



Southern Oregon Friends of Hospice - August 2018 Newsletter

HOLMES PARK HOUSE

SOUTHERN OREGON FRIENDS OF HOSPICE



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

August , 2018

27 Hospice Patients & Families

When Holmes Park House for Hospice was envisioned, Southern Oregon Friends of Hospice board members and leaders were guided by the hospice model of serving not only the hospice patients' needs, but the needs of their families. Two and a half months after opening, we see how the space supports both our 27 hospice residents and their family and friends, nearly 1000 visits to date.

Holmes Park House's spacious rooms and community spaces embrace all who enter. Like a family birth center, it does serve as a family dying center. It provides the best quality of life possible for residents supported by visiting hospice providers. It also offers a welcoming place for friends and family to visit their dying loved one. By honoring each resident with a celebration either as their body leaves the house or in a toast and tribute or celebration of life. We support gatherings with loved ones where each person is well remembered and honored.



Donate Online!

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Visit HUB at 1618 Ashland Street, Ashland

Humor and Gratitude at End of Life

An interview with Heinz, by Susan Hearn



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Heinz in his lovely room at Holmes Park House. .

"I'm so busy, I don't have time to die" chuckles Heinz, a former engineer of medical instruments for Cornell University, born in Hamburg, Germany in 1939. "If you call me Heinzie, I get to call you Suzie." We agree.

Just ten months ago, Heinz was the caregiver and nurse to his wife who received hospice care at home. In the months following her death, Heinz's health declined, and he knew he would need hospice himself.

I watched on the news the announcement and pictures of the Holmes Park House and thought, "What a beautiful place! If I ever need hospice, that would be the place to be. There are too many sad memories at home. When my oncologist said 'You have six months,' I said I want to go to the Holmes Park House and I came straight here from the hospital."

Every time I ask Heinz about being at the Holmes Park House, his eyes well up with tears of gratitude.

"How I found myself in a place like this is unbelievable! This is my vacation. Being this sick, I feel better than I ever thought possible. I have no worries, no cleaning. My coffee is brought to me in my favorite mug in bed each morning. Chef Dana and the volunteers make me steak, schnitzel, potato pancakes served with a glass of red wine and fresh flowers from the garden. I get to watch my favorite soccer channel. Talking with the volunteers is enjoyable. I just had the most fascinating conversation with Dr. John Forsyth discussing the history and technological advancements in cardiology. I lie here in this beautiful room and look out at the view and at the pictures of my loved ones placed on shelves and on the wall and think about my memories. It is more than I believed possible."

**Capital Campaign and
Matching Gifts Continue!
\$270,000 Needed to Reach \$4 million!**



There are still naming opportunities including the dining room. [Click Here to Donate Online](#) To learn more, call **541-941-5960**.

**"There is Lots of Heart in This Place and It
Is Nice to Be a Part of It"
Volunteer Spotlight, Rhonda Refsnider**



Rhonda Refsnider shows off the Gardner's HUB she created!

In January, Rhonda Refsnider began volunteering at Holmes Park House in the garden. When she was a little

girl, she started gardening with her dad in Tallahassee, Florida. The fresh flowers and vegetables from the garden brought into the house made life so much better. Here at Holmes Park House we are doing both.

"It feels like a special place here...like it's been loved and well cared for in the past." Rhonda says, "I like volunteering when I see a need and think I can take care of that need. Many years ago I went to a lecture about hospice by Elizabeth Kubler-Ross and have had friends who worked in Hospice."

Rhonda saw a need to organize a "Gardner's Hub" in the garage to keep all the tools, irrigation supplies and directions coordinated. This allows the volunteer gardeners who come every Wednesday morning to find their tools in order to keep the two acre botanical garden surrounding Holmes Park House flourishing. The well-built original closets and drawers were removed from the original bathrooms during the remodel and are re-purposed as the Gardner's Hub. Rhonda designed the garage space, labeled and organized all the drawers and shelves to be functional and useful. During the hottest smoky month of July, Rhonda worked diligently to scrape and paint the garage walls creating a clean pleasant work space shared by the gardeners and the nurses. Rhonda has made the Holmes Park House even more loved and well cared for with her thoughtful and creative hard work. Thank you Rhonda!

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