



Volume 5 Issue 3 July, 2021

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

PRESIDENT'S MESSAGE.....

As I begin to write my final "Letter from the President" for our newsletter, I keep hearing Frank Sinatra sing....*And Now The End Is Near.....so my "extended term as President Pro Tem is ending.....Ok hum along with me! Just to think I got to be President of Friends of Hospice SW Washington WOW, can you believe it? What a blessing I was given. So many things to be said and so many wonderful people to thank.*

We have achieved many things in the last few years. Raised more money than ever! Gained more new members. Had very successful events! Have also gained much more recognition in our community!

This past year, because of Covid, it has been difficult in many ways. We have not been able to meet in person, that hurts! We need each other, we need to hug, to listen, to care and to have time to share. It is so difficult to have a cohesive group without all that in person interaction. BUT, it is now looking like we can start meeting in person once again in the near future. Let's all make a commitment to be there for FOH and for each other! Now is the time to build and re-build our caring and sharing of each other and of FOH! Lastly there are so many (actually everyone) that have helped and supported me during the last few years, it is impossible to name everyone. However, a huge thank you to Ellen, Pattie, Lyn Dee, Dodie-actually the entire Board of directors and of course Beth Shelton! LynDee and Dodie will be strong leaders and mentors as co-Presidents. We all know how knowledgeable, caring and talented they are. We are all here for them! When they reach out, we reach back! I will still be around to help with some projects, to support and promote FOH..... Once again, **THANK YOU** and as I always say, "*We are all put on this earth to care for each other, now let's go do that!*"

Gail

Upcoming Events

Virtual Cooking Class

Class offerings are on hiatus
for the summer.

Ongoing Fundraisers

Amazon Smile Rewards
Divine Consign
Fred Meyer Rewards
Christmas Box

2021 General Membership Meetings

10:00am Keller Williams Bldg
July 19, 2021
August 16, 2021
Sept 20, 2021

GIVE MORE 24
September 23, 2021

The Spring Basket Pickup was a busy day. Sheryl Reeder won the holiday themed needlepoint picture donated by Jessica Goursolas.

Thanks again to Pattie Miller and Sherry Kallman who coordinated the event, and the many volunteers who helped that day.

Thanks to all who donated to the Christmas Box and purchased Plant Stakes that day. Your generosity made a huge impact. As of this printing, we have \$2039!





What a great event this was! We had lots of participation, a great sunny day, fabulous food provided by Say Ciao, and lots of fun!!!

Thanks to all who participated and volunteered. We couldn't have done it without all of you. We were able to raise \$3098 that day for Friends of Hospice.

It was so much fun to see the groups of participants wearing their matching shirts. Check out all the fun that participants, as well as some furry friends, were having that day.....



5K FUN WALK/RUN



FUN...



FUN....

*AND MORE
FUN!!!*





Our volunteers were amazing. We couldn't have done it without them.

Special thanks to Clark County Newcomers Club for their contribution of a \$250 gift card to help with expenses.

Our Christmas Elves sold plant stakes at the event to raise money for the Christmas Box.

Peter from Say Ciao! also provided musical entertainment during the lunch which was a fabulous buffet.



Happy Birthday



July	August	Sept
July 2 Patricia Generaux	Aug 12 Lynn Rockstad	Sept 1 Sylvia MacWilliams
July 4 Beth Anderson	Aug 12 Carol Smith	Sept 1 LynDee Rhodes
July 4 Mary Russell	Aug 13 Marilyn Dryke	Sept 6 Sheryl Reeder
July 10 Diana Delich	Aug 15 Nancy Kotrik	Sept 8 Julie Donovan
July 10 Jennifer McGarry	Aug 16 Gail Czech	Sept 10 Patti Gray
July 10 Terri Shinnors	Aug 23 Judy Aadland	Sept 14 Jodie Zelazny
July 15 Debbie Mann	Aug 24 Cathy Sandoval	Sept 15 Sylvia Karabay
July 22 Rose Anderson	Aug 28 Tina Cygrymus	Sept 16 Gregory Pang
July 24 Karen Santangelo	Aug 29 Justine Heckroth	Sept 17 Beverly Bollinger
July 24 Dorothy Smith		Sept 22 Alton & Linda Donaldson
		Sept 25 Don Heimbigner
		Sept 26 Debbie Russell

UPCOMING HOPE DEMENTIA SUPPORT GROUPS VIA ZOOM
Call (360) 513-5754 for more information and registration.

July 27	6:30-8:00PM	Diagnostic Testing in Dementia (or another topic) presented by Derik Scovel, PhD
Aug 31	6:30-8:00pm	Homecare/Placement Panel presented by Elfin/CDM/HomelInstead/1st Choice/Oasis/ Senior Locator
Sept 28	6:30-8:00pm	Dementia (Topic TBD) presented by Joyce Beedle, RN, BSN



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. **DON'T FORGET TO SHOP!!**

Fred Meyer Community Rewards

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.



Are you looking to get rid of your lightly used furniture and decor 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, decor 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.



September 23, 2021

Laurel Numbers has volunteered to be the Chairperson for this year's event.

All donations will go to palliative care.

FRIENDS OF HOSPICE
Board of Directors

President Pro Tem
Gail Czech

Co-Vice Presidents
Dodie Lopez
Lyn Dee Rhodes

Secretary
Pattie Miller

Co-Treasurers
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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.



**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.

We plan to start having in person General Membership Meetings in July 2021.

Welcome to our newest member: Heather Lemson

ATTENTION 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.