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**Frail is Not a
Four-Letter Word**

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FRAIL IS NOT A FOUR-LETTER WORD

by Tim Ledbetter, DMin, BCC

There is a stage of life that may be dreaded more than the conclusion of one's existence. It is that period of time when one finds him or herself becoming, in a word, FRAIL. Few people like that word; however, when a story is told describing someone's increased fatigue, vulnerability, and isolation, it inevitably seems to be summarized by the exclamation, "They are becoming so...uh...frail." But at Chaplaincy Health Care, we believe that "frail" is not a four-letter word. Based on a four-stage model adapted from a book by Dennis McCullough*, we are fully aware of and responsive to the changes, losses and opportunities that are present at this particularly important stage of life.

Increased fatigue is noticed as one's once-robust vitality, and energy is just not what it used to be. Statements like, "I'm just so tired," are heard more frequently, along with reasons not to be as active as before. Be aware that fatigue may be of a physical, mental and/or social nature. Increased vulnerability also applies to different aspects of life: from the risk of falling to the risk of being taken advantage of by dishonest people. And increased isolation is often noticed with less frequent attendance at activities or more frequent excuses for not going or being involved. In reality, all three aspects of increasing frailty are inter-related and affect each other. Interestingly, when comparing notes with some of the wonderful people who provide Meals on Wheels, they readily recognized these attributes in many of the folks they serve on a regular basis.

Frailty is not something to be ashamed of or to ignore, but to understand and respond to with skillful compassion and patient empathy. In the continuum of life, the four stages noted above can be labeled as Routine, Stressed, Frail and Terminal. The Routine Stage is where we spend much of our lives (usually)—in the routines that we create, participate in and depend on day in and day out. Getting going in the morning, active at work or school, keeping schedules and appointments, worrying about being late, getting things done—in season and out of season. On

occasion, those routines are interrupted by a stressful or distressing event that thrusts one into a Distressed Stage of life compromised for a time by accident, illness, injury, abuse. The natural response to being in a distressed stage is to seek to recover from and adapt to the changes that happened, with a goal of returning to one's routines. Over time, those stressors

become more frequent and prolonged; they start wearing on the person, and at some point, the observation noted above begins to be heard, "They seem to be getting kind of frail." (To

"Frailty is not something to be ashamed of or to ignore, but to understand and respond to with skillful compassion and patient empathy."

complete the stages, eventually, the declines and reductions are determined by medical experts to be irreversible and the likelihood of life ending in months and not years becomes real. Like the train station that receives passengers at the end of the journey, the final phase is called the Terminal Stage.)

Students of the trajectory of human living have learned that a Frail Stage is not just for "old people." Persons of all ages, including children, can become frail—just ask the staff at children's hospitals. Likewise, we have learned that becoming frail is not a quiet, passive time; rather it is a constantly changing period of life that is characterized by another well-known, well-studied word, LOSS. We know this is so by listening to the stories on the theme of personal, functional loss: "I used to be able to do that and now I cannot"... "I used to be this, and now I am not." Such situational losses—actually little "deaths"—must not be ignored. As with any loss, there are feelings of sorrow that must be sensed and respected. And there is grieving or mourning that must be done along the way in order to heal the fractures that occur in the hearts of the individual and those who love them.



ABOUT THE AUTHOR

Tim Ledbetter, D.Min, BCC, is Chaplain Supervisor at Chaplaincy Health Care and has been with Chaplaincy for over 24 years as a hospital and hospice chaplain. Tim is an ordained and endorsed American Baptist clergyman, a Board Certified Chaplain, and life-long child of God. He has nurtured ongoing interests and participation in physician-chaplain collaboration, biomedical ethics, human subjects research, palliative care, and advanced care planning.

CHAPLAINCY HEALTH CARE

Lastly, we have learned that to be frail is not to be dying or dead—to put it bluntly. Even though such despairing sentiments are often heard, the other reality is well-illustrated by the metaphorical testimony of autumn colors. The transitions from the vibrant greens and golds of summer to the browns and whites of winter are noticed by all—and feared by many. Like autumn, the Frail Stage embraces bittersweet times of joys and sorrows, of gains and losses, of wisdom and foolishness. The visual glories and declines are both evident in autumn and in the Frail Stage.

Generally, there is no way around any of the stages, try as we might to avoid the reality of Life's ebbs and flows, cycles and seasons. But in our self-sufficient,

pro-growth, anti-aging society, the reality of the Frail Stage and our common angst about it continue to demand our best attention and responses. That begins with affirming that Frail is not a four-letter word. 🌱

* McCullough, Dennis, *My Mother, Your Mother* (2008, HarperCollins).

We at Chaplaincy Health Care are oriented and equipped to assist persons, families and groups with expert guidance in honoring the blessings and easing the sufferings of those living in a frail stage of life. For information about the services and types of support we offer, please visit www.chaplaincyhealthcare.org.

HeART of Healing A Benefit for Cork's Place

Saturday, April 27, 2019 | 6:00–9:00 pm
Uptown Theater, Richland

You are invited to join us for our 3rd annual **HeART of Healing** benefit for Cork's Place at the beautiful Uptown theater in Richland. Cork's Place, for children, teens, and families, was designed to help youth in our community who are experiencing loss. We provide a safe place where families receive support from trained, compassionate facilitators while connecting with others who are grieving.

Our HeART of Healing event will feature original artwork created by local children and teens impacted by loss and grief. Guests will enjoy the exhibit, silent auction, raffle, music, beer & wine, hors d'oeuvres and a moving program.

Proceeds from HeART of Healing help make it possible to provide this program at no cost for families in our community. Tickets are \$60 per person. For more information or to purchase tickets, please go to our website (chaplaincyhealthcare.org/event/heartofhealing2019) or call us at (509) 783-7416. 🌱



Lisa Gallegos

WELCOME OUR NEW VOLUNTEER PROGRAM SUPERVISOR

Welcome Lisa Gallegos, our new Volunteer Program Supervisor! Lisa has five years of experience as the Volunteer Director at Trios hospital. In addition, she has a wealth of experience in management, team building, community networking, and program enhancement. Lisa is an Army veteran and is thrilled to wrap her arms around and grow our We Honor Veterans program. She is a Tri-Cities native and has a passion for serving our community. **Interested in volunteering? Give Lisa a call at (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

- Freezers (New, 21 cubic foot, upright, frost-free) – 2 needed
- Crock Pots (7-8 quart with latching handles) – 6 needed
- Toaster (for bagels, etc.)
- Nutri Ninjas – 4 needed
- Nutri Ninja replacement blades
- Gift cards for perishable items

Spring Cleaning?

Support Hospice...Donate your gently used items to Repeat Boutique. Downtown Kennewick or Uptown Richland.

chaplaincyrepeatboutique.org

Hospice House

- Disposable bed pads (“chux,” 36”x36”)
- Oscillating floor fans – 2 needed
- Oscillating desk top fans – 4 needed
- 1940s-1950s big band music on CD
- Tena overnight pads for absorbency – 7 packages needed
- Laundry detergent (perfume and dye free)
- Blue tooth speakers – 4 needed
- CD players – 4 needed
- Short table touch lamps – 4 needed
- Hand print kits
- Finger print supplies (plaster, washable paint, card stock, etc)

In-Home Hospice

- Baby monitors
- Tab alarms
- Hospital gowns
- Lock boxes
- White board for staff educator
- Non-skid socks

Cork’s Place Wish List

- 36” rolls of white paper
- Baby doll bed
- Tealight candles (battery operated)
- Forget-Me-Not seed packets
- Memory boxes/photo boxes (found at Michael’s)
- Small bean bag chairs
- Storage shed
- Mugs with picture inserts
- Candy (Skittles, M&M’s, Swedish Fish, Starbursts)
- Gift cards (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
- Mixed media drawing paper/pads, 11” x 14” or smaller, 90lb. weight
- Ink pads for rubber stamps, all colors, dye-based (not pigment-based)
- Brush pens, all colors and sizes

Repeat Boutique *Please remember our hospice thrift stores for your donations during spring cleaning clear-outs.*

- 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

- **Repeat Boutique Thrift Stores** – Volunteers to help with furniture pick-up and delivery
- **Hospice House** – Weekend help, assisting staff, cooking, baking, preparing meals for patients
- **Cork’s Place** – Volunteer Facilitators to work with children ages 3-17. Training provided this spring.

Learn how to join the Chaplaincy Health Care Volunteer Team at (509) 783-7416.

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

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

Saturday, April 13, 10 am-Noon

Thursday, May 16, Noon-2 pm or 6-8 pm

Wednesday, June 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.

Helping Children Grieve

Contact Casey (corks@chaplainshealthcare.org or 783-7418) 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.

Esperanza a Través del Dolor (Hope Through Healing)

Tuesdays, May 7 & 14, 6:30-8:30 pm

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

This one-time, 2.5-hour class is 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.

This 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.

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.

Esperanza a Través del Dolor: Adult Drop-In Support Group

Tuesday, March 26, April 23, June 4, 6:30-8:30 pm

Call Alberto (460-5807) or Isabel (783-7416 ext. 3006) to register.

This group welcomes Spanish speaking adults who have experienced a death of a loved one. The group will be conducted entirely in Spanish. Feel free to invite a grieving friend or a family member who has also experienced a death of a loved one.

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

OTHER GROUPS

Coming to Terms with Loss

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.

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

Working Through Grief: A Young Adult Support Group

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

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

Ongoing groups meet regularly during the school year

Contact Casey (corks@chaplainshealthcare.org or 783-7418) 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.

Healing Through Journaling

April 15, 22, 29 & May 6, 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.

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.

Alice Marlene Abshire
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Finley First Baptist Church

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Sharon Gittleman

Karen Norten
Sharon Gittleman

Karen Norten
Sharon Gittleman

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Shelly Tworoger

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Joyce & Michael Oswald

Aggie Mowry
Bonnie Kulas

For your convenience,
memorials and donations may be
made on our secure website:
chaplancyhealthcare.org

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-509-783-7416.
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please email info@chaplaincyhealthcare.org
or call (509) 460-5801. *Thank you!*



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SAVE THE DATES FOR OUR 2019 EVENTS!

- March 19** **Congregational Leaders Breakfast**
Chaplaincy Health Care, Richland
- March 29-30** **Sacred Art of Living**
Chaplaincy Health Care, Richland
- April 27** **HeART of Healing**
Uptown Theater, Richland
- October 18** **4th Annual End of Life Conference**
Three Rivers Convention Center, Kennewick
- November 6** **Lighting the Path Breakfast Benefit**
Three Rivers Convention Center, Kennewick

Visit
chaplaincyhealthcare.org/event
for more details.

