

SOUTHERN OREGON

FRIENDS of HOSPICE

April 24, 2020



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

Southern Oregon Friends of Hospice

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Palliative Care

Hospice

Physical Comfort

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In the News



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1618 Ashland St, Ashland, OR 97520

541-488-7805

Hours: Mon - Sat: 10:30 a.m. to 5 p.m., Sun: 1 p.m. to 5 p.m.

Donations accepted daily until 4:30 p.m.

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HUB Closure Creates Financial Shortfall

Susan Hearn, Executive Director

Impact of the COVID-19 virus is affecting everyone, everywhere, including Southern Oregon Friends of Hospice, Celia's House and the Hospice Unique Boutique.

While positive steps are underway at Celia's House, Southern Oregon Friends of Hospice is experiencing a significant loss of operating income due to the mandated closure of our resale store, Hospice Unique Boutique (HUB) in Ashland.

The HUB is our beginning, the roots of Southern Oregon Friends of Hospice and a significant source of income. If it wasn't for the Boutique, its volunteers, donors and customers, we would have never made it off the ground.

We estimate that during the projected three-month HUB closure, over \$75,000 in income will be lost. This HUB income currently helps to fund Celia's House operating costs and is the foundation of our organization's earned income, dating back to 2009.

Even with added challenges, our kind and skilled professional staff are working hard to make the end-of-life transition better for Celia's House residents and their

families.

Now we need to look elsewhere for funds that would normally contribute financial assistance for local people who need end-of-life residential care.

Southern Oregon Friends of Hospice is launching a COVID-RECOVERY CAMPAIGN seeking donors who together, with gifts between \$25 and \$15,000, can meet a \$75,000 fundraising goal by June 30th.

Every donation received will offer a tangible way for our generous community to help some of our most vulnerable. We are hopeful that many individuals and businesses will join us in meeting this challenge.

CAMPAIGN DONATION LEVEL GOALS:

Donor Amount	Number	Needed
\$15,000	1	\$15,000
\$10,000	2	\$20,000
\$5,000	4	\$20,000
\$1,000	5	\$ 5,000
\$ 500	10	\$ 5,000
\$ 100	25	\$ 2,500
\$ 50	50	\$ 2,500
\$ 25	100	\$ 2,500
TOTAL	197 Donors	\$75,000

Donations may be made by phone M-F 9 a.m. -5 p.m. at 541-500-8911, through regular mail at 217 S Modoc Ave, Medford, OR 97504 or electronically by using the secure "Donate Now" button to the right.



Meeting Isolation with Kindness and Care *By Cheryl French, Volunteer*

During this time of isolation, the board members, nurses, caregivers and staff at Celia's House continue to creatively live the mission: Be Present, Be Kind, Be Real. But how, you ask, is this possible during restricted social contact?

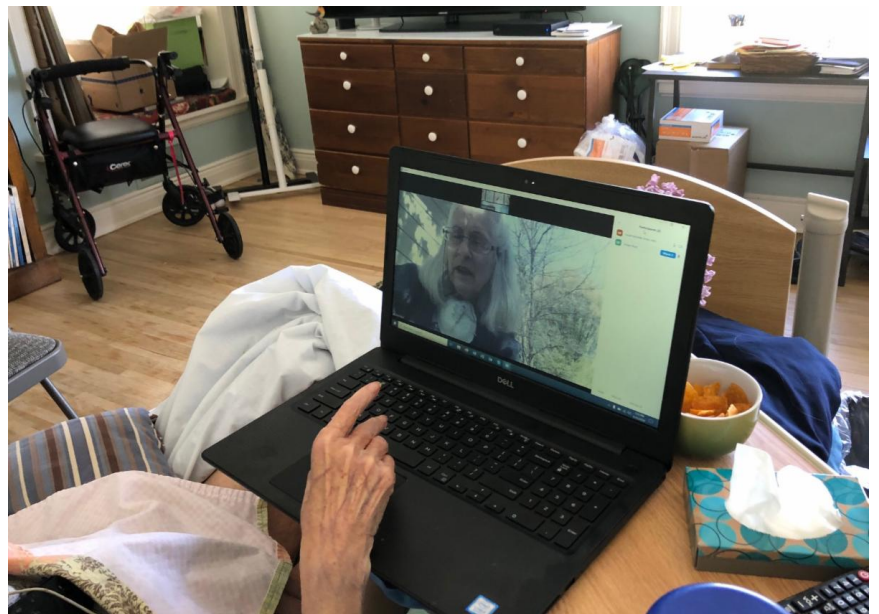
Typically you would see residents, volunteers, and visiting friends enjoying one another; family members or volunteers quietly sitting nearby; a caregiver who would make time to listen while a resident shares

stories; and the many volunteers who serve food, sit at the bedside and hold the hand of a dying resident.

Today at Celia's House, Oregon's Covid-19 rules do not allow palliative care residents to have visitors. For our end-of-life residents, only immediate family members may visit. So outward appearances have changed. What may not be as obvious are all the ways our nurses and staff, caregivers and volunteers remain available to provide personalized hospice care.



Our volunteers, who may not enter the main building during this time, are finding ways to support and honor residents. HeartSong Singers, distanced appropriately, sing outdoors below residents' balconies. Caregivers wearing masks set up online visits for residents who cannot have visitors.



The devoted volunteer gardening team shows up each week to maintain the beauty and serenity of the

walkways and gardens. Celia's House cat Oliver, consoles his ill friends, and as always, chefs Karen Amarotico and Kevin Pilgrim create special tasty treats.

Each day the news may be filled with sad stories of people dying alone in isolated Covid-19 hospital wards where no family members are allowed. Patients with frightened eyes and no familiar hand to hold look for the emotional support that busy doctors and nurses cannot provide. But here at Celia's House love, kindness, compassion and unique stories of caring continue to shelter and comfort our residents. It is the generosity of our volunteers, the dedication of our staff and the support of our donors that transforms the potential of a lonely end of life to one still filled with comfort.

Oliver the Cat's Routine Stays the Same

By Sarah Bieniek, Administrative Assistant

While life has changed for we humans at Celia's House, there is one member of our team who continues his routine virtually unchanged. Oliver continues to warm our hearts and companion our residents during this difficult time. He can often be found cuddled up at the foot of a someone's bed, or even by their head.



Although his duties at Celia's House haven't been impacted by the COVID-19 pandemic, Oliver too notices the difference in the house. Without our volunteers to give him a scratch behind the ears he has become vocal about his need for affection and can sometimes be heard meowing in the foyer to get our attention. The kitchen crew makes sure to keep our four-legged team member happy by always keeping his bowls full of yummy food to eat and a cup of fresh cream.

The furry friends in our lives are so important for many people when facing adversity. They are a source of joy and comfort like no other. One family who was not able to visit as much because of the pandemic, expressed relief each time they called and I could report she was smiling after Oliver spent time in their mom's room. Hopefully, we can all follow Oliver's lead and enjoy the simple routines of our day.

Food is Love & Mama's Meatloaf

By Karen Amarotico, Celia's House Kitchen Manager

As I write this I am looking out at the Reflection Garden and the Listening Angel that grace the back area of Celia's House. The sun is shining and there is a soft breeze blowing through the lilacs. It's serenely beautiful.

In the past, I've watched residential support volunteers (RSV's) taking residents out for a stroll. My heart has been warmed as an RSV visited with a resident while sharing macarons in the shade on the patio. And a favorite recollection is of an RSV reading to a resident who was bed bound but whose bed had been wheeled outside so he could enjoy the fresh air.

While we still have our incredibly talented garden volunteers tending to the grounds, the wonderfully caring volunteers that visit with our residents are absent. Those volunteers bring joy to our residents in many ways and I know I speak for everyone when I say that we love and miss them so very much!

During this time, we at Celia's are doing our best to take care of each other as we take care of our residents. Helping hands are offered often before one asks, kind words are free flowing, and we in the kitchen try to make sure that good things to eat are always available... because to us, food is love.

One of my favorite recipes came from my Mom. She taught me how to make it when I was a kid and if I helped her cook dinner, she would let me bake dessert. It was a win-win situation (and pretty crafty of her too as I never thought of it as a chore). Please give it a try and let me know how it worked out.

Sending you love and virtual hugs.

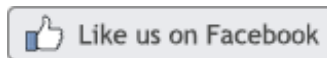
Mama's Meatloaf

- 2 lbs. Ground beef
- 1 medium onion
- 2 medium carrots, peeled
- 3 ribs of celery
- 2 eggs
- 2 slices of bread (or substitute your favorite bread crumbs)

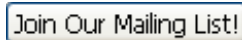
- 1/2 tsp each: Parsley, Sage, Thyme, Salt and Pepper
- 6 slices bacon to top meatloaf

Place ground beef in a bowl. Cut the onion, celery, and carrots into large chunks and place in a Cuisinart or blender. Pulse the veggies until chopped small. Add eggs and pulse. Finally, tear bread into pieces and add to the Cuisinart, pulse until all combined. Add this mixture to beef and mix well. Spray the baking pan (9x13) and shape meat mixture into a loaf and pat to make sure that the meat is compacted. Lay slices of bacon atop the meatloaf.

Bake at 350 degrees until the meat has an internal temp of 155 or about 1 hour. Serve with brown gravy or ketchup. Mama's Meatloaf



541-500-8911, info@sofriendsofhospice.org



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