

**HOSPICE CARE PALLIATIVE CARE GRIEF CARE BEHAVIORAL HEALTH** 

## What's Inside

- 2 Loving Hands, Extraordinary Hearts Volunteer Spotlights
- 3 End of Life Conference Free Community Presentation
- 4 Support Groups & Classes
- **5** Wish Lists
- **6-7** Memorials & Honors
  - 7 Evening for the Angels Thanks

**Back** Lighting the Path Breakfast

Expert guidance

Loving Hands, **Extraordinary Hearts** 

Page 2

## LOVING HANDS, EXTRAORDINARY HEARTS

## At Chaplaincy Health Care, we are honored to have the support of a very special group of people — our volunteers.

Chaplaincy volunteers are young people who have families and work full time. They are retired and travel or take care of their grandkids. They are stay-at-home moms and dads or students working on college degrees. Some are people who have experienced our services and want to give back. Others just want to help and feel called to this work.

Chaplaincy volunteers are everyday people...but what makes them so special are their extraordinary hearts. Hearts of compassion, hope, comfort, love, and service.

This is clear in all they do — from working with grieving children at Cork's Place, to washing

laundry at the Hospice House, helping at Repeat Boutique (our hospice thrift stores), visiting with patients, or providing emotional support for people during illness and grief. Our volunteers honor dying veterans with a special ceremony and salute, deliver birthday cakes and cards to patients, and help with office tasks and at special events.

These dedicated and compassionate individuals make an immeasurable difference in the lives of people across our community each and every day.

To all of our volunteers—thank you for your loving hands and extraordinary hearts. You are a blessing!

Do you have a compassionate heart and desire to help those experiencing illness and loss? Then volunteering at Chaplaincy Health Care may be for you. To learn more, please contact our Volunteer Coordinators at 509-783-7416 or go to www.chaplaincyhealthcare.org.

# Volunteer Spotlights-



### **ELLEN COLE**

I have wanted to volunteer for hospice for years and I was finally able to do so when I retired. I have been with Chaplaincy Health Care for three years or so and have enjoyed being part of such a caring team. I have been able to serve in several different

areas, including faxing and filing medical records, home visits, and helping out at the Hospice House.

I enjoy being part of a team approach that supports and serves the needs of our patients and their families. I know how I felt when hospice care was there for our family years ago when my sister lost her battle with ovarian cancer. I never forgot the kindness, nursing skill, and their loving presence and support to see us through her end of life process. I decided then that one day I wanted to be part of such an organization.

My favorite part of volunteering is being at Hospice House working with such a devoted staff who truly care about those entrusted to them. The atmosphere is so peaceful and the families are so appreciative for not only the nurses, but the support staff as well. It's not unusual for family members who have lost their loved ones to return occasionally and thank the nurses and Nancy the cook for her delicious soups she prepares each day for the families to physically sustain them.

I truly am blessed to be part of such a wonderful organization and am so thankful that I have the time to give back to our community in this way.



### JEANNE HEATH

I have volunteered with Chaplaincy Health Care for three years. I work in the Hospice House one day a week where I help with Restless and 11th Hour patients. I also work in the Behavioral Health office one day a week.

#### CHAPLAINCY HEALTH CARE

My favorite part of volunteering is sitting with people; holding their hand, and listening to them (if they are verbal) or just sitting with them if they are quiet. I find it interesting to hear about their lives and what is important to them at the end. It can be difficult to calm those with Alzheimer's but if I am able to reach them at some level and keep them occupied so the nurses have time to do other things, it is very rewarding.

One day I sat with a patient with dementia. She had no short-term memory, but she had lived a fascinating life. She had been a singer when she was young. She and her husband moved to Washington

for his job. It was fascinating to hear her stories. I heard them over and over again that day, but she seemed very happy to have me listen.

I wanted to volunteer for a long time. I worked in hospitals for 30 years and it seemed like a natural step at retirement. It moved up in importance when my neighbor was terminally ill with cancer. Two years ago my father had hospice care when he died, so I've seen the benefits of this kind of care from several different perspectives. I find that volunteering with Chaplaincy Health Care is very fulfilling in my life. <



Gain greater understanding of the complex issues in providing palliative and end-of-life care by attending the 2018 End-of-Life Conference.

FEATURING KEYNOTE SPEAKER: Ira Byock, MD, FAAHPM, from Providence Health and Services, "The Best Care Possible"

Early Bird Registration, \$100 (\$125 after October 5) Full Time Medical Student, \$50

REGISTRATION | DETAILS | ACCOMMODATIONS www.ChaplaincyHealthCare.org/event/eolconference2018









"WHAT MORTALITY CAN TEACH US ABOUT LIVING -**SAYING THE FOUR THINGS THAT MATTER MOST"** 

THURSDAY, OCTOBER 18 | 6:00 - 7:30 PM

Presentation and Q & A along with book sale and signing.

Bethel Church Richland 600 Shockley Rd, Richland, WA 99352

No reservation needed.



#### **KEYNOTE SPEAKER & COMMUNITY PRESENTER**

Dr. Ira Byock is a leading palliative care physician, author, and public advocate for improving care through the end of life.

He serves as Executive Director and Chief Medical Officer for the Institute for Human Caring of Providence Health and Services. Dr. Byock advances efforts to measure, monitor and improve whole-person health care systemwide. He is a practicing physician and is based in Torrance, CA.

### 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 free and open to the public. Books available to borrow. May be purchased for \$27 each.

### **Understanding Grief Class**

Saturday, September 22, 10 am-Noon Wednesday, October 24, Noon-2 pm or 6-8 pm Wednesday, December 12, 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.

### **Hope for the Holidays**

Thursday, November 1, 6–8 pm Saturday, November 3, 10 am-Noon Saturday, December 1, Noon-2 pm Call Wanda (783-6243) for more info or to register.

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

### **Helping Children Grieve**

Contact Casey (corks@chaplaincyhealtcare.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.

### **NEW** 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** -

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

Thursdays, September 13-November 15, 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.

### **Widowed Support Group**

Tuesdays, Sept 11-Nov 13, Noon-1:30 pm or Wednesdays, Sept 12-Nov 14, Noon-1:30 pm or Wednesdays, Sept 12-Nov 14, 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.

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

Tuesdays, September 11-November 13, 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.

### **NEW Healing Through Journaling**

Mondays, September 17-October 8, 2-3:30 pm Call Cheryl (572-0593) for more info or to register.

This 4-week support 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.

### **Cork's Place for Children, Teens & Families**

Ongoing groups meet regularly during the school year. Call Casey (783-7418) or email corks@ chaplaincyhealthcare.org for more 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.

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.
注音: 如果您使用繁體中文 您可以免费准得語言援助服務。請致電 1-509-783-7416

### **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**

- 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 and almonds
- Gift cards for perishable items
- Laundry detergent (perfume and dye free)
- Three-way light bulbs
- AA batteries

#### Cork's Place Wish List

- Art canvases (any size)
- Unscented tea lights
- · New, smaller stuffed animals
- Bubbles

- Unopened Polyfil stuffing
- Decorative journals
- Mod Podge
- Glitter

- Large bottles of tempera paint
- Gift cards for art supplies (Joann's, Hobby Lobby, Michael's, Craft Warehouse)

### 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
- Ink pads for rubber stamps, all colors, dye-based (not pigment-based)
- Glue sticks

- 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

### Other -

Vacuum cleaner



# GIFTS RECEIVED IN Coving 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.

Phyllis & Hugh Adams
Don and Carol Harris

Sandra Cokely Anderson Sheila Cokeley

William Baumgartner
Lillian Baumgartner

Bryan & Barbara Gore Hazel Hendrickson Ronald & Susan Kathren Mathias Lardy Leo & Linda Munson Elizabeth Poole Jim & Maureen Roberts

Marlene Sauressig
Ina Rose Biorn

Roger & Linda Bailie Family of Ina Biorn Judith Klaustermeyer Sun Willows Home Owners Assoc. Katherine Teel

Norman Bjornstad
Bruce Biornstad

Ben Borgen

Kim Frodel Ron & Judy Lerch

**Margie Brindley** 

Jerry R. Anderson Phyllis Getchell Mr. & Mrs. Robert Irwin Launa & Billy Jenkins Beverly Karns Kathleen Whelan

Richard Brown
Sharon Gittleman

Richard Brunton

Marjorie Lane

Hazel E. Carmichael
Richard & Melvina Romanelli

Alfredo Castillo

The Carter Family Roger & Marsha Fish Martin & Rhonda Harris Laura Kollar

Betty Clark

Alta Lambie

John Swanson

Betty Jean Clark Helen & Verle Coleman

Joel Cloe

John & Dara Foster

Eugene & Irene Cokeley Sheila Cokeley

Nancy Conrad

Anonymous Judy & James Gerhard Lisa Gerken Kim Hansen Carol & Donald Harris Anne Conrad & Steve Hedgreness Ed & Lois Kauer Tomi Ott Tim & Joy Sawyer

David Cooley

Kathy Metcalf

Janice Cowan

Roland & Suzanne Ehlers

Jan Cronquist Sharon Gittleman

**Dave Dalthorp**Sun Willows Home Owners Assoc.

Della Davis Jeff & Belinda Huntsman Family of Della Davis

Frieda Deines

Jackie & Ralph Bender Shirley Pierce Frank & Lindell Smith

Jean & George Denny Jan Spencer

Katie Ferguson
Glenna Moulthrop

Russel Fabre Anita Fabre

Vern Fichter Teresa Knirck Ron Sponseller

Gary Fletcher
Joel Chaplin
Dick Graf

PeeWee & Kay McDevitt Greg & Kathleen Paganelli Amy Stickel Bill Wangler Yakima Chapter 38 International Footprinters

John Foster
Glenna Moulthrop

Melvin Foster Alta Lambie Gretta Merwin

John H. Foust

Fred Fraser
Mary Fraser

Eugene Gonzales Mike & Pam Thurman

Terry Graff
Bob & Gloria Greenhalgh

Evelyn Groble
The Giddings Family

Frank Grover
Gerald Grover

Don & Mary Gustavson

Allen Boston

Fred Gustavson

Marge Haggard

Marge Haggard
Judy Bircher
Norma Boswell
Ron & Sharon Brackensick
Charles & Suzanne Bussman
David & Sons Mini Storage
Bill & Collene Dunbar
Donna Eakes
Dan & Tina Foley
Harold & Lois Galpin
Jerry Griffin
The Haggard Family

Robert Haggard
A. Judd Haverfield
Teresa Knirck
Teresa Lovelace
Jack & Sondra McGee
Pam & Phil Neill
Becky Nelson
Lowell & Sandra Nichols
Wally & Virginia Tews
Vic & Clara Weil
Mel & Lynn Wicks

Zade Hakki Amelia May

Alice Hanson

Uel & Carl Achenbach Carla & Jack Barton Mr. & Mrs. Bob Christensen Duane Moe Diane & Peter Rasmussen

**Shirley Hartwig** 

Anonymous Sarita Cooper & Jess Greenough Judith Johnson John & Delores McLean Robert & Sharon Schutte

John Haydon Patty Fergus Doris B. Heck

Sharon Gasperino Bob & Alayne Heck

**Dan Hoover** *Miss Madison Racing Team* 

Sally Hopkins Katherine Evans

**Dick Hopper**Robert & Teresa Nichols

John Hughes Frank & Lindell Smith

Elaine Karlstad Helen & Verle Coleman

Doug Keffeler John & Sue Decker Frances Maddy

Elizabeth Kippes-Saylor Beverly Karns

Sharon Koehling
Erick Koehling
Michael & Jo-Ann Neely

Elaine Korstad Teresa Knirck

Victor Lamm Steve Seeman

Steve Seeman
Charlotte Lang

Lisa Lang

Frederick Latendresse
Janet Strickland

Leonard Latendresse Janet Strickland

Virginia Latendresse Janet Strickland

Russell Laughlin Gretchen Fleming Wallace Ruff Mike Leonard

Brett & Darcy Benth Shirley Murray & Family Mike & Pam Thurman

Virginia Levesque

Sue & David Eakin

Paula Lockwood

Judy Perry & Frank Worthington

Elena Loera Joe & Pat Barajas

Elaine Loftus Louise Pallis & Kris Colraine

Robert Loper
Jack & Sondra McGee

Howard Mackenstadt
Vera Berry

Hazel Mahan Cindy & Greg Herman Mark & Peggy Hevland

Mark & Peggy Hevlan Ed & Lou Kathan Richard Manke

Barbara Margerum
Bill & Collene Dunbar

Connie Kobelski

Donald Mason Cathy & Jim Fredericks

Joe Matula Gary & Vickie Marquardt

Maris McCaddie
Gloria McConnell

Warren Monroe Bill & Collene Dunbar Sue Beebe & Julie Karlsson Tim & Maura Mensinger

Tim & Maura Mensinger
Ray & Mary Jane Seitz
Cathy Montgomery
Dan & Tina Foley

Dan & Tina Foley Eunice Hutton Randy & Bob Slovic Cody Spanner

Frieda Morris Kim Hansen

Sandi Murdock Glenna Moulthrop

Kris Murray Pat Shults

Betty Nash Kathryn Simpson

Robert Nichols George & Bette Evans

Patrick Thomas Nolan Glenna Moulthrop

Karen Ann Nigh Judith Terjeson

Ed Olson
Alice Bennett

Bernadine Paganelli John & Judy Douglas

Jack Payne Sharon Gittleman **Ruth Parker Perkins** 

Richard & Judy Hames The Hammer Girls (Glenna, Cindie & Marilyn)

**Barbara Partch** 

Marvin Partch

**Inie Pepiot** 

The Pepiot Family

**Bob Pischel** 

Mike & Timmi Garrett

Richard Polehn

Jeanie Polehn

Sally Ann Potter Rob Potter

**Bill & Joann Preston** Brent & Michele Preston

Wilbur Rees

James House Bruce & Lora Rathbone

John Riley

Gloria McConnell **Bernadine Rogers** 

Pat Shults

Luther Rogers, Jr. Gary & Nancy Thompson

IN HONOR

**Tim and Karen Derrick** Michael Wirfs

Glenna Moulthrop Joanne Fankhauser

Galen Rottinghaus

Sharon Gittleman

**Ida Schauss** 

Tyler Clary

Bill Schlagle

Sharon Gittleman

Carol Schwegel

Gloria McConnell

**Muriel Sears** 

Wayne & Betsy Kohan

**Dennis Sherrell** 

Susan Sherrell

**Rhonda Simmelink** Altha Simmelink Perry

**Louise Simmelink** 

Altha Simmelink Perry

Karen Ann Sims

Sharon Gittleman

Dennis Love

Judy Perry & Frank Worthington Sandra Rowley

Nancy Thorpe

Pam Skorpik

James Skorpik

Teresa Erickson

**Aggie Mowry** Trios Foundation

**Bob Rosselli** 

Columbia Industries

Joyce Fleming Hank & Nancy Sauer Bruce Tulloch

Jack Spanner Tomi Chalk

Jim and Edna Stover Bob & Janet Gunter

Kenneth Strickland

Janet Strickland

**Don Strickler** Frank & Lindell Smith

William (Howard) Sutherland

Harriet Sutherland

**Gary Tramel** Pat Dunham

**Dorla Trittle** 

Lou Burkholder

Alma Utecht Nora Buel

Albert Vernon Vandenberg Siefken, Saunders & Peterson

**Christopher Vowels** 

Kendra Kinlock

J.T. Walters

Paul & Kathy Brenberger

Kathy Werst

Ken Werst

Joan Wertz

Elaine Hanson Norman White

Virginia Weier

Cora Jane Williams

William & Jean Galbraith Gladys Good

Bill & Jean Graham

Roger & Linda Hastings

Patsy Hull

Anne Meeker

Marie & Rich Szempruch R.J. & Marguerite Thoen

Don and Carolyn Williams

Iman Wintz

Ron Sponseller

Jeanice Wise

Cherry Wiest

**Christine Ziegler** 

Judi & Carlos Smith

### for your convenience,

memorial and donations may be made on our secure website:

chaplaincyhealthcare.org

# Evening for the Angels

A heartfelt thanks to everyone who sponsored the event, donated their time, products or services, or came out to enjoy the evening with us. We are blessed by your support!

PRESENTING SPONSOR







### BEVERAGE **SPONSORS**







### TABLE SPONSORS & HOSTS

AECOM at WTP • Steve Baker • Barnard Griffin • Bellevue Health Care • Boyce Burdick • Gary Castillo Columbia Valley Daybreak Rotary • Conover Insurance • John & JoAnn Deichman • Discovery Financial Services • Jim & Kathy Dyson Jim & Nancy Edgar • Gesa Credit Union • Rose & Bob Gray • Home Health Care Solutions • Kadlec Regional Medical Center Ron & Susan Kathren • Karlene Keyes • Anna & Jim Kion • Anne Koepsell • Ron & Judy Lerch • Lourdes Health Network • Cheri Manley Meadow Springs Presbyterian Church • Richard Nordgren • Northwest United Protestant Church • Payne West Insurance PermaFix Northwest • Petersen Hastings • Professional Case Management • Bob & Nancy Rosselli • RX Pharmacy Shalom United Church of Christ • Rod Stone • The Rude Mechanicals • Washington River Protection Solutions • Amy & Jerry White

### SPECIAL THANKS

Allied Music Services • Team Battelle • Baums House of Chocolates • Ben Bridge Jewelers and Kathy Metcalf • Camerazzi Photo Booth Charlie Morris • Columbia Point Gold Course • Concert Production Services • Copper Top Tap House • Country Mercantile Desert Green • Desserts by Kelly • Help-U-Move • Killgore Adventures • Lifetime Dental Care • The Lodge at Columbia Point Mail by the Mall • Northwest Paddleboarding • Tri-City Court Club • Wine & More • Chaplaincy Staff & Volunteers



ADDRESS SERVICE REQUESTED

NONPROFIT ORGANIZATION U.S. POSTAGE PAID PASCO, WA 99301 PERMIT No. 379

1480 FOWLER STREET RICHLAND, WA 99352 (509) 783-7416 CHAPLAINCYHEALTHCARE.ORG

### Please Help

TO CANCEL or to receive this newsletter electronically, please email **info@chaplaincyhealthcare.org** or call **(509) 783-7416.** *Thank you!* 



Connect with us on Facebook



Nov. 6, 2018 | 7:30-8:30 a.m. | Three Rivers Convention Center

Please join us in learning about the many ways Chaplaincy Health Care touches lives in our community. This year's event will feature Cork's Place, our grief support program for children, teens, and families. Donations will be accepted during the program.



Thank you to our corporate sponsors:

**AECOM at WTP and WRPS** 

To reserve your table (for 10 guests) please RSVP to Heather at **783-7416** or **heatherf@chaplaincyhealthcare.org**.