FRIENDS of HOSPICE
Southwest Washington

Working Together We Can Make a Difference!

TEAMWORK

Volume 1 Issue 1 January, 2019

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

Message From the President

Volunteer – Challenge Yourself – We Need You!!!

Volunteering is described as an unpaid activity where someone gives their time to help a not-for-profit organization, or other organization or an individual.

One of the best benefits of volunteering is the impact on the community. Volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. However, volunteering is a two-way street, and it can benefit you as much as the cause you choose to help. Dedicating time as a volunteer helps expand your network, boost your social life, and make new friends. Volunteering opens the door to people with common interests, fun and fulfilling activities. *And at Friends of Hospice SW Washington, we do have fun!!*

Getting the most out of volunteering
You're donating valuable time, so it's important to enjoy and benefit from volunteering.

- **Take a step forward** and take on a task or position with Friends of Hospice SW Washington that may challenge you and help you grow. The more you learn and contribute, the more you grow and that is truly fulfilling!
- **Enjoy yourself.** Most importantly, make sure you're having fun! The best volunteer experiences benefit the volunteer and the organization.
- **Filling the needs of Friends of Hospice SW Washington.** We are in dire need of a co-chair for the Secretary position, as well as many other committees. We also need new ideas, new venues, etc. and you are just the person to help.

Look in the mirror...
Yes, there you are…
We need you!

Together we can make sure that Friends of Hospice SW Washington will make a significant impact dedicated to our hospice community!

REMEMBER, there is no community without U!

Gail Czech
President

Check out our NEW website:
www.friends-of-hospice.org

Calendar of Events

Fundraisers

Cooking Classes
Mediterranean Cuisine — February 11, 2019
1 pm - 4 pm
Latin American Empanadas — April 25, 2019
1 pm - 4 pm

Bunco Night — March 23, 2019
6 pm - 8:30 pm

Spring Basket Sale — May 4, 2019

Other Dates of Interest

FOH 101 — February 13, 2019
10:00 am
Ray Hickey Hospice House
2112 E Mill Plain Blvd
Vancouver, WA 98661

Ongoing Fundraisers

Amazon Smile Rewards
Divine Consign
Fred Meyer Rewards

Good news is our membership is growing! Bad news is, as a result, we have to move our meeting site. Thank you PeaceHealth Southwest Hospice and HomeCare for your gracious hospitality for so many years! Our membership meeting site will now be:

Keller Williams Building
2211 E Mill Plain Blvd
Vancouver, WA 98661

2018 Support

Friends of Hospice SW Washington gave over **$143,000** in 2018 to support the hospice and palliative care programs for PeaceHealth Southwest Hospice & HomeCare, Community Home Health and Hospice and NW Kaiser Permanente

COOKING CLASSES

Date: **See Below**
Time: **1 pm to 4 pm**
Place: **2826 NW Lacamas Drive**
Camas, Washington 98607
Cost: **$75**

Registration required. Class size is limited to 13 participants.
Go to our website, www.friends-of hospice.org to register. Classes fill up fast, so don't delay!

Come and enjoy a glass of wine while international chef Edurne Andre demonstrates how to prepare dishes from various cuisines. There are new menus, tasting and even some take home with each class. Chef Edurne teaches cooking classes at Clark College and Portland Community College. Our host is Rita Alverez-Haller. The scheduled classes are:

Mediterranean Cuisine	February 11, 2019
Latin American Cuisine	April 25, 2019
Tai Cuisine	June 6, 2019
Mexican Cuisine	August (TBD), 2019
Travel from Germany to Hungary	November (TBD), 2019

Bunco Night

Date: **March 23, 2019**
Time: **6 pm to 8:30 pm**
Place: **Divine Consign**
904 Main Street
Vancouver, WA 98662
Cost: **$50 To purchase tickets contact a Board Member or call Debbie Iverson 360-607-0176**

Cash prizes include:

$200 for Most **WINS**
$200 for Most **BUNCOS**
$100 for Most **LOSSES**

Heavy appetizers, catered by The Mad Hatter Caterer, table snacks and one beverage are included. You will not go home hungry! Additional wine and other beverages available for $5 each.

Even if you have never played or heard of **BUNCO**, we guarantee you will have a **FUN TIME**! Invite your husband, significant other, friends and family members. It will be an evening of eating, laughing, chatting, winning prizes and donating money to support the hospice cause in our southwest Washington community.

Spring Basket Sale

May 4, 2019

The Spring Basket Sale has been scheduled for May 4, 2019.

Check our website www.friends-of-hospice.org for more details coming in the near future.

Mother's Day is May 12, so make plans now to buy a beautiful basket for your, mother, grandmother, daughter, friend, etc.

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Divine Trees

Our own member Cheri Staehley won the Friends of Hospice SW Washington tree at our Divine Trees fundraiser. The "Down on the Farm" professionally decorated tree was, at Cheri's request, donated to Community Home Health & Hospice's Seasons of Hope Grief Center. The beautiful tree that was placed near the fireplace brought Christmas spirit and was enjoyed by staff, volunteers, those who came for private tours and the first grief group that met in the center before it officially opened.

2018 Annual Poinsettia Sale

Our Poinsettia Sale was once again a huge success! The poinsettias were the most beautiful ever; the colors and sizes made for an exciting selection for our buyers. A special thank you to all our members who volunteered many quality hours of work, as well as our loyal customers for making this another great year for our Annual Poinsettia Sale!

During November 26th through the 30th, we sold at Peace Health Medical Center, Legacy Medical Center, Touchmark Assisted Living and Fairway Village, as well as Peace Health Special Services. Thanks to our special volunteers, the deliveries were ready each morning, as our sale volunteers arrived at each site. They also delivered the online orders to happy customers that purchased over $100 in orders! We could not do this fundraiser without the following dedicated individuals, Jim Cummings, Dennis and Cherie Staehely, Derril and Terri Larson and Diane and Dave Hunter. To our special site leaders Carollee Kraut, Karin Fisch, Beth Anderson, Jo Brockman, Marcy Maxwell and Jane Sporre and their volunteers that greeted everyone with a cheerful and grateful heart, thank you!

MOST OF ALL, because of everyone's support of our Poinsettia Sale, we will make a profound difference for our dear hospice families. THANK YOU!

PeaceHealth Hospice and Hope Bereavement Services

Community Holiday Celebration of Remembrance

Celebrating the holidays after a loved one has died can be very difficult and painful. Sharing memories, one of the nicest gifts a family gives themselves, is comfort, even thorough tears. On December 19, 2018 PeaceHealth Hospice and Hope Bereavement Services hosted a Community Holiday Celebration of Remembrance. The evening's reflection was provided by Hospice Chaplain Jason Dong and harp music was provided by Jennifer Walter-Pratt. Families brought a photo or item to place on the memorial table. The highlight of the evening was the sharing of memories by the families.

Friends of Hospice SW Washington made the event more special by providing decorations and refreshments and by providing each individual with a beautiful glazed porcelain ornament in remembrance of their loved one. Appreciation and gratitude were echoed by the families throughout the evening.

It's the Most Difficult Time of the Year

For our Stepping Stones families, the holidays can be very difficult for a number of reasons: missing their loved one, struggling to meet the rent or mortgage, providing food for the family, or even paying the heating bills. Let's not forget the extra money for gifts from Santa!

PeaceHealth Hospice and Hope Bereavement's children program, Stepping Stones, provided a safe place for adults and children to share their memories of their loved one and to share difficult feelings they were experiencing during this happy time of year. Each family made a remembrance ornament in honor of their loved one. The families participated and shared in a small and intimate holiday remembrance ceremony.

Worldwide, Santa comes in many forms. For these families, Santa came in the form of Friends of Hospice SW Washington. Each family received Fred Meyers gift cards and Barns and Noble gift cards, and each child received a stuffed animal and a warm fleece blanket. Holiday treats and ornaments were also provided.

Hope Bereavement is blessed to have the support and love of this beautiful organization. The donations from Friends of Hospice touch so many lives in our community. Helping Hope Bereavement to heal families is indeed a gift from Santa.

Community Home Health & Hospice

Seasons of Hope Grief Center and Memorial Garden Grand Opening

March 6, 2019
4 pm to 6:30 pm
Ribbon Cutting, Greater Vancouver Chamber of Commerce
4:30 p.m.
3102 NE 134th St.
Vancouver, WA 98686

Providing Charity Care

Friends of Hospice Southwest Washington gave $50,000 to Community Home Health & Hospice designated for charity care and the community benefit fund. Charity care provides hospice care for the indigent as well as extraordinary care that is not covered by traditional insurance. The community benefit fund includes services such as community grief support, inpatient respite, Pet Peace of Mind, translation services and We Honor Veterans. Already $25,000 has been given to Community Home Health & Hospice for immediate use; the balance of $25,000 will be given in monthly checks spread over one year. Julie Rinard said, "We have named the grief library and the fireplace in the Seasons of Hope Grief Center for Friends of Hospice Southwest Washington in honor of this generous and heartfelt gift." Plaques were installed before the first tours began. Visitors are inspired by the fundraising efforts that made this gift possible." This photo at the Seasons of Hope Grief Center gives a glimpse of the recognition on display.

The plaque installed next to the fireplace reads,

"We are grateful for the generous support of Friends of Hospice Southwest Washington"

The recognition wall lists Friends of Hospice Southwest Washington as donating gifts designated for the grief center.

Community Home Health & Hospice

Grief Support Holiday Events

Community Home Health & Hospice received over $1,000 from the Christmas Box this past year. The gift was used to provide Christmas events for two groups. For an adult support group, which was the first Christmas since the loss of their loved ones. They were comforted knowing that Friends of Hospice Southwest Washington cares about them enough to provide funding for a traditional Christmas meal and beautiful decorations. The donation also provided funding for an event for grieving children. Staff members told Santa what each child wished for, so their wishes came true! Santa came to the party and delivered several gifts for each child. This photo shows some of the gifts as Santa's helpers were organizing them.

A SPECIAL THANKS TO THE COLUMBIA COMMUNITY PARTNERSHIP PROGRAM

Friends of Hospice SW Washington is truly grateful for the invaluable support of the Columbian Community Partnerships program. Words can't say enough to thank you for the 14 ads run in the Columbian Newspaper. Thank you for your commitment to not only charitable causes in our community, but also to the value that the Columbian brings to all.

Friends of Hospice Southwest Washington Member **Beth Anderson** named

Ambassador Of The Year

by the Greater Vancouver Chamber of Commerce

Friends of Hospice SW Washington is proud to share that our own Beth Anderson has been named ambassador of the year by the Greater Vancouver Chamber of Commerce. Beth has done a fantastic job representing Friends of Hospice SW Washington; who else could attend a million meetings! She keeps our name out there and has made hundreds of others in and around our community aware of who we are and what we do! THANK YOU Beth!! We are honored to have you as part of Friends of Hospice and we thank you for all you do to help support us and our mission!

FOH 101—Orientation Meetings

Our next orientation meeting will be at the Ray Hickey Hospice House, 2112 E. Mill Plain Boulevard, Vancouver, WA 98661. February 13, 2019 at 10:00 am.

The orientation meetings sites are split between the Ray Hickey Hospice House and the Elaine and Don Heimbigner Hospice Care Center. They include a tour of the facility and then an overview of the various ways that new members can get involved as they have inclination and capacity. Our culture is one of empowering our members to use their "superpowers" while respecting their boundaries in terms of how much time they want to devote to volunteer work. We have positions for every personality type at all sorts of different levels of time commitments. Whether you are a snow-bird that is only in town six months of the year or you work full-time, we have a spot for you and your superpowers!

Although it is totally fine to just play things by ear, it is nice if you can let us know if you are thinking of coming so we can make sure we have the right amount of snacks. If you want to give an informal RSVP please email laurel at **laurel.numbers@ms.com**.

divine consign
904 Main Street Vancouver, WA 98660 360.695.6443

Friends of Hospice SW Washington receives 60% of the sale of your unwanted items!

Are you looking to get rid of your lightly used furniture and décor items? Divine Consign is the perfect place to donate them! Divine Consign is a local non-profit, supporting local charities that **accepts approved used furniture, décor items, jewelry, etc. on consignment.** You can request that Friends of Hospice SW Washington receives 60% of the proceeds from the sale of your donated item(s). 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 you can call Friends of Hospice SW Washington (360-696-5056), leave a message and someone will return your call.

This is all you have to do: *Call 866-518-2686 to link in* Or go online to www.fredmeyer.com

Selecting us as your charity will not affect your reward dollars in any way.

Fred Meyer community rewards
Where shopping & giving unite

- 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.

amazonsmile
You shop. Amazon gives.

Amazon will donate 0.5% of the price of eligible purchases to Friends of Hospice Southwest Washington whenever you shop on Amazon Smile.

- Go to www.smile.amazon.com/ch/20-4672767. It will take you to your Amazon Account and ask if you want to select Friends of Hospice Southwest Washington as the charity you wish to support.
- Click Yes!
- Bookmark the site and next time you are ready to shop Amazon click on your bookmark or go to: www.smile.amazon.com

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Southwest Washington

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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.

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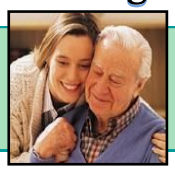
Friends of Hospice Caregiver Respite Program

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**. Our Caregiver Respite Program allows family/friend caregivers time off to recharge so they have the strength, energy and spirit to carry on. Each relief opportunity is valued at $2,000 and the hospice or palliative care patients and family select 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:

Sherilyn Brown at 360-839-3069 at PeaceHealth Southwest Hospice Home Care
Linda Hamilton at 360-414-5466 at Community Home Health & Hospice

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 Membership tab
- Call 360-696-5056 and leave a message or
- Attend a fundraising event or general meeting and ask for more information.

General meetings are held on the 3rd Monday of every month
10:00 am -12 noon
Keller Williams Building
2211 E Mill Plain Boulevard
Vancouver, Washington 98661

2019 New Members

Twanna Cooksey Dennis Harvey Tami Miller Erin Orren Joelle Osterhaus

Our 100% volunteer membership continues to grow with the addition of these talented and gifted people.

Friends of Hospice Southwest Washington is a member of the following organizations.

WASHINGTON NONPROFITS
WE MAKE SURE NONPROFITS HAVE WHAT THEY NEED TO SUCCEED.

SEAL OF TRANSPARENCY GOLD GuideStar

GREATER VANCOUVER CHAMBER OF COMMERCE
MOVING BUSINESS FORWARD

Nonprofit Network Southwest Washington