

SOUTHERN OREGON



# FRIENDS *of* HOSPICE

June 19, 2020



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

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## Honoring a Father Our Everyday Heroes

**Acton Black Family Food Program raises  
funds to feed families of hospice patients**

***By Julie Raefield, Development Director***

"Everyone loved our father, but first and foremost he was a family man," said Acton's son Bill Black. "He was always supportive, but he also had us sit and think and be ready for what would happen if our plans didn't work out. He had integrity and we always knew we were loved."



The Black Family - Lori, Acton, Lynn, Bill, Angelina and Charles, carrying on a commitment of giving.

"Dad would push us to take a risk, to be the best that we could be," added daughter Lynn Black.

"But, he was so kind and had a smile for everyone. No matter what, Dad would learn everyone's names - whether in the hospital, at hospice or in his community. He felt it was so important to make

people feel recognized."

Acton Black's commitment to giving respect to others and building community will live on in a special way at Celia's House. The Black Family has started a program to ensure any family member visiting their loved one in hospice care will be able to receive free meals. The family has opened the Acton Black Family Food Program to maintain this gift to other families for years to come; to feel nurtured and taken care of, in the way their family felt at Celia's House.

"Our (hospice) story starts like a lot of others," said daughter Lori Black. "We had been through so many hospitals, doctor's appointments...taking care of so many things. When we finally found Celia's House, we had been doing everything. When we walked through the door on the first day, exhausted, we were greeted so warmly. Volunteer John offered us all a bowl of Karen's delicious homemade chicken soup. It felt so wonderful - like no other place we had been with Dad."

"Celia's House staff made the whole experience so much easier to deal with," said son Charles Black. "The whole place made me feel good about my dad being there. The smell of good cooking, the piano being played, the walks in the garden. I was so glad that he was there - I could go home for the night and feel okay." "The great care here really blew us away," added Bill. "The staff was like family - going through this journey together with us."

"Because of COVID-19, we haven't been able to hold a celebration of life for our dad," said Lori. Starting this program to cover the costs of other families' meals is our way of honoring our dad. This is our celebration of his life. It is our goal to make it easy for all families, including those with fewer resources, to be able to count on meals when visiting Celia's House."

"Being at Celia's gave us an opportunity to be a family again, to share meals again with our father and to not have to take care of everything. We want everyone to have that opportunity," added Lynn and Bill. [To READ MORE about Acton Black and the Black Family click here..](#)

For anyone wishing to contribute to the Acton Black Family Food Program, the online donation form may be found here: <https://sofriendsofhospice.org/ways-to-give/donation-of-money/>. Please select the "Black Family Food Program" under the APPEAL section.

## **Welcoming Julie Raefield, our New Development Director**

As the Angel Reflection Garden is nearing completion, the Capital Campaign to create Celia's House is entering its final stages. That means that fundraising efforts are now shifting.



Southern Oregon Friends of Hospice is working to strengthen the Care Fund for residents in financial need, secure resources for general operating costs, and create long-term sustainability.

With those goals in mind, Southern Oregon Friends of Hospice is pleased to welcome Julie Raefield as the organization's new Development Director.

"I'm so grateful to be able to support the profoundly important work of Southern Oregon Friends of Hospice and Celia's House," shares Julie. "I have experienced hospice in my own family and I want every family to have the option for this compassionate end-of-life care."

With nearly 30 years in development experience, Julie's work in Oregon includes two decades as an administrator and faculty with Columbia Gorge Community College - including serving as their first Development Director. Additionally, she served as Executive Director for Providence Hood River Memorial Hospital Foundation, overseeing fundraising for Providence's Hospice of the Gorge program while in that position.

"Rogue Valley families have shown deep dedication to quality hospice care through the generous gifts that came in to create Celia's House. That is vision

in action! I am looking forward to rejoining this wonderful community and being of service to our residents and donors."

Happy to be returning to Southern Oregon this year, Julie last worked in the Rogue Valley as a communications consultant from 2015 to 2017, assisting both Jackson Care Connect and Asante Physician Partners. She has spent the last three years in San Diego, recently serving on a team developing a brand new \$34M museum project in Balboa Park. Although she enjoyed the excitement of this challenge, according to Julie, it was the continuing call of Southern Oregon's beauty and the wonderful people of the Rogue Valley that have brought her "back home."

## Celia's House Garden Tour



[Click Here for Video Tour of Garden](#)

Celia's House garden in late spring bloom is a vivid daily reminder of hope and beauty. Even though COVID-19 has limited our ability to

invite visitors to enjoy our lovely surroundings, we want to share them with you today through this garden tour video. Virtually stroll along our paths and patios and peek at the nearly complete Angel Reflection Garden sponsored by the Carrico Family Foundation. You can see how a park-like setting supports our residents' and visitors' experiences.

## Thoughts from Celia's Kitchen

*By Karen Amarotico, Celia's House Chef*

When I think back on the past 18 months, I am filled with gratitude that I was chosen to be a part of Celia's House, because it gives me the opportunity to prepare delicious food for our guests every day. The aromas that come from the kitchen permeate the whole house and make people happy - and that feels wonderful.

Of course, there are also challenges. When faced with difficult situations in life, there's a children's story that comes to mind for me. It's called ["The](#)

[Three Questions,"](#) and it's based on a story by Leo Tolstoy.

In this story, a young boy strives to be a good person. To help him, he has posed three questions to help him know what to do. I'd suggest listening to the short story for yourself, if you're interested, but I can tell you that the answers are what we practice here at Celia's every single day.

1. When is the best time to do things? The most important time is now, and we demonstrate this by being present in the moment.
2. Who is the most important one? The most important one is the person who is in front of you. Here at Celia's, that may mean a resident, a guest or family member, or a colleague.
3. What is the right thing to do? The most important thing to do is to do good for the person at your side, whomever that may be.

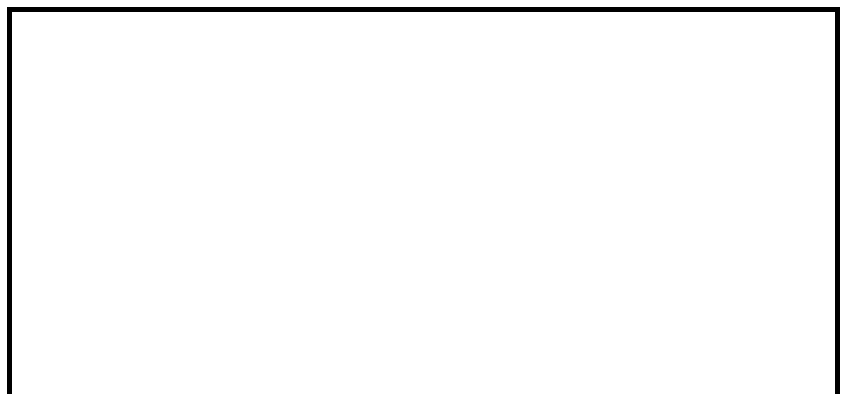
Imagine that... the answers to life's challenges coming from a children's book (and Tolstoy)!

This morning at Celia's, I am baking banana bread using [this recipe](#). It's super moist and the only thing I do differently is mash the bananas instead of slicing them. I'd love for you to try it at home and let me know how you like it.

Finally, I'm planning another online cooking class for mid July, and would love to have you! I have several dishes in mind (Manicotti, Spanakopita, and more) but am open to suggestions as well! If you are interested, please [send me your information](#) and I will keep you posted. Sending love!

## **HUB Happenings!**

**NOW OPEN SEVEN DAYS A WEEK 10:30-5pm!**







\* Monthly drawing - sign up at The HUB to be entered in a monthly drawing to win a \$20 gift certificate and receive Celia's House newsletter. Winners will be announced in the newsletter. If your name is not drawn, you remain eligible to win each month.

This month's winner of the \$20 gift certificate is  
Patricia May

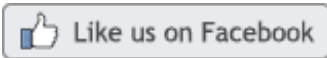
\* Looking for a fun volunteer experience? Pick up an application at The HUB, 1618 Ashland Street, Ashland, OR. Or call us: (541) 488-7805.

\* New stores hours are 10:30 a.m. to 5 p.m. daily. Donations accepted daily until 4:30 p.m.

\* For furniture donations, please send photos to: [thehub@opendoor.com](mailto:thehub@opendoor.com)

\* Shop eBay at [www.ebay.com/str/hospiceuniqueboutique](http://www.ebay.com/str/hospiceuniqueboutique)

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