

Southern Oregon Friends of Hospice-September 2017 Newsletter



FRIENDS of HOSPICE

HOLMES PARK HOUSE

Holding Our Community

Holmes Park House &
Remodel Plans

Southern Oregon
Friends of Hospice

Advanced Care Plans

Palliative Care

Hospice

Physical Comfort

Social Comfort

Spiritual Comfort

Grief

In the News



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Street, Ashland

September 29, 2017

Creating a Culture of Kindness by John Forsyth, MD, Board Member

"Kindness is at the heart of everything we do"
"To provide the best possible care near the end of life"
"To have the humility to listen deeply"

These aspirations are just a small part of the outpouring of a small gathering of local hospice caregivers who have been meeting monthly over the last six months at Holmes Park House for hospice care, tasked with creating a "culture of mindful caregiving".

Aiming to define the very essence of the care Holmes Park House hopes to provide to each person and family who come through its doors, the aptly named "Culture" committee first debated, then selected (from a long list), *four key values* upon which its palliative care will be based: "**compassionate caring**"; "**respectful honoring**"; "**mindful presence**" and "**inclusiveness**".

From these values, the group derived *seven fundamental aspirations*, including the three listed above, all woven into a lovely poem by Frank de Luca, a member of the culture committee. In addition, a short list of *six basic actions* form a pragmatic backbone to guide daily caregiving: **Pause**; **Observe**; **Ask** (what matters most now?); **Listen** (quietly and deeply); **Validate/Clarify** (each person's answers); then, **Follow Through** (with respectful action).



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Finally, as of this writing, this thoughtful group is using these concepts to create a specific plan for *training* our staff and volunteers, beginning in the early months of winter, 2018 (in anticipation of the opening of Holmes Park House in April).

Overall, these exciting plans are a wonderful legacy of the vast experience of the many dedicated hospice and palliative care givers already existing in our community, many of whom are helping to collaboratively create this model facility for palliative and hospice care near the end of life, serving anyone unable to support hospice care in their own home. The possibilities are truly heart warming ... stay tuned!

Construction Update



Watching construction progress from the office window of the Holmes Park House has been fascinating! Every day there is something new or different going on. Since the last newsletter, the cement basement footings and foundation walls have been poured. The breakfast room bay window has been removed to make way for the elevator foyer and hallway to the 8-bed addition. To watch the construction progress more regularly, like Southern Oregon Friends of Hospice on Facebook!

If These Walls Could Talk: Stories from the Holmes Park House

By EthelAnn Ackerman

By the time Harry and Eleanor Holmes of Harry and David sat down with architect Paul R. Williams, he was well known to the rich and famous of Southern California. He

was the architect of the stars and would build homes for Frank Sinatra, Spencer Tracy and Lucille Ball, among others.

In 1940, Paul Williams headed the local Medford architecture team, Frank Clark and Robert Keeney, to design a house similar to a Georgian Colonial Revival home designed by Paul Williams in Los Angeles. A 20-acre site on Modoc Avenue in South



Paul Revere Williams

Medford near the Bear Creek Orchards was acquired where Harry and Eleanor could visualize their dream home. The customized home would be positioned to feature the expansive views of the surrounding mountains and would be tucked into the landscape to feel like a home in the country - Hiding in Plain Sight.

The approach would be a curved driveway and a grand entry. The house would feature an elegant curved staircase and a porch overlooking the swimming pool. The serenity and beauty of the Holmes Estate is currently being transformed into a community resource and twelve bedroom Holmes Park House for Hospice by the non-profit, Southern Oregon Friends of Hospice.

In 2017, Paul R. Williams architectural contributions were recognized by awarding him the American Institute of Architecture's Gold Medal.



HOLMES PARK HOUSE

Community Tours

*Come see our plans to create
Southern Oregon's first home for hospice care!*

**Saturdays, October 7, 11 am to 12:30 pm
Thursdays, October 5 & 12, 3:30 pm to 5 pm**

We cordially invite you to tour the future 12-bed hospice residence providing dignified end-of-life care for hospice patients and their loved ones.

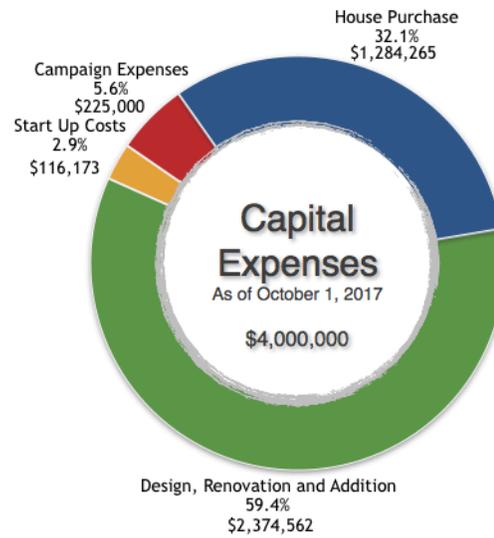
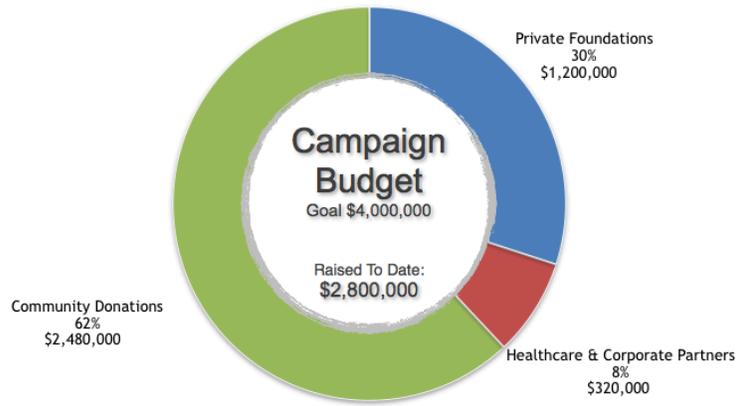
Learn about the historic home and gardens, built in 1939 for Harry Holmes of Harry & David and designed by renowned architect, Paul R Williams.

Tours hosted by: Susan Hearn, Executive Director & John Forsyth, MD, Board Member

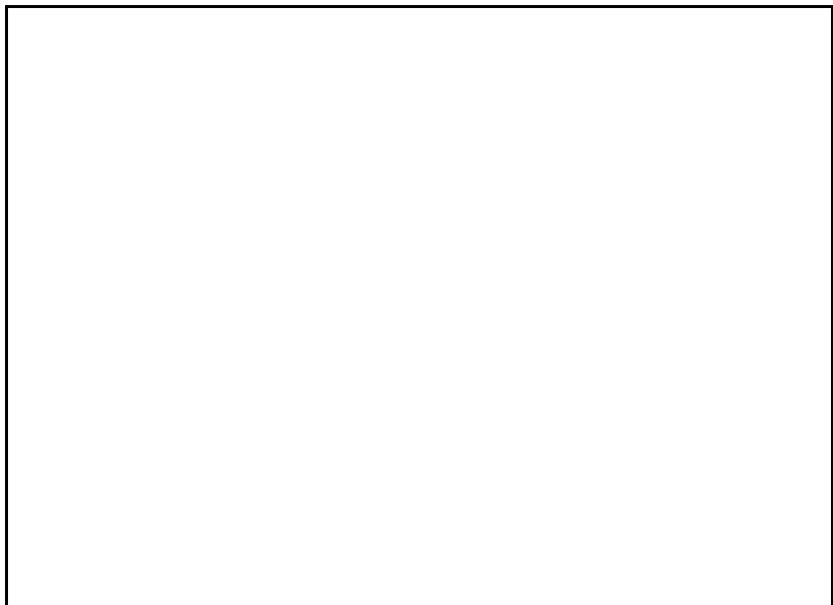


Holmes Park House Location: 217 S. Modoc Avenue in Medford
Please schedule a tour at 541-500-8911 or sue.carroll@southernoregonhospice.org

**Holmes Park House for Hospice
Campaign Reaches \$2.8 million!**



Volunteer Spotlight: Sarah Bieniek, Practicum Student





The day Sarah Bieniek chose to fulfill her practicum experience at Southern Oregon Friends of Hospice was truly one of great good fortune for us! Sarah is wrapping up a master's degree in Public Health Administration at George Washington University. In addition to being very capable and intelligent, Sarah also brings a warm, enthusiastic and uplifting spirit to the office as well as a youthful understanding and ability with technology.

Sarah's first introduction to SOFH was through a tour of the Holmes Park House with her family. She was moved by the project. By the end of the tour, Sarah realized that hospice was an important area of public health that she wanted to know more about. She felt that she could gain experience here and contribute to the organization's success with her grant writing skills. We were all right about that!

Sarah assists with researching and preparing grants, participates in planning committees. and she has updated our website (<http://www.sofriendsofhospice.org>). One of the things Sarah likes about being here is she learns something new every day. Another is that every person she talks to has compassion and a desire to contribute something to the organization.

While Sarah's roots are in Southern Oregon, she is a young woman of the world. Being raised by international teachers, she has lived in six countries including Saudi Arabia, China and Bangladesh and has visited at least 60 others. She stopped counting a few countries ago!

Sarah's future plans include medical school then a career in global health or nonprofit medical work. We're

excited for her and the good things she'll be doing in the world!

Let Sue Carroll know if you are interested in joining our staff of volunteers. sue.carroll@sofriendsofhospice.org or 541-500-8911

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541-500-8911, susan.hearn@sofriendsofhospice.org

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hospiceuniqueboutique.org | Hospice Unique Boutique, 1618 Ashland St., Ashland, OR 97520 | 541-488-7805

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