FRIENDS of HOSPICE
Southwest Washington

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

It's a new year, let's...

Spring into Action!

Volume 1, Issue 1 March, 2017

Message From the President

It is my pleasure to greet you, as the President of an extraordinary organization. Our exceptional membership has given countless hours this past year; the talents and dedication of these volunteers created a banner fundraising 2016 by raising $70,000. We are geared and anxious to make 2017 an even more successful year by keeping our organization active, productive, and growing! Our Mission Statement guides us: "To provide funds for the care of hospice patients through established hospice organizations in Southwest Washington."

We are pleased to announce the extension of our friendship and funds to include Community Home Health & Hospice, Salmon Creek. At the same time, we continue to grow our commitment and support for Peace Health Southwest Hospice, Hope Bereavement and The Ray Hickey Hospice House.

Along with the fundraising events listed, Friends of Hospice Southwest Washington will be adding a new event this Spring; we are participating in the Vancouver Downtown Art Walk. Please come and join in on the FUN on June 2nd at Divine Consign on Main Street.

We need your HELP! If you don't have the time to be personally involved, you may choose to make a donation on our website at www.friends-of-hospice.org. We are extremely proud to share that we are a 100% volunteer organization; we have been an independent 501 (c)(3) since March 2006. Less than 1% of the funds raised are used to purchase necessary business supplies. You can be assured that 99% of every dollar you donate goes directly to the Hospice cause in our community.

Our organization has been blessed and I'm excited to continue serving this dedicated and compassionate TEAM. I extend an invitation to each and every one of you to join Friends of Hospice Southwest Washington.

Sincerely Yours,
Debbie Iverson,
President

2017 Calendar of Events

Fred Meyer Rewards
Everyday of the Year

Divine Consign 90 Days/ 70%
April 15-July 15

Spring Basket Sale
Going On Now
Pick Up May 12 &13

Art Walk
June 2

Bunco Night
July 22

Shop For a Cause
Pending

Fall Luncheon
September 12

Give-More-24.Org.
September 21

Poinsettia Sale
November 27 - December 1

Ray Hickey Hospice House Kitchen Blessing November 10, 2016

Thanks to Friends of Hospice SW Washington, the Ray Hickey Hospice House was the recipient of a badly needed brand new kitchen. Our cooks now have a state of the art commercial grade kitchen to create delicious meals and treats; often cooking to order. Is there anything more comforting during emotional journeys than food? Several of the Friends of Hospice members attended the kitchen blessing in November and were able to sample some seriously decadent treats thanks to the skills of Carla, one of our cooks. The incredible hearts that belong to Friends of Hospice help us provide the warm and caring touches that are not typically part of a hospice benefit. They have given clothes to the homeless patients that come here, birthday parties to those without families to celebrate with them, comfortable places for families to sleep, nice smelling toiletries to bathe with, and now, wonderful meals and treats.

2016 Honors to Members and Friends

The following awards were presented to the recipients at the 2016 Annual Fall Luncheon

Member of Distinction—Paula Palmer

Paula Palmer was honored at the Fall Luncheon as being a Member of Distinction. Her husband Jim Palmer and daughter Margo Patterson were present to receive the award. Paula's name has been etched on the Member of Distinction plaque that hangs on the wall in the entry at the Ray Hickey Hospice House in her memory and honor. Paula was influential in the founding of the organization in 1985 and continued serving throughout the years holding every office (President, Vice President, Secretary and Treasure) at least once. Paula gave many hours of her talents, time and financial support as a member of the Friends. She was actively involved in the Poinsettia Fundraiser and the Fall Luncheon as well as all other fundraisers. Paula actively, honorably and distinctively served the mission, vision and core values of the Friends of Hospice SW Washington. She passed away early in 2016 and is missed by all as she held Friends of Hospice SW Washington dear to her heart.

Honorary Life Members

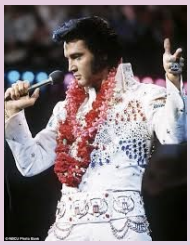
In 2016 Friends of Hospice SW Washington established the Honorary Life Membership category for members who have been active participants for 10 years and who have shown commitment to the mission, vision and core values of our organization.
The founders of Friends of Hospice were the first recipients.
From left to right: Catharine Byrd, Mary Ellen Vaughn, Dorothy Smith, and accepting the award for Paula Palmer, Jim Palmer and Margo Patterson, her husband and daughter.

Recognition/Members and Businesses

Also recognized were businesses, individuals and members who have demonstrated outstanding dedication, support, love and understanding of our mission. The 2016 Recognition awards went to Barbara Bell for her beautiful stained glass angels, Camas Meadows Golf Club for Concerts for a Cause, Rusty Couch, Fessler Nursery, Derril Larson, and Dennis Staehely for their help and support with the poinsettia sale, Springtime Nursery for their assistance with the spring basket sale and Linda Glover for her generosity and support of our fundraisers Divine Consign 90 Days/70% and Bunco. We can never say thank you enough to these individuals and businesses as they helped tremendously to make 2016 a banner year!

Funds Received from the Friends of Hospice SW Washington… Helps Hospice Southwest

By Jodi Wicks, Hospice Southwest Manager



With the funds provided by Friends of Hospice SW Washington, Hospice Southwest has been able to lighten the burdens of patients and their families and grant "last wishes." One patient, who loved Elvis Presley, received a private concert by an Elvis impersonator days before her death. Several times, we have been able to provide flights so a family member can say their last good bye. Recently, travel from a Seattle prison for a daughter to say good bye to her dying father was provided. Every month these volunteer angels provide funds to purchase DVDs for taped sessions of patients sharing life stories and leaving beautiful messages to their families through our Heritage Program. Often these incredible videos are used during the memorial services.

The following are more examples of the difference Friends of Hospice makes with each donation. The Christmas Fund allowed us to adopt six families over the holidays providing them with food and presents. The generosity of Friends of Hospice SW Washington has helped patients and their families, just to mention a few, with food, gas cards, toys for our pediatric patients, life alerts for numerous patients, carpet cleaning, nail care, hair care, large print bibles, and even a cord of wood during the winter when a heater broke. Each month, caregivers send a personal card to each family member after their loved one dies.

For the Hope Bereavement Center, donations pay for nutritious snacks, art supplies, grief journals for our Stepping Stones children. Funds provide for guest speakers to help our grieving community. Funds also provide for classes which include: yoga, meditation, soul collage, music and grief, writing and grief, etc.

It is truly wished that everyone could see how much joy and excitement the donated funds add to patient's lives. There is light in the darkness for these families. Friends of Hospice has truly touched our souls with their compassion for others. Thank you for all the passion, time, and energy, in addition to the financial donations. We are profoundly grateful!

Fundraisers and Events

Vancouver Art Walk....

Mark your calendar for Friday, June 2nd

Friends of Hospice is excited about our new fundraiser this year! Mark your calendar for Friday, June 2nd from 6:00—8:00 pm at Divine Consign (corner of Main Street and 9th). Forty local artists are donating 12" x 12" canvas paintings that will be on display for purchase at $99 each.

A private showing will be held from 5:30 - 6:00 pm. For an entrance fee of $10 one can enjoy champagne and appetizers, while meeting the artists and having the first opportunity to purchase the art. Tickets can be purchased at the door.

We are very fortunate to have a 31" x 31" giclee by Leonard Wren titled "Provence Patisserie", generously donated to our organization by Jessica Goursolas. This evening will also mark the beginning of a raffle campaign for this beautiful work of art. Raffle tickets can be purchased for $25 each. The lucky winner will be drawn when sales reach a minimum of $2,000.

Make Someone Happy

It's time for flowers in the garden!

Buy your ticket for a beautiful hanging basket for your garden and lend a helping hand to others at the same time. This year Friends of Hospice Southwest Washington is offering beautiful 12" hanging baskets for only $35 each. You can buy your tickets now!
The baskets consist of ivy geraniums, fuchsias or a basket of mixed flowers and are provided by Fessler's Nursery.

These beautiful flowers will be ready for pick up on
Friday May 12th from 12 noon - 5 pm
Saturday, May 13th from 10 am - 2 pm.
Columbia Industrial Park Warehouse off Highway 14.

Call Debbie Iverson at 360-573-3123 and get your order in before they are gone.

Where Shopping & Giving Unite

FredMeyer community rewards

Can't find the time to volunteer, but still want to help? Well, here is a **GREAT** solution to that dilemma. Add Friends of Hospice Southwest Washington to your Fred Meyer Rewards card and still reap the benefits! You will be helping us earn quarterly donations from Fred Meyer and the best part is that YOU still get your reward points, fuel points and rebates!

Follow these easy directions:

Go to www.FredMeyer.com/CommuityRewards or call **1-866-518-2686.**
Select **"Re-enroll or Link Your Rewards Card"** located in the middle of the page.
Enter your **Email address** and **Password** for your Fred Meyer account.
On the **"Find Your Organization"** enter **82315** in the box provided.
Friends of Hospice Southwest Washington will pop up.
Check the Circle and **Click on Enroll**. **YOU DID IT!**

Friends of Hospice has been participating in the Fred Meyer Rewards Program for the past three years and have received quarterly checks ranging from $25 to $212. We are happy with the upward trend, however we believe the true potential is yet to come. We have set the goal for 2017 to exceed $1,000. We

Spring Cleaning?

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, WA, 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 15, 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.

Friends of Hospice Caregiver Respite Relief Program

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

The one thing caregivers have in common is that they never would have imagined spending days, months, or years completely consumed with tasks of providing 24-hour care. They never could have envisioned that they would have to forego the things they enjoyed, their career, moments of solitude, sleep, and their own health, all to ensure they would be there for the ill person they were caregiving. How did they get in this predicament? It's so simple, yet so complicated…. Someone in their life, a husband, wife, life partner, significant other, mother, father, sister, brother, aunt, uncle, cousin or friend became ill and needed help…. and they stepped up to the plate.

Caregiver respite opportunities allow family/friend caregivers some 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.

Friends of Hospice SW Washington recognized that these incredible individuals need and deserve a break. In 2016, we piloted the Caregiver Respite Fund and met a goal of $20,000. We met our goal of $20,000 and were excited to offer 10 Peace Health, Southwest Hospice families a relief opportunity for 3 days of 24-hour care. 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. We encourage you to view the video at www. friends-of-hospice.org that Laura and Akhil created to share what a blessing this program was to their family (friends-of-hospice.org). This year Friends of Hospice has expanded the program to include Community Home Health and Hospice patients and families. We are challenging our community to help us double last year's accomplishment so that we can help more of these amazing people. For more information call Debbie Iverson at 360-573-3123.

Hearts for Hospice Community Home Health & Hospice

By Greg Pang, President & CEO

Community Home Health & Hospice has recently become the recipient of the heartfelt friendship of Friends of Hospice SW Washington. Their $5,000 gift is going to be used for equipment and furnishings in our new Seasons of Hope Grief Center to be constructed adjacent to the Elaine and Don Heimbigner Hospice Care Center in Salmon Creek. Groundbreaking is set for April. When the center opens early next year, items purchased with their gift will bear signs identifying Friends of Hospice of SW Washington as the generous donor.

Community Home Health & Hospice Care has provided home care, home health and hospice in Clark County patients' homes since 1988. Generations of families have come to us for help and it has been a privilege to meet the community's needs.

In 2015, we opened the newest freestanding hospice care center in Washington State, the Elaine and Don Heimbigner Hospice Care Center, It's located in the Salmon Creek neighborhood of Vancouver. The 21,000 square foot facility houses a 10 bed hospice care center that includes family meeting areas, a family dining room and a multi-faith chapel. Each patient room includes a private bath as well as comforting features for visiting family members and friends. Bordering wetlands and a beautiful courtyard with a water feature assure patients and their loved ones a view of this wonderful Pacific Northwest natural habitat. Most importantly, we are pleased to provide award-winning care for each patient and comfort to their families.

As our lives go through seasons of change, our grief support center will be named the Seasons of Hope Grief Center. Free community grief support is critical to our mission and has been part of our services since the beginning. We have seen the needs of multiple generations who grieve when they lose a loved one. Our hospice work compelled us to provide ongoing, age-specific grief support groups as part of our continuing care after the family's loss. All of us have experienced or will experience grief, sometimes profound and debilitating grief, at some point in our lives. Providing a special place for grief healing improves the overall health of the community. As demand for services in Clark County has grown, we determined that constructing a grief center in Vancouver was the most cost effective way to meet the needs.

Volunteer Recognition Day April 20, 2017

Volunteer Recognition Day honors all volunteers who are working on behalf of others without being motivated by financial or material gain.

You can celebrate Volunteer Recognition Day by thanking volunteers for their work, involving yourself in a volunteer activity or by donating to a volunteer group. Go to our website www.friends-of-hospice.org and honor our volunteers by contributing. Thank You!

Recipe for Compassion?

A group of grade school students were asked to create a recipe for compassion. This is their Recipe

Ingredients:

Love
Mercy
Sacrifice
Sympathy
Respect

- Take 2 tablespoons of love and mix with 1 kg of sacrifice, put the batter aside.
- Prepare another batter which includes 3 tablespoons of sympathy and 4 oz. of mercy.
- After 10 minutes mix both batters together and garnish with respect.
- Serve it with love to the world.

2016 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!**

Eddie Allen
Beth Anderson
Rose Anderson
Eduarne Andrell
Lisa Austin
Sally Bacon
Pam Balufus
Pat Bartel
Jean Bartholomew
Anita Baurnan
Catherine Bigelow
Misty Blodgett
Beverly Bollinger
Melanie Bollinger
Katie Brooks
Jean Brown
Mary Ellen Brunaugh
Theresa Burgess
Laurie Cantonwine
Jasmine Chowdhury
Paula Christopher
Carole Collins
Doris Collins
Joan Cummings
Marge Congress
William Connelly
Cindy Conners
Tiffany Couch
Darlene Cunlisk
Maria Cura
Susan Curry
Gail Czech
Britt-Marie Deforeest
Diana Delich
Alexandra Digenis
Anne Digenis
Rachel Doherty
Andrew & Elizabeth Dunlap
Catherine Dunning

Jane Deupree
Brad and Kristin Fisch
Karin Fisch
Barbara Fitzgerald
Carol Flakus
Julie Fossi
Barbara Fritzler
Leta Frohs
Karen Frost
Richard Gilbert
Kathryn Gladheim
Linda Glover
Mary Gorman
Jessica Goursolas
Apryl Graham
Annetta Greer
Pricilla Grover
Lois Haeger
Gail Harrington
Janice Harvey
Sonjia Hauser
Candy Hayes
Kathryn Hendrickson
Nan Henriksen
Cindy Hiatt
Jeannie Hix
Jocelyn Hoffman
Donna Horenstein
Cheryl Huggins
Debbie Iverson
Carol Jaeger
Ann John
Dawn Johnson
Deborah Johnson
Joan M. Johnson
Mary Johnson
Sandra Johnson
Carole Jones
Sherry Kallman

Carolyn Kerr
Carol Keljo
Carole Kelley
David & Sandra Kilkenny
Kirkwood Family Foundation
Keith Knight
Carollee Kraut
Pat Krumm
Ruth Laird
Janet LaMere
Terri Larson
Alison Lazareck
Ron & Mary Legg Family Fund
Kelly Lund
Mary Maclean
Janice Maier
Kimberly Welsh Malen, BSN,RN
Susie Malen
Kay Marsubian
Marcy Maxwell
Dora "Mimi" McAneny
Dee Memering
Debbie Mohler
Merle Moore
Debbie Murphy
Joanne Nelson
Katherine Nitsch
Lori Nordgaard
Jenifer O'Neill
John & Sandra O'Rourke
Mark Osborne
Sanford Plant, MD
James Palmer
Greg Pang
Karen Petrillo
Cindy Quigley
Cathy Ramer
Loretta Ramsey

Real Living
The Real Estate Group
Nancy Renton
Lynn Dee Rhodes
Mary Russell
Richard & Laurie Samaduroff
Linda Schorr
Judy Scott
Melodie Seelbinder
Tricia Shaffer
Beth Shelton
Dorothy Smith
Pat Spear
Jane Sporre
Cherie Staehely
Nancy Sundvick
Ronda Syverson
Sara Scheetz
Laurie Taknaki
Barbara Tilford
Robert Trexler
Evelyn Turner
Linda Tymer
Carol VanNatta
Marjorie Varner
Jan Verrinder
Sandra Wagner
Brenda Webb
Harold Westby
Judy Whitaker
William & Debra Whitcomb
Jodi Wicks
Julie Williams
Sharon Wilton
Trish Woodbury
Linda Young
Jodi Zelanzny
Margaret Zuke

This list recognizes donations made in the 2016 fiscal year. We have made every attempt to ensure the accuracy of this information, and ask for your understanding and assistance in correcting any error that may have occurred.

FRIENDS of HOSPICE
Southwest Washington

Board of Directors

President
Debbie Iverson

Vice President
Candy Hayes

Secretary
Carollee Kraut

Co-Treasurers
Tiffany Couch,CPA,CFF,CFE
Terri Larson

Board Members
Beth Anderson
Bev Bollinger
Gail Czech
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

Would you love to hear more from Friends of Hospice?

Well, you can! We would love the opportunity to keep everyone more in the loop with our upcoming events, successes and announcements. Friends of Hospice will be sending out quarterly newsletters with the first one printed and mailed, and the other three sent via email. If you would like to be included on the list to get newsletters via email, please send your name, address and email to customerservice@friends-of-hospice.org.

Join our Team...Become a Member!

WHAT ARE FRIENDS FOR…
… HELPING EACH OTHER IN A TIME OF NEED!

That is exactly what we do through our fundraising!
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 and leave a message
- Attend a Fundraising Event and ask for more information

General meetings are held on the 3rd Monday of every month, 10:00am-12:00 noon, at
Peace Health Building
5400 MacArthur Boulevard
Vancouver, Washington 98669

2016 New Members

Sally Boyce	Mimi McAneny
Connie Febus	Laurel Numbers
Susan Gilbert	Nancy Sundvick
Cindy Hiatt	Sharon Wilton
Amy Holland	Tammy Winegate
Carol Keljo	Chrystine Wymer

2017 New Members

Corey Balkan	Linda Melton
Bonnie Carter	John Nord
Tina Cygrymus	Gregory Pang
Melissa Gardner	Gerry Reitsch
Jessica Goursolas	Dan Spjut
Ann Greer	Barbara Samples

Our team is made up of 100% volunteers.