



[Celia's House](#)
 217 S. Modoc Ave.
 Medford, OR 97504

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Angel Reflection Garden Inspires Celia's House Residents & Guests

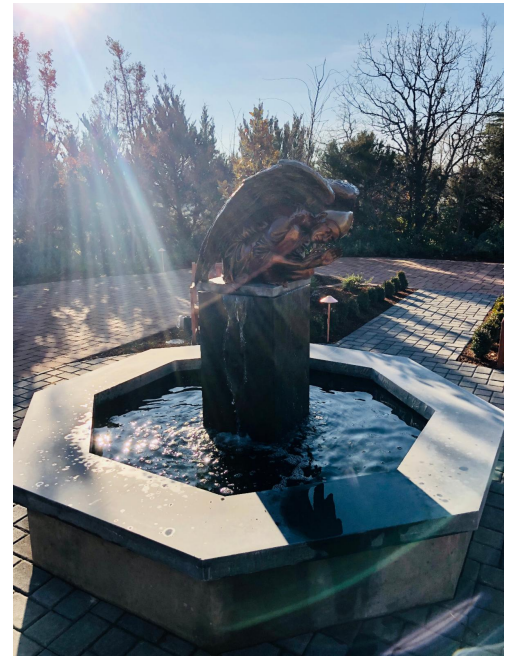
by Susan Hearn

"I could sit here in the sun room all day and watch the fountain. It is so beautiful," shared a Celia's House resident with our resident support volunteer. This December, the "Alchemy of Light" sculpture by Kevin Christman was placed on the center fountain in the new "Angel Reflection Garden."

An excerpt from Pablo Neruda's poem *The Sea and The Bells* encircles the water.

*If each day falls
 inside each night,
 there exists a well
 where clarity is imprisoned.*

*We need to sit on the rim
 of the well of darkness
 and fish for fallen light
 with patience.*



The poem was selected by the fountain's sponsors, Dr. Davis Wilkins and Dr. Matt Oliva. The words are set in cement on the edge of the fountain seat created by Josh Bong. Carrico Family Foundation sponsored the Angel Reflection Garden installed by Solid Ground Landscape and designed by Kerry KenCairn. It serves as a reflective, memorial and donor recognition space accessible by wheelchair. Earth and Humanity Foundation sponsored the sculpture. We are so grateful for the generosity, vision and talent that made this possible.

In addition to the new fountain this newsletter features; the quilt volunteers and the wonderful quilt donors program; from our kitchen, ideas for reaching out during the holidays to those who are grieving; and Christmas Sales at the HUB.

With gratitude and best wishes this holiday season from our house to yours.

Gifts from the Heart Volunteer Spotlight





Kathryn Finwall, Jacqueline Bressers, and Chris Galligan stocking the quilt cabinet.

by Sue Carroll, Volunteer Coordinator

Moving to Celia's House to spend one's final days is an emotional experience. One way we offer comfort at Celia's House is to provide each new resident with a unique, handmade quilt. The gift provides beauty and cozy warmth during this poignant time.

Volunteer Chris Galligan has taken it upon herself to ensure that we will always have a quilt to give. She is a passionate quilter and retired EMT. When Resident Support Volunteer Jacqueline Bressers told Chris about our quilt vision, Chris reached out to the Rogue Valley quilting community. Jacqueline also recruited Celia's House volunteer Kathryn Finwall to help coordinate the quilt program so that before we opened in May 2018, we had quilts ready to offer. During the last year and a half, 194 residents have each received their personal quilt.

Chris regularly connects with approximately 30 community quilters whose hands are busy creating the stunning quilts. Each quilt, stitched with love, takes between 12 and 80 hours to finish.

After a resident dies the quilt is reverently folded to honor the resident and presented to the loved ones to keep.

We recently hosted a gratitude tea and tour for the quilters during this season of giving. It was an honor to finally meet the people who had given their time and skills so freely. We shared stories about how meaningful the quilts are to grateful families.

Reaching Out During the Holidays with Love from Celia's Kitchen

by Karen Amarotico

It's been a little more than a year since I became the kitchen manager at Celia's House. During that time, we have served more than 140 individuals and their families as they traveled a journey that no one really wants to take. The kitchen is a comforting "home-like" place to most everyone and for that I am grateful. Visitors and residents often come to the door and peer in to see what is going on and to take a whiff of whatever we happen to be cooking. Popular scents include cookies of any kind, chocolate cake, onions, bacon, and fresh potato rolls. We are happy that we can offer some measure of comfort by doing what we do best.

During this year, I have learned to take the lead from the family members as to how best to be of service to them. Sometimes, when I offer a meal, folks are too caught up with what is going on and they may tell me that they aren't hungry. At times like this, I might bring a fruit and cheese plate and let them know that they don't have to eat it, but it is there if they want it. We also keep snacks available in various places around the house just for this purpose.

As the holiday season is upon us, I would like to ask that if you know someone who has suffered a loss in the past year to please reach out in a way that is comfortable for you. Maybe you can send a card letting them know that you are thinking of them during this first year without their loved one. Maybe you'd prefer to drop by something that they can either eat right away or freeze for another time - soup, a casserole, banana bread. Most

importantly, don't ignore the elephant in the room. Mention the name of the person and share why they were important to you. And then, do this: just listen. Let them speak of their loss. Don't offer advice. Don't say that it was for the best. Let them miss their loved one and help them bear the weight of that loss by simply being present. It will be the best gift you can give.

HUB HAPPENINGS

*** All Christmas items are discounted 25% now. On December 23 Christmas items will be discounted further to 50% off.**

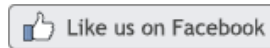
***Thank you to our community for supporting The HUB with your donations and shopping.**

***What's your New Year's resolution? We are here to help you de-clutter and down-size.**

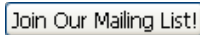
*** Monthly drawing - anyone can sign up at the HUB store to receive the Celia's House newsletter and be entered to win a \$20 gift certificate. Winners will be announced in the newsletter. If your name is not drawn, you remain eligible to win during each drawing. Congratulations to our November winner, Doug Kipping!**

* Every Wednesday is senior discount day. All seniors 62 and over receive a 20% discount on items under \$100.

* Student Discount: 10% off with your student ID.



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