

SOUTHERN OREGON

FRIENDS of HOSPICE
 Supporting End-of-Life Care Programs

Reflections

NOVEMBER 2013



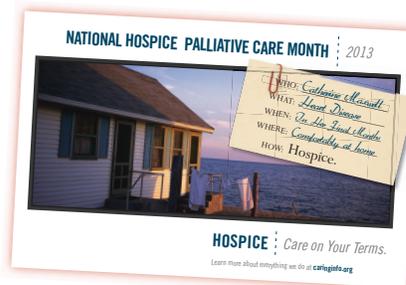
**Welcome to the first
 Southern Oregon
 Friends of Hospice
 Newsletter!**

Hospice: Care On Your Terms...

...is the theme of National Hospice and Palliative Care Month this November, 2013. Access to caring and personalized end-of-life care is at the core of Southern Oregon Friends of Hospice's vision.

This year, \$25,000 in gifts, generated from our boutique sales and community donations, provided local hospice patients with care on their terms. This June, during our fourth anniversary celebration, we heard examples of stories about the care made possible by our gifts. Asante Hospice bought a cell phone for a patient so he could remain in his country cabin and be able to communicate with hospice staff. Lovejoy Hospice rented a backhoe for a family to bury their father on their generations-old property. Ashland Community Hospital Hospice arranged a last trip to the ocean for a hospice patient and family. Providence Hospice gave each hospice family a keepsake stone and equipped hospice staff with tools to bring their services to hospice patients. Winterspring supported grieving, aging adults who faced a myriad of losses. COHO: Choosing Options, Honoring Options, educated community members about the importance of meaningful conversations and advance care planning.

As Southern Oregon Friends of Hospice moves forward, "Care on Your Terms" remains a driving force. Exploring the potential of opening a hospice home to serve hospice patients who are unable to stay in their own homes is a top priority. Increasing awareness about hospice remains our goal. Our website educates about all the end-of-life care programs in our region and provides helpful guides for supporting loved ones physically, socially and spiritually at sofriendsofhospice.org.



Our Mission

To raise awareness and provide financial support for end of life care programs through collaboration with our Rogue Valley community.

Our Vision

We envision a community which is aware of hospice and has access to caring and personalized end-of-life care.

Board of Directors

- Christine Eberhardt, President
- Bruce Johnson, M.D., Secretary
- Carolyn Johnson, Treasurer, Co-founder & Past Volunteer Executive Director
- Trudy Duncan, Volunteer Coordinator
- Sarah Seybold, Co-Founder & Past President
- Jeanne Denning
- Ken Barnes
- David Markewitz
- Chuck Reiling, Board-elect

Staff

- Susan Hearn, Executive Director
- Melanie Alvarez, Hospice Unique Boutique General Manager
- Sara Lee, Hospice Unique Boutique Assistant Manager and Online Sales Manager

Hospice Unique Boutique Volunteers Benefit Givers & Receivers



NEW at Hospice Unique Boutique

- ✓ Now accepting credit cards
- ✓ Online sales on Ebay Hospice Unique Boutique Merchandise

Hospice Unique Boutique continues to receive donations of cherished belongings. The clothing, artwork, housewares, furniture, books and jewelry are gratefully received, prepared and priced for sale and beautifully displayed by volunteers. Over 45 volunteers work in the backroom, front of the shop, or help with repurposing the merchandise, pick-up, delivery or providing advice to donors who want to downsize. Volunteer coordinator, Trudy Duncan, general manager, Melanie Alvarez, and

(continued on back)

Volunteers (continued from front) assistant manager, Sara Lee, create a positive experience for volunteers.

Hospice Unique Boutique volunteer, Lysa McDowell says "Volunteering is a liberating experience. I can use my abilities

and be useful. It's a well-managed team effort. Volunteering is stress-free, doing work I enjoy and my reward is a greater sense of purpose. I have a sense of fulfillment from giving my time and experience to people who are supported by Hospice."

5 Ways to Connect with a Dying Loved One



David's 95-year-old father was in the final stages of congestive heart failure. He suffered from dementia and was so agitated that he howled much of the time. When he was finally recommended to end-of-life care, his social worker and nurse, in contact with the patient's physician, recommended medication to calm the severe anxiety. But David resisted. His father was the only family he had left. Although David did not articulate why he was resistant, a social worker's 15 years of experience in end-of-life care told him that

David was frightened of losing connection with his father. And for the son, even the screaming was a connection. The social worker realized "I had to find a way to let him know that his father's screaming means that he is suffering. There were more positive ways for them to connect."

When a loved one is dying, we experience an intense need for connection at the same time that our habitual avenues of connection — conversation, activities, or shared experiences — are closing down.

1. **TOUCH:** Holding a hand can forge a pro-found connection.
2. **READ:** Reading creates a shared experience, even if your loved one cannot respond.
3. **SING:** Song touches the spirit and impacts the body.
4. **REASSURE:** Let your loved one know that it is okay to go.
5. **BE:** Just being there can be connection enough.

Try any of these ways to communicate in the final days with a loved one who may be drifting in and out of consciousness and you may experience deep connection.

(Source: *Healthy Living*, October, 2013)

Hospice Unique Boutique Holds 5th Annual Candlelight Sale

Join us on Saturday, December 7, 2013 from 5:30 to 8 p.m. at the Hospice Unique Boutique (1618 Ashland Street) for the Candlelight Sale. This annual seasonal celebration includes an early opportunity to purchase some of our most beautiful holiday merchandise in the midst of candlelight, beautiful live music and festive food and drink. Each year, the Southern Oregon Friends of Hospice Board of Directors hosts the event to celebrate and thank our community for their generous support for end-of-life care in southern Oregon.



Yes, I will support increasing awareness and access to compassionate and personalized end-of-life care making my gift to Southern Oregon Friends of Hospice in the amount of:

\$25 \$50 \$100 \$_____

Check enclosed (Payable to Southern Oregon Friends of Hospice)

Online Donations available by Paypal or Credit Card at www.sofriendsofhospice.org

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____

Email Address: _____

In honor/memory of: _____

Individual you wish to inform of your honorary/memorial donation:

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Please check all that apply: I'd like to learn more about volunteering at Hospice Unique Boutique Please call me to arrange a donation of goods

THANK YOU! Mail donations to: Southern Oregon Friends of Hospice, PO Box 1182, Ashland, OR 97520.

All gifts are tax-deductible to the full extent authorized by law.