



WINTER 2016

HOSPICE CARE
PALLIATIVE CARE
GRIEF CARE
BEHAVIORAL HEALTH

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Expert
guidance

**You'll Never Walk Alone:
Michelle Wilson's Story**

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YOU'LL NEVER WALK ALONE

During times of need, Chaplaincy Health Care is there by your side.

My name is Michelle Wilson, and I am the sister of Michael Dennis Fischer, the daughter-in-law of William E. Wilson, and the friend of Jill Adcock. I want to share with you how Chaplaincy Health Care and Jill Adcock, a staff member and dear friend, helped my family with counseling, faith, and end of life care for our family.



Michelle's brother, Michael

It was 12:30 am that last night on the phone with my brother. I was trying to talk him out of taking his life. My family had spent the day trying to get him the help he desperately needed. Unfortunately, we weren't able to get him help in time. On January 17, 2014, my brother Michael Dennis Fischer committed suicide. He was 46 years old.

My family was devastated. Our brother was gone, and our family was shattered. During that time, we all tried to deal with our emotions while still trying to be strong for each other. It was emotionally and physically exhausting.

At times it was hard to talk about Mike, and at other times it was even harder to not talk about him. My mom and I relived our last conversation with him over and over and over, just trying to make sense of it all. Almost like if we could make sense of it, we could fix it. It was literally consuming us.

I felt afraid to share my grief with my family; I didn't want to make it harder for them and didn't want them to worry about me. I worried that if I allowed myself to really grieve I might not make it out so I tried to be strong and hold it all in.

A couple months passed and we heard about a class provided by Chaplaincy Health Care called "Survivors of Suicide." The class was for people who had lost loved ones to suicide. It was a safe place where we could talk about our loved ones taking their life without feeling judged.

We shared memories and stories and talked about our grief. We learned about the grief process and about how grief is different for everyone. We learned that sometimes it's okay to not be okay.

"The class [Survivors of Suicide] . . . was a safe place where we could talk about our loved ones taking their life without feeling judged."

After the 8-week class, my mom said if she and dad hadn't taken the class they might not have made

it through this together. The pain was so deep they didn't know how to support each other through their grief

That first year after my brother passed was grueling. Every day was a first day without him, and there were 365 of those.

As the holidays got closer, I could feel my anxiety and grief rising. Jill suggested we attend a class offered by the Chaplaincy called "Hope for the Holidays." My husband attended with me, and the message he heard was right on. It was everything I needed to say but didn't have the courage to say out loud. "I am hurting, I need you, and I am scared" He got it! After the class my husband had a better understanding of where I was and what he could do to help me.

Our next encounter with the Chaplaincy was in October of 2015 when my father-in-law, William E. Wilson, had a heart attack. Dad had surgery and, after several weeks of ups and downs, we were told that he wasn't improving and that we needed to find a place for his final days.

We called Jill and told her dad's prognosis, and less than 30 minutes later she said they had a place for him at the Hospice House. We asked what we needed to do to make arrangements for his move, and Jill's response was, "Your job is to spend time with your dad and we will take care of the rest."

Two days later we arrived at the Hospice House. To say we were ecstatic was an understatement; the room was private with chairs and a futon! We felt like we had made it to the big leagues. Dad's

appetite had decreased while in the hospital. Hospice staff told him he could eat whatever he wanted, and it didn't take him long to make ice cream a staple in his diet.

Dad's original prognosis was about a week. We spent Thanksgiving and dad's birthday there. Dad was beginning to improve. Improving meant moving, so 6 weeks after we got there it was time to leave for dad's new home. On moving day, a volunteer named Liz, who played the harp, came by and asked if she could play for him. Liz played beautifully. They chatted and actually had quite a bit in common. It was a great connection and an amazing send off.



Michelle's father, William

We kept dad on hospice care at his new home. We celebrated Christmas and New Year's with him. When dad started to decline, we called the hospice nurse, who came and confirmed that dad was dying. She talked to us about how much time we had and what to expect over the next few days and what we could do to make him comfortable. Jill arranged for a chaplain to come pray with us.

One afternoon Jill called and asked if we needed anything. (You would think by now she would stop saying that to us). My sister-in-law, Jeannie, suggested Liz come to play the harp.

An hour later the door opened and there was Liz with her harp. She sat down next to dad and whispered in his ear and started to play "Amazing Grace." It was so soft and beautiful. He had stopped communicating about 12 hours prior, but while she played dad began to hum.

It was a beautiful moment that we will forever cherish. Liz came back the next day and played for dad until his breathing matched the strums of the harp—nice and slow and beautiful.

On January 6, 2016, our father passed away surrounded by love. We held his hand, we prayed, we laughed, we cried, and we loved him all the way through it. It was a beautiful and peaceful passing.

Even before my two recent encounters with the Chaplaincy, they were a part of my family. In 1990, they provided end-of-life care for my grandfather Herbert H. Fischer. They came to his home, sat with him, comforted him, cared for him, and prayed with him. My family was relieved when he accepted Jesus before he passed away.

They were there again in 2014, providing grief counseling for my family after my brother's suicide, and helped us realize that just because Mike had taken his life that we didn't have to stop living ours. And they were there again in 2015 to provide hospice care for our father. With their help, we were able to provide the loving and peaceful passing that he deserved.

With Chaplaincy Health Care, it's true: You will never walk alone. 🌿

In their honor, Michelle Wilson

Chaplaincy Health Care gives thanks to our table hosts, guests and sponsors for attending our annual "Lighting the Path" Breakfast. Your support flows through us to friends, neighbors and loved ones when they need guidance, comfort and care.

Table Hosts:

Bev Abersfeller	Tim Ledbetter
Karen Adams	Ron & Judy Lerch
Tom Adams	Craig Littrell,
Jill Adcock	Columbia Valley
Arlene Amis, Asuris NW	Daybreak Rotary
Nicole & Steven Austin	Lourdes Health Network
Heather Babler	Carla May
Zach Baggenstos,	Hal McCune, AECOM
Bellevue Healthcare	Wes McIntyre
Deborah Barnard	Gretta Merwin
Linda Bauer	Gail Middleton,
Laurie Beauchene	Columbia Center
Nan Benecke	Rotary
Jo Ann & Peter Bengtson	Kat Millicent Art
Wendy Bennett	Anita Mundy
Hal Bergmann	Matt Nash
Heather Breymeyer	Cortney Needham
Angie Brotherton,	Richard Nordgren,
Gesa Credit Union	Meadow Springs
Sandra Brown	Presbyterian
Steve Buckingham,	Michael & Shannon
West Highlands UMW	Novakovich
Jamie Carlock, Conover	Kay & Marty Ottem
Gary Castillo	Victor Ortega
Josh Chittendon,	Betsy Owczarski,
Petersen Hastings	Christ the King
Michelle Chunn, TCVCB	Penny Phelps
Copiers Northwest	Megan Proctor,
Carol Darly Dow	Washington
John & JoAnn Deichman	Closure Hanford
Marilou DeWoody,	Kimberly Ringo
Bethlehem	Cindy Riggle
Lutheran Church	Bob & Nancy Rosselli
Merrienne Door	Janet Ruebsamen
Bethany Draskovic	Scott Sax, WA Closure
Jim & Kathy Dyson	Sierra Shiplet,
Nancy Edgar	Hawthorne Court
Heather Filbin	Retirement Community
Fleur de Lis	Jason Strickling
Malia Foster	Shannon Street,
Penny Gardner	Professional Case
Dick & Charlyne Green	Management
Randy Hale, Payne	Leslie Streeter
West Insurance	Valorie Strickland
Brandy Hickey	Brenda Swenson
Home Health	Craig & Sarah Timmons
Care Solutions	Kris Troyer, Pasco
Vannie Irvin	Kennewick Rotary
Shannon Jackson, Lord	Angel Trump/Rainy
of Life Lutheran Church	Larson, Tri-Cities
Ervin & LaVonne Johnson	Cancer Center
Bev Johnston	Pat Uhlich
Pat Johnstone	Jan Ulmen, Edward
Jeanna Jolley	Jones Non-Profit
Karlene Keyes	Christine Van Wormer,
Ralph Kieneker,	Visiting Angels
West Side Church	Emily Volland,
Wayne & Betsy Kohan	Kadlec Regional
Lou & Donna Koussa	Medical Center
Cheryl Kulas	Traci Wagner
Alta Lambie	Jannette & Ray Weber
Lisa Lang	Johannah Weeks,
Michele Latorre,	Chinook Home
Tri-Cities Community	Health Care
Health	Lisa & Mark Williams
	Jim Willis
	Leonard Roy B Wu,
	Advent Care

WISH LISTS

An easy way to support the families and patients we serve is by supplying one or some of the items on our wish lists. These “little things” can help a lot!

Hospice Wish List

- 3 portable CD players
- White twin extra-long fitted sheets
- Colored twin extra-long top sheets
- 4 Table Mate adjustable slide-in tray tables (can be purchased at Bed, Bath & Beyond)
- Large Rubik's cubes or other large tactile items for restless patients to work with
- Baby monitors
- Patient gowns for men and women



Hospice Kitchen Wish List

- Upright frost-free freezer
- Coffee – regular or decaf
- Canned chicken (Kirkland brand)
- Bottled apple, cran-apple or grape juice (2 qt)
- Cake mixes and cans of frosting
- Individual liquid French vanilla creamers
- Gift cards for perishable foods

Cork's Place Wish List

- Decorative journals
- Art canvases
- Unopened Polyfill stuffing
- Molding Clay
- Letter Beads
- Postage Stamps
- Biodegradable Balloons
- Gift cards for art supplies (Joann's, Hobby Lobby, or Craft Warehouse)
- Visa gift cards to buy grief resources from The Dougy Center for families and the community

Bereavement Support Groups Wish List

(Please identify donation as for Bereavement.)

- Scrapbooking stickers and theme sticker packets
- Beads, 1/2"-1" beads with unique colors and shapes for Affirmation Jewelry (example: This bead reminds me of your gift of listening)
- Gift cards for art supplies for Bereavement Support Groups (Joann's or Craft Warehouse)
- Gift cards for books at Barnes and Noble and Amazon to be used in Support Groups
- CD player
- Visa gift card for purchase of a DVD seminar ("On Grief and Grieving" by David Kessler). Cost is \$199.



VOLUNTEERS NEEDED

• Hospice Volunteers Needed:

- Companions to visit with patients living in their own homes or care facilities.
- A licensed hair stylist to provide services in patient homes
- A licensed massage therapist
- Volunteers to work in the Hospice House

• Event volunteers

- **RNs currently licensed in WA State** to visit patients in residences or to make monthly check in calls to patients and families.
- **Administrative volunteers** to support various programs.

**Our next Volunteer core training will be held January 13 & 14.
For more information please call (509) 783-7416.**

December 2016

Dear Friends,

The holiday season is a time of reflection on all that has happened throughout the year and to remember all that we have to be grateful for. At Chaplaincy Health Care, we are grateful for you. Through your support, you are helping caregivers and staff touch the lives of thousands in our community who are facing end-of-life, serious illness, loss or crisis.

We are honored to be your local non-profit health care provider since 1971. We exist to serve you and your loved ones – to provide exemplary spiritual, emotional and physical care.

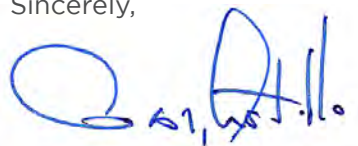
As you can imagine, providing quality care is costly and the gap between payment and cost of care continues to widen. Donations from our community are extremely important and needed not only to help fill this gap but to allow us to grow and expand our programs so we can serve you better.

Please consider giving a tax deductible gift today. An envelope is enclosed for your convenience, or you may donate through our website at **www.chaplaincyhealthcare.org/donors**. Your gift will provide immediate resources for services such as hospice, palliative care, and grief support. It will also help ensure that our community hospice house remains a tranquil and welcoming place for patients and families.

As we serve our friends and neighbors we realize we don't do this work alone. We do it together with you. The support from you flows through us and out to those who are navigating a difficult journey.

We are so grateful for your partnership in this work and wish you many blessings in the year ahead.

Sincerely,



Gary Castillo
Executive Director



GIFTS RECEIVED IN *Loving Memory & in Honor*

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.

IN MEMORY

Mary Linhoff

Bert & Patricia Benton
Tom Bosch & Marge Ziobro
Bunch-Finnigan Appliance
Ron & Judy Lerch
Craig & Su Mayfield
Kevin & Kim Miller
Kristin Patterson
Cathy Pokos
Philip & Mary Raekes
Dick & Jan Spencer

King Bhumibol Adulyadej

Sittlerk Triksarsansulch

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Mary Antolick
Sharon & Jennie Brandon
Craig & Joni Grier
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Gerald & Shirley Johnson
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Deanna Klages
Kate Maciboba
The Mahlum's/Andy Crisp
FA Family
Barb Sandness & Family
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Hermine Fordham
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Rick & Anita Mullin

Diane Bartlett

Joyce Bergsing
Dicksy & Ken Creek
Donna Linstrum

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Lorraine Becker

Dave & Susan Ballo/
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Ron & Judy Lerch
Charles & Sharon
Loosveldt
Annette Mertz
Sharon Warren

Stella Bennett

Alta Lambie

Karl Bergstrom

Elenor Bergstrom

Mylon Bingman

Lou & Donna Koussa

Adrienne Birdsell

Les & Gerry Adams
Betty Brooks
Gwen Rawlings

Glendine Boston

Walter & Jackie Allen

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Julie Coleman

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Barry Moravek

Tami Owen Bunker

Glenna, Cindie & Marilyn

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Howard Chappelle

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Virgil Clements

Joan Crain

Kyle & Karl Hadley

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B. Flora

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Lori Getts

Bill Gilles

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Nancy Edgar
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Sharon Gittleman

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memorials and
donations may be made on
our secure website:*

chaplaincyhealthcare.org

Connect with Us...



ChaplaincyHealthCare.org Find out about upcoming events, classes and support groups, access helpful resources and get answers to common questions about hospice care, palliative care, grief care and behavioral health services.



Like our **Facebook** page (facebook.com/chaplaincyhealthcare) to learn about upcoming events, how our services impact our community, and how our community impacts our work.



Connect with Cork's Place on **Instagram** to learn about our grief program for children, teens and their families.



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Connect with us on Facebook

GRIEF SUPPORT GROUPS AND CLASSES

Coping with the death of a loved one can be difficult. Some people seek the individual assistance of a Grief Care Specialist. Others prefer spending time with a small group of people working together through their grief. Whatever you choose, we are here to help...you are not alone. Groups and classes are open to the public.

NEW Hope for the Holidays

Saturday, December 10, 2016 | Noon-2 pm
Call Wanda at 783-6243 for more info or to register

A class to help grieving people deal with the stress, loneliness and confusion of the holiday season.

Coming to Terms with Loss

Tuesdays, January 10-March 14, 2017
Noon-1:30 pm or 6-7:30 pm
Please call Cheryl at 572-0593 to register

Open to adults experiencing grief due to the death of a loved one. It is educational as well as supportive. Fee is \$127 for this 10-week session with sliding scale option.

Widowed Support Group

Wednesdays, January 11-March 15, 2017
Noon-1:30 pm or 6-7:00 pm
Please call Cheryl at 572-0593 to register

This group welcomes widows, widowers and partners who are experiencing grief due to the death of their loved one. Fee is \$127 for this 10-week session with sliding scale option.

NEW Grieving Parent's Support Group

Second and fourth Wednesday of each month in 2017
6:00-7:30 pm

Call Cheryl at (509) 572-0593 for more info or to register

This group is available to adults experiencing grief due to the death of a child of any age. Fee: \$10 per meeting with a reduced fee option.

Cork's Place for Children, Teens, and Families

Ongoing groups meet regularly following the school year. A support group for parents/guardians meets while the children or teens are in session. Call Heather B. for information, to schedule a tour, or to pre-register a child or teen. (509) 783-7416 or (509)378-4898.

NEW Men's Loss Support Group

First and third Fridays of each month | 11:30am-1:30 pm
Sterling's Restaurant (3200 Clearwater Ave., Kennewick)
Call Michael at (509) 380-4587 for more info or to register

A safe and supportive environment for men to process grief related to the losses experienced in their lives. Explore methods of identifying, accessing and expressing those losses in healthy, productive ways. Fee: \$10 per meeting with a reduced fee option.