Friends of Hospice Southwest Washington

Volume 7, Issue 5, July - September 2023

Message from our President

Summer will soon be upon us...

and it occurred to me that summer and hospice have several conceptual commonalities

They may appear to be contrasting concepts, as summer is typically associated with warmth, vibrancy, and the joys of life, while hospice represents a stage of end-of-life care and the delicate nature of human existence. However, a deeper exploration reveals several correlations between the two.

Firstly, summer symbolizes a time of heightened awareness and appreciation for the beauty of life, and hospice care strives to foster similar sentiments during the final stages of a person's life. Just as summer encourages us to savor the fleeting moments and embrace the present, hospice aims to create an environment where individuals can find comfort, solace, and meaning in their remaining time.

Secondly, summer often evokes a sense of connectedness and community as people gather for outdoor activities, celebrations, and shared experiences. Similarly, hospice care emphasizes the importance of companionship, emotional support, and creating a supportive network for both patients and their loved ones. During summer, the warmth and togetherness are palpable, and hospice seeks to foster a similar atmosphere by providing a compassionate and caring environment that encourages open communication, shared memories, and the celebration of a person's life.

Ultimately, despite the contrasting contexts, both summer and hospice embody elements of embracing the present, cherishing connections, and finding beauty in life's journey, albeit from different perspectives.

Pattie Miller, President

Event of the Quarter

Sep 27th @ 11:30am

Annual Fall Luncheon

Location:
Royal Oaks Country Club

Ongoing Fundraisers

Pets of Friends of Hospice

Fred Meyer Rewards

2023 General Membership Meetings

HOPE BEREAVEMENT CENTER -
Willow Room (Downstairs)
Address: 5400 MacArthur Blvd
Vancouver, WA 98661

Monday, July 17, 2023 @ 10:00 am

UPCOMING EVENTS

Annual Fall Luncheon

September 27th @ 11:30am

The Annual Fall Luncheon is back for 2023. It is set to be held at Royal Oaks Country Club in Vancouver on September 27, 2023, at 11:30 a.m. We will celebrate 38 years as a group serving the hospice and palliative care community.

YOUR HELP IS NEEDED TO MAKE IT A SUCCESS!

Promotion and Advertising
Lyn Dee Rhodes (360) 798-7965

Donations for Auction
Sherry Kallman (650) 591-4582

Activities and Games
Joan Cummings (360) 241-0675
Mary Quinn (650) 520-9702

Table Sponsors
Pattie Miller (503) 329-2433

Decorations
Beth Anderson (360) 991-2537

Dessert Dash
Joan Cummings (360) 241-0675

Event Staffing (Registration, auction runners, will call, set up and clean up)
Pattie Miller (503) 329-2433

TOGETHER WE CAN ACCOMPLISH ANYTHING!

SENIOR HEROES AWARD LUNCHEON

JULY 12TH @ 11AM
PEARSON AIR MUSEUM

Friends of Hospice is a sponsor at the Senior Heroes event. They will honor special individuals who have significantly contributed to the health and welfare of seniors in the Clark County area. This event will be held at the Pearson Air Museum at 11:00 a.m. State and local dignitaries will be on hand to present awards.

Come join the fun and honor Senior Heroes!

COOKING CLASSES HAVE RESUMED!

IN PERSON & ON ZOOM

Our member and professional chef instructor, Edurne Andre, has started the cooking classes again. They will be conducted both in-person and on ZOOM.

July 30th @ 2PM
Interesting and Unusual salads

Aug 20th @ 2PM
Greek food

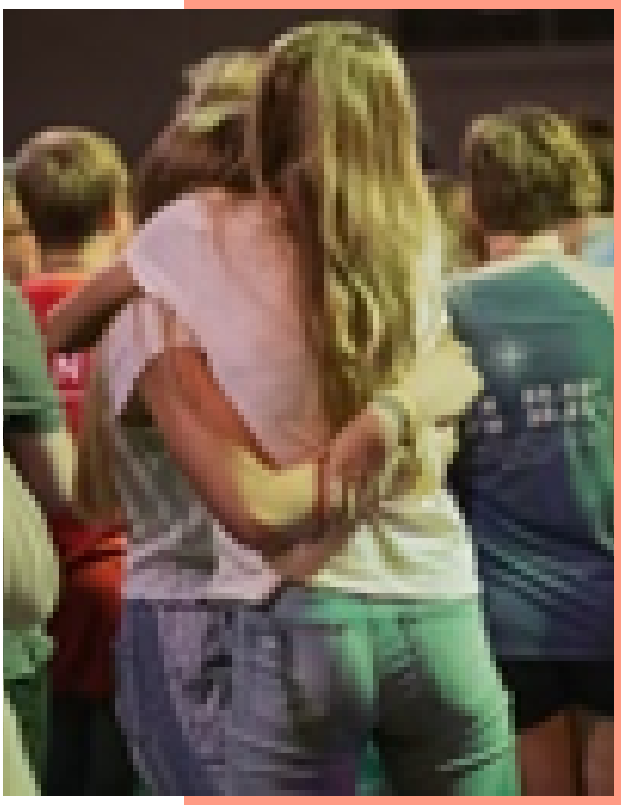
Register here:
https://friends-of-hospice.ejoinme.org/cookingunusualsalads
https://friends-of-hospice.ejoinme.org/cookinggreek

Prep, Cook, Eat, Enjoy!!!!

PEACE HEALTH READIES FOR CHILDREN'S SUMMER CAMP

CANBY, OREGON

Stepping Stones Children's Grief Support Group will host its annual children's summer camp in Canby, Oregon.This camp helps children and their families process grief after the loss of a loved one all while having some fun. Friends of Hospice has long been a supporter of the Peace Health Grief and Bereavement programs and will continue to do so. Please call 360-696-5120 for more information.



FRIENDS OF HOSPICE NOW HAS BUSINESS CARDS!

Talk with your friends, family, and community supporters about Friends of Hospice and proudly hand them your business card. Pertinent information on the front, Mission and Vision statements with a space for your name and contact on the back.

Contact Pattie Miller (360.329.2433) to get your supply of cards.

Last Quarter's Events

KOELSCH SENIOR LIVING

Friends of Hospice members were invited to an open house by our friends and supporters at Koelsch Senior Living to view their latest property in Salmon Creek. The Inn and the Park at University Village is offering the best in premium assisted living and independent senior living in the Salmon Creek area.

Highlights include a woodworking shop, a swimming pool, gym and a greenhouse for residents to enjoy. A team of world-class chefs provide fabulous meals. They welcome pets, too! Congrats, Koelsch!

Spring Basket Sale

Another successful spring basket sale is in the books! Over 417 beautiful baskets were sold, supplied by Fessler's Nursery. Recipients had a choice of ordering geraniums, calibrachoas, fuchsias, or mixed baskets, all lush and full.

Special thanks to all involved in making this another great fundraiser.

Tribute to Sonjia Hauser

On October 26, we lost our dear friend and fellow FOH member, Sonjia Hauser, after a courageous battle with pancreatic cancer. She was the hospice administrator at the Ray Hickey House for many years and was most recently our chairperson for the membership committee. We thank Sonjia for her years of service to Friends of Hospice and to the hospice community for her compassionate leadership.

She will be greatly missed.

5K WALK/RUN

What a beautiful day for a walk with Friends of Hospice! Starting off with a caffeine boost at Java House, then a brisk walk around Esther Short Park, Fort Vancouver, the waterfront, and the Renaissance Trail. This was followed by a food cart lunch at the Farmers Market. Five happy dogs walked, too. Timber won the prize for the biggest dog, and Barely for the smallest. PeaceHealth Hospice will receive the Golden Sneakers award for the most group participants. Look at us in our new FoH t-shirts!

Contact Lyn Dee Rhodes to order a t-shirt for $20!
(360) 798-7965

TEA TIME!

FoH member, Mavis Albertsen, hosted a tea party on February 6 at the lovely Adventist Community Church in St. Johns. Great food (oh, those cucumber mini-bagels!) with games and door prizes. All proceeds went to Friends of Hospice. Thank you, Mavis!

HOPE DEMENTIA SUPPORT HEALTH & RESOURCE FAIR

Friends of Hospice participated in the HOPE Dementia Support health and resource fair on April 29th at the Keller Williams building.

The public was invited to attend, free of charge, to find help and resources for themselves or loved ones. Snacks and door prizes were provided by the 37 resource participant groups. Good job, HOPE!

Annual Poinsettia Fundraiser

The annual Friends of Hospice Poinsettia and tag sale was so much fun! A colorful variety of poinsettias was available to pre-order, and they were BEAUTIFUL! Members donated new and gently used Christmas decorations for the tag sale which was a huge success. Everyone needs to clean out their Christmas décor bins and donate to this sale in 2023, then find a few new-to-you items for the holidays.

Friends of Hospice Annual Christmas Party

On December 19, 2022, the annual Christmas luncheon was held at the Seasons of Hope Grief and Bereavement Center in Salmon Creek. The pot-luck Christmas party included a riotous White Elephant gift exchange, music by Irene Melton, and delicious food.

Another fun event for the archives!

COMMUNITY HOME HEALTH & HOSPICE SOLD TO EDEN HEALTHCARE

Friends of Hospice supported non-profit Community Home Health and Hospice for several years by providing funds for grief and bereavement programs, children's camp, respite funds, and many other programs. The community closed its doors in Salmon Creek and Longview on May 1, 2023. Eden Healthcare, a privately held company, has taken ownership and will provide in-home hospice and in-home health care to patients in Clark and Cowlitz counties. Many of CHHH's employees will continue their work at Eden.

The disposition of the Elaine and Don Heimbigner Care Center and the Seasons of Hope Bereavement Center has yet to be determined. Thank you, CHHH, for providing home health and hospice care since 1974.

GIVE MORE 24 BECOMES GIVEBIG

Generous community members donated to Clark County's non-profit groups on May 2-3, through the GiveBIG program raising nearly $10,000 for Friends of Hospice. Clark County LOVES Friends of Hospice!

Thanks, Laurel Numbers, for arranging this great fundraiser!

FALL ON-LINE VIRTUAL AUCTION

In lieu of the planned (but cancelled) Oktoberfest dinner, Friends of Hospice hosted an on-line Oktoberfest auction fundraiser on Oct 20-24. Members gathered trips, services, gift certificates and many fun items that generated a tidy sum to help support hospice patients and families. We have fun fundraising!

Third Quarter Birthdays!!

July

4	Beth Anderson
4	Mary Russell
10	Diana Delich
10	Jenniferr McGarry
10	Terri Shinners
24	Karen Sanangelo
24	Dorothy Smith

August

2	Patricia Genereaux
12	Carol Smith
13	Mariyn Dryke
15	Debbie Mann
16	Gail Czech
23	Judy Aadland
24	Kathy Sandoval
28	Tina Cygrymus
29	Justine Heckroth

September

1	Sylvia MacWilliams
1	LynDee Rhodes
6	Sheryl Reeder
14	Jodie Zelazny
15	Nancy Kotrlik
15	Sylvia Karabay
16	Greg Pang
25	Don Heimbigner
26	Debbie Russell

“Having a birthday is like reaching a higher peak on a mountain. Pause to admire the view; reflect on how far you have come.” - Richelle E. Goodrich

Friends of Hospice
Southwest Washington

Our Mission

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"

Become a Friend!

Online: Go to our website: www.friends-of-hospice.org and click on the "Membership" tab.

By Phone: Call 360-696-5056 and leave a message

In Person: Attend a fundraising event or general meeting and ask for more information.

Already a Friend?

Have your phyisical address, phone number or email address changed? : If you have any changes, please notify us via our website by clicking the "Contact Us" tab on the main menu.

We are a 501(c)3 tax exempt non-profit organization registered with the State of Washington

FOH Board of Directors

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Pattie Miller

Vice President
Lyn Dee Rhodes

Secretary
Mary Quinn

Treasurer
Diane McAllister

Directors
Beth Anderson
Joan Cummings
Sherry Kallman
Debbie Mann
Irene Melton
Linda Melton
Laurel Numbers

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