Volume 3 Issue 3 July, 2019

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

What is Our Purpose??

Something to think about……..

Purpose is not our mission, vision, or values. Mission is what we do, vision is where we want to be and values are what behaviors we want volunteers to live by.

Purpose is why; why do we exist? What value do we bring to the world? What would be missing if Friends of Hospice SW Washington went away? If we did not exist, who and what would be impacted?

Consider the impact Friends of Hospice SW Washington has on our community, let alone our members! Without Friends, a huge hole would be created for those hospice facilities we support. There would be a void in covering expenses for medical supplies, respite care, bereavement services, family charity needs, let alone the major items such as funding for new mattresses for the hospice facility or funding for furnishings for the comfort of the families at the Ray Hickey House. We would not have been able to help build and support the Seasons of Hope facility serving the entire community at Community Home Health and Hospice. No daily soup for families visiting their loved ones. No fresh flowers weekly for the hospice houses or the patients. No "extra surprises and caring gifts" for the patients like a new nightgown or a birthday party!

As for the impact for our members, we developed a deeper dedication in caring and have become more invested in making an emotional difference. There is nothing normal about losing a loved one. We will all face end of life one day. Our volunteering with Friends of Hospice SW Washington has given each one of us knowledge and a deeper respect of the end of life process, and in my case a greater sense of peace.

Gail Czech, President

Calendar of Events

Fundraisers

Cooking Classes
Mexican Cuisine — August 7, 2019
1 pm - 4 pm

Travel from Germany to Hungary — October 17, 2019
1 pm - 4 pm

Fall Luncheon — September 10, 2019
Doors open at 10:30 am
Lunch served at 11:30 am

Give More 24 — September 19, 2019

Poinsettia Sale — December 2-5, 2019

Save the Date — February 28, 2020
Celebrate Leap Year Eve with Friends

Other Dates of Interest

Nonprofit Excellence Awards Reception — September 16, 2019

General Membership Meetings — October 21, 2019
Keller Williams Building — November 18, 2019
2211 E Mill Plain Blvd. — December 16, 2019
Vancouver, WA 98661

FOH 101 — October 21, 2019
12 noon
No host lunch after our
General Membership Meeting

Honoring Choices — September 14, 2019
6 pm - 8 pm — November 13, 2019
Advanced Care Planning
Let Your Wishes be Known
To register go to: https://eolcoalition.eventbrite.com/
or call Lynn Crawford 360-991-3197

Member of Distinction

Diana P. Mulligan November 12, 1944 – May 21, 2019

Diana Mulligan's name has been etched on the Friends of Hospice SW Washington Member of Distinction plaque, which hangs in the entry of the Ray Hickey Hospice House. Diana's warm and loving nature was evident in the many lasting friendships she cherished, as well as through her volunteer respite work for the Ray Hickey Hospice House.

Friends of Hospice SW Washington is blessed to have been a part of her life and so happy that her husband, Charles, has become a member to help carry on her legacy.

Friends of Hospice SW Washington has been selected to receive the Volunteer Program Award presented by the Nonprofit Network SW Washington. The award presentation will be made at the:

Nonprofit Excellence Awards Reception
Monday, September 16, 2019
5 - 7 pm Program at 6:00 pm
At the Heathman Lodge
The event format is a 40 minute program with networking, refreshments, appetizers and no host bar.

Please plan to attend the reception to help represent Friends of Hospice SW Washington.
Tickets are $35 and can be purchased online at nonprofitnetworkwa.org.

100 Men Who Care Award - $12,500

There are two separate organizations in the Clark County area who garner either 100 women or 100 men to support charities in our community. 100 Men Who Care recently had their quarterly awards meeting. Friends of Hospice SW Washington was one of three charities nominated. Each charity gave a five-minute presentation describing their respective organization. Our competition was two animal shelter organizations and each came armed with puppies and dogs. We were armed with Julie Rinard, who stole their hearts. Each man contributed $100 to fund the award and Friends of Hospice SW Washington received the award in the amount of **$12,500!!! Thank you 100 Men Who Care!!**

Holding the check are: Gail Czech, Laurel Numbers and Julie Rinard

2019 Senior Hero Awards

Congratulations to two of our members!

Dee Memering

Dee Memering was the recipient of the Senior Heroes Pat Jollota Leadership Award. The Pat Jollota Award is reserved for an individual who has spent their life advocating for seniors.

Linda Melton was awarded the Senior Heroes Healthcare Professional Award. This award acknowledges persons in the medical profession that goes above and beyond for seniors.

Linda Melton

We are so proud of both of you!

Our Caregiver Respite Program needs YOUR HELP!

We are happy to report that Friends of Hospice SW Washington is helping more and more caregivers! There are many hospice and palliative care families in our community, and we've experienced a significant increase in the requests for support. As a result, our fund is depleting more rapidly than anticipated.

Caregivers forego their lives to care for a loved one with a terminal illness and these incredible individuals need and deserve a break. Our Caregiver Respite Program allows caregivers time off to recharge so they have the strength, energy and spirit to carry on. Without additional funding, we will be unable to continue to fulfill the requests through the end of 2019.

PLEASE find it in your heart to HELP with this immediate need!!
Go to our website, www.Friends-of-Hospice.org, and make a donation to Respite Care.
Or, send your donation to:

Friends of Hospice S.W. Washington
P.O. Box #3116
Vancouver, WA 98668
Attention: **CAREGIVER RESPITE PROGRAM**

If you wish to make your gift in a loved one's memory, please include their name along with your gift.

THANK YOU!! 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.

Annual Fall Luncheon

Hats Off To You!

Date: **September 10, 2019**

Time: **Doors open at 10:30 am**
Lunch served at 11:30 am

Place: **Heathman Lodge**
7801 NE Greenwood Drive
Vancouver, WA 98661

Cost: **$55 per ticket - Order on line at www.friends-of-hospice.org**
Go to Fundraisers then click on Fall Luncheon

Mark your calendar and plan to attend our annual fundraising luncheon! We are taking our hats off to our loyal Friends of Hospice SW Washington 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. Prizes will be given for the show stopper, the best fascinator, the most sophisticated with hat-a-tude, and the most creative.

Our keynote speaker will be:
Benjamin Surmi, Social Gerontologist
Director of People and Culture
Koelsch Communities

Oh, the places we'll go with your donations!

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

COOKING CLASSES

The Thai cooking class was a HUGE success!
It left everyone "clamoring" for more!

Don't miss out on the fun, register on friends-of-hospice.org
to attend the remaining 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 final 2019 scheduled classes are:
Mexican Cuisine……. August 7, 2019
Travel from Germany to Hungary…….. October 17, 2019

Give More 24
Thursday, September 19, 2019

Friends of Hospice SW Washington will be set up with computers to take your donations at:

Keller Williams Building
2211 East Mill Plain Boulevard,
Vancouver, Washington 98661
from 9:00 am to 5:00 pm

Coffee and cookies will be available as well as information about Friends of Hospice SW Washington activities. We hope you will all stop by and donate online as well as socialize with other members and guests. Keller Williams has generously donated their conference room for this once-a-year event. If you would like to donate cookies for the event please contact Bev Bollinger, Janet LaMere, Jane Sporre or Carole Kelley. Hope to see you there!

And remember, if you cannot make it, **you can give from home on your computer for the 24-hour period of September 19** . . . online giving is the only option that day . . no checks or cash are accepted.

FOH 101 Orientation Meeting
October 21, 2019 at 12 Noon

Our next orientation meeting will be a no-host lunch immediately following the General Membership Meeting.

We will meet at the:
Keller Williams Building
2211 E Mill Plain Blvd.
Vancouver, Washington 98661

Annual Poinsettia Sale

The sale will be the week immediately following Thanksgiving, December 2 - 5, 2019

WE NEED YOU!

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**

Please contact Gail Czech gail@creativenetworkinc.com

Sip&Paint *for GOOD!*

The first Sip & Paint event was held April 10th at Heathen Brewery and the second was on June 22nd at the Columbia Bank Community Room. Everyone enjoyed baked goods and refreshments while creating their very own painting. The artists took home lovely paintings of either coneflowers or pears. The two events raised $2,000 for charity patient care.

A great deal of appreciation and gratitude goes to Liz Pike for her generosity in furnishing her artistic skills and all the needed equipment for the projects! A huge thank you also goes to Chris Berman Distributors for furnishing the wine for the event!

Spring Basket Sale

Our Spring Basket Sale was a GREAT success this year, with sales doubling from last year! **A huge thank you goes to everyone that purchased one of the beautiful flower baskets!** This year we offered 12″ hanging baskets of ivy geraniums, fuchsias and calibrachoas for only $35 each! The option of ordering the specific type of flowering basket as well as the quantity was made available.

Once again, we were pleased to be working with Fessler's Nursery who provided the flowers. Deep gratitude goes out to all the volunteers and the Koelsch Communities for all their hard work and participation!

The Longest Day - June 21st Walk for Alzheimer's

We had a splendid day at Esther Short Park celebrating the Longest Day, sponsored by the Sundown Squad, recognizing that for a person with Alzheimer's disease, sometimes the longest day of the year is the most difficult.

We were able to share the message of Friends of Hospice SW Washington to the many attendees and gave out prizes and candy as well.

We shared our table with The End of Life Coalition and enjoyed the partnership that is created when we are together.

Many thanks to the great team, Beth Anderson, Brenda Calaham, Julie Donovan, Candy Humphries, Linda Melton, Laurel Numbers, Julie Rinard, Tamara Russell and David Watson.

HAPPY HOUR WITH FRIENDS ...OF HOSPICE

Friday,
February 28, 2020
5:00 – 7:00 pm

Celebrate Leap Year Eve with friends! Enjoy a Beverage and Appetizers! Our ability to help hospice patients and families will grow by LEAPS AND BOUNDS with your donations! Location will be announced later!

If you are interested in joining the planning committee, please call Lyn Dee Rhodes at 360-798-7965.

SAVE THE DATE!

Hope Bereavement's Stepping Stone Program by Colleen Storey, PeaceHealth

Mindfulness: A Tool for Healing

Anger, frustration, sadness, impatience, and worry. There are lots of feelings and emotions that come with grieving the loss of a loved one. Thanks to the Friends of Hospice SW Washington, Hope Bereavement's Stepping Stones program has begun a mindfulness program to help children pay attention to what's going on inside and outside of themselves.

The goals of this program: notice breathing, focus your attention, expand your awareness and being patient. The results: children are able to accept their feelings and emotions, controlling them through mindfulness exercises they have learned. Never under estimate the power of empowerment!

Inside/Out Masks

We all do it. We all wear a variety of masks depicting what we want the outside world to know about us. Often though, we do not share with our family, friends, and community our inside mask; how we are truly feeling.

In Stepping Stones, healing is found by expressing our thoughts and feelings through art, writing and other guided activities. One such activity is our "feeling masks." Children and adults create a mask depicting their feelings. On the outside of the mask, individuals create what they often show to the outside world. On the inside, they create a mask expressing how they are feeing in the inside.

Friends of Hospice SW Washington provided the funding for the purchase of these paper masks, helping individuals express their feelings and emotions through an artistic medium which provides information for discussion, growth, and healing. Our program is successful because of the hard work Friends of Hospice SW Washington does. We love you!!

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Southwest Washington

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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

Flowers From Friends

Flowers have a gift of softening the atmosphere surrounding people wherever they are. The Flowers From Friends project continues to do just that.

Awesome Flowers florist donates the extra flowers and our team does its best to impact the Ray Hickey House and Community Home Health and Hospice locations with the love that flowers bring.

Special thanks to our team of creative people! Beth Anderson, Don Heimbigner, Debbie Iverson, Michele Kophs, Nancy Kotrlik, Dodie Lopez, Ginny Meeker, Dee Memering, Lynn Dee Rhodes, and Jodie Zelazny.

And of Course, none of this would be possible if it weren't for Joel, owner of Awesome Flowers on Grand Boulevard in Vancouver, who donates the flowers that we use. Our heartfelt thanks goes to Joel once again!

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

Mavis Albertsen	**Jeannie Berg**	**Brenda Calahan**	**Twanna Cooksey**	**Sally Gannaway**
Dennis Harvey	**Justine Heckroth**	**Jennifer Linde**	**Dodie Lopez**	**Amy Loudenbach**
Jan McLain	**Tami Miller**	**Marykay Morelli**	**Erin Orren**	**Joelle Osterhaus**
Sheryl Reeder	**Karen Santangelo**	**Julie Sheldon**	**Joey Yourchek**	

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

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

Nonprofit Network Southwest Washington

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

SEAL OF TRANSPARENCY GOLD GuideStar

Greater Vancouver Chamber of Commerce
MOVING BUSINESS FORWARD