Friends of Hospice
Southwest Washington

Volume 4 Issue 4 October, 2020

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

Presidents Letter...

Oh my, where do I start to begin the end-- the extraordinary opportunity of being president of Friends of Hospice SW Washington?? Three years, has it really been 3 years? Time flies!

I must first of all say, it was not me, it was you! It was the fabulous Board of Directors that we have and work with. It was many others (too many to mention) that have been my go-to people that never ever let me down and helped make the most of my attempts at success a success! It was our wonderful former president Debbie Iverson, who with her kind words and gentle guidance helped me through all the questions and navigation to become a truly functioning leader.

Together, we have achieved a lot! We have had very successful fundraisers and we have had the blessing of being chosen by Newcomers to be their focus in fundraising for 2 years, which has resulted in gaining great friendships. We received $15,000 from 100 Men Clark County, have been given multiple grants by multiple foundations, have been honored and given awards by several of our peers and have had a lot of recognition from our community. We have also grown in membership!

Best of all, we have been able to fund our hospice partners and support them like never before! Community Home Health and Hospice, Peace-Health and Kaiser. This is what we are all about, this is who we are and what we do and why we do it, caring and giving.

I am sure many of you have heard me say this many times. For years I would ask "why am I on this earth"? "What is my purpose"? Well you know what, I found the answer that sooths my soul,

We are all put on this earth to care for each other, and this is who Friends of Hospice SW Washington is and this is who each and every one of our members are!

Thank you for a blessed 3 years! Gail Czech, President

Upcoming Events

Virtual Cooking Class

All classes start at 1:00 pm
Registration required
All Classes $20

French Bistro
November 9, 2020

Holiday Gifts from the Kitchen
December 18, 2020

Restaurant Favorite Soup
January 15, 2021

Classic Thai
February 26, 2021

Annual Poinsettia Sale

Order now through November 10th.

Advanced Care

Thursday, October 22, 2020
2-4 pm
Registration Required

Broken Bowl Workshop

Thursday, October 29, 2020
2-4 pm
Registration Required

Virtual Fundraising Event

2020 is the 35th birthday of Friends of Hospice SW Washington supporting and funding hospice and palliative care assistance programs for those in need in our community. Since we were unable to host our largest annual fundraising event in person, we elected to celebrate by hosting our first Virtual Fundraising Event featuring a silent auction and a special appeal letter.

This year, it was all about the children! We needed your donation to help us continue to provide funding and resources for the children's needs and programs that make a significant impact during such a critical time in their lives. Our special supporters and friends did not let us down! We are excited to have raised over $30,000.

Friends of Hospice SW Washington sends a sincere appreciation to all who participated and donated!

GIVE MORE 24! SOUTHWEST WASHINGTON'S DAY TO GIVE
Powered by the Community Foundation (CF)

YES! Once again, thanks to our generous supporters, Friends of Hospice Southwest Washington received $9,555 with the help of matching funds. We are very blessed to receive a $3,000 matching funds gift from the Ron & Mary Legg Family. THANK YOU!

Friends of Hospice Southwest Washington

34th Annual Poinsettia Fundraiser

Order early to guarantee you get what you want!

Order deadline Tuesday, November 10, 2020

In order to keep everyone safe and maintain a social distance, the format for our annual Poinsettia Fundraiser has changed this year. However, our mission to assist hospice and palliative care patients and their families remains constant. These are uncertain times for everyone. Here is a perfect opportunity for you to create joy in your surroundings and help others at the same time.

Place your order by going to our website at www.friends-of-hospice.org or print off the order form on the next page and mail it in.

Orders $100 and over can be delivered upon request
Delivery dates are: **Thursday, December 3rd or Friday, December 4th**

Orders under $100 can be picked up from 9:00 a.m.—3:00 p.m.
Saturday, December 5th or Sunday, December 6th

You will be notified of the pickup location before December 5th.

We look forward to your support again this year. Thank you!

POINSETTIA ORDER FORM

Place your order no later than Tuesday, November 10, 2020

Orders over $100.00 can be delivered if requested

PLEASE PRINT

Sold to: (mailing address)

Name: _____

Business:_____

Address: _____

City: _____State:_____Zip:_____

Email Address: _____

Phone :_____

Deliver to: (If different than mailing address)

Name: _____

Business: _____

Address: _____

City:_____State:_____Zip:_____

Email Address: _____

Phone: _____

Select Date of Delivery: _____ Thurs. Dec. 3rd _____Fri. Dec. 4th

Special Requests will be prearranged.

Or, pick up your order on Saturday, December 5th or Sunday, December 6th

From 9:00 a.m. to 3:00 p.m.

Pick up site to be announced. PLEASE make sure all of your contact information above is accurate and complete as this how you will be notified of the pick up location.

POINSETTIAS: (colors)	Petite 4" Pot $9.00 EA	Small 6.5" Pot (5 – 7 blooms) $18.00 EA	Medium 8" pot (8 – 10 blooms) $26.00 EA	Large 10" Pot (12 – 14 blooms) $34.00 EA	TOTAL
Red					
White					
Pink					
Bicolor (varies)					
Burgundy				Not Available	
TOTAL					
CHRISTMAS CACTUS: No choice of color				Small 4" Pot $10.00 EA	
TOTAL					
				ORDER TOTAL	

Mail the order form and check (made out to Friends of Hospice SW Washington) No later than November 10th to:
Friends of Hospice SW Washington, P.O. Box 3116, Vancouver, WA 98668

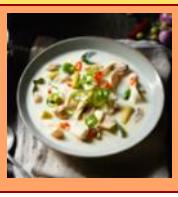
Office Use Only: *Order filled by:*_____ *Order picked up:*_____

VIRTUAL COOKING CLASS

Right in your own kitchen!

Friends of Hospice SW Washington is honored to have international chef Edurne Andre volunteer to demonstrate how to prepare various dishes from various cuisines. Chef Edurne teaches cooking classes at Clark College and Portland Community College. Due to the Covid-19 pandemic, classes are taught virtually. Recipes and zoom connection information will be sent out in advance allowing participants to gather ingredients so they may cook right along with the chef.

The time, cost and class size are the same for all classes.
Time: 1 pm - 3 pm
Cost: $20
Class size limited to 25
Registration is required. Register online at **www.friends-of-hospice.org**. You will need the date and name of the class to register.

French Bistro **Date: November 9, 2020**		Learn to make some of the best known recipes of classic French bistro, starting with vichyssoise, chicken dijonaise, the always elegant pommes anna and cheese gougeres
Holiday Gifts from the Kitchen **Date: December 18, 2020**		There is nothing better than getting some great cookies or homemade creation for the holidays, gifts made with love. We will be making some classic cookies like shortbread, Austrian lebkuchen, brownies in a jar and marinated feta.
Restaurant Favorite Soups **Date: January 15, 2021**		Learn to make some of the most popular and iconic restaurant soups starting with a zuppa toscana, Asian egg drop soup and Belgium cheese soup.
Classic Thai **Date: February 26, 2021**		Learn the combination of ingredients that make Thai food uniquely delicious. We'll make fresh salad rolls with shrimp, the fantastic tom kha gai chicken coconut soup and the ingredients that make a great green curry.

Christmas Box Program Fund

The Friends of Hospice SW Washington Christmas Box Program helps children and families in hospice or bereavement programs who need assistance, bringing a little cheer into their holiday season.

Due to Covid-19 we have not been able to meet in person and the Christmas Box Program fund is critically low. If you haven't already and would like to make a donation to the fund, please go to our website www.friends-of-hospice.org click on the box labeled Christmas Box Program, located on the homepage. Please indicate on the donate page that the donation is for the Christmas Box Program, or you may wish to include an additional amount when completing your membership renewal. **THANK YOU!**

"Hasta la Vista, Baby" Mugs

Once again, our friends from Clark County Newcombers Club are holding a fundraising event to help support Friends of Hospice SW Washington. Their Fundraising Committee is selling a "Hasta la Vista, Baby" coffee mug with proceeds going to Friends of Hospice SW Washington! Thank you, thank you CCNC!!!

These cute mugs will be a memento to help remember 2020 (not that any of us could forget it)! Or, what a great gift and at the same time help us help hospice patients and palliative care patients in SW Washington. See attached order form for further details. Thank you!

"Hasta la Vista, Baby"

There's a Black Hole in space waiting to swallow up 2020

Join us in wishing "2020" *Goodbye and helping our Charity* ~ Friends of Hospice

Be among those to enjoy this signature 12oz latte cup designed by our own Roger Lyngholm.
The cup is dishwasher safe and comes in a gift-ready black box.
Keep the mug for yourself or give it as a gift. Order today! You don't want to miss out.

Orders received by Nov 7 will be available for delivery the week of Nov 16

As we are not meeting in person, you will be contacted for your porch drop-off.

Send your check and order form to: Tricia Clemons 13706 NE 43rd Ct Vancouver, WA 98686
Questions? Contact Tricia at 360-609-9339 or Linda Gilles at 845-418-1691

YES, I want to bid "2020" GOODBYE and help Friends of Hospice!

Please reserve _____ Cup(s) at **$20.20 each** (Twenty dollars and 20 cents)

Enclosed is my check # _____ made out to CCNC in the amount of $ _____

Name _____ Phone _____

Email Address _____

Home Address _____

Happy Birthday

OCTOBER

October 1	Sally Gannaway
October 5	Rita Alvarez-Haller
October 9	Jeannie Berg
October 10	Colleen Daniels
October 15	Beth Shelton
October 17	Sonjia Hauser
October 18	Ellen Kane
October 22	Carole Kelley
October 23	Susan Curry
October 31	Joan Cummings
	Charles Mulligan

NOVEMBER

November 3	Barbara Tilford
November 5	Melissa Gardner
November 11	Tashina Wilcox
November 19	Jane Sporre
November 23	Karen Bernhardt
	Christina Keys

DECEMBER

December 4	Barbara Samples
December 10	Jessica Goursolas
December 12	Sherry Kallman
December 19	Joel Osterhaus
December 22	Linda Melton
December 23	Erin Orren
December 25	Edurne Andre
	Diane Hunter
December 29	Twanna Cooksey

amazonsmile
You shop. Amazon gives.

$200 million donated to charities

Shop at smile.amazon.com or with AmazonSmile ON in the Amazon Shopping app to generate donations.

amazonsmile

Do your holiday shopping and help FOH at the same time!

Online shopping for the upcoming holidays? Don't forget to shop on AmazonSmile. AmazonSmile has donated over $200 million to charities worldwide! You can help increase AmazonSmile donations to **Friends Of Hospice Southwest Washington** by shopping at smile.amazon.com/ch/20-4672767 or with AmazonSmile ON in the Amazon Shopping app.

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

- 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

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.

LIFE TRANSITIONS - END OF LIFE COALITION OF SW WA
AN AFFILIATE OF FRIENDS OF HOSPICE SOUTHWEST WASHINGTON

Presents

A FREE ONLINE EVENT :

Advanced Care Planning - What You Need to Know. Hear from our Community Experts.

Join us for a screening of the award-winning documentary EXTREMIS. Get taken into the heart of the ICU and watch as patients and families grapple with the complexities of urgent medical decision making in serious illness and witness both the beauty of saving life and the beauty of a good death. The documentary is followed by an interactive panel discussion about health care decisions and end-of-life choices amid a Covid-19 world. Be part of a conversation about the current issues and concerns and get your questions answered.

Panelists:

- **Sam Lewis**, MSW,Community Outreach Coordinator and **Josh Haldeman**, Community Resource Paramedic for Clark County Fire & Rescue (CCF&R) Community Assistance Referral and Education Services (CARES) program
- **Brad Carlson**, President & General Manager, Evergreen Memorial Gardens
- **Meredith Grigg**, Attorney, Northwest Justice Project
- **Neil Degerstedt**, Regional Long Term Care Ombudsman, Washington State Long Term Care Ombudsman Program
- **Chad Zoller**, Chaplain, County-Wide Chaplaincy
- **Dennis Toomey**, Director of Community Relations, Trauma Intervention Program (TIP)
- **Kanessa Thompson**, Community Relations Coordinator, AMR

THURSDAY, OCTOBER 22, 2020 - 2:00-4:00 PM

Please Register at:
https://us02web.zoom.us/webinar/register/WN_69OibV10Qbep5JJVXSyRIg
or call Julie at (360) 608-8613

***Once Registered, an email will be sent from HOPE organization with the link to attend this event

Sponsors:

This workshop is being offered to us by Community Home Health & Hospice.
You can register for the workshop on our website at **www.friends-of-hospice.org**

Broken Bowl workshop offers new lease on life

"The world breaks everyone and afterward many are strong at the broken pieces."

Ernest Hemingway

The restoration of broken pottery is called kintsugi meaning "golden repair." This Japanese tradition gives ceramics a new lease on life and embodies the essence of resilience. People are like vessels and they hold many things. Yet it's easy to break under the weight of grief, pain or a global pandemic. When we cope with trauma in a positive way it transforms our brokenness into strength and beauty.

Experience the healing art of the Broken Bowl workshop led by Friends of Hospice member and grief professional Erin Orren, MSW, LCSW. You will create your own broken bowl that expresses your unique history. The workshop fee is $25 and materials will be provided. Workshop proceeds will benefit the bereavement program at Community Home Health & Hospice where Erin assists grieving children, teens and adults. Space is limited and reservations are required.

Workshop details

2-4 pm, Thursday, October 29
Seasons of Hope Grief Center
3102 NE 134th St., Vancouver
Workshop fee is $25
RSVP online at friends-of-hospice.org

Friends of Hospice
Southwest Washington

Community Home Health & Hospice
It takes a Community

FRIENDS of HOSPICE
Southwest Washington

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Messaging

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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

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 Membership Meetings**

As a result of the governors order to keep meetings to a maximum of 10 people, due to the coronavirus, we are currently having our general membership meetings via Zoom.

2020 New Members

Bob Bernhardt
Karen Bernhardt
Rebecca Blaisdell
Marcie Kessel
Debbie Mann
Sherry McCarthy
Jennifer McGarry
Debbie Russell

Members: Have you moved? Changed your phone number or email address?

Please notify the Membership Committee of any contact information changes so we keep our information accurate.

New FOH Membership Committee Chairman Sonjia Hauser

We are pleased to announce that Sonjia Hauser has graciously accepted the position of Membership Committee Chairman. She is currently in the process of learning "the ropes."

Membership Renewals - Members recently received a request to complete the 2021 membership renewal application and pay their dues. Everyone's prompt response will be greatly appreciated. Thank you!

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