom**  
'The Voice of Grief' with Jacob Vermeulen

**Wednesday, May 14, noon–1:30 p.m. via Zoom**  
'Toxic Theology' with Terri Daniel, PhD

**Wednesday, July 9, 12:30–2 p.m. via Zoom**  
To Be Announced

#### DEATH CAFÉ 'TEA TO DIE FOR'

Open, casual, freeform discussions relating to end of life, death, and dying. Offered monthly from 4–5:30 p.m.

**Port Angeles:** Fourth Wednesday of each month at the VHOCC Conference Room, 829 E. 8th Street.

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

## Changing, Growing, Improving, Serving

Over the past few years, a number of changes have happened at VHOCC. We have stayed true to Rose Crumb's original vision while focusing on meeting or exceeding standards of practice in the hospice and palliative fields.

VHOCC remains committed to patients, families, and caregivers. We remain independent and a nonprofit organization. We continue to focus on the needs of this community that we are embedded in.

Our changes have come in the form of growing our equipment delivery and lending program, in implementing an electronic records system, in providing more programs to elevate conversations about death and dying, in improving collaborations with partner providers, and in optimizing the care delivered to patients.

As we continue to grow and evolve, we hope that we can be there for every patient and family who needs our support.

*Priya Jayadev, Executive Director*



Photo by Susan Doupe

## Volunteers of the Month

**OCTOBER:** **Jeanette Stehr-Green** has been instrumental in developing a media outreach program that she continues to manage single-handedly. She also developed two new brochures: 'The Eight Essential Documents' and 'Body Disposition Options.' Thanks to her, you can listen to us on KONP, read articles in the Sequim Gazette, and have more access to relevant information.



**NOVEMBER:** **Tory Finn** shows compassion and gentleness in the presence of difficult and challenging situations. She maintains her calm and stays grounded in her practice, which allows her to support and understand her patients without judgment.



**DECEMBER:** VHOCC offered a Holiday Luncheon for all!



**JANUARY:** While caring for her aging parents out of state, **Carolyn Depperschmidt** maintains her connection with VHOCC and issues weekly reports to the donation team. We appreciate how she has honored her commitment to our team even while being immersed in personal matters.

**FEBRUARY:** Training volunteers takes a lot of resources, time, energy, and commitment. **Deb LaPlante** graciously agreed to co-facilitate a specialized training and spent endless hours building the course with our Volunteer Services Manager.

## When Death Comes

by Mary Oliver

When death comes  
like the hungry bear in autumn;  
when death comes and takes all the bright coins from his purse

to buy me, and snaps the purse shut;  
when death comes  
like the measles-pox;

when death comes  
like an iceberg between the shoulder blades,

I want to step through the door full of curiosity, wondering:  
what is it going to be like, that cottage of darkness?

And therefore I look upon everything  
as a brotherhood and a sisterhood,  
and I look upon time as no more than an idea,  
and I consider eternity as another possibility,

and I think of each life as a flower, as common  
as a field daisy, and as singular,

and each name a comfortable music in the mouth,  
tending, as all music does, toward silence,

and each body a lion of courage, and something  
precious to the earth.

When it's over, I want to say: all my life  
I was a bride married to amazement.  
I was the bridegroom, taking the world into my arms.

When it's over, I don't want to wonder  
if I have made of my life something particular, and real.  
I don't want to find myself sighing and frightened,  
or full of argument.

I don't want to end up simply having visited this world.

### Want to Join the VHOCC Team?

#### Hospice & Palliative Care Registered Nurse Part Time or Per Diem

We're seeking a Hospice & Palliative Care RN to provide high quality, patient-centered care to individuals navigating life-limiting illness. All patient care is performed where the patients reside in Clallam County. The area of service is from Diamond Point to Joyce.

We offer competitive wages and benefits. For a complete job description, contact [myrna.s@vhocc.org](mailto:myrna.s@vhocc.org).

### A New and Efficient Way to Give!

You can purchase much-needed supplies for VHOCC via our Amazon Wish List :

Office supplies: [www.a.co/dESTTeo](http://www.a.co/dESTTeo)

Medical supplies: [www.a.co/5C1IVRA](http://www.a.co/5C1IVRA)

You'll also find these links on our website: Visit [www.volunteerhospice.org](http://www.volunteerhospice.org) and click on "Give."

### VHOCC History: Did You Know?

Rose Crumb had a vision to keep our hospice free and independent. To retain that independence, Rose worked with her son Patrick and then-state legislator Derek Kilmer to get RCW 70.127.050 put in place. This legislation stated that an organization providing services "without receiving compensation for delivery of any of its services is exempt from licensure." Further, for us to remain an entity exempt from compensation for delivery of services, we were required to include the word 'volunteer' in our name. This is why, in 2006, we changed our name from Hospice of Clallam County to Volunteer Hospice of Clallam County.

**On Thursday, March 13, Yodelin Broth Co. in Port Angeles will donate 20% of all proceeds from lunch and dinner to VHOCC. Enjoy a delicious meal for a great cause. Thanks, Yodelin!**

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#### VHOCC Volunteers Are Beyond Generous

Jack Depperschmidt said, "Sure, I can smoke a cigar once in a while," when a patient wished to enjoy the last bit of life in his own way. Jeanette Stehr-Green had a great idea to promote end-of-life discussions and owns the project entirely, reminding staff of deadlines and coming up with ready-to-print materials. The nursing supplies rooms are endlessly reorganized by dedicated retired RNs Elizabeth Perez and Sue Crews. Frank Finney would make Rose Crumb proud by recycling, reusing, and repurposing any equipment before taking it to the dump. Volunteers go out of their way to help with delivering equipment, helping someone access the correct resources, and simply being present in the face of death and grief. Why do volunteers do what they do? Yes, a slice of pizza and a token gift are nice, but I believe it feeds their heart and soul and gives their life meaning.

"Rather than solely the act of 'lending a hand,' volunteerism is a kind of self-actualization. It represents a profound and personal search for meaning in the world." These words from Tobi Johnson resonate with me as I witness volunteers doing their part. Even in the most menial or mundane tasks, I see grace in action, and I am grateful. Without our volunteers, Volunteer Hospice would simply not be. I am grateful and reminded of this quote by Eckhart Tolle: "Acknowledging the good that you already have in your life is the foundation for all abundance."

*Astrid Raffinpeyloz, Volunteer Services Manager*

# 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

Haley, RN, BSN, Clinical Team Manager

Lynn, RN, BSN, MS, Lead Nurse

Shelby, Patient Navigator

Becca B, CNA

Becca W, RN, BSN

Christy, RN

Danielle, RN

Ellen, RN

Jannae, RN, BSN

Jeanette, CNA

Mary, RN, NP

Molly, RN, BSN

Stephanie, RN

## Mission Support Staff

Priya Jayadev, Executive Director

Lisa Palermo, Development Director

Astrid Raffinpeyloz, Volunteer Services Manager

Jennifer Barrows, MSW, LSWAA, Social Worker

Heather Loyd, Administrative Services Manager

Myrna Schaaf, Administrative Assistant

## Board of Directors

Roger Oakes, MD (Ret.), President

Loriann Hamilton Ridgeway, Vice President

Karen McCormick, Secretary

Stuart Koop, Treasurer

Wendy Brown, RN (Ret.)

Suzanne Lockwood, NP (Ret.)

Tyrrell Prosser

Peter Raiswell

Ted Ripley

Sandra Tatro, MD

(Recording Secretary: Sandy Granger)

## 6 Ways to Help Volunteer Hospice

- Volunteer.
- Donate at [volunteerhospice.org](http://volunteerhospice.org).
- Add Volunteer Hospice to your will.
- Donate needed items to the Lending Closet.
- 'Like' our organization Facebook page.
- 'Follow' us on LinkedIn.



**The 37th annual Polar Bear Dip was a fantastic, chilly success!** Brave dippers at Hollywood Beach in Port Angeles enjoyed cheers, applause, hot drinks and camaraderie immediately after the plunge. Special thanks to Megan Heck with Red Lion Hotel Port Angeles Harbor for sharing her photos, plus SeaTsu Sauna and Salish Sauna for warming up our fearless supporters!

# HOSPICE HUGS

## *Thank You, VHOCC Supporters!*

### **General Fund**

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Robin L. Albright  
Mark Amerman  
Diana Anderson  
Andrew J. Myers Estate  
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B. T. Beard  
Denise Bennett & Sandra Tatro, MD  
Bodhi Tree Yoga Studio  
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Mark Bonanno  
Edward Boyd  
Jeanne Bradley  
Bob Brodhun  
Denise M. Brown  
Lynn Bruch  
Bonnie Cauffman  
Thomas Chapman  
Elizabeth Christian  
Andrea & Steve Clark  
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Cheryl Coulter  
Suzanne Crews  
Janet Culver  
Christie Dennis  
Galen Dirksen  
Brian Dougherty  
Teresa K. Doull  
The Dungeness Crab Festival  
Dungeness Valley Lutheran Church  
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Jeanne Edwards  
Verna Edwards  
Paula Engeling  
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First Presbyterian Church of P.A.  
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Stacie Van den Dyssel  
Jeannette E. Waddell  
Karen Ward  
Raymond Weinmann  
Dan Welden  
Doug Wessel  
George & Nancy Wood  
Mike Zmiarovich

### **Community-Sponsored Fundraisers**

Olympic Cellars Winery  
Sequim Bay Yacht Club

### **Grants**

Albert Haller Foundation  
First Federal Community Foundation  
Sequim-Dungeness Hospital Guild

### ***Why Give to VHOCC?***

*In the words of our grateful and generous supporters:*

"Thank you so much for all the support you have given me during the most difficult time of my life."

"Words can't express my appreciation of your loving and compassionate service."

"Thank you for the care of J. She had nothing but praise for you."