



FRIENDS of HOSPICE



October 15, 2019



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Carrico Family Foundation sponsors New Garden

A place for reflection, memorial & recognition *by Susan Hearn, Executive Director*

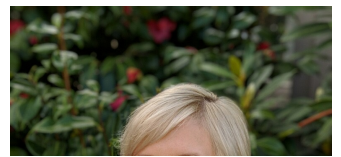
An Angel Reflection Garden (artist rendering above) is being installed this fall in the former location of the pool at Celia's House in Holmes Park. The Carrico Family Foundation's grant is sponsoring the construction and Kevin Christman's Alchemy of Light sculpture is sponsored by The Earth & Humanity Foundation. This means we will soon have an accessible reflection garden for residents and visitors to enjoy year-round.

The soon to be shaded garden surrounds an octagon shaped pond and fountain sponsored by Davis Wilkins, MD and Matt Oliva, MD. In addition, the bricks will be available for purchase as memorials and will be inscribed each year. The existing stucco wall is being designed to recognize our Capital Campaign, Hospice Angel donors, and volunteers who serve us for five years or more.

Welcome new administrator Elyssia Krenzer

by Elyssia Krenzer

I am very excited to be joining the team at Celia's House. The mindfulness approach to end of life care drew my interest to work at Celia's House. Death can be an uncomfortable topic in our society, but at



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can be an uncomfortable topic in our society, but at Celia's House it is embraced with kindness and compassion as we help residents and their families along this new life journey.



A little about my background. Formerly a Portlandian, I received my Bachelor of Art in Social Work from Concordia University. In the fall of 2012, I moved my family to Southern Oregon for warmer weather and a slower pace of living. I worked for five years at the Rogue Valley Manor as their Director of Social Services and Admissions Coordinator for the Health Center. While at the Manor I was able to complete my administrator in training internship and became a licensed nursing home administrator. From there I moved on to run a 145-bed nursing facility in Grants Pass, Oregon before coming to Celia's House.

HUB HAPPENINGS

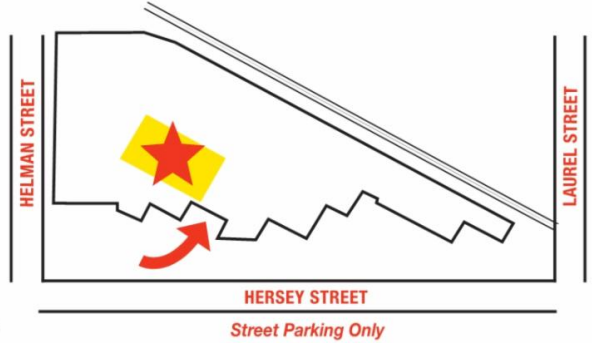
- * Monthly drawing - anyone can sign up at the HUB store to receive the Celia's House newsletter and be entered to win a \$20 gift certificate. Winners will be announced in the newsletter. If your name is not drawn, you remain eligible to win during each drawing.
- * Every Monday is reset day. Our reset 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
- * Warehouse sale: check Facebook for the latest information:
<https://www.facebook.com/HospiceUniqueBoutique/>
- * Candlelight Event: check Facebook for the latest information:
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- * To become a HUB volunteer visit the HUB and fill out an application.





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SOUTHERN OREGON
FRIENDS OF HOSPICE



Volunteer Spotlight: Sarah Seybold **Soothing the soul through gentle touch** *by Sue Carroll, Volunteer Coordinator*

Sarah is one of over 100 volunteers who each bring unique talents and open hearts to our residents and families at Celia's House. As one of the founding 'mothers' of Southern Oregon Friends of Hospice, Sarah has been involved since day 1, over 10 years ago. She has worn many hats over the years with passion and energy: Board Member, Committee Member, Fundraiser Extraordinaire and HUB Volunteer. Since Celia's House opened its doors in May 2018, Sarah has fondly been referred to by some residents as 'the massage

lady'. She brings her heart and healing hands to Celia's almost every Friday morning to offer the comfort and relaxation of massage therapy to residents. Sarah is usually quiet when giving a massage so as not to interrupt the relaxing experience with words, however, sometimes the tender connection of gentle touch opens the door for meaningful end-of-life conversations.

Sarah, a retired nurse and nurse educator, was not as comfortable with touch when nursing. Many years ago, she completed a massage therapy program and became licensed as a massaged therapist. It deepened her understanding of the body and what can bring relief from discomfort, particularly when working with the feet. Gentle touch can calm people when they are agitated. Sarah shared that, "Touch can change attitudes about the final journey. Touching feet, working with the feet, stirs humility in me ... Touching a newborn baby and touching someone at the end of life is profound for me. It makes me intimately aware of the circle of life and closes the circle of birth and death."

What most people notice when coming to Celia's House is how calm it feels in the House. Volunteers and staff each contribute to that calm in their own ways. Thank you, Sarah, for the calm you bring to our residents through gentle touch, a calm that spreads throughout the House.

"A culinary soundtrack to my mother's dying days"

by Karen Amarotico

Every now and then, I'll find myself getting upset over something trivial - as we all do from time to time. But then I'll walk into work and quickly be reminded of how incredibly lucky I am, while whatever was troubling me seems to melt away. After all, most of our residents are only with us a short while before they pass. During the time we



short while before they pass. During the time we have with them, however long it may be, it's our privilege to make their experience as warm and comfortable as possible. Hopefully I can bring them kindness, and prepare fresh and comforting food for them and their families. This doesn't always feel like enough - and then, a card arrived. Last week I received a note from Cindy, the daughter of a recent guest. She shared, "You were the culinary soundtrack to the movie of my mother's dying days. Never doubt the extraordinary gift that you have."



I am grateful and humbled. Yesterday afternoon, I baked gluten-free peanut butter cookies "just because." They created an amazing aroma throughout the house and when I brought a plate to the family of one of our guests, I was overjoyed to see the cookies disappear. I am so happy to share it here with our guests, and with you.

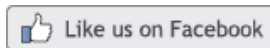
Gluten Free Peanut Butter Cookies

- 1 cup creamy peanut butter
- 1 cup granulated sugar (plus more to roll cookies in)
- 1 large egg
- 1 teaspoon vanilla
- 1 teaspoon baking powder

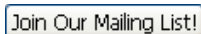
In a medium-sized bowl, mix the peanut butter with the sugar. Stir in the egg, vanilla, and baking powder. Form dough into walnut sized pieces and roll in additional sugar. Place on parchment lined pan and use a fork to flatten slightly. Bake at 350 degrees for 10-12 minutes, or until lightly golden. Remove pan from oven and let cookies cool on pan for 5 minutes before moving to a plate... and enjoy! As a special treat, cut a small Reese's peanut butter cup in half and place on top of the cookie as it emerges from the oven.

Hospice Forum on Thursday, October 24, 4-5 PM

Join Havurah member David Markewitz and a panel including a hospice nurse and hospice administrator at Havurah Shir Hadash, 185 N Mountain Ave. in Ashland. Hospice questions and answers will be the focus of a panel discussion sponsored by the Southern Oregon Friends of Hospice. David will be sharing the back story of this project, which has an interesting Jewish connection!! Bring your questions and concerns. Hear about Celia's House, a Rogue Valley residential hospice care facility. For details, please call David, 503-757-8892.



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