FRIENDS of HOSPICE
Southwest Washington

Volume 4 Issue 2 May, 2020

We can get through this together!

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

President's Message

A friend sent this to me a few weeks ago and the minute I saw this I thought of our members and our supporters:

"Use your Voice for Kindness, your Ears for Compassion, your Hands for Charity, your Mind for Truth, your Heart for Love."

Spring Basket Sale: Fortunately, we were able to hold our annual Spring Basket Flower sale this past weekend, with social distancing in place. We raised over $4,000 which is earmarked for special requests, such as portable oxygen containers, etc. and/or emergency requests. A huge **THANK YOU** goes out to our team who organized the fundraiser and to all those who volunteered to assist on the day of event.

Giving Tuesday Campaign: THANK YOU for your donations to the Giving Tuesday Campaign! We will be able provide over 50 hours of respite to the courageous caregivers of hospice and palliative care patients who are in need of time to renew and recharge their strength and spirit to carry on.

Masks: THANK YOU to all those volunteers who went above and beyond behind sewing machines making hundreds of masks for patients, caregivers, visitors and volunteers!

Together we do amazing things for others!
Here are ways that we have supported our hospice and palliative care patients this year.

- Ultrasound machine - $3000
- Children's Bereavement program - $5000
- Pet Peace of Mind programs - $4000
- Special requests for hospice care - $2137
- Personal protective equipment - $15,000

Donations: During this difficult time, the costs have almost doubled caring for the added Covid-19 patients, let alone the regular costs for hospice and palliative patients. Please, consider donating a little extra during this critical time to help those dedicated HEROS caring for all the patients. Simply log onto our website at www.friends-of-hospice.org and help our facilities who provide the critical loving care for the hospice patients in southwest Washington.

THANK YOU for your support of hospice care in our community!

Gail Czech

Calendar of Events

Cooking Class: Stay tuned for some exciting news on our virtual cooking classes

Membership Meetings: Due to the Governor's "Stay Home – Stay Safe" order, our monthly General Membership Meetings and fundraiser gatherings have been postponed. We will re-evaluate in the future when allowed. Please stay safe, follow the guidelines for dealing with Covid-19 and hopefully we will be able to gather soon.

Ongoing Fundraisers: Your participation in these fundraisers provide additional ways that you can help.

Fred Meyer Rewards - Divine Consign - Amazon Smile.

Donations are also greatly appreciated! Go the extra mile and sign up for automatic monthly donations!

For more information go to **www.friends-of-hospice.org**,

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

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 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.

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.

Valentine Tea Party

Our first annual Valentine Tea Party was held February 13th. It was a sold-out event with beautifully decorated tables by members, delicious food, and happy conversation in the luxurious surroundings of The Marshall House. If you missed this year's event, stayed tuned for next year!

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

How to be Grateful

Prepare Yourself – Listen to relaxing music. Spend time in nature. Slow down and pay attention to your surroundings. You need to start in the right state of mind.

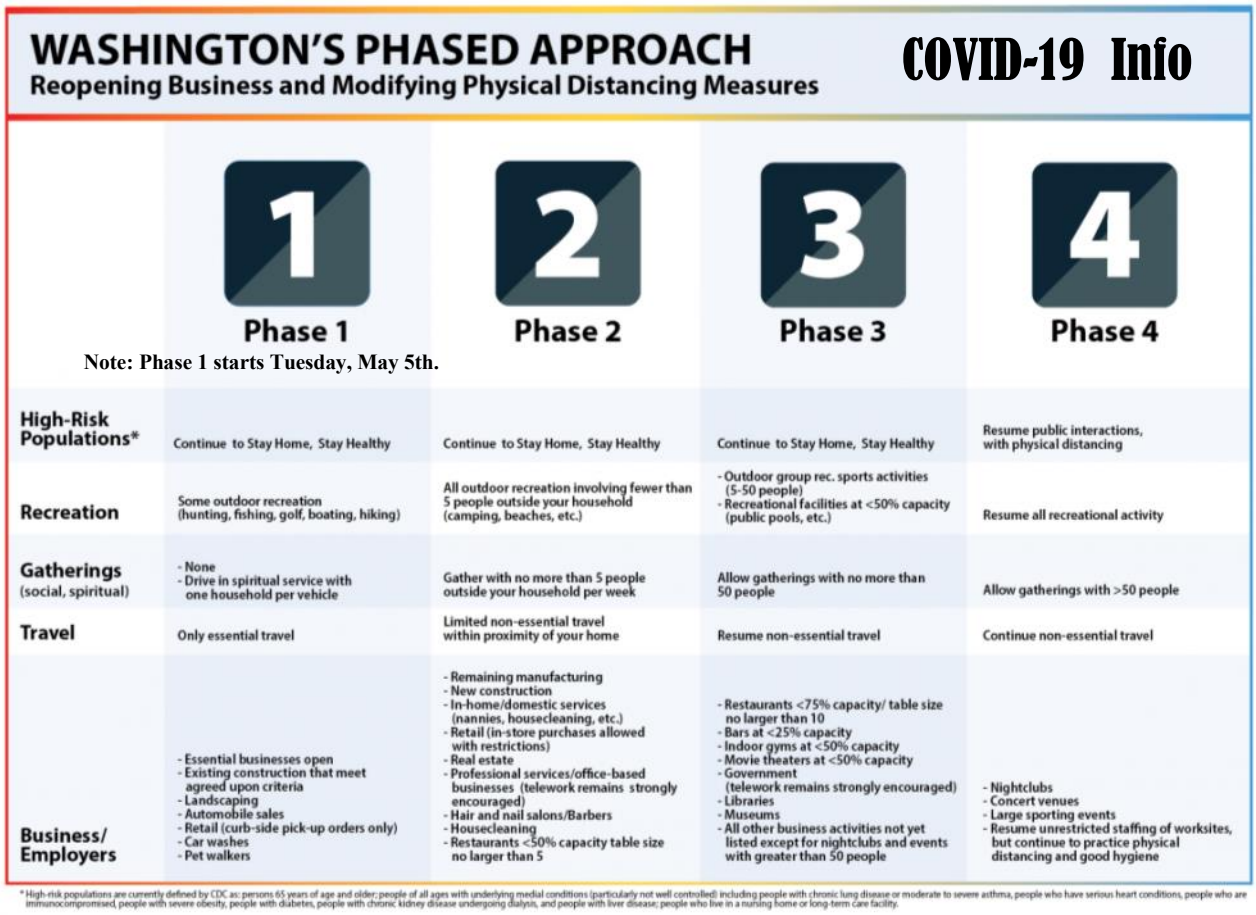
Keep a Gratitude Journal - Write down things you are grateful for each day. Think of them as gifts. Writing things down helps you focus on the details and makes the feeling more tangible.

Give Back – Find ways to use your strengths and talents to help others.

Watch your Language – Use thankful words: gifts, blessings, fortune, abundance.

Practice the two S's – Be open to **surprise** each day; surprise amplifies positive feelings. Be **specific**; dwell on the concrete ways you are supported and sustained by others.

Focus on the Future – Think of the future; imagine how good it will feel to eat at your favorite restaurant or get back to your favorite hobby.



People Who Are at Higher Risk

Based on what we know now, those at high-risk for severe illness from COVID - 19 are:

- People 65 years and older & people who live in a nursing home or long-term care facility.
- People of all ages with underling medical conditions, particularly if not well controlled, including:
  People with chronic lung disease or moderate to severe asthma
  People who have serious heart conditions
- People who are immunocompromised:
  Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with sever obesity (body mass index [BMI] of 40 or higher) and people with liver disease.
- People with diabetes and people with chronic kidney disease undergoing dialysis

https://www.cdcgov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html

Additional Resources

Clark County Public Health Coronavirus Information:
http://www.clark.wa.gov/public-health/novel-coronavirus
WA State Department of Health call center: 1-800-525-0127
WA State Department of Health novel coronavirus outbreak:
http://www.doh.wa.gov/Emergencies/Coronavirus
Centers for Disease Control and Prevention coronavirus disease 2019:
http://www.cdc.gov/coronavirus/2019-ncov/index.html

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Southwest Washington

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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

As a result of the "Stay Home, Stay Safe" order by the governor, due to the coronavirus, we will not be having our general membership meetings until further notice.

2020 New Members

Bob Bernhardt
Karen Bernhardt
Rebecca Blaisdell
Marcie Kessel
Debbie Mann
Debbie Russell
Tashina Wilcox

Friends of Hospice Southwest Washington is a member of the following

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