Friends of Hospice
Southwest Washington

Volume 1 Issue 1 January, 2021

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

Presidents Letter...
Looking Back and Looking Forward

I am an avid listener of podcasts and on one of the recent podcasts a question was asked to the listeners: "So what good things happened to you in 2020"? Those words caused me to reflect on what was "right" with my world. In fact, at my family Christmas dinner, that question was asked of each of our family members (only 4) and you know what, we were all surprised about how many really positive things and experiences happened in our lives last year! How about you??? Now we look forward to 2021, still challenges, but there is proof we can overcome!

Because of you, Friends of Hospice SW Washington (even in a difficult year) was able to bless hospice and palliative care patients with more than EVER BEFORE! In 2019 we were able to fund **$124,000.** In 2020 we have been able to fund **$161,000!!!!!!!** An enormous thank you to all of you, our faithful and giving supporters and members! Most importantly, our deepest and most humble thank you goes to **Don Heimbigner, Debbie Iverson, and Gregory and Betsy Hatton, Clark County Newcomers and 100 Women Who Care SW Washington,** who made a significant difference in our ability to give throughout 2020.

There is a NEW and EXCITING event planned for February 16, 2021 (Fat Tuesday)! A virtual **Mardi Gras Bingo**! There are boxes of Mardi Gras surprises for each participant and a whole lotta fun for everyone! Yes, go now and register on line at www.friends-of-hospice.org. Seats are limited so hurry and join us. Oh! Did I mention there will be lots of prizes too! Registration is only $30.

We have enhanced the way of donating to our Christmas Box Program. Read the article in this issue on our Christmas Box Program to find out how this program helps and how easy it is for you to make a donation on our website!

I am very proud to be a part of an organization of such AMAZING volunteers, who have excelled in fundraising efforts even during a challenging year! Bless all of you, and LET'S DO IT AGAIN!

Gail Czech, President Pro Tem

What a team!

You are all AMAZING.
Keep up the good Work.
We appreciate ALL OF YOU!

Check out our website:
www.friends-of-hospice.org

Upcoming Events

Virtual Cooking Class

Classic Thai
Friday, February 26, 2021

Italian Meal
Monday, March 24, 2021

Mardi Gras Bingo
Tuesday, February 16, 2021

Spring Basket Sale
Ordering
March 1- 26, 2021
Pick-Up Baskets
Saturday, May 8, 2021

Ongoing Fundraisers

Amazon Smile Rewards
Divine Consign
Fred Meyer Rewards
Christmas Box

2021 General Membership Meetings

10:00 am via Zoom

January 18, 2021
February 15, 2021
March 15, 2021

What's included:

Your own personal Mardi Gras Kit, including Beads, Drink & Food recipes, Masks and decorations, Costume Ideas, BINGO Cards, Kazoos and more…..prizes for BINGO wins!

Mardi Gras Party Fundraiser

When: Tuesday, February 16, 2021
Time: ZOOM 7:00 pm to 8:00 pm
Where: The comfort of your own home!
Cost: $30

Register at Friends of Hospice Southwest Washington Website:
www.friends-of-hospice.org

Registration Deadline: February 8, 2021

For additional information contact:
Lyn Dee Rhodes - (360) 798-7965
Dodie Lopez - (951) 217-6317

One lucky person will win a $100 Amazon Gift Card!

VIRTUAL COOKING CLASS

2021 Cooking Classes

We are pleased to announce that Chef Edurne has agreed to continue with the ever so popular zoom cooking classes in 2021! Thank you Chef!!! Registration can be done on our website at www.friends-of-hospice.org under the tab Fundraisers. You will need the date and name of the class to register.

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.

Classic Thai

Date: February 26, 2021
Time: 1 pm - 3 pm
Cost: $20

***Class size limited to 25**

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.

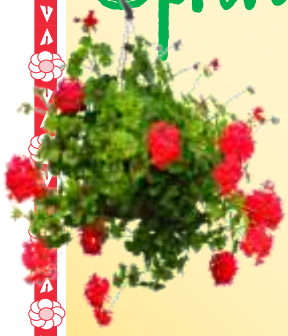
Italian Cooking

Date: March 1 or 24, 2021
Time: 1 pm - 3 pm
Cost: $20

***Class size limited to 25**

We will be traveling throughout Italy for this meal, starting with a Sicilian citrus salad, then a zuppa d'Orzo from Trentino (barley soup) a simple but always good chicken piccata and a creamy risotto with asparagus

Spring Basket Sale



Mark you calendar and be on the lookout for more information about our annual Spring Flower Basket Sale. Flyers will be sent out and orders will be place on our website at: **www.friends-of-hospice.org**.

Orders can be placed
between March 1 through March 26, 2021.

Orders can be picked up
on Saturday, May 8, 2021.

2020 Poinsettia Fundraiser Results

In spite of all the challenges that came our way in 2020, our poinsettia fundraiser brought in a profit of $9,367.

Thank you to everyone that participated!

Christmas Box Program

The Christmas Box was available for "pass the hat" donations during our in-person monthly meetings. Since we have been unable to gather, a way to donate to the Program has been made available through our website **www.friends-of-hospice.org**.

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

These funds are critical to so many during the holidays.
Here are just a few of the ways the funds have been used.

- Funds were able to help a family struggling to pay the power bill over the holidays. Oxygen concentrators use a lot of electricity!
- Funds were used to purchase cats, three of them called "Joy for All" for hospice patients with dementia. These animals provide joy and comfort as they purr, move, and look true to life making a patient feel as if they have a friend.
- Paid part of a patient's rent.
- Paid for transportation for a family member to visit their loved one who was in hospice.
- Purchased bedding, pajama's and towels for a patient.
- Provided groceries for patients.
- Purchased super ears for patients who can't hear. These are like magic! You should see the patient's eyes brighten when they can actually hear.
- Purchase of fiddling aprons for patients who are confined to bed to have something to tinker with.

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

100 Women Who Care Donation

Friends of Hospice SW Washington was blessed In December, 2020, despite Covid-19, by a very generous donation of $2,067 from 100 Women Who Care SW Washington! Their gift makes it possible to further our mission of providing funds for hospice and palliative care patients in southwest Washington. THANK YOU!

How and Who Do We Help?

Community Home Health & Hospice thanked FOH for providing funds for emergency respite care for a 32 year-old female patient, a veteran Marine, who had breast cancer. This amazing young woman, a "tough cookie" as she endured much pain, was being cared for, off and on, by her ex-husband. She couldn't stay by herself but had two young children and a dog at home. If she had been admitted to a facility, she wouldn't have been able to see her kids. With the assistance of funds from Friends of Hospice SW Washington, she was able to stay in her home, with her children, until two days before she passed which was what she wanted. FOH is there when there's no place else to turn, when help is needed the most. Thank you!

PeaceHealth also sending a warm thank you to FOHSWW for the funds made available to PeaceHealth Hospice. Help is frequently needed to furnish food and household supplies not covered by insurance. Recently they were able to provide transportation to family members who would otherwise not have been able to spend the last hours with their mother. Lots of instances when FOH has made a difference in the community.

Happy Birthday

JANUARY

January 1	Rebecca Blaisdell
January 16	Donna Ashby
January 16	Barbara Bell
January 25	Tami Miller
January 25	Susan Peake
January 28	Marcy Maxwell

FEBRUARY

February 3	Judy Davis
February 5	Janet LaMere
February 9	Caren Frank
February 14	Bob Bernhardt
February 15	Sherry McCarthy
February 26	Loretta Ramsey
February 28	Terri Larson

MARCH

March 7	Heather Norton
March 7	Marita Sempio
March 13	Cherie Staehely
March 14	Kevin Myles
March 22	Heidi Johnson Bixby
March 24	Laurel Numbers
March 29	Amy Loudenback

amazonsmile
You shop. Amazon gives.

Don't Forget to Shop

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.

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

- 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.

FRIENDS of HOSPICE
Southwest Washington

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Dodie Lopez
Lyn Dee Rhodes

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Linda Melton

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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.

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
- 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	Kevin Hudson	Debbie Jones
Debbie Mann	Sherry McCarthy	Sylvia McWilliams
Jennifer McGarry	Debbie Russell	Rylee Trapp
Tashina Wilcox		

Members

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

If you have any changes please notify us via our website by clicking the "Contact Us" tab on the main menu.

2021 Membership Renewals

If you haven't renewed your 2021 membership yet, please do so as soon as possible. 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

GREATER VANCOUVER CHAMBER OF COMMERCE
MOVING BUSINESS FORWARD

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

Nonprofit Network Southwest Washington