FRIENDS of HOSPICE
Southwest Washington

Volume 4 Issue 1 January, 2020

You're the HEART of our Organization

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

President's Message

Friends of Hospice SW Washington is very proud to announce that we raised over **$162,000** in 2019 to support our hospice and palliative care patients and families! The luncheon in September netted $45,848 and the poinsettia sale in November raised over $16,000. General donations from our generous supporters were over $61,000. And so many more events and blessings have come our way… helping us to raise the funds.

A huge **THANK YOU TO ALL OF YOU!** Members active and affiliate, those who gave from their hearts, our devoted and caring philanthropists, those who gave in memory of……what a difference each and every one of you have made!

I would like to share just one hand written note we received a couple of weeks ago to let you know how you have helped touch a woman providing her respite care:

Dear Friends of Hospice,

I was so grateful to receive the $1000 towards respite care. I had no one to help me and was so excited to get some relief. Unfortunately, my dear sweet husband passed after only a few visits. Thank you so much for helping me. I will always remember and be grateful.

Best Regards

The funds from our Christmas box helped a young mother (who was unconscious) and her family. The husband and two children were by her side during the days leading up to Christmas and after. The Hospice Staff became aware that the family was having financial difficulties and that the father had not planned anything for the children since admitting his wife to hospice. With the Christmas Box funds, the staff was able to buy presents for the kids and make Christmas Day special for the family. The father was overwhelmed with the kindness and very appreciative. It was amazing to see the Hospice Staff just kicked into gear to make this family happy even for just a little while. The mother died shortly after New Year's Day.

You see these are just a minute sampling of how you have made a difference in this world……

THANK YOU, EACH AND EVERY ONE!

Gail Czech, President

Calendar of Events

Valentine Tea Party February 13, 2020
1 pm - 3 pm
The Marshall House
1301 Officers Row
Vancouver, WA 98661
To register go to: www.friends-of-hospice.org

Cooking Classes
1 pm - 4 pm
Portuguese Cuisine February 15, 2020
Classic French Cuisine April 23, 2020
Greek Cuisine June 15, 2020
To register go to: www.friends-of-hospice.org

Spring Basket Sale May 2, 2020

Other Dates of Interest

Honoring Choices Advanced Care Directives
6 pm - 8 pm February 20, 2020
Advanced Care Planning March 26, 2020
Let Your Wishes be Known April 23, 2020
To register go to:
www.peachhealth.org/yourvoiceyourchoice

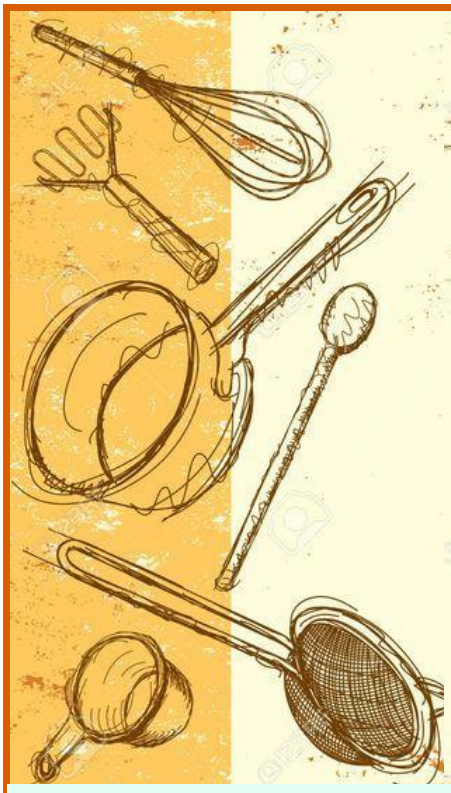
Seniors' Options Seminars January 25, 2020
1 pm - 2:30 pm
Walk-ins Welcome
Marshall Community Center
1009 E McLoughlin Blvd
Vancouver, WA 98663

Community Home Health & Hospice Death Cafe
3 pm - 5 pm February 9, 2020
Longview, WA

Seasons of Hope Grief Center April 19,2020
Vancouver, WA July 19, 2020
October 4, 2020

General Membership Meetings
3rd Monday of the month January 20, 2020
10 am - Noon February 17, 2020
Keller Williams Building March 16, 2020
2211 E Mill Plain Blvd. April 20, 2020
Vancouver, WA 98661

Ongoing Fundraisers
Amazon Smile Rewards
Divine Consign
Fred Meyer Rewards



COOKING CLASSES

February 15, 2020 – Portuguese Cuisine

Time: 1 pm to 4 pm

Place: 2826 NW Lacamas Drive
Camas, Washington 98607

Cost: $75 each class

Class size is limited to 13 participants

The 2019 classes were very popular, so don't delay, they fill up fast!

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

The 2019 Cooking Classes were such a success, six more classes have been scheduled for 2020. Mark your calendars and register early so you don't miss out. Enjoy a beverage 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.

Saturday, February 15, 2020	**Portuguese Cuisine**	
	Portugal is sometimes the forgotten country in the Iberian Peninsula. Its cooking is tasty with some simple but elegant notes.	
	Menu:	Caldo Verde, Peixe Asado (baked fish with port), Portuguese steak
Thursday, April 23, 2020	**Classic French Cuisine**	
	Learn to make some of the most iconic French dishes.	
	Menu:	Savory cheese cream puffs, Provencal tomato & potato gratin, Coq qu Vin (chicken in red wine), Cassoulet (lamb, chicken & beef stew)
Monday, June 15, 2020	**Greek Cuisine**	
	Explore the classic among Mediterranean cuisine of bold flavors and fresh produce.	
	Menu:	Greek salad, Dolmades, Moussaka, Tzatziki, Baklava
Date to be determined	**Italian Cuisine**	
Date to be determined	**Ireland - Emerald Island Cuisine**	
Date to be determined	**Italian Cuisine**	

Spring Basket Sale

The annual Spring Basket Sale is just around the corner. Mark your calendar for February 15, 2020 and go to www.friends-of-hospice.org, click on "Fundraising Events," scroll down to "Spring Flower Basket Sale" and place your order for the beautiful 12" hanging baskets. Choices of plants include ivy geranium, fuchsia, calibrachoa and mixed petunia basket.

Place Your Spring Basket Order

Date: February 15 - March 31, 2020
Cost: $35 per basket
Place: Go to our website:
www.friends-of-hospice.org

Pick Up Your Beautiful Baskets(s)

Date: Saturday, May 2, 2020
Time: 9:00 am - 2:00 pm
Place: The Hampton & Ashley Inn
1617 SE Talton Avenue
Vancouver, Washington 98683

ORDERS MUST BE PLACED BY MARCH 31, 2020

VALENTINE TEA PARTY

Please join Friends of Hospice for a lovely afternoon tea in the historic Marshall House. Delicious food and tea served on beautifully decorated tables.

Get your tickets soon!

Date: February 13, 2020

Time: 1 pm - 3 pm

Place: The Marshall House
1301 Officers Row
Vancouver, WA 98661

Cost: $50/per ticket

Seating is limited to 100

Register at:
www.friends-of-hospice.org

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 patient 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

Kevin Hudson at 360-414-5466
at Community Home Health & Hospice

Community Support

Analog Devices Inc. launched a community awards and charitable donations program in December, in which employees had the opportunity to vote for local organizations. We are very proud to say that Friends of Hospice Southwest Washington was one of the winners and we received a check in the amount of $2,000!

Clark County Newcomers Club supports a charity in our community every year. This year their board has chosen to support Friends of Hospice Southwest Washington. We will receive money from their fundraising activities throughout their fiscal year, July 1, 2019 to June 30, 2020. In December we received a check from them in the amount of $1,369.

Thank You! Thank You! Thank You!

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Southwest Washington

33 Annual Poinsettia Sale Fundraiser

Our 2019 Poinsettia Sale was again a huge success, bringing in over $16,000 profit. A great big THANK YOU to all those who volunteered to make our 33rd annual poinsettia sale a success. We will be making a few changes next year, eliminating some sites, changing some dates and shortening the hours. We will be adding a new site, Springwood Landing, in 2020. Stay tuned for next year….it promises to bigger and better yet.

Your purchase benefits the southwest Washington hospice and palliative care patients and their families.

We look forward to your support again next year.

Thank you!

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 bookmark or go to: www.smile.amazon.com

FredMeyer 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 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.

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 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.

Seniors Property Services **Presents**

SENIORS' OPTIONS SEMINARS

Strategic planning workshops geared towards preparing for what should be the best time of your life!

Come Learn From Our Expert Guest Panelist How to Create

- Health
- Finances
- Home
- Legal Documents
- HAPPINESS!

WHEN: Saturday, Jan 25, 2020, 1-2:30PM

WHERE: Marshall Community Center
1009 E McLoughlin Blvd, Vancouver, WA 98663

www.spsnw.com | Call For More Info: 360-869-7777 | service@spsnw.com

Learn and Share with Community Home Health & Hospice

You are invited to attend one or all 12 community-based events planned this year including an educational series titled ***Living Fully***. CHHH is collaborating with SW Washington Death Café to host five Death Cafés in 2020 (which included the January 12th event held in Vancouver). The goal of the Cafés is to remove the stigma that surrounds death and dying. During these events the attendees are encouraged to feel at ease and open to conversation. Facilitators will be on hand to help direct the conversation. The event on the 12th took place at the Community Home Health & Hospice Seasons of Hope Grief Center with 24 participants attending. Topics ranged from the fear surrounding death, experiences with abandonment at end of life, suicide, near-death trauma, creative ways to celebrate wakes, and even the loss of a beloved pet. Coffee, tea and snacks are normally served.

The next scheduled Death Café is Sunday, February 9th from 3 pm to 5 pm at Community Home Health & Hospice in Longview. As of this writing, more than 40 people have registered. The events on April 19th, July 19th, and October 4th will be held at the CHHH Seasons of Hope Grief Center from 3 pm to 5 pm

The ***Living Fully*** series, will feature speakers for eight educational events focused on end of life care and preparation. Scheduled topics include new rules for end of life, estate planning, honoring choices and alternative burials. Each topic will be covered in both Longview and Vancouver. Times and dates for the ***Living Fully*** series will appear in future Community Home Health and Hospice newsletters, and on the CHHH website and social media outlets. Keep your eyes peeled!

On January 12th, Death Café participants (pictured above) enjoyed lively conversation about creative ways to celebrate a wake and other related topics. Don't worry if you missed out—four more cafés are planned in 2020! ⟹

FRIENDS of HOSPICE
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

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

2020 New Members

Marcie Kessel	**Debbie Mann**

In 2019 we were very fortunate to have 29 new members join our team, making us 143 strong! We are a 100% volunteer organization.

Judy Aadland	Donna Ashby	Mavis Albertsen
Jeannie Berg	Brenda Calahan	Craig Christenson
Twanna Cooksey	Kathy Corwin	Caren Frank
Sally Gannaway	Kevin Getch	Sean Gregory
Justine Heckroth	Lynn Hubbard	Jennifer Linde
Amy Loudenback	Dodie Lopez	Jan McClain
Ray Maly	Tami Miller	MaryKay Morelli
Joelle Osterhaus	Sheryl Reeder	Karen Santangelo
Julie Sheldon	Deborah Snider	Jennifer Wilkerson
Tom Young	Joey Yourchek	

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

SEAL OF TRANSPARENCY GOLD GuideStar

GREATER VANCOUVER CHAMBER OF COMMERCE
MOVING BUSINESS FORWARD

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

Nonprofit Network Southwest Washington