FRIENDS of HOSPICE
Southwest Washington

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

Standing Together ... Helping Others

Volume 1 Issue 3 July, 2018

Message From the President

Visibility: vis·i·bil·i·ty *noun* -
the degree to which something has attracted general attention; prominence.

How does that relate to Friends of Hospice? Well……

Senior Hero's Lunch: I had the honor of speaking to an incredible giving and charitable audience that now knows more about us and can relate to and repeat our story!!!

100 Men Who Care: Laurel Numbers and I had the opportunity of presenting Friends of Hospice's story and mission to over 75 prominent men informing them of who we are and what we do. They too have become much more invested in our cause!

The Columbian Newspaper has offered FREE 3 months of ads ranging in size depending on space to let our community and beyond know who we are and what we do! Watch for the ads.

The Messenger: Wow, what a fantastic opportunity! Beth Anderson arranged for her and I to meet with Marita Sempio, Publisher and Editor, and Barb Maynard, Senior Finder. Friends of Hospice SW Washington will be their prime story in the September issue, which will focus on volunteers. We are excited to welcome Marita to our membership!

And now (again, thanks to Beth Anderson) Friends of Hospice SW Washington will be interviewed on air at **KXRW with Mike Selig**!!!! It is in the making right now…..we will keep you posted!

Meanwhile, each and everyone of us continue to spread the word, what a great team and what a great cause! **We are really good at doing good!!!**

Thank you everyone!
Gail Czech, President

Don't Forget to Buy Your Ticket for the Fall Luncheon!

2018 Calendar of Events

Fundraisers

Fall Luncheon	**Sept. 11**
Give-More-24.Org.	**Sept. 10-Sept.20**
Poinsettia Sale	**Nov. 26-Nov. 30**
Divine Trees	**Nov. 15-Dec. 15**
Photos for Families	**Later in the Summer**

Ongoing fundraisers

Amazon Smile Rewards
Divine Consign
Fred Meyer Rewards

Other Dates of Interest

FOH Informational Meeting — **Aug. 23**
Ray Hickey Hospice House 10:00 a.m.

Walk for Alzheimer's — **Sept. 9**
We have a team walking!
Esther Short Park 10:00 a.m. registration

Respective Choices; Advance Care Planning — **Oct. 8**
PeaceHealth Education Center 9-11 a.m.
NE 92nd Avenue and East Mill Plain

Please Join Us!

General Membership Meetings

3rd Monday of every month
10:00 a.m. - 12:00 noon

PeaceHealth Building
5400 MacArthur Boulevard
Vancouver, Washington 98668
(Lower Level)

END OF LIFE COALITION OF SOUTHWEST WASHINGTON

Respective Choices; Advance Care Planning

Save the date: October 8, 2018

End of Life Coalition is providing a class on "Respective Choices; Advance Care Planning" to Friends of Hospice SW Washington members on October 8, 2018 at the PeaceHealth Education Center from 9:00 to 11:00 AM. Cost is free and breakfast snacks will be served.

Advanced care planning becomes increasingly important as we age in order to make our wishes known if we can't speak for ourselves. Respective Choices is an internationally recognized program that provides education, helping individuals to:

- Understand their choices for future healthcare
- Reflect on personal goals, values, religious, or cultural beliefs
- Talk to physicians, healthcare agents, and other loved ones as needed

Annual Fall Luncheon

Mark Your Calendars!

Date: September 11, 2018
Time: 10:30 a.m. doors open; 11:30 lunch is served
Place: Heathman Lodge, Vancouver
Cost: $50 for lunch

Order and pay for tickets on-line beginning August 1st at: friends-of-hospice.org
Or mail ticket money to : Friends of Hospice Southwest Washington
P.O. Box 3116
Vancouver, Washington 98668

DON'T MISS OUT! PLEASE RESERVE YOUR SEAT BY SEPTEMBER 4TH, 2018.
WE SOLD OUT TEN DAYS EARLY LAST YEAR!

Another fun filled event is promised with delicious food, music, games, fashion show and many wonderful raffle items. Paying homage to September 11th our color scheme will be red, white and blue. Members and guests are encouraged to wear red, white and blue.

Let's all come together and exceed the goal of $35,000 targeted for direct care of hospice patients in southwest Washington. The cost of an average stay is well over $900 per day! Medicare covers approximately $200 per day; a huge gap!

GIVE MORE 24!

September 10th - September 20th Online

Give More 24 is a 24-hour, online fundraiser that rallies our community to raise money for more than 100 local nonprofits… including Friends of Hospice Southwest Washington. Giving is exclusively done via the internet.

2018 will be FOH's 5th year of participation and our goal this year is to raise over $10,000. Last year we earned over $7,000.00 in one 24-hour period.

THIS YEAR AN EXTENSION HAS BEEN MADE to the on-line giving time. On-line giving at givemore24.org will start September 10 at 12:01 a.m. and will end September 20 at 11:59:59 pm. That allows us 10 days to reach our goal! Log onto givemore24.org, find Friends of Hospice Southwest Washington, and make your donation. There is a minimum gift per donor of $5.00, but there are no limits on maximum amount.

We are working to secure matching funds in order to increase the total amount given during the event. Matching funds must be at least $500.00 and will be advertised on our nonprofit profile at givemore24.org. These matching funds will be added to the event total as donors make contributions throughout the donating period. However, amounts will not be posted to our totals until September 20th.

Let's get out and secure a matching gift. Forms, which must be submitted by September 2nd, can be obtained from Bev Bollinger. The push this year is helping **veterans who need hospice care.** If you know veterans who may want to band together as a group with smaller amounts that will add up to a $500.00 matching gift, please contact Bev and she will gladly organize the details.

Poinsettia Sale

November 26th - November 30th

Make a note; our Annual Poinsettia Sale will be the week immediately following Thanksgiving, Monday, November 26, 2018 through Friday, November 30, 2018.

November 26th and 27th poinsettia plants and Christmas cactus will be sold at PeaceHealth Southwest at two locations, 92nd Street entrance and Firstenberg Tower. Wednesday, the 28th the Poinsettia Sale will be at Fairway Village Clubhouse and Touchmark. Thursday, the 29th will be at Legacy Salmon Creek Hospital at the main entrance.

We also hold the Poinsettia Sale at the Shared Services Building on 164th on Thursday and Friday of that week; however, this site is only open to the occupants of the building.

Thank you to all who have already signed up to help with this fundraiser. If you are interested in helping contact Irene Melton at melton8480@comcast.net. This is a great way to get to know other members of Friends of Hospice as well as having a *"fun time fundraising"*.

Divine Trees

November 15—December 15

Friends of Hospice SW Washington is excited to be participating again this year in Divine Trees. Local nonprofit organizations provide a decorated tree plus a $500 gift under the tree. Raffle tickets ($5.00 each) will be sold November 15th through December15th. Raffle tickets, purchased from a member of Friends of Hospice Southwest Washington or at Divine Consign, are placed in the ticket box of your favorite tree(s). Proceeds will be equally divided between the participating organizations.

The decorated trees will be displayed at Divine Consign, 904 Main Street, Vancouver, WA. A winner will be drawn for each tree December 15th @ 4:00 PM. Arrangements will be made with each winner for delivery of the tree(s).

Photos for Families

Christina Keys, an employee of Caring Transitions of Clark County and member of the Friends of Hospice SW Washington organized the Photos for Families event held at the Quarry Senior Living center June 8, 2018.

The event was considered a success bringing in $690 for our mission. Kudos to Christina and her team!

Watch our website for another Photos for Families event to be held at The Glenwood Senior Living center later this summer.

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

FredMeyer 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.

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

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.

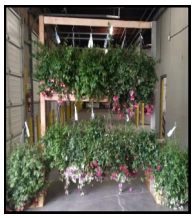
- Go to **www.smile.amazon.com/ch/20-4672767**. It will take you to your Amazon Account and ask if you want to select Friends of Hospice Southwest Washington as the charity you wish to support.
- Click Yes!
- Bookmark the site and next time you are ready to shop Amazon click on your bookmark or go to: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

Spring Basket Sale

Carole Kelley and Camas High School Baseball Team members.

Derrill Larson, Carole Kelley and Dennis Staehely.

Unloading the delivery truck.



HUGH fuchsia plants waiting to be picked up.

This year's Spring Basket Sale was a huge success! We sold 220 baskets and raised $3,768! A huge thank you to the work of the Spring Basket Committee, Carole Kelley, Chairman, Mimi McAneny, Sherry Kallman, Linda Schorr and Judy Davis. Another round of applause goes to Dennis Staehely and Derrill Larson who were instrumental in placing the orders with the grower and securing the location for delivery. It is because of the relationships that Dennis and Derrill have nurtured through the years that we are given the locations at no charge from Killian Pacific. We are very grateful for the assistance from the Camas High School Boys Baseball Team and the Girls Slow Pitch Team who helped with unloading the truck and carrying plants to the cars. This year online ordering was made available, which helped capture more orders.

THANK YOU to everyone who purchased baskets and all of the volunteers for their hard work in making this a very special event!

Charity Care Help for Longview Hospice Care Center Patients

Friends of Hospice Southwest Washington recently gave $20,000 to Community Home Health & Hospice specifically to provide inpatient care for veterans. Half was designated for Vancouver and half for Longview.

Veterans who need round-the-clock nursing in a hospice care center often do not receive the care that they deserve. Did you know the Veterans Administration does not cover inpatient hospice care in our community or anywhere in the USA? We want to be able to say "yes" to as many of our local veterans as we can when they need urgent end-of-life care.

The Health Care Foundation (located in Longview) has approved a challenge grant of up to $50,000 to provide charity care for Community Home Health & Hospice's Longview Hospice Care Center patients. Gifts designated for veterans in our Longview Hospice Care Center meet the criteria of The Health Care Foundation matching grant. This means the Friends of Hospice gift designated for Longview is matched - $10,000 designated for Longview will be put with another $10,000!

With these gifts, we are able to help veterans right here in our communities. We provide intense medical attention with frequent monitoring of pain and symptoms like shortness of breath and delirium. We also help families provide for their stay, along with emotional and spiritual support. Our focus is on our patient's comfort and dignity with utmost respect and "pay back" for the service they gave our country.

On behalf of our patients, their families and our grateful staff – thank you, Friends of Hospice Southwest Washington!

Julie Rinard, CFRE
Development Director
Community Home Health & Hospice

Grief Recovery Method

Friends of Hospice provided funding for bereavement counselor, Colleen Storey, and bereavement volunteer, Cindy Cook, to participate in a specialized training offered by the Grief Recovery Institute. The four day, very intense training, will make way to help individuals complete incomplete relationships due to loss thereby helping individuals navigate and heal their personal grief.

The first 8-week program is being offered by PeaceHealth Hospice and Hope Bereavement Services beginning in August. The program will run Thursdays from 1:00 – 3:00 p.m. on August 9, 16, 23, and 30th and continues through September 6, 13, 20 and 27th. The fee is $25, which covers the cost of the book. Scholarships are available. For more information, please call the bereavement center 360-696-5120.

Stepping Stones

Thanks to the very generous donation from the Friends of Hospice, PeaceHealth Hospice and Hope Bereavement Services will be holding what we hope will be an annual community event.

We are inviting anyone in the community to come and make a stepping stone in honor of a loved one who has died.

Friends of Hospice has purchased 175 stepping stones kits plus the added extras to help decorate the stepping stone. Thank you Friends of Hospice for making a difference in the lives of our community families.

The building began to take shape when the framing went up in June.

Seasons of Hope Grief Center & Memorial Garden…closer every day!

Construction is well underway on the Seasons of Hope Grief Center & Memorial Garden in Vancouver. This will be a place for everyone in the community to come and receive help moving through the seasons of life and the loss of loved ones.

We are honored to list Friends of Hospice Southwest Washington as one of the earliest supporters of this project - since 2016. Thank you for joining us on this journey!

Architectural drawing shows the 9,000 square foot memorial garden to be built between the Seasons of Hope Grief Center and the Elaine and Don Heimbigner Hospice Care Center at 3102 NE 134th Street in Vancouver, WA.

Julie Rinard,
CFRE Development Director
Community Home Health & Hospice

Jim and Kay McClaskey's Stepping Stones Family Bereavement Retreat: Galaxy of Grief

This year's summer bereavement camp is fast approaching! Camp will be held on July 27 – 29th and it is guaranteed to be other-worldly! Friends of Hospice provided funding to help PeaceHealth Hope Bereavement purchase a star to be named after the family's loved one. If that wasn't cool enough, the package comes with a down-loadable app for their phone that will help the family locate their star in the nighttime sky.

Thank you for your support!

2018 Donations

Without your generosity we would not be able to help make a meaningful difference in the end of life journey for hospice and palliative care patients and their families. Everyone benefits with paying kindness forward and helping others. This list recognizes donations made in the 2018 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.

$1-$499

LaDonna Abuyan
Kathleen Anamosa
Anonymous
Bobbi Ayers
Jean Bartholomew
Gene & Jo Bartu
Laura Basserman
Connie Baxter
Melissa Beatty
Angela Bernhardt
Jan Billedeaux
Rustin & Elisabeth Brewer
Rachel Brooks
Ann Bump
Wayne E. Clemetson
James & Patricia Correll
Molly Coston
Laurie Craig
Jim Cummings
Maria Cura
Emma Curry
Judy Cutsy
Gail Czech
Sally Day
Britt-Marie Deforeest
Elizabeth Director
Catherine Dunham
Donald & Fritzi Eide
S.L. & D.R. Euliss
Patricia Everson
Karin Fisch
Patricia Generaux
Linda Glover
Kathleen Greer
Janice Harvey
Gerald & Margaret Heckenlively
Kathryn Hendrickson
Annajo Hitchcock
Larry Hoff
Randi Holland
Cyndi Holloway
Geraldine Holmdohl
Renee Hubbell
Candy Humphrey
Debbie Iverson
Stacie Jesser
Rex Jones
Victoria Kesala
Christina Keys
Dianna Kretzschmar
Catherine Kroll
Marlene Laddusaw
Janet LaMere
Derrill Larson
Erika Laws
Laurie Lebowsky
Barry & Rosanna Lutz
Kathryn Lyons
Sue Marino
Marcia Maxwell
Barb Maynard
Mimi McAneny
Kathy McCaffree
Irene Melton
Dee Memering
James & Diane Mogan
Terry Molander
Sean Moore
Amanda Moss
Steven Nelson
Gloria Parks
Patricial L. Janik Trust
PEO Sisterhood, FC
Darlene Peterson
Robert & Amy Robinson
Beverly Rolfe
Michele Roussell
John & Michele Rudi
Mary Russell
Tamara Russell
Ashlyn Salzman
Genevieve Schmidt
Megan Shakeshaft
Bill & Beth Shelton
Jolyn Skidmore
Larry Smith
Southcliff Neighborhood Assoc.
Cherie Staehely
Cody & Carissa Steinmann
Robert Stoddard, Sr.
Amy Tanska
The Messenger
Evelyn Turner
Carol Van Natta
Tina Vlachos
Kristie Walling
Scott Weber
Jacqueline Whalen
Teresa Wheeler
Renata Wilson
Kathleen Womack
Margaret Zuke

$500-$999

Betsy Ellingson
Paul & Linda Ellingson
Evergreen Memorial Gardens
Heathman Lodge
Nancy Schultz
Robin Zanner

$1,000 Plus

Anonymous
Byrd Family Fund
Linda Schorr
Morgan Stanley

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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.

Federal tax ID#20-4672767

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 Join/Renew 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
10:00a.m.-12:00 noon

PeaceHealth Building
5400 MacArthur Boulevard
Vancouver, Washington 98668
(Lower Level)

Our 100% volunteer membership has grown with the addition of these talented and gifted people.

Chris Allen	Colleen Daniels	Christina Keys	Tamara Russell
Lexie Bartunek	Cathe Day	Meridith Long	Merita Sempio
Leslie Clements	Julie Donovan	Michelle Kruse	Dan True
Carole Collins	Marilyn Dryke	Ginnifer Meeker	Christy Wiseman
Laurie Craig	Paula Edwards	Heather Norton	
Lynn Crawford	Shannon Hoff	Lynn Rockstad	