FRIENDS of HOSPICE
Southwest Washington

Volume 3 Issue 2 April, 2019

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."

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

Friends of Hospice Southwest Washington

Volunteers are Truly Unsung Heroes!

That is who we are, each and every one.
We are truly "unsung heroes."

Here are the 7 traits of a true Unsung Hero:

Humility
- The very fact that we are unsung is because we are modest people.

Courage
- It takes great courage to step up and do what is right. That is what we do; step up and be caring members of Friends of Hospice SW Washington.

Consistency
- It is not a onetime event. We are continually supporting fundraising events and looking for more unique ways to raise more funds!

Compassion
- We care deeply about those we are serving, we have great sympathy and concern for the journey and sufferings of others.

Positive Attitude
- We CAN DO IT! By golly, yes, we can and do!!!!

Commitment
- We volunteer our time, money and support with enthusiasm and dedication.

Authenticity
- We are **trustworthy** to the extent that our conduct towards others is what we truly believe in. We are genuine in our work and beliefs.

So, I say to everyone, yes, you are UNSUNG HEROES.

"Believe in yourselves and remember…….
You don't have to be great to do great"

Gail Czech, President

Calendar of Events

Fundraisers

Cooking Classes

Latin American Empanadas — April 25, 2019
1 pm - 4 pm

Tai Cuisine — June 6, 2019
1 pm -4 pm

Mexican Cuisine — August, 2019
1 pm - 4pm

Travel from Germany to Hungary — November, 2019
1 pm -4 pm

Sip & Paint — June 22, 2019
6 pm - 8:30 pm
Cornflowers

Spring Basket Pickup — May 4, 2019
9 am - 3pm

Other Dates of Interest

FOH 101 — May 8, 2019
10 am
Elaine and Don Heimbigner Hospice Care Center
3102 NE 134th Street
Vancouver, WA 98686

Speaking Of Dying — April 16, 2019
6 -9 pm
Documentary Film/Panel Discussion
Keller Williams Building
2211 E Mill Plain Blvd.
Vancouver, WA 98661

Ongoing Fundraisers

Amazon Smile Rewards
Divine Consign
Fred Meyer Rewards

THANK YOU FOR YOUR DEDICATION!

After many years of serving on the Friends of Hospice SW Washington Board of Directors **Terri Larson**, **Cherie Staehely**, **Carollee Kraut** and **Nancy Kotrlik** have decided to resign from their Board positions. Our hearts are filled with thanks when thinking about the years of dedication and commitment they have unselfishly given! Thank you for bringing your passion, intellect, insight, experience and resources to the table to help move Friends of Hospice SW Washington forward!

COOKING CLASSES

The Mediterranean cooking class was a HUGE success!
Great food, great information and great leftovers to take home!

Tangine Chicken with preserved lemons, very flavorful couscous, delicious string beans and fantastic cake for desert (ok, we had wine too)! We laughed, shared stories, learned a lot and ate!
A huge THANK YOU to our chef Edurne and her cooking companion, Vicki!!!

So don't miss out on the fun and register on friends-of-hospice.org to attend upcoming class(es).

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. Classes fill up fast, so don't delay!

The scheduled classes are:

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

Sip&Paint for GOOD!

Relax and have fun while you paint with local artist Liz Pike to finish an 8 X 10 oil painting in one sitting.

Date: June 22, 1019
Tie: 10 am - 12:30 pm
Place: Heathen Brewing Feral Public House
1109 Washington Street
Vancouver, Washington 98660
Cost: $75 per person
Includes wine, all art supplies and equipment

Register online at: friends-of-hospice.org or send and email to one of the following: bsheltonb@comcast.net / karin.fisch2@gmail.com

RSVP Today!
Space is limited to the first 25 participants who sign up for the event.

END OF LIFE COALITION

Speaking of Dying
Living Deeply...Dying Well

Date: **Tuesday, April 16, 2019**
Time: **6 -8 pm**
Place: **Keller Williams Building**
2211 E Mill Plain Boulevard
Vancouver, WA 98661
Cost: **Free Event**

Please RSVP at eolcoalition.eventbrite.com
or call Julie at 360-608-8613

Speaking of Dying is a documentary that captures the importance of speaking openly about all aspects of the dying process. Documentary will be followed by a panel discussion.

SPRING BASKET PICKUP REMINDER

Pickup:
Saturday, May 4, 2019
9 am - 3 pm

Pickup Location:
The Hampton & The Ashley Inn
1617 SE Talton Avenue
Vancouver, WA 98683

2019 Donations

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 and palliative care patients and their families. Everyone benefits with paying kindness forward.

The lists recognizing the generous donations made to Friends of Hospice Southwest Washington have been moved to our website at friends-of-hospoice.org under the menu item "Gifts". 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.

2019 Bunco Night

We just completed our 5th annual Bunco Night fundraiser hosted by *"Divine Consign."* With the great support of our members and several businesses the net profit was $2000, which will go toward funding our Caregiver Respite Program.

The fun and excitement remained high, as always. Great food was provided by Matt's Mad Hatter Catering and the yummiest tiny cupcakes from Tammy at Eat Custom Catering were served for dessert. The wine was served by our own Dee Memering and Judy Davis.

CONGRATULATIONS to our Winners:

Erin Orren	**MOST WINS ($200 cash)**
Dan Rinard	**MOST BUNCOS ($200 cash)**
Julie Sheldon	**MOST LOSSES ($100 cash)**

This event has raised over $11,000 in the past 5 years. It's an event that proves that *Friends of Hospice S.W Washington* has FUN while FUNDRAISING!

Come join the FUN next year in 2020!

Seasons of Hope Grief Center and Memorial Garden Grand Opening!

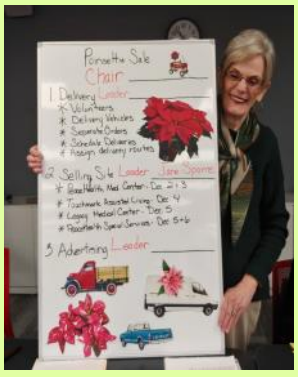
The community came out in droves to see the new grief center in Vancouver! It was a great success with nearly 200 attendees, 22 volunteers, numerous community partners and exciting outcomes. Thanks to our generous community supporters, the entire event was held for less than $100! The opening garnered media coverage in Lacamas Magazine, The Columbian, The Reflector, and Vancouver Family Magazine. The Columbian visited for a tour of the Seasons of Hope building and article with pictures was published. Thank you, Friends of Hospice Southwest Washington for your support and the great display at the event. You helped raise community awareness about free grief support services for everyone in Clark County.

2019 Poinsettia Sale

December 2 - December 5, 2019

Yes, we need to start now!

We are in the process of preparing and organizing for the 2019 Poinsettia Sale and we need your help! Adequate preparation is critical to the success of the sale!



We Need:

- A chairman for the poinsettia sale committee
- A leader for deliveries
- A leader for advertising
- Volunteers to help at each selling site
- Volunteers to help make the deliveries

WE NEED YOU!

Please contact Gail Czech
gail@creativenetworkinc.com

Hats Off to YOU!

Annual Fall Luncheon

Date: **September 10, 2019**
Place **Heathman Lodge**
Time: **11:30 am - 1:30 pm**
Cost: **$55 per person**

Mark you calendar and plan to attend our annual fundraising luncheon! Oh, the places we'll go because of your support of Friends of Hospice Southwest Washington. We are taking our hats off to our loyal Friends of Hospice supporters. Celebrate with us by wearing your favorite hat; whether it's silly, glamorous, flowery, sporty, etc. Not only will you look ***fabulous*** but you could win a prize for the best hat!

So, make sure you join us for a delicious lunch, the oh so fun head and tails game, terrific raffle items, the popular gift card tree and of course the exiting paddle raise. B.divine Clothing Boutique of Divine Consign will provide a lovely fashion show.

We appreciate and accept all donations for the raffle and the gift card tree! Give us a call and we will gladly pick up your donation. Call Lyn Dee Rhodes at 360-798-7965.

FOH 101—Orientation Meetings

Our next orientation meeting will be at:
Elaine and Don Heimbigner Hospice Care Center
3102 NE 134th Street
Vancouver, WA 98686

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. Whatever your time commitments are, 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**.

MORE WAYS TO HELP!

amazonsmile

You shop. Amazon gives.

- 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 book-mark or go to: www.smile.amazon.com

Fred Meyer community rewards

Where shopping & giving unite

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.

- Click the "Rewards" tab acros 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.

divine consign

904 Main Street Vancouver, WA 98660 360.695.6443

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

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 send Divine Consign an email at 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.

FRIENDS of HOSPICE
Southwest Washington

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CONTACT US

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Vancouver, WA 98668

Phone
360-696-5056
Messaging

Website
www.friends-of-hospice.org

Email
customerservice@friends-of-hospice.org

Facebook
Friends of Hospice Southwest Washington

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 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 am -12 noon
  Keller Williams Building
  2211 E Mill Plain Boulevard
  Vancouver, Washington 98661

2019 New Members

Twanna Cooksey	Dennis Harvey	Jennifer Linde	Amy Loudenbach	Tami Miller
Marykay Morelli	Erin Orren	Joelle Osterhaus	Karen Santangelo	Julie Sheldon
Joey Yourchek				

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