FRIENDS of HOSPICE
Southwest Washington

Volume 1 Issue 4 October, 2018

PLANT SMILES
GROW LAUGHTER
HARVEST LOVE

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

CHANGES-ALWAYS CHANGES AND BLESSINGS

What new opportunities should we look for; what new opportunities should we embrace to achieve and exceed our goals in fundraising? What will be fun and develop even more comradery and raise funds?

We are a fundraising organization and we are having fun raising funds!!!!!

We have a few exciting possible opportunities in our future. What about in addition to our wonderful annual fall luncheon we plan an evening fundraising event for a larger audience and a new venue. Let's explore that possibility!!!

Ideas are surfacing for more fun events for our members, also bringing extra funds. How about private cooking classes with an international chef in a private home? Sound like fun? Well, it is happening, and looks like it might even turn into a series of classes. How exciting!

How about a BINGO night or maybe more than one night, and maybe even a paint and sip event – *err is that sip and paint?*

Have any more suggestions? We have a fabulous group of members, and I am sure there are many more fabulous ideas out there. We would love to hear them!

A most exciting new avenue of funds has come our way from **NW Hero's, Keller Williams Hayes Group**, a Real Estate Rebate and Charity Partnership Program. They give back 10% of their profits to specific charities, and Friends of Hospice SW Washington is one of those charities. In fact, we recently received a check for almost $1000.

Look them up www.nwhero.com or
www.hugheste4amnw.com

Friends of Hospice is **Blessed**, and we continue to see those blessings coming in - ***Changes, Always Changes and Blessings***……..

Gail Czech

2018 Calendar of Events

Poinsettia Sale **Nov. 26-Nov. 29**
Divine Trees **Nov. 9 -Dec. 15**

Ongoing fundraisers
Amazon Smile Rewards
Divine Consign
Fred Meyer Rewards

FOH 101 Orientation Meeting 10:00 a.m. Nov 12
Don and Elaine Heimbigner Hospice Care Center
3102 NE 134th Street
Vancouver, Washington 98686

Cooking Class 1:00 p.m.-4:00 p.m. Nov 1
Appetizers and desserts for the holidays
2826 NW Lacamas Drive
Camas, Washington 98607

2019

Keep checking our website for more "Cooking" classes and a "Sip and Paint" class in 2019.

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)

Janice Harvey
1939-2018

Janice was awarded our Honorary Life Membership at the 2018 Fall Luncheon. We are so very sorry to say that she passed away shortly there after. Janice had been an active member from 1994 to date; a 24-year commitment. She participated in many of our fundraisers especially the Annual Fall Luncheons because she helped organize them. Janice held the office of Secretary during the founding years. We are very grateful for all of the time and support that Janice gave to further our mission. She will be sorely missed by all of us.

Poinsettia Sale

Monday, November 26th through Thursday, November 29th

Yes,Christmas is just around the corner! Plan ahead!

Order early to guarantee you get what you want! **Order deadline is Tuesday, November 13, 2017.**
Go to our website at www.friends-of-hospice.org and place your order.

The dedicated volunteers of Friends of Hospice Southwest Washington will be selling poinsettias provided by Fessler's Nursery, in a wide variety of colors and sizes, including red, white, pink, burgundy, bicolor, as well as 4-inch potted Christmas cactus (perfect for an office desktop). Whether you are surrounding your home or work place with beauty and holiday cheer, your purchase will benefit our community hospice patients and their families. We look forward to your holiday support!

The Poinsettia Fundraiser will be held at the following locations from **9:00 a.m. to 5:00 p.m.**:

November 26th & 27th PeaceHealth Southwest Medical Center
(Firstenberg Tower & 92nd Street Entrance)
400 NE Mother Joseph Place, Vancouver, WA 98664

November 28th Fairway Village Clubhouse
15509 S.E. Fernwood Drive, Vancouver, WA 98683

November 28th Touchmark (Lobby)
2911 S.E. Village Loop, Vancouver, WA 98683

November 29th Legacy Salmon Creek Medical Center (lobby)
2211 NE 139th St., Vancouver, WA 98686

Orders OVER $100 can be delivered upon request.
Delivery dates are Friday, November 30th, Saturday, December 1st or Wednesday, December 5th

Orders UNDER $100 can be picked up at the following locations:
Monday, November 26th, Peace Health SW Medical Center, 92nd Street Entrance
from 9:00 am to 5:00 p.m.
OR
Thursday, November 29th at Legacy Salmon Creek Medical Center lobby
from 9:00 a.m. to 5:00 p.m.

Divine Trees

November 9—December 15

Friends of Hospice SW Washington is excited to be participating again this year in Divine Trees.
Win a professionally decorated Christmas tree worth over $750 with $1000 CASH PRIZE!

How: Purchase the $5.00 ticket(s) from Friends of Hospice member(s) or at Divine Consign, where the trees will be on display, and place a ticket in the container next to your favorite tree. There is no limit to the number of tickets you can purchase; the more tickets, the better the chance to win!

Where: "Divine Consign" at 904 Main Street, Vancouver, WA 98660

Dates: The trees will be on display from Friday, November 9th through Saturday, December 15th

Drawing: Saturday, December 15th 6:00 P.M.

The theme for our tree this year will be **"Down on the Farm."**
Designed and created by locally known, Kathy Hammer.

FOH 101—ORIENTATION MEETINGS

We have had 2 quarterly orientation meetings for new and prospective members, which have been very successful. 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!

Our next orientation meeting will be at the Elaine and Don Heimbigner Hospice Care Center, 3102 NE 134th St., Vancouver 98686 on November 12, 2018 at 10:00 a.m.

Hope to see you next time. 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**.

PRICE FOUNDATION HONORS FRIENDS OF HOSPICE SW WASHINGTON WITH GRANT!

Gail Czech, Kay Dalke, Colleen Storey

Earlier in the year, Gail Czech, wrote a grant request to the Price Foundation requesting funding for several different programs that The Friends of Hospice helps supports.

To our delight, at the general meeting on June 18, 2018, Kay Dalke from the Price Foundation, presented a check for $5250.00 specifically to support the **No One Dies Alone program.**

Kay encouraged the membership to check out the Price Foundation Website: **www.pricefoundation.net** for more information regarding the foundation and about Frank and Arlene Price.

Thank you Kay and the Price Foundation, your generosity has helped make a huge difference for the **No One Dies Alone program!**

divine consign
904 Main Street Vancouver, WA 98660 360.695.6443

Friends of Hospice SW Washington receives 60% of the sale

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**

2018 Annual Fall Luncheon

2018 Annual Fall Luncheon Fundraiser was a great success brining in over $30,000!

Table Centerpiece

Heads and Tails Game

Table Setting

The Luncheon took on a patriotic theme this year as it was held on September 11, 2018. The decorations were fabulous with a sea of red, white and blue, enhanced by the patriotic attire of our guests.

Guests were greeted by lovely piano music played by Yvonne Payne and a glass of champagne. Jim Cummings, our host, and Gail Czech, President, welcomed over 200 guests supporting the hospice cause in our community. We were privileged to have three first responders from our area as special guests; Aaron Huntington from the Clark County Fire & Rescue, Kevin Allais from the Clark County Sheriff Department, and Rey Reynolds from the Vancouver Police Department. Corp Rey Reynolds thrilled us by singing the National Anthem!

Sonja Houser, Director of Nurses for In-Home Hospice Care, PeaceHealth Hospice Southwest, shared poignant stories from personal experiences with hospice patients, relating the value of working together, making our world a better place. Thank you Sonja for your inspiration!

As we enjoyed our lunch, Lily Atelier and Arktana peaked our stylish interest by sharing some of the latest fashions and foot wear from their Camas boutiques. A rousing game of Heads and Tails got everyone up, moving and laughing! Tim Shinners was the last person standing and he won a beautiful handmade quilt and a chocolate martini basket! Yum! In addition there were other fun surprise gifts! Jewelry in beautifully decorated boxes (thanks to Diana Delich for wrapping them so elegantly), and a card tree, which was adorned with little bags holding a gift card to a fun surprise! A big Thank You to Barbara Bell for, again, donating her handcrafted stained-glass angels. They are always a favorite! The raffle drawings this year included 34 exceptional baskets and individual items donated by businesses, members and "friends" in our community! We appreciate the generosity of everyone!

Thanks to Greg Pang, CEO, Community Home Health & Hospice and John Singeltary, Director, Home Health and Hospice, PeaceHealth Hospice Southwest, whose vibrant personalities led a successful paddle raise.

Jim Cummings, Host

Yvonne Payne

Paddle Raise

The generous gifts of our loyal supporters allowed us to exceed our goal! Thank you!

Because of our sponsors, we were able to almost double last year's success.
We sincerely thank you for your generosity!

The Creative Network, Inc.
Adult Care Placements
Dick Hannah Dealerships
Dorothy Smith
Glenwood Place and The Quarry
Morgan Stanley
Security Signs
Touchmark
Visiting Angels

2018 Honors to Members and Friends

Honorary Life Memberships

Dee Memering,, Board Member; Carole Kelley, Board Member; Janice Harvey

The Honorary Life Membership Awards are presented to members in recognition and sincere appreciation of outstanding loyalty and commitment to the mission, vision, and core values of the Friends of Hospice Southwest Washington for more than 10 years. ***Friends of Hospice SW Washington is proud of these members and very grateful for their commitment. Thank you for your dedication!***

Janice Harvey. Janice has been an active member from 1994 to date; a 24-year commitment. Janice has participated in many of our fundraisers. She especially remembers the Annual Fall Luncheons she helped organize. Janice held the office of Secretary during the founding years. We are very grateful for all of the time and support that Janice has given to further our mission of providing funds for the care of hospice and palliative care patients and their families in southwest Washington.

Carole Kelley. Carole has been an active member since 2000 and remains very active and involved. She has held several positions on the Board of Directors and served as President for a term. Carole, sharing her talents, was instrumental with the refurbishing of 20 daybeds, replacement of comfortable chairs in patient rooms and, just recently, re-designing the family room and organizing of the purchase of a new special patient recliner for the Ray Hickey Hospice House. Carole embraces her membership by being very active the fundraisers: organization of the luncheon for 8 years, 2018 Chairman of the Spring Basket Sale, 2016 Chairman of the Concerts for a Cause Fundraiser, participating on the Member of Distinction Committee for 2017 and 2018 and is currently the chairman of the Speakers Bureau. Carol has been very instrumental recruiting many new members to Friends of Hospice SW Washington.

Dee Memering. Dee joined our team in 1998; a 20-year member committed to furthering our cause. Dee has served on the Board of Directors off and on throughout her membership which included holding the offices of Vice President and President. Dee was also Chairman of the Fall Luncheon Committee for two years. She served on the Member of Distinction Committee in 2017, the Appreciation Committees in 2017 and 2018 and the Bunco Fundraiser Committee in 2017 and 2018. Friends of Hospice SW Washington very much appreciates Dee's involvement and dedication in making sure that our community is aware of who we are and what we do.

Certificate of Recognitions

Charles Mulligan and Carollee Kraut, Secretary

The Certificate of Recognition Awards are presented to businesses and individuals that go above and beyond donating their servicers and or time to assist us with meeting our goals. We give both of these gentlemen our most genuine heartfelt thank you for their generosity!

Charles Mulligan **-** Charles is a member of Friends of Hospice Southwest Washington who made a significant contribution to our mission with a very generous donation. His donation allows us to continue providing for the care of hospice and palliative patients through established hospice organizations in southwest Washington.

Joel Padley – Joel, owner of Awesome Flowers at 807 Grand Boulevard in Vancouver, donates the flowers that he can't utilize in his business. Friends of Hospice SW Washington picks up the donated flowers and delivers then to the Ray Hickey Hospice House and the Elaine and Don Heimbigner Hospice Care Center where arrangements are made for all to enjoy. Seeing flowers in corners of these facilities softens the impact of why the patients are there.

YES! Once again, thanks to our generous supporters, Friends of Hospice Southwest Washington received $10,870 with the help of two matching funds. We are very blessed to receive a $3,000 matching funds gift from the Ron & Mary Legg Family Fund and another $2,500 from an anonymous source. **Another banner year**!

Community Home Health & Hospice

Seasons of Hope Grief Center and Memorial Garden Update

Believe it or not, the Seasons of Hope Grief Center and Memorial Garden project is ahead of schedule! If all continues to go according to plan, we hope to open by Christmas. As we get ready to officially open, we will be hosting early tours to honor our many donors, volunteers and staff. We anticipate opening for tours in early/mid-December. We'll keep you posted – and we look forward to welcoming Friends of Hospice Southwest Washington members for a first look!

Heather Norton Inspires Volunteers

Heather Norton found a way to save $20,000! She coordinated 220 volunteers to paint the Seasons of Hope Grief Center. Over a week's time, youth and adults worked day and night applying primer and paint. They even brought all of their own materials. Heather said, "It was such a meaningful experience for all of us. The energy that surrounds that place is truly magical. And I'm just so excited for the goodness and healing that will come to people there. We painted with as much love as we could muster, and we hope that love will be felt as people gather here."

Friends of Hospice Southwest Washington Gift Inspires Others

We are so grateful for the gifts we have received from Friends of Hospice Southwest Washington! You inspire others with everything you do. We mailed a letter to about 2,000 supporters. It announced the Health Care Foundation's challenge grant of up to $50,000 to provide charity care in our Longview Hospice Care Center for those in our community who do not have insurance or resources to cover inpatient hospice care. Veterans are one of the key groups that do not have inpatient hospice as one of their covered benefits through the Veterans Administration. In the letter, we also announced the great news that Friends of Hospice Southwest Washington accepted the challenge from the Health Care Foundation and gave the first $10,000 toward the matching grant. The letter inspired many individuals and groups to make gifts toward the challenge.

There are a lot of stories to share, but one really stands out. A long-term supporter called to tell me he had planned to make an annual gift, but when he received our letter he was inspired by the gift from Friends of Hospice Southwest Washington and wanted to do more. He told me about his life and let me know that he is a US Navy veteran who served in Vietnam. His wife of many years is receiving our care at home. Someday he may need our care. He felt compelled to give toward the challenge, but not the usual amount. He doubled his gift knowing it will be matched dollar-for-dollar to benefit veterans who deserve care with comfort and dignity. Thank you, friends - for giving hope to this US veteran and inspiring him to join the challenge.

PeaceHealth Southwest Hospice

Celebration of Remembrance

Hope Bereavement, with funding from the Friends of Hospice, will once again play host to the annual holiday Celebration of Remembrance. This year's event will take place on Wednesday, December 19th from 6:30 to 8:00 pm. The event will be held at:

PeaceHealth Southwest Medical Center
Health Education Center
92nd Avenue entrance

Each family will receive a porcelain ornament to decorate in remembrance of their loved one. This beautiful service is open to anyone in the community who has had a loved one die. Families are encouraged to bring a picture or a memento to place on the memory table for the duration of the service. Jason Dong, hospice chaplain, will facilitate the memorial. Refreshments will be served.

Galaxy of Grief: A Stepping Stone Family Retreat

Twinkle, Twinkle Little Star

Thanks to Friends of Hospice SW Washington, hospice families who attended this summer's Stepping Stones retreat no longer have to worry about where their loved ones are.

The theme of this year's retreat was Galaxy of Grief. In keeping with the theme, Friends of Hospice SW Hospice paid to have each family's loved one named after a star. With a downloaded app the families can now find their loved one's star and know exactly where they are!

There were 8 families, 23 individuals who participated in the Stepping Stones Family Retreat this year. One of the highlights of the weekend was the night-time memorial walk. During the year, families participating in groups were asked to create a memorial art piece with a galaxy theme. The pieces were painted in fluorescent and glow-in-the-dark paint. Each piece was displayed during the memorial walk. Stepping Stones families wish to thank the Friends of Hospice for their continued support throughout the year.

This beautiful, heart-centered organization pays for the bereavement center's art supplies for our hospice families.

Stepping Stones In the Park

On August 22, Hope Bereavement, with the support of Friends of Hospice, invited the community to join them at Klineline park to create a stepping stone in the honor of loved ones that had died (both two and four legged members of the family). Friends of Hospice provided 150 stepping stone kits, materials to decorate the stones, water and snacks.

The young man pictured was very grateful. His Aunt, who lived as a monk in the Arizona desert, died this past June. The Aunt's body was, as requested by her, buried in the desert without a service. Having the opportunity to create a memorial stepping stones provided the boy and his mother some closure.

This is only one of the many stories shared that day. Other memorial stones were created in memory of a child, father, grandparent and spouse who had died. It was beautiful to witness the healing of families during this event. Thank you, Friends of Hospice, for providing all the materials and for supporting our community and grieving families.

Grief Recovery Method

The Friends of Hospice SW Washington provided funding to send a bereavement counselor and one volunteer to Bend, OR to become Grief Recovery Specialists. This action-based grief recovery program will be offered to grieving hospice families twice a year. The first group of participants graduated from the 8-week session on September 27, 2018. Congratulations to all!

First Annual Walk to End Alzheimer's

Friends of Hospice SW Washington members formed a team to walk in the first annual walk to end Alzheimer's. This walk was a huge success! Our team of 21 happy walkers raised $715 for the cause! The goal of this first walk in Vancouver was to raise a total of $40,000 and that goal was exceeded, raising over $103,000!!

Thank you so much for all of you that represented Friends of Hospice in this Walk. Being visible in this community is a benefit we can't ignore!

Senior Resource Fair

Saturday, September 29th, we found a great way to end the month! Friends of Hospice SW Washington participated in the Senior Resource Fair sponsored by Caring Transitions. Over 200 attending this event received information on everything from estate planning to in-home care. Caring Transitions is excellent at partnering professionals from all aspects of "senior" life. Everyone who attending obtained a wealth of information (and fun raffle prizes too!) Thank you Christina Keys for all you do for our community.

FRIENDS of HOSPICE
Southwest Washington

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360-696-5056
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www.friends-of-hospice.org

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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

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)

2018 New Members

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

Rita Alvarez-Haller	Alton Donaldson	Corby Kessler	Karen Petrillo
Erin Aitchison	Linda Donaldson	Christina Keys	Tamara Russell
Chris Allen	Julie Donovan	Michelle Kruse	Lynn Rockstad
Rachel Beck	Marilyn Dryke	Meridith Long	Raisa Sassa
Lexie Bartunek	Paula Edwards	Ginnifer Meeker	Merita Sempio
Leslie Clements	Joyce Fields	Michelle Kruse	Terri Shinners
Carole Collins	Shannon Hoff	Jacqueline Maksimov	Dan True
Laurie Craig	Mark Hughes	Ginnifer Meeker	Christy Wiseman
Lynn Crawford	Marie Jordon	Summer Murphy	
Colleen Daniels	Ellen Kane	Heather Norton	
Cathe Day	John Kendrick	Susan Peake	