



Nonprofit Residence for Hospice & Palliative Care

January 17, 2020



Celia's House  
217 S. Modoc Ave.  
Medford, OR 97504

**Southern Oregon Friends of Hospice**

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Donations accepted daily until 4:30 p.m.

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## Fred Bockstahler, JD Our New Board President

*by Cheryl French, Volunteer*

For more than 10 years now, Southern Oregon Friends of Hospice has been blessed to have a board president with the right experience at the right time.



With her grace and commitment, founding president Catherine Church launched the organization and Hospice Unique Boutique. Sarah Seybold, RN, forged important relationships with her big heart and extensive community involvement. Chris Eberhardt, CPA, moved us forward with her administration, accounting and capital campaign planning skills. Former Ashland Hospice director Carolyn Johnson, BSN, RN, established important partnerships with local hospice organizations and planning for creating Celia's House. Chuck Reiling, MBA, added strategic thinking and management.

The continuity and hard work from committed board members and volunteers, along with the work of these leaders led to the accomplishment of a capital campaign. In 2018, the organization opened Celia's House in Holmes Park, the first 12-bed, non-profit residential care facility for hospice and palliative patients.

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Now, board president Fred Bockstahler, JD assumes his two-year helm in 2020 with a clear mission: to focus on activities that sustain the organization's ability to provide care and service into the foreseeable future.

Fred spent his 40-year career as in-house legal counsel to IRS 501(c)(3) non-profit health care corporations in West Virginia, Texas, and Oregon. After serving nine years as Asante's corporate compliance officer, Fred retired from Asante Health Care System in 2017.

***"Managing Celia's House is very complex," Fred explained. "Our work is cut out for us through fundraising and cost management efforts. We have a wonderful board of 13 strong and diverse people," he added. "I can't imagine a more capable or dedicated board."***

Fred saved the most important acknowledgement for last-- the incredible volunteers. "As a non-profit facility, no way could we have accomplished so much without them," he said. "In addition to the professional staff, we are so grateful to the 208 volunteers who serve food, sit at the bedside, garden, work at the Hospice Unique Boutique (The HUB) and provide office support and board leadership."

## **2019: First Full Year of Service for Celia's House in Holmes Park**

***by Peter Riehlman, Administrative Assistant***

During 2019 we cared for 134 residents who received thousands of visitors who supported them and said goodbye. We have continued to learn over the past eighteen months how critical our culture of caring is, not just for our residents, but their families as well. Having a comfortable space for family members to visit and even stay the night is important and unique.

Over 200 volunteers gave us 13,000+ hours of their time sitting at the bedside, working in the garden, greeting at the door, serving the meals, leading and participating in committees, and working in the Hospice Unique Boutique.

Residents came from all over Jackson and Josephine counties, as well as Klamath Falls and Brookings. The shortest length of stay was one day, and the longest was 208 days. Our average stay is 23 days - that is nearly a month of compassionate care, home-cooked meals, and countless moments spent in a peaceful environment surrounded by loved ones

Through grants and the generosity of over 500 donors, 42 percent of residents received financial assistance. Three local Medicare Certified hospice providers, specifically Asante Hospice, Providence Hospice and Signature Hospice, collaborated with the Celia's House care team to support their hospice patients 24 hours a day, every day.

It is meaningful work serving people during this tender time. We are grateful to everyone who contributes and helps make this 12-bed residence for hospice and palliative patients possible in Southern Oregon.

## **Celia's House Library A Corner of Tranquility**

*by Sue Carroll, Volunteer Coordinator*

Susan Morrow is one of the behind-the-scenes volunteers who helps to make the Shalom Library Sanctuary a place of calming comfort and also inspiration. The book selection is compelling; the blue walls are soothing; and the gas fireplace warms the room on cold winter days. I have often witnessed residents peacefully gazing out the library's window at the gardens or visiting guests perusing books while taking some quiet time for contemplation. Volunteers use the room to connect with each other and center themselves before being in service to residents and families.



Susan

Morrow began working on the library before Celia's House even opened. She wanted it to be useful as well as serene. She assessed the space with the diversity of people who would be coming to Celia's House in mind, and sifted through boxes and boxes of donated books to find just the right ones for the shelves. Susan shared, "I grew up in a small town, and as soon as we were old enough, my mother made sure we had library cards and used them. I was an avid reader and loved the library. It was so meaningful for me to create such a calm and thoughtful place like that here at Celia's House."

While Susan is the driving energy behind the library, she said she was grateful for assistance from Merrylee Miller, Judy Ticehurst, Chrys Van Zee and Dr. John Forsyth.

## Soup for the Soul From Celia's Kitchen with Love

*By Karen Amaratico*

Here at Celia's House, our residents often have a family member who is dedicated to caring for them. Many caregivers put their own lives on hold to care for their loved one - it's not uncommon to forgo even their own doctor's appointments to take their loved one to the doctor, along with their sleep schedule, exercise, and general health.

While care-giving is invaluable and admirable, it can also be incredibly exhausting for the caregiver. As caregivers, it's important to



remember that our needs are at least as important as those of our loved ones. It's the reason the airlines ask us to put our own oxygen masks before helping others - we are no good to anyone if we're unconscious!

In my position in the kitchen, I meet incredible caregivers all the time. I do what I can to nourish them as well as the residents, because I know they don't always have the time to do it themselves. Last week, I brought a bowl of soup and bread to one such caregiver. Afterwards, she came to see me in the kitchen and gushed about the meal. Then she shared these wonderful words:

***"When your soul is empty, and you eat food cooked with love, it fills you."***

Since we can't offer everyone a cup of soup through this email, we hope you can take time for self-care today. Perhaps you can mix up a batch of these simple cookies to share with your loved ones - they are a favorite here at Celia's House. Sending love to all the caregivers out there!

<https://www.modernhoney.com/the-best-snickerdoodle-cookie-recipe/>

## **HUB HAPPENINGS**

This month's winner of the \$20 gift card is BJ Grubb.

### **The HUB has an eBay Store!**

*\* When you shop at*

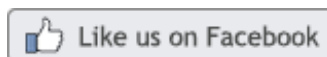
*<https://www.ebay.com/str/hospiceuniqueboutique>, your items are shipped fast, free and 100% of the proceeds go to support Southern Oregon Friends of Hospice. With over 160 amazing items and unique collectibles listed online, The HUB's eBay store is a fantastic way to shop online for antiques, vintage clothing, gifts, keepsakes and one-of-a-kind items.*

\*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.

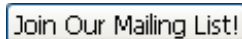
\* Every Monday is reset day. Our reset team starts early in the morning so that when you arrive at The Hub everything is transformed with new items.

\* 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.



541-500-8911, [info@sofriendsofhospice.org](mailto:info@sofriendsofhospice.org)



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