Friends of Hospice Southwest Washington

Hello Sunshine

Our mission is to provide funds for the care of hospice patients through established hospice organizations in Southwest Washington.

Volume 1 Issue 2 June, 2017

Message From the President

Periodically, our members are asked by friends, family, other philanthropists and/or local businesses,

"Why should we make a significant donation to Friends of Hospice?"

The reasons are:

- We are our own 501(c)(3) Non-profit Organization (Tax Deductible)
- We are a 100% volunteer organization; no one is paid for their services.
- We have no designated office space and only minimal related overhead expenses.
- 99% of the funds raised go for the care of hospice patients.
- A donor can specify (not dependent on the amount of the donation) how one would like the funds utilized. For example, designation of a specific established hospice organization, designation of a specific patient, designation of a specific service, etc.

Our fundraising efforts are strong; however, donations are an absolute requirement to preserve and grow Friends of Hospice SW Washington. This year our goal is to raise $115,000; a 30 % increase from 2016. Together we can accomplish our goal. Every donation, no matter the size, counts!

A heartfelt thanks for all that you make possible,
Debbie Iverson, President

2017 Calendar of Events

Fred Meyer Rewards
Everyday of the Year

Divine Consign
April 15-July 15 (70%)
Every other day of the year (60%)

Bunco Night
July 22

Fall Luncheon
September 12

Give-More-24.Org.
September 21

Poinsettia Sale
November 27 - December 1

From left to right, Beth Anderson, Carole Kelley, Debbie Iverson (President), Bev Bollinger, Terri Larson, Gail Czech and Linda Schorr. Dee Memering, not pictured in this photo, also attended.

Senior Heroes Award

We are very proud to announce that Friends of Hospice SW Washington is the recipient of the 2017 Senior Heroes Non-Profit Award. Recipients of this prestigious award are selected by members of the community who recognize people and organizations for going above and beyond with their investment of time, commitment, talent and compassion for the care of seniors in Clark County.

There were five other 2017 Senior Heroes Awards presented:

Pat Jollota Award - Patricia Gray, RN Angelbrook Senior Living
In-Home Caregiver - Julie Milchev, Home Instead Senior Care
Facility Caregiver - Tina Davis, Brookdale Assisted Living
Family Caregiver - Leonard "Doc" Davis, CDM Caregiving Services
Business Award - Chi Pak, Rehab Specialties

Come "Celebrate" With Us!

Friends of Hospice SW Washington

Annual Fall Luncheon

Date:	**September 12, 2017**
Place:	**The Heathman Lodge**
Time:	**Doors open at 10:00 am**
	Lunch served at 11:30 am
Tickets:	**$50 each**

Put your party hat on and join us for lunch, games and a fashion show. Plan on arriving early allowing time to shop the raffle items.

Tickets can be purchased online by visiting www.friends-of-hospice.org click on "Fall Luncheon," or mail a check, made out to Friends of Hospice SW Washington, to P.O. Box 3116, Vancouver, WA 98668.

Beach Blanket Bunco

Are you ready for some FUN?

Saturday, July 22nd, 2017
6:00 pm - 8:30 pm
Divine Consign
904 Main Street
Vancouver, Washington 98660
Tickets: $40 each

We guarantee you will have a fun time even if you've never played or heard of BUNCO. Invite your husband, significant other, friends and family members for an evening of eating, laughing, chatting and winning prizes. Ticket includes a complementary glass of wine and appetizers.

Cash Prizes
- $200 for Most Wins
- $200 for Most Buncos
- $100 for Most Losses

Live Auction, Great prizes i.e.:
- Louis Vuitton Bag
- One week in Palm Dessert
- and much more!

We are limited to 80 guests, be sure and call Debbie Iverson at 360-607-0176 or 360-573-3123 to reserve your tickets, as soon as possible.

GIVE MORE 24!

SEPTEMBER 21
SOUTHWEST WASHINGTON'S DAY TO GIVE

Powered by the Community Foundation

For 24 Hours, Let's Give More!

MARK YOUR CALENDAR

Thursday, September 21, 2017

12:00 am - 11:59:59 pm

give-more-24.org

Friends of Hospice SW Washington will be participating in the Give More 24 campaign for the fourth year. So, MARK YOUR CALENDAR, and on 9/21/2017 log onto give-more-24.org, select Friends of Hospice SW Washington and make a donation. Last year FOH received $7,128 through the hard work of our members and generous matching funds given by donors. Help us reach our $8,500 goal for 2017.

Give More 24 is southwest Washington's day of giving. The one day when our entire region comes together and gives for 24 hours straight. More than 100 non-profits serving southwest Washington participate and encourage everyone who cares about the region to give what they can, wherever they are, at the same time.

Last year, thousands of local residents instantly and easily connected to causes in southwest Washington and brought new faces to philanthropy. By combining their generosity, they proved that absolutely everything - every person, every dollar and every second counts when it comes to giving back and building a vibrant community. So, don't

Divine Consign 90 Days/70%

April 15-July 15

Friends of Hospice SW Washington will receive 70% of the sale of your unwanted items!

Now is the perfect time to donate your slightly used items. Divine Consign, a local non-profit, supporting local charities, located at 904 Main Street, Vancouver, Washington, accepts approved used furniture, décor items, jewelry, etc. on consignment. From April 15 through July 15, Friends of Hospice SW Washington will receive 70% of the proceeds from the sale of your donation. Donations after July 15th, Friends of Hospice will receive 60% of the sale.
Thank You Divine Consign!

For more information about getting your donation approved by Divine Consign, send an email to shop@divineconsignfurniture.org or call the store at 360-695-6443. Need assistance with pick-up and delivery of the heavier items? Divine Consign will assist you for a nominal fee or send us an email at customerservice@friends-of-hospice.org for assistance.

FredMeyer community rewards
Where shopping & giving unite

Where Shopping and Giving Unite

Fred Meyer has an excellent program that enables Friends of Hospice SW Washington to receive charitable money from their program simply by registering on their website. If you shop at Freddies and have a Fred Meyer Rewards card, you, **YES YOU** are able to designate Friends of Hospice as the charity donation of your choice!!!! Every penny you spend at any Fred Meyer store will be raising funds for Friends of Hospice Southwest Washington.

YOUR REWARD DOLLARS ARE NOT AFFECTED IN ANY WAY!

This is all you have to do:

- *Call 866-518-2686 to link in*
- Or go online to www.fredmeyer.com
  - Click the "Rewards" tab across the top of the page.
  - Select Community Rewards from the drop down menu.
  - Select "Link Your Rewards Card" located in the middle of the page.
  - Enter your email address and password (you can make one up if needed) for your Fred Meyer Account. On the "Find your Organization" page enter 82315 in the box provided.
  - Friends of Hospice SW Washington selection will appear; check the circle and click enroll.

Tah Dah, you did it!!!!

On March 1, 2017 we had 32 enrolled; we are focusing on our goal of registering **100**. To date 81 participants have registered. **YOU** can help make this happen!!! Thank you, this means so much to so many!!

"Provence Patisserie"

Fundraising Raffle

If you didn't have the opportunity to attend the Art Walk, you still have a chance to win this beautiful 31" X 31" Leonard Wren original, entitled "Provence Patisserie." Raffle tickets can be purchased for only $25.00 each by contacting Gail Czech at gail@creativenetworkinc.com or attending one of our General Membership Meetings held on the third Monday of each month at The Peace Health Building, 5400 MacArthur Blvd., Vancouver, Washington. We would love to see you!

The winning ticket will be drawn when sales reach a minimum of $2,000. This beautiful painting was very generously donated by Jessica Goursolas.

Jim & Kay McClaskey Bereavement Retreat

By Jodi Wicks, Hospice Southwest Manager

Annually, since 1996 Stepping Stones of Hospice Southwest has held retreats for families who have experienced the death of a loved one. These retreats (sponsored by Jim and Kay McClaskey) allow, with the assistance of highly trained counselors and volunteers, children, teens and adults the opportunity to express, share and work through their very personal grief. This year's retreat is scheduled for July 28th through the 30th, which will include an average of 15 to 20 families in attendance. Art projects, camp fires, memorial candlelight services, hiking, swimming, scavenger hunts, group time etc. are some of the activities that make the Stepping Stones Retreat an important, intensive resource that provides healing comfort. Friends of Hospice SW Washington provide supplies for the art projects and thank you gifts for the volunteers who so graciously give their time and talents to help make the retreats successful.

Friends of Hospice Provide Comfort

By Sonjia Hauser, Nurse Manager
Ray Hickey Hospice House

Front Row: Sonjia Hauser receiving check from Terri Larson for the mattresses. Second Row: Staff at Ray Hickey Hospice House.

The patients at the Ray Hickey Hospice House typically spend most or all of their time in bed. Anyone who has ever spent several days in bed knows how uncomfortable that can become. Friends of Hospice SW Washington opened their hearts and checkbook to fund 20 new mattresses for our patients. The upgraded mattresses have been delivered and patients are enjoying the comfort. **What a gift!!!** Thank you to the Friends for their love and generosity which never seems to end! The Ray Hickey Hospice House is so very grateful every day for all that the FOH do for our patients.

No One Dies Alone Program

By Jodi Wicks, Hospice Southwest Manager

In 1986, Sandra Clarke, a critical care nurse with Sacred Heart Medical Center in Eugene, Oregon, could not stay when an elderly patient asked that she stay with him. When Sandra returned, she found the patient had died alone. This led Sandra to the notion of a volunteer companion program for hospital patients who would otherwise die alone. In November of 2001 the **No One Dies Alone Program** was born.

This summer, Hospice Southwest will be offering a No One Dies Alone program. This program is for patients who are on comfort care and are expected to die within 24-48 hours. The No One Dies Alone program is a volunteer based program where volunteers sit with terminal patients who have no one else. The NODA volunteer provides companionship during the dying process to patients who are truly alone and in doing so provide a gift of respect and dignity to another human being at the end of life.

Friends of Hospice SW Washington is honored to be a part of this program. They provide the funds to create the volunteer training manuals, which include the book, "The Art of Being a Healing Presence", by James E. Miller, as well as the snacks and lunch for the Volunteer Training Program. They also provide the patient comfort kits.

Recipe for Respect

A Cup of Understanding
Knowing what a person is going through and how you should treat them.

An Ounce of Human Decency
Respecting the decisions of others and not enforcing your opinion on them. And being appreciative of any help they give you.

A Teaspoon of Morals
When you know you're doing the right thing by giving someone respect.

A Pinch of Kindness
Treating someone the way you would want to be treated.

Mixed With the Confidence to Stand Up For Yourself
If someone is disrespecting you, still treat them with respect so that you are not being disrespectful and stooping to their level. Voice your disagreement with someone but do it respectfully.

Bake inside a person for as long as it takes them to learn about all of these qualities and you have respect.

Groundbreaking Celebration for the Seasons of Hope Grief Center

By Julie Rinard, CFRE, Development Director,
Community Health Home & Hospice

Several Friends of Hospice SW Washington members participated in the Seasons of Hope Grief Center groundbreaking and celebration in April. Our organization gave $5,000 to Community Home Health & Hospice for this project. Everyone in the community will have access to free grief support in the Center. There will be special programs for children, teens and adults. The gift will be used to purchase equipment and furnishings that will be enjoyed by all who go to the center for grief support.

Meals for Community Home Health & Hospice Patients

Friends of Hospice SW Washington makes a $400 monthly cash contribution to Community Home Health & Hospice for the special purpose of providing meals for patients and their loved ones at the Elaine and Don Heimbigner Hospice Care Center in Vancouver.

The donation covers the cost of meals, which a volunteer lovingly prepares, at least twice a week, every week.

Friends of Hospice Caregiver Respite Program

Are you caring for a loved one with a terminal illness or maybe you know of someone who is?

Friends of Hospice SW Washington recognizes that caregivers forego their lives to care for a loved one with a terminal illness and that these incredible individuals **need and deserve a break**. In 2016, we piloted the Caregiver Respite Program. Caregiver respite opportunities allow family/friend caregivers time off to recharge so they have the strength, energy and spirit to carry on. Unfortunately, respite care is typically a privately funded service and it can be very expensive. Most insurance programs do not pay for in-home caregiver relief. Even though Medicare does allow periodic respite care at hospice house centers, not all terminally ill individuals are able to use this benefit or they may have special needs beyond what these centers can support.

This is where we can help. Each relief opportunity is valued at $2,000 and the hospice patient and family selects a professional, licensed, in-home care agency of their choice so they can focus on themselves and not caregiving. The families that have used the fund shared that Friends of Hospice has given them back "normalcy" in their life. If you know of someone that would benefit from the Caregiver Respite Program or would like more information, please contact us at customerservice@friends-of-hospice.org.

Art Walk Extravaganza!

Our first Art Walk Fundraiser was an amazing success with over 150 happy and supportive people in attendance. A profit of over $2,400 was made. The weather was great and the awesome live music donated by N.W. Jazz Trio (Will, John and Norwood) added to the party-like ambience of the evening. Vocalist, John Van Beek provided the entertainment during the second half of the evening. Yummy appetizers were provided by Delicious Dishes and the perfect venue was provided by, once again, Divine Consign, one of the biggest supporters of Friends of Hospice SW Washington.

The Art Walk also marked the beginning of the raffle campaign for the Wren Painting. Raffle tickets for this beautiful painting are still available. See the article on "Provence Patisserie" for information on how you can still secure an opportunity to win. If you didn't get the opportunity to attend, you missed a fun evening. Stay tuned for an even bigger and better event next year!

The Artists

Our heartfelt thanks goes to the artists that made this event possible.

THANK YOU!

S. Jane Arnal
Mark Bergeron
Stephanie Bergeron
Bev Birdwell
Alina Bogaehuld
Rae Del Brashier
Ashleigh Cummings
Kathryn Delany
Mahaylah Elliot
Sherri Fisher
Wes Gale
Verna Kay Gibson
Linda Hamilton
Valerie Hansen
Sandra Hattan
Sandra Longmore
Cindy Lunde
Lila Martin
Sherry Nelson
Oksana Oakes
Sophie Oakes
Christine Orozco
Representative Liz Pike
Dale Power, Sr.
Nora Repman
Katey Sandy
Barbara Sheehan
Patty Simonds
Christopher Sprinkle
Marianne Stokes
Linda Stratton
Janice Tracy
Gary Watson
Cat Whipple
Judi L. Whiting
Sharon Wilton
Toni Winters
Representative Sharon Wylie
Anonymous

Spring Basket Sale

What a great success!

Hope you are all enjoying your beautiful flowers!

Our 2017 Spring Basket sale proved to be better than last year making a profit of over $3,000! We sold over 200 hanging baskets provided by Fessler's Nursery. A huge thank you to Dennis Staehley and Derril Larson for their assistance.

Glass guardian angles, created by a group of seven women, were generously donated to Friends of Hospice. The angles were created at the Glass Fusing With Friends studio owned by Terri Shinners. Proceeds from the angles are being put to good use in the Hospice Southwest "No One Dies Alone" program.

WHAT IS A PHILANTHROPIST?

A **philanthropist** is someone who engages in philanthropy; that is, someone who donates his or her time, money, and/or reputation to charitable causes. The term may apply to any volunteer or to anyone who makes a donation, but the label is most often applied to those who donate large sums of money or who make a major impact through their volunteering, such as a trustee who manages a philanthropic organization. A **philanthropist** is also someone who cares for someone else's needs instead of their own.

2017 Donations

Without you, what would we be? Thank you for your support! Without your generosity we would not be able to help make a meaningful difference in the end of life journey for hospice patients and their families. Everyone benefits with paying kindness forward and helping others.

Thank You!

$5,000 & Up

Don Heimbigner

$1,000 - $4999

Nancy Renton

$500-$999

Beth Anderson
Barbara Crowley

Up to $499

Barbara Bell
Ray & Connie Baxter
Paula Christopher
Gail Czech
Joan Crowe
Sally Day
Patricia Everson
Debbie Iverson
Carole Jones
Steve & Judy Klier
Janet Lamere
Terri Larson
Harold & Kathryn Parrett
Mark Pierce
Mary Russell
Richard & Laurie Samaduroff
Katherine Scarlett
Nancy Soller
Barbara Tilford
Evelyn Turner
Linda Tymer
Mary Ellen Vaughan
Anne Vitort
Sharie Westby
William & Debra Whitcomb
Joey Yourchek

Join our Team...Become a Member!

We would love to have you join us! Become a member!
For more information:

- Go to our website: www.friends-of-hospice.org and click on the Renew/Join Member tab.
- Call 360-696-5056 (leave a message).
- Attend a fundraising event and ask for more information.
- Attend a general meeting, which are held on the 3rd Monday of every month from 10 am -12 noon at the
  Peace Health Building
  5400 MacArthur Boulevard
  Vancouver, Washington 98669

2017 New Members

Corey Balkan
Jaime Boaglio
Bonnie Sue Carter
Tina Cygrymus
Melissa Gardner
Jessica Goursolas
Ann Greer
Don Heimbigner
Linda Melton
Renee Mitchell
John Nord
Gregory Pang
Gerry Reitsch
Julie Rinard
Barbara Samples
Carol Singeltary
John Singletary
Dan Spjut
Pamala Vandendriessche

Our team is made up of 100% awesome volunteers!

Board of Directors

President
Debbie Iverson
Vice President
Gail Czech
Secretary
Carollee Kraut
Co-Treasures'
Terri Larson
Tiffany Couch, CPA,CFF, CFE

Board Members
Beth Anderson
Apryl Graham
Carole Kelley
Nancy Kotrlik
Dee Memering
Linda Schorr

Contact Us

Mail: P.O. Box 3116 Vancouver, WA 98668
Phone: 360-696-5056 (leave a message)
Website: www.friends-of-hospice.org
Email: customerservice@friends-of-hospice.org

We are a 501(c)(3) tax exempt non-profit organization registered with the State of Washington.
Federal tax ID# 20-4672767

This is our first issue of the newsletter that is being distributed electronically. If you know of someone that is interested in receiving our newsletter or if you wish to unsubscribe please contact us at customerservice@friends-of-hospice.org.