



SOUTHERN OREGON  
  
 FRIENDS *of* HOSPICE

***"Not all of us can do great things,  
 but we can do small things with great love"***

***Mother Teresa***

February 5, 2019



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## **Small Things With Great Love**

### **With Great Love at Celia's House in Holmes Park**

Mother Teresa's quote about doing small things with great love rings so true at Celia's House in Holmes Park. At the end of life, it is most definitely the small things done with great love that matter. Small things like providing a space and chairs for children to gather around their dying mother; a card table set up to continue playing favorite card games with old friends; a bird feeder outside the window; a foot rub; a held hand; a walk around the garden; a friend to work a puzzle; a listening ear; an opportunity to be read a favorite book, scripture or loving words from a distant relative's letter; a small dog or cat to cuddle with. These are all small things. They are all provided with great love at Celia's House in Holmes Park by the compassionate volunteers and staff.



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In this February, 2019 newsletter we focus on love expressed through **music and food**. The **Volunteer Spotlight** celebrates the volunteer efforts of faithful



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musician volunteers Kathleen Page and the Threshold Choir. The first of a new series entitled ***With Love from Celia's Kitchen*** features words of wisdom and delicious recipes from our Kitchen Manager, Karen Amarotico.

## **Volunteer Spotlight: Giving the Gift of Music**

By Sue Carroll, Volunteer Coordinator

Once a week, volunteer Kathleen Page visits Celia's House residents with her harp. Serene music floats through the rooms and halls and a sense of calm fills the space along with the sweet sound of strings. Residents and families relax to it. Staff and volunteers do too.



The Threshold Choir, led by I'lana Cotton, also come weekly to bring comfort to those at the threshold. They sing gentle melodic songs at the bedside, often in harmony for residents and families. Their graceful presence and music soothes and brings a sense of peace to the entire house.

Music is such a powerful tool for connecting with and processing emotions. We are so grateful these musicians bless Celia's House with their hearts, time and talents. They bring ease and even joy to what can be a difficult time.

## ***"With Love from Celia's Kitchen"***

By Karen Amarotico, Kitchen Manager

When I first began managing the kitchen at Celia's House, one of the first things I requested of my coworkers was this: "We need to make sure there are always wonderful scents wafting out of the kitchen." Whether we find time to bake cookies, fry an onion, or bake a pan of bacon - it's important that we do something each day to create delicious aromas and make this house smell like home.

A few weeks into my job, a friend sent me a link to a [Ted Talk by B.J. Miller](#). I listened to it while I drove to work and realized that he was actually the doctor at the

Zen Hospice Project in San Francisco - the very place that inspired Celia's House. In his talk, Dr. Miller shared that the kitchen is the heart of their hospice house, and the most important thing they do there is *bake cookies every day*. How about that for confirmation that we were on the right track!?

At Celia's House we do a lot of cooking and baking, and often folks stop by the door of the kitchen to share how good it smells. Most of the time, because we are immersed in the busyness of our tasks, those of us in the kitchen don't even notice. That's why it's so special that our residents, guests, and staff do! Knowing how important our work is gives us both meaning and joy, especially on the toughest of days. We are very grateful for the chance to be of service.

Here's a recipe we made at Celia's House last week that got rave reviews - for both taste and smell!



### **Ginger Molasses Cookies**

Mix together in one bowl:

4 cups all-purpose flour

1 tablespoon baking soda

1 teaspoon salt

2 teaspoons cinnamon

1 tablespoon ground ginger

Then, in another larger bowl mix until combined:

3 large eggs

1 3/8 cups oil

2/3 cups molasses

1 1/3 cups sugar

Then, stir dry ingredients into the wet ingredients.  
Roll dough into walnut sized balls and dip in (additional) sugar.

Bake at 350 for approximately 10-12 minutes.

Makes 4 dozen.

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541-500-8911, [susan.hearn@sfriendsofhospice.org](mailto:susan.hearn@sfriendsofhospice.org)

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[sfriendsofhospice.org](http://sfriendsofhospice.org) | Celia's House in Holmes Park, 217 S. Modoc Ave., Medford, 97504 | 541-500-8911  
[hospiceuniqueboutique.org](http://hospiceuniqueboutique.org) | Hospice Unique Boutique, 1618 Ashland St., Ashland, 97520 | 541-488-7805

Southern Oregon Friends of Hospice, 1618 Ashland Street, Ashland, OR 97520

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