



# SOUTHERN OREGON FRIENDS of HOSPICE

August 2, 2019

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## Celia's House at One Year: Validation for a Culture of Mindful Caregiving

by John Forsyth, co-chair, for Celia's House Culture Committee  
(presented at One Year celebration of Celia's House, June 8, 2019)

For over a year prior to serving our first resident, the Celia's House Culture committee thoughtfully discussed and planned for what became known as the "culture of mindful caregiving". Initially conceived as a complex set of virtuous values, lofty aspirations and meaningful actions centered on KINDNESS, we have now had nearly a year's experience in attempting to apply these concepts to every resident and family we serve.

Recently, the "Culture" committee realized that, while our staff and volunteers have admirably demonstrated these concepts through daily caregiving, many had difficulty recalling or verbally naming the lengthy list of ideals we had so carefully constructed over a year ago. Consequently, last month, our committee, led by the wisdom of Frank de Luca and Su Rouzie, chose to summarize the essence of our care into three succinct, but powerful phrases:

**Be Present**  
**Be Kind**  
**Be Real**

Taken together, we believe these capture the core of what we set out to do .... and describe the care we have actually been implementing daily, in a hundred different ways, for over a hundred and twenty residents and their families.

As the year has passed, it has become clear that this approach to care is often fundamentally different than that offered in many other acute or rehabilitative institutions in our community. We, together with our marvelous hospice partners, employ a palliative care approach, which centers on comfort, meaning and personal relationships, a kind of care that is deeply personal and highly valued by almost every person we serve.

Each time I have volunteered here these last few months, I have realized: "We ARE actually DOING what we set out to do! This very personal presence, this listening for "what matters most" is what makes care at Celia's House so different, unique and special!" Almost no one comes to us requesting "Palliative" care. So, regardless of what we SAY or WRITE about what we aim to do, it is more often our NON-verbal actions: being Present; being Kind; and being Real; that have helped make the end of life a deeply meaningful experience for over a hundred and twenty dying people and their families, so far.

At the outset of each of our "training" conversations for volunteers at Celia's House in the last two years, we have suggested "It is the Little Things that often Count the Most!". Now, almost a year later, I cannot begin to count the number of these all-

important "Little Things" I have witnessed. They (through each of you) have contributed to a sense of peaceful affirmation ... and even greater resolve ... to continue DOING what we have created together ... as far into the future as possible. At one year into this noble venture, I am filled with GRATITUDE for all that we have accomplished ... TOGETHER!

**Thank you, each and every one !!!!**

## ***Don't Look Away from Dying***

***by Davis Wilkins, MD, Chair for Celia's House Capital Campaign***

**[Watch TedxAshland by Davis Wilkins, MD](#)**



## ***Scones from Celia's Kitchen with Love***

By Karen Amarotico, Celia's House Kitchen Manager

Celia's House recently celebrated its first year of operation. We held a party at Holmes Park on a beautiful sunny day to honor our amazing volunteers and donors. As part of the celebration, we served lemonade and strawberry shortcakes. Earlier in the day, I came in and baked off 200 mini scones for the shortcake. We received many wonderful comments about them and I felt obliged to include the recipe for the shortcakes here. You can make them ahead by combining dry ingredients with the butter and storing it in a container in the fridge until you are ready to make them. At that time, simply add the half and half and scoop and bake.

To prepare the strawberries, take desired amount of berries and wash and slice them. Add 2 tbs. sugar to each cup of sliced berries and let sit for about 30 minutes to allow juices to develop. To assemble, slice scones, top with sweetened berries and top with whipped cream.

### **Scones**

2 1/2 cups flour  
1/3 cup sugar  
2 tsp. baking powder  
1/2 tsp. salt



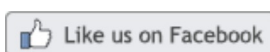
Volunteer, Sue McMurry and Karen Amarotico teach first cooking class

1/2 cup cold butter  
Up to 1 cup half and half

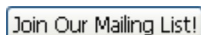
Sift all dry ingredients into a medium sized bowl. Using a cheese grater, grate the butter into the dry ingredients. After all the butter is grated, gently use your fingers to mix it into the flour ensuring that all the butter is incorporated and there are no large clumps.

Now begin by adding 1/2 cup of half and half and using a spatula, gently mix together. Slowly add more half and half until the dough pulls away from the bowl and holds together.

Now, I like to use a small scoop and scoop my scones onto a parchment lined baking sheet. You can also form two discs and cut the dough into triangles if you prefer. Bake at 375 for 10-14 minutes or until lightly golden. Serve with butter and jam or lemon curd. Or use to make strawberry shortcakes!



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