



WINTER 2018

HOSPICE CARE  
PALLIATIVE CARE  
GRIEF CARE  
BEHAVIORAL HEALTH

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### Sharing the Weight of Our Grief

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Expert  
*guidance*

# SHARING THE WEIGHT OF OUR GRIEF

This story was shared by Brandi Pevey at the November 6, 2018, Lighting the Path Breakfast.

On February 14, 2012, my mom, Renee Harris, had a massive heart attack. I didn't know that the time I spent with her the day before would be our last. I thought it was going to be like any other day. Instead, when I got home and turned my phone on, I was



Renee Harris

flooded with messages telling me that she had been taken to the hospital. When my husband, Steve, and I got there, and I asked for her room, there were whispers, and phone calls, and then a chaplain came out to greet me. I wanted to turn around and run. I didn't want to hear what he had to say. They took my husband and I to a waiting area where my brother

was, and we waited. Finally, the doctor came in and told us she was gone. His words shattered my world.

My family and I spent the next few months going through the motions of picking up the pieces; most days it felt like we were just scattering them around more. We were afraid to mention her or share memories about her because we didn't want to upset anyone else with our grief. I didn't know how to process what I was feeling, let alone, help my children. I could see my oldest daughter, Kayla, who was 12, withdrawing from things that she loved, like drawing and throwing herself into school work. My son, Orion, was 6, and he was angry and didn't quite understand why we couldn't go visit grandma anymore. He had endless questions that I didn't have the answers to or know how to explain to someone so young.

After six months or so my counselor told me about Cork's place. She thought it would be great for all of us. She was right. Cork's became a place where we felt understood, accepted, normal. We didn't feel judged because we weren't over it yet. They understood, that there are some people that you lose, that you don't necessarily get over. We learned to start living and celebrating my mom's memory. That moving on didn't mean that we were leaving her behind. We learned to talk to each other, share memories. It was ok to laugh or cry or be angry as long as we worked through it together.

A little over two years after my mom passed, we added an addition to our family, Evie. Life was feeling great again, but Cork's was still a big part of it. There

were days that were rough, but we still had this amazing extended family to help with those days. And then...on August 15, 2016, our world came crashing down again.

My husband Steve became very suddenly ill. He was diagnosed as being in end stage liver failure and needed a transplant. His kidneys were also rapidly failing. Between work, the hospital, our kids, and just life it felt like we were drowning. Everything was thrown into chaos. We found ourselves looking forward to group even more. We all had a place to go through the unbelievable roller coaster of emotions that we were riding on. That hour and a half became the breaks where I could let all my fears out. Share every bit of good news and bad. Each person in there was on that roller coaster with us, but never made it feel like it was too much.

November 16, 2016, was the last time I heard Steve's voice. We had been having a good week, and he was going to be transferred back to a rehabilitation hospital that day. It was also the day that his name was being added to the liver transplant list. Instead, his liver went septic and he went into shock. I received a call from my father-in-law to get over to the hospital as soon as I was done at work. By the time I got there, Steve was on a ventilator and having trouble with his heart rate, blood pressure and more. Walking into his room was surreal.

Our doctor came in and asked us to follow him to another room as there were some decisions that needed to be made. I walked in with the worst feeling of déjà vu. The doctor followed us in and right behind him...the chaplain...again. Don't get me wrong, amazing man, but once you meet with them under certain circumstances, you really hope to never meet that way again.



The Pevey Family: (clockwise from left) Brandi, Evie, Steve, Kayla & Orion

The next 12 hours were critical in determining if he would survive. His body was tired. He had been fighting for 93 days. That night we decided to wait and hope that he would start to respond to treatment. None of us were ready to let go.

I stayed at the hospital with Steve for a long and difficult night but he stabilized the next day. We spent as much time with him as we could. All day, hoping for a miracle. We talked with him, and told stories. The people at the hospital were amazing and made handprints and other little keepsake memories for the kids with the time we had left.

I took them home that night and went back to the hospital. I knew this was going to be my last night with him and I didn't know how to do that. I didn't want to do that. We were never what you would call lovey-dovey. . .sarcasm was our love language and I so badly wanted to hear him make some kind of joke. I told him, "I wish you would just sit up and say something so completely sarcastic to me," and he shook his head no, back and forth. . .I got so excited. I said, "No? Ok, how about something really sweet?" He nodded yes. That would be the last time he told me he loved me, in the only way he could.

We all went back again the next morning to spend what we knew were our last moments with him. We still got some nods and squeezes; he was still there for a little while. He was able to listen to his brother on the phone, who was on his way here from Vancouver, promise to take care of his children as if they were his own, and he has. Evie snuggled with him one last time.

That evening, we said goodbye. On Friday, November 18, 2016, at 8:23 pm, in a room on the 10th floor of Kadlec hospital, with his father, mother, brother, aunt, a very close family friend, and our children, I watched him take his very last breath and leave this world behind.

We went home to begin picking up the pieces of our shattered lives again. The pain was familiar and new all at the same time. Our first Cork's group was three days later. Walking into that room that night, felt like the first time again. And then I saw their faces — each of these people that I share a bond of grief with — and I knew that we weren't alone. Each person there would help us carry our grief because that's what we do for each other: we share it so that it doesn't feel so heavy. Even if only for an hour and a half, in those early days that lift is a lifeline. A few moments to feel normal in a world where nothing is anymore.

Evie started in group last year. I worry that she won't have many memories of her dad as she gets older and how that will shape who she is. But no matter what, she will have somewhere to go to talk about it and process what it means at any stage, for as long as she needs it. I will forever be grateful to Chaplaincy Health Care and Cork's Place for what they have done for my family. Their value to us, and families like ours, is immeasurable. 



**Steve and Evie**

# Lighting the Path

FUNDRAISING BREAKFAST

We are grateful to the sponsors, table hosts, and guests of our annual community breakfast.

## Title Sponsors

**AECOM**

**AECOM at WTP** and  **washington river protection solutions**

## Table Hosts

Bev Aberseller	Kadlec Regional Medical Center
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Kathy Botu	Ron & Judy Lerch
Heather Breymeyer	Lord of Life Lutheran Church
Sandra Brown	Lourdes Health Network
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## Special Thanks

Virginia Gutierrez Titus & Family	Craig Timmons
Laurie Hollick	Vibe Music Center
Adam Hrebeniuk	Yoke's
Brandi Pevey & Family	Our wonderful volunteers and staff!

## WISH LISTS

Donated items are important to our programs and are an easy way to support the families and patients in our care. If you can help, we would be grateful. These "little things" can help a lot!

### Hospice Kitchen Wish List

- Freezers (New, 21 cubic foot, upright, frost-free) – 2 needed
- Microwave (New, 30" over-the-range with built-in fan, white)
- Crock Pots (7-8 quart with latching handles) – 6 needed
- Toaster (for bagels, etc.)
- Nutri Ninjas – 4 needed
- Nutri Ninja replacement blades
- Oatmeal & Cream of Wheat (instant)
- Bottled cranberry or apple juice (2 quart)
- Vanilla or chocolate Ensure (generic ok)
- Cans of frosting
- Cake mixes
- Coffee (regular)
- Individually wrapped Stash tea bags
- Individual packs of snacks (i.e., nuts, crackers, trail mix, cookies, candy)
- Canned chicken (Kirkland brand)
- Bags of walnuts, almonds & pecans
- Gift cards for perishable items

### Hospice House

- Disposable bed pads ("chux," 36"x36")
- Oscillating floor fans – 2 needed
- Oscillating desk top fans – 4 needed
- AA & AAA batteries
- Flameless candles
- Washcloths & hand towels (white)
- Tena overnight pads for absorbency – 7 packages needed
- Baby wipes (Kirkland brand)
- Laundry detergent (perfume and dye free)
- Paper towels
- 1940s-1950s big band music on CD
- Blue tooth speakers – 4 needed
- CD players – 4 needed
- Short table touch lamps – 4 needed
- Ribbon to tie around locks of hair
- Hand print kits
- Finger print supplies (plaster, washable paint, card stock, etc)

### Cork's Place Wish List

- Canvases (all size)
- Bubble refills
- Stuffing
- Mod Podge
- Glitter
- Glue
- Quick Dry Clay
- Mugs with picture inserts
- Ornaments (openable)
- Small ceramic pots
- Acrylic paints
- Jugs of washable paint
- Regular scissors
- Ink pads of all colors
- 36" rolls of white paper
- Baby doll bed
- Tealight candles (regular and battery operated)
- Rocks (river/colorful/glow-in-the-dark)
- Memory boxes/photo boxes (found at Michael's)
- Giant teddy bears (2 from Costco)
- Forget-Me-Not seed packets
- Small bean bag chairs
- Candy (Skittles, M&M's, Swedish Fish, Starbursts)
- Storage shed
- Gift cards for art supplies (Lowes/Home Depot, Dollar Tree, Michael's, Craft Warehouse, Hobby Lobby, Joann's)

### Bereavement Support Groups Wish List *(Please identify donation as for Bereavement.)*

- Swing arm TV mount
- Smooth black writing pens, such as Pilot, Sarasa, Uniball
- Plain copier paper
- Small notebooks, no larger than 7" x 9", lined or unlined
- Glue sticks
- Ink pads for rubber stamps, all colors, dye-based (not pigment-based)
- Mixed media drawing paper/pads, 11" x 14" or smaller, 90lb. weight
- Crayons and brush pens, all colors and sizes
- Markers (odorless), all colors, sizes, and point shape
- Artist-grade colored pencils (i.e., Prismacolor, Derwent, Lyra), regular & water-soluble, regular & jumbo sizes
- Scissors

### Repeat Boutique *Please remember our hospice thrift stores for your donations during the holidays.*

- Shopping carts – two needed for Richland store
- Portable dishwasher – for Kennewick store
- Items to sell, such as:
  - Furniture – home, office or patio
  - Home décor
  - Gently used & new clothing
  - Antiques & collectibles

### Volunteer Services

- Gift Cards (Dollar Tree)
- iPad



### VOLUNTEERS NEEDED IMMEDIATELY

Help with Repeat Boutique pick-ups and deliveries. Hours are flexible.

To learn more, please contact us at (509)783-7416.

December 2018

Dear Friends,

The holiday season is a time for reflection and gratitude — and particularly for people like you who continue to support the families that we serve.

Through your gifts to Chaplaincy Health Care, you make thousands of hours of care possible for families in our community who are going through difficult times of illness, loss, and crisis. We thank you.

Whether it be caring for someone in our hospice program, treating a home-bound patient with a chronic or terminal illness through palliative care, or helping children and families dealing with the loss of a loved one, together we are here alongside those in need.

Our work is not easy. It takes expert staff and caring volunteers who open their arms to families to help lift and share the burden of loss and grief. It truly is a “calling” — and your gifts throughout the year help us to meet this very special call.

As you consider your year-end giving, we hope that you again will join us with a gift that helps others in our community during times of need. Your support truly makes a difference.

Many of our services to families in the Tri-Cities are not fully covered by insurance — or are offered at no charge to those in need. Together we can continue to meet their call for compassion, expert guidance, and care — regardless of ability to pay.

Thank you again for your loyal and continued partnership. May the coming year bring you many blessings as you continue to walk with us in serving families in the Tri-Cities and Mid-Columbia region.



Sincerely,

A handwritten signature in blue ink, appearing to read "Gary Castillo".

Gary Castillo  
Executive Director



## TEXT2GIVE Your Year-End Gift

Text **CHCWA** (all caps) to **#77977**

Or go to [chaplaincyhealthcare.org](http://chaplaincyhealthcare.org) and CLICK on our Year End Donation banner on the home page.

Chaplaincy Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-509-783-7416.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-509-783-7416。

# GIFTS RECEIVED IN *Loving Memory & in Honor*

August 11, 2018 – November 2, 2018

Thank you for remembering and honoring loved ones with gifts to Chaplaincy Health Care. Your loved ones, and the names of those who generously donated in their memory, are very important to us. If we have made any errors, please accept our sincere apology.

## Alice Marlene Abshire

Lorna Brown  
Leslie & Lisa Glaspell

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## Doris Bailey

Ken Bailey

## Harold Ballew

Port of Pasco

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## Bernard Anton Borgen

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John & Dara Foster  
Rex & Joy Gest  
Jim & Jo Givin  
Cyndi, Geoff, Breanna  
& Melissa Brinkman

## Loris Brinkman

Carole Lehfeldt

## Shirley Brown

Dianne Tonda

## Margaret Burton

Family of Margaret Burton

## Mildred "June" Campbell-Markel

Larry & Brandon Markel

## Alfredo Castillo

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Wayne & Dorothy Harris

## Phyllis H. Castleberry

Shirley Hornbaker  
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Marvin & Barbara Fosster  
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Teresa Knirck

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## Glenda L. Dietrich

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## Retha Mettler

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## Maxine Micklich

Teresa Knirck

## Maurice "Mitch" D Mitchell

Jan Steigleder

## Shirley Moore

Joan Cross

Florence & Gary Finn

Gregory & Marcella King

## Shirley Morasch

Robert & Teresa Nichols

## Kerry Neuberger

Casey & George White

## Robert Nichols

Bob Potter

## Eva Lucille Oswalt

Betty Jean Schwartz

## Dennis Overman

Collene Dunbar

## Refugia Partida

Joann Partida

## John (Jack) Payne

Lavonne Anderson

## Inie Pepiot

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Jeanie Polehn

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Arlis Wennberg

## Earl W. Wennberg

Arlis Wennberg

## Robert "Bill" Westerfield

Roberta Kinney

*For your convenience, memorials and donations may be made on our secure website:*

**chaplaincyhealthcare.org**

## A Special Thank You to...

- **Porter's Real Barbecue** for donating Thanksgiving Dinner for our Hospice House patients, families and staff. We appreciate you!

- **STCU** for their support of our Cork's Place program.

# GRIEF SUPPORT GROUPS AND CLASSES

Groups and classes are free and open to the public. Books available to borrow or may be purchased for \$27 each.

## **Understanding Grief Class**

*Saturday, January 12, 10 am-Noon*

*Thursday, February 21, Noon-2 pm or 6-8 pm*

*Thursday, March 21, Noon-2 pm or 6-8 pm*

*Call Cheryl (572-0593) for more info or to register.*

This one-time, 2-hour session is open to grieving adults. It covers common grief reactions, uniqueness of each person's grief, as well as healthy coping strategies. Includes a 30-minute DVD.

## **Helping Children Grieve**

*Contact Casey (corks@chaplaincyhealthcare.org*

*or 783-7416) for info or to register.*

Open to adults looking for ways to support children and

adolescents who have experienced a significant death. The 4-hour class is divided into two 2-hour sessions, one week apart. Participants view a DVD, engage in discussion, and receive written resources.

## **Esparanza a Través del Dolor (Hope Through Healing)**

*Call Alberto (460-5807) or Isabel (783-7416 ext. 3006) for time, location and to register.*

One-time, 2.5-hour class taught in Spanish. It is open to grieving adults. Includes group discussion on common grief reactions and healthy coping methods, as well as a short 20-minute DVD on the uniqueness of grief.

## **DROP-IN GROUPS**

### **Grieving Parent's Support Group**

*2nd and 4th Wednesdays of every month, 6-7:30 pm*

*Call Craig (572-8349) for more info or to register.*

This group is available to adults experiencing grief due to the death of a child of any age.

### **First Year and Beyond: Drop-In Group**

*1st Thursday of the month, Noon-1:30 pm*

*3rd Monday of the month, 6-7:30 pm*

*Call Cheryl (572-0593) for more info or to register.*

Drop-in format provides support to those who have experienced the death of a spouse or partner without the commitment of a 10-week group. Come share a cup of coffee, tea, and refreshments while remembering your loved one and learning about grief.

### **Survivors of Suicide Support Group**

*1st and 3rd Wednesdays of every month, 6-7:30 pm*

*Call Cheryl (572-0593) for more info or to register.*

The loss of a loved one by suicide can be especially traumatic and affects individuals differently. Some choose to attend a group soon after the loss; others may wait years. Wherever you are in the healing process, we invite you to come and join others on the same journey.

### **Gone Too Soon: Pregnancy & Infant Loss Group**

*2nd Thursday of the month, 6:30-8 pm*

*Call Aggie (430-4204) for more info or to register.*

This group is available to adults who have experienced the loss of a baby before or after birth.

## **OTHER GROUPS**

### **Coming to Terms with Loss**

*Tuesdays, January 8 - March 11, 5:30 - 7 pm*

*Call Cheryl (572-0593) for more info or to register.*

Open to adults experiencing grief due to the death of a loved one. It is educational as well as supportive.

### **Working Through Grief: A Young Adult Support Group**

*Thursdays, January 10-March 14, 5:30-7 pm*

*Call Emily (783-7416) for more info or to register.*

This group welcomes young adults ages 18-25 who are experiencing grief due to the death of a loved one. Books available to borrow. May be purchased for \$27.

### **Healing Through Journaling**

*January 7, 14, 21, 28, 1-2:30 pm*

*Call Cheryl (572-0593) for more info or to register.*

This group is offered for those who would like to explore the use of writing to express their grief journey. We

will use a variety of prompts, techniques, and guided exercises throughout the sessions.

### **Widowed Support Group**

*Tuesdays, January 10-March 12, Noon-1:30 pm or*

*Wednesdays, January 9-March 13, Noon-1:30 pm or*

*Wednesdays, January 9-March 13, 6 - 7:30 pm*

*Call Cheryl (572-0593) for more info or to register.*

This group welcomes widows, widowers and partners experiencing grief due to the death of their loved one.

### **Cork's Place Support Groups for Grieving Children, Teens, and Families**

*Contact Casey (corks@chaplaincyhealthcare.org*

*or 783-7416) for info or to register.*

Sessions are specifically for children and adolescents ages 3 to 17 years. A separate support group for parents and guardians meets at the same time the children or teens are in their session.



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### Please Help

TO CANCEL or to receive this newsletter electronically,  
please email [info@chaplaincyhealthcare.org](mailto:info@chaplaincyhealthcare.org)  
or call **(509) 460-5801**. Thank you!



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# Thank You to Our Champions of Care!

## PRESENTING CHAMPIONS

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## PLATINUM CHAMPION



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