



Volume 6, Issue 2, April - June, 2022

Message from the President.....

"Charity is like warmth in springtime or summer that causes grass, plants, and trees to grow. Without charity, or spiritual warmth, nothing grows." —Emanuel Swedenborg

Spring is here and so are National Volunteer Week (April 17-23, 2022) and Global Volunteer Month (April 2022). Both celebrate the power of people like you who tackle society's greatest challenges and build stronger communities. Volunteerism is one of the most selfless acts that we can become involved in. Here are some of the great things your selfless and enthusiastic volunteer actions achieved in 2021:

Funds raised during 2021 = \$198,737.62

Funds contributed to local hospices in 2021 = \$121,341.18, including:

- continuing support of previous commitments including respite care, Hope Bereavement, Bridges Palliative Care, meals and Pet Peace of mind;
- major new requests were approved to assist PeaceHealth and CHHH with charity and palliative care programs and for remodeling of the Ray Hickey Hospice House patient rooms and the Longview Hospice Center;
- new events added were Mardi Gras Bingo and the 5K Walk, both fun events which got us back together;
- we were able to return to in person meetings and even hosted a holiday party at the conclusion of the general meeting in December; and
- proceeds of the Spring Basket Sale doubled from that in 2020.

More events are on the horizon this spring and summer. The Spring Basket Sale pick up takes place on May 7, 2022 and volunteers will be needed. Hold the date "June 11, 2022" for the 5K walk and organize a team. A cookbook is also in the works. Think about how you can contribute with one or more cherished family favorite recipes or know of a local restaurant who might be willing to be a sponsor.

I end this message with some thoughts for you to contemplate, by thinkers greater than I:

Because we know life can get busy: "Volunteers do not necessarily have the time; they have the heart." - Elizabeth Andrew

This one speaks to all of you: "Volunteers don't get paid, not because they're worthless, but because they're priceless." - Sherry Anderson

So, to my priceless friends with big hearts - let's have fun this year raising funds and beat 2021!

Pattie Miller, President

Upcoming Events

**SECOND ANNUAL 5K WALK & RUN
SATURDAY, JUNE 11TH
(SEE FLYER-PAGE 4)**

Virtual Cooking Classes

Register online at Friends of Hospice

Note New Time

Thursday, April 21st at 5:30pm

Thursday, May 26th at 5:30pm

Thursday, June 23rd at 5:30pm

Ongoing Fundraisers

Amazon Smile Rewards

Divine Consign

Fred Meyer Rewards

Christmas Box

2022 General Membership Meetings

NOTE: New Location

**MANNAHOUSE
14311 SE MILL PLAIN BLVD**

April 18, 2022

May 16, 2022

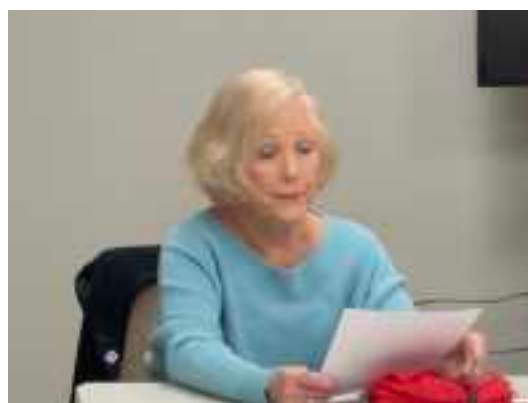
June 20, 2022

Friends of Hospice

Mission Statement: "To provide funds for the care of hospice and palliative patients through established hospice organizations in Southwest Washington."

Vision: "To bring awareness through education to community members about hospice care, and how it assists families during their dying process. Our fundraising events provide an avenue for members of our community to turn this awareness into passionate giving for hospice care."

Core Values: "Compassion, Diversity, Education, Leadership, Respect, Integrity and TEAMWORK"



Many thanks to Carole Kelley for her wonderful presentation at the March General Meeting on our 16th year of incorporation along with the rich history of this organization. Some lucky members also won \$16 cash each!



Community Education Webinar
Tuesday, April 26, 2022
6:30-8:00pm Call (360) 513-5754

The Dementia Directive - A simple way to document the medical care you would want if you had dementia.
Presented by Barak Gaster, MD, Professor of Medicine,
University of Washington



For those of you that haven't been to our new meeting location yet, we hope to see you soon!

MANNAHOUSE

Address: 14311 SE Mill Plain Blvd (in the Mt. View Ice Arena building). This new location offers a safe, convenient location with plenty of parking for us to meet.

See you there on the third Monday of each month. Thanks to MANNAHOUSE for donating this space to FOH.



REMINDER:

SPRING BASKET PICKUP IS SATURDAY, MAY 7, 2022 FROM 10AM UNTIL 2PM. LOCATION INFORMATION WILL BE FORTHCOMING.





2022 5K FUN WALK & RUN

**Sponsored by:
Waste Connections of
Washington, Inc.**

**SOCIALIZE, GET SOME EXERCISE AND
HELP PROVIDE BASIC LIVING
NECESSITIES FOR
HOSPICE FAMILIES IN NEED**

SATURDAY JUNE 11, 2022

Sign-In begins at 9:15 am
The 5K starts at 10:00 am

Location:

Say Ciao! restaurant

2501 SE Columbia Way-Vancouver, WA

For more information call
(360) 314-4898



**FEE: \$55 PER PERSON
INCLUDES BUFFET
LUNCH AT SAY CIAO!
OR
\$35 PER PERSON FOR
WALK/RUN ONLY**

**REGISTRATION DEADLINE : MAY 27TH
TEAMS ENCOURAGED!**

REGISTER ONLINE AT
WWW.FRIENDS-OF-HOSPICE.ORG





For quite some time now, our friend Joel, owner of Awesome flowers, has donated flowers weekly for our volunteers to create flower arrangements for two local hospice locations. The patients, families and staff truly appreciate this gesture from Friends of Hospice.

This 2021 winner of the Best in Business Award, Joel has truly been a generous man, knowing full well the impact that flowers can have to those going through the variety of stresses associated with hospice.

The Ray Hickey Hospice House and the Elaine and Don Heimbigner Hospice Care Center receive flowers weekly on Tuesdays.

Please support Joel and Awesome Flowers the next time you need to send a bouquet to someone.

*Thank
You*

Happy Birthday



April

Apr 2 Julie Sheldon
Apr 6 Dodie Lopez
Apr 11 Karen Patrillo
Apr 14 Pattie Miller
Apr 16 Colleen Storey
Apr 16 Dennis Harvey
Apr 19 Sean Gregory
Apr 21 Brian McClary
Apr 23 Terry Molander
Apr 25 Annette Greer
Apr 26 Carollee Kraut
Apr 29 April Graham

May

May 4 Marla Hanna
May 4 Mary Russell
May 6 Rachel Beck
May 8 Linda Schorr
May 17 Debbie Iverson
May 23 Deana Livesay

June

June 3 Dan Spjut
June 4 Lexi Puhl
June 5 Cherie Briggs
June 9 Mavis Albertsen
June 12 Irene Melton
June 13 Ann Bump
June 14 Laurie Craig
June 16 Sharie Westby
June 24 Dee Memering

CHRISTMAS BOX

Through the generosity of our members, our Christmas box continues to be filled with love and cash in 2022. All monies collected throughout the year are distributed to the social services departments of the local hospice providers. These funds help support patients and families in need to help make their family memories special during the holidays.



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.
amazon

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.

COOKING CLASSES BY CHEF EDURNE

Easy Sheet Pan Dinners - April 21st at 5:30pm



We will be making the ultimate one pot meal, change it to a sheet pan and make both dinner and clean up faster. Make dinner fast using simple ingredients and techniques. Learn to make a simple and delicious Kielbasa, cabbage and bean dinner and a spicy citrus salmon with potatoes and chicken with artichoke hearts and fennel.

Easy Salmon Dishes - May 26th at 5:30pm



Are you afraid of cooking fish or out of ideas? Learn to make four super easy but elegant salmon dishes starting with a Sole with smoked salmon, Salmon with rosemary cream, Salmon in Vodka with red cabbage and Salmon fillets with sesame crust.

Balkan Cuisine - June 23rd at 5:30pm



The Balkans are commonly referred to as the countries in Eastern Europe that lie between the Adriatic and Black Seas. In this fascinating region, the cooking style of the Germans and Austro-Hungarian Empire overlap with more exotic, culinary traditions borrowed from Turkey and the Near East. We will learn to make Bulgarian Shopska salad, Varna-Style chicken, and Walnut stuffed fish.

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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.

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.