

National Caregivers Month



One Year of Our Spiritual Care Program

Alexandria Castelo, Development and Communications Coordinator

As of January 2024, Celia's House's Spiritual Care Program has been in place for one year. Mary Piper joined as Celia's House's first Chaplain, and the program has grown immensely. We recently received a generous anonymous gift to fund the program for two more years. Spiritual care supports patients and families through emotional, existential, and religious needs. It includes facilitating meaningful conversations and counseling while respecting individual beliefs and traditions.

Southern Oregon Friends of Hospice is grateful to see how the Spiritual Care Program has helped residents' families and Celia's House staff. Diane Augustine, RN at Celia's House, talks about the specific ways the program has supported staff:

"As caregivers, we are often task-driven to meet the immediate needs of those we care for. However, spiritual care is just as important and is an integral part of ensuring we address all the needs of the person and their friends and family. Recently, we had a resident who was actively dying and experiencing great distress. Rev. Mary Piper met with her before she passed away, offered her a blessing, and assured her that she was loved. Our team could see firsthand the peace that came over her, allowing her to die with a lighter heart."

Fifteen trained spiritual care volunteers ensure that residents' needs and those of their families are addressed. Monthly meetings of the Spiritual Care team include a variety of learning opportunities, such as tours of funeral homes, sessions on the Eneagram and spirituality, Singing Bowls, educational visits to local faith centers, and monthly consulting sessions with other chaplains.



"It is such an honor to interact with people at the end of life in this way," shares Sarah Seybold, one of Celia's House spiritual care volunteers. "We are recording information, reading notes, and gaining a sense of what is truly important to the resident. We now have more awareness regarding people's traditions and preferences, and how to incorporate that into how we help them navigate the end of life."

If you have questions about Celia's House Spiritual Care Program or volunteer opportunities, please contact The Rev. Mary Piper at mary.piper@southernofhospice.org.



Various items that are available to anyone in the Celia's House Library. All residents, their visitors, staff, and volunteers can use these items at any time.

2024 Board of Directors Retreat

We recently attended the Southern Oregon Friends of Hospice Board of Directors Annual Retreat where we reviewed last year's goals and set priorities for the coming year. We accomplished all but two of our 2023 stretch goals, received a highly positive financial report, and thanks to you we raised more than \$977,000 in donations. The HUB (Hospice Unique Boutique) in Ashland continues to achieve healthy sales and is a major contributor to Celia's House operations.

The retreat was also an occasion to introduce new members and honor and bid farewell to those leaving the board. We welcomed the return of past Board and Honorary Board member Toni Adams. We announced two new members, John Sellers and David Glauser, who share our passion for our mission and will bring additional skills to the diverse expertise of our board. We honored and said goodbye to Norman Fincher and Fred Bockstahler, two longstanding board members who served successively as President for several years, including through the turbulent time of the pandemic. Their commitment to our organization and leadership has been vital to our success.

During the retreat, the Board focused on governance, sustainability, financial planning, long-term stability, quality of care, and support for Celia's House. To achieve our goal of serving everyone who needs us, we set a priority to address community diversity and to better understand our inherent biases. We discussed planning strategies for leadership transition and approved the 2024 Strategic Plan.

We are both proud to lead Southern Oregon Friends of Hospice, our dedicated Board, and an organization that provides exceptional and compassionate care. We are also inspired by your ongoing support that allows us to honor the journey of those in our care and focus on what is important to the dying person and their loved ones.

Gratefully,

Chris Eberhardt, Chair, Board of Directors Dwight Wilson, Executive Director

Celia's House HVAC Upgrade: A Practical Success

Lily Herwald, Dir. of Development and Communications

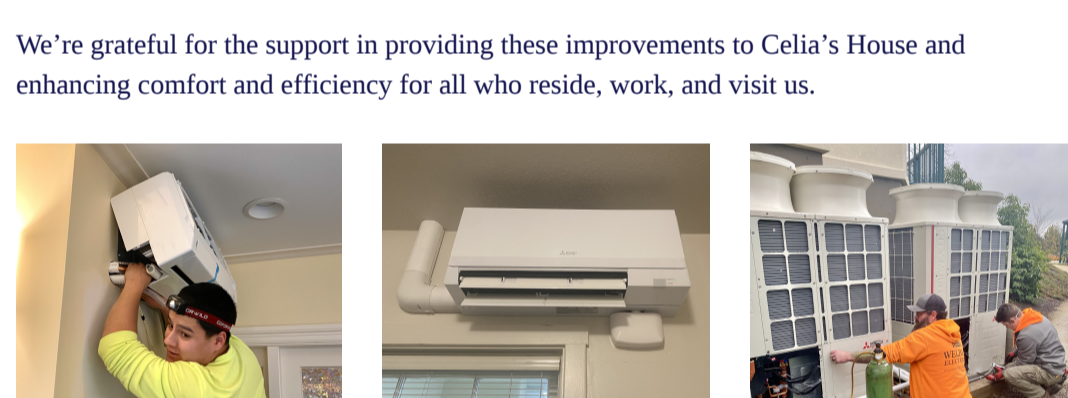
We're excited to share the completion of a significant project at Celia's House – replacing three-quarters of our heating and cooling system (HVAC) with modern heat pump units and 22 indoor units. This project's priority is for resident comfort. Secondly, it provides the benefit of a 10-20% reduction in annual utility costs, a substantial win for our sustainability efforts.

One of the standout features of the new system is its ability to provide easy temperature control for each room, ensuring everyone's comfort. Regular maintenance is now in place to keep the system running smoothly for years.

We thank our funding partners, including the Carrico Family Foundation, Ben B. Cheney Foundation, and Barbara and Harry Oliver, whose support got the project off the ground. Additional funding from the Oregon Community Foundation, The RoundHouse Foundation, and the Barbara DeGroot Funds were instrumental in pushing the project forward.

Metal Masters, our general contractor, and Chris Wilbur, Celia's House Project Manager, all deserve a special shoutout for their hard work and leadership. Despite its size, the project was completed on time and under budget, thanks to everyone's dedication. Chris said, "I've worked on capital projects for over 25 years, and I've never had a project go as well as this one, which is remarkable since upgrades to older houses often encounter surprises, leading to unforeseen costs and more time to complete."

We're grateful for the support in providing these improvements to Celia's House and enhancing comfort and efficiency for all who reside, work, and visit us.



Photographs of our partners from Metal Masters, the indoor wall units, and the installation of the heat pumps.

The HUB
END OF SEASON
SALE
FEB 19-24, 2024
50%

UP TO 50% OFF SELECT ITEMS STOREWIDE

1618 Ashland Street
Ashland, OR 97520

Store Hours:
Monday – Saturday, 10:30am – 5:00pm;
Closed Sunday.

(541) 488-7805

- Donation hours: Tuesday - Saturday 10:30am - 4:00pm.
- Interested in volunteering at The HUB? Please email shalayne@win@southernofhospice.org
- Please follow us on Facebook and Instagram: [facebook.com/HospiceUniqueBoutique/](https://www.facebook.com/HospiceUniqueBoutique/) & [@hospiceuniqueboutique](https://www.instagram.com/hospiceuniqueboutique)
- Shop The HUB [eBay](#)

The HUB DONATION GUIDE

<p>✓ YES, We Accept</p> <p>Clothing: New and Gently Used Designer, Name Brand, and Vintage Clothing and Shoes (Men's and Women's)</p> <p>Accessories: Purse, Wallets, Belts, Hats, Scarves, Belts, Leggins, Silk Tie</p> <p>Antiques & Collectibles: Rare Items, Family Heirlooms, Vintage Toys, Unique One-of-a-Kind Items, Vintage Garden Tools</p> <p>Linens: Clean & Unstained Duvet Covers, Comforters, Blankets, Complex Sheet Sets, Towels, Napkins, Tablecloths, Aprons, Throw Pillows, Rug</p> <p>Housewares: Complete Glassware Sets, Cookware, Dishes, Kitchen Decor, Utensils, Small Clean Working Kitchen Appliances, Cookbooks (Plastic and Vintage)</p> <p>Home Decor: Lamps, Decorative Pillows, Musical Instruments, Framed Fine Art, Prints, Antique Literature</p> <p>Jewelry: Estate, Fine and Fashion Jewelry, Coins, Watches, Gold, Silver, Financial Contributions</p> <p>Media: CDs, DVD/Blue Ray, Audio Books, Records</p>	<p>✗ NO, We Don't Accept</p> <p>Anything Stained, Torn, Chipped, Damaged, Dirty, Broken, Obsolete or in Poor Condition</p> <p>Bras, Underwear, Socks, Bathing Suits, Wedding Dresses, Children's Items</p> <p>Food (other than cookbooks), Photo Albums, Magazine Collections, Empty Frames, Lampshades, Hangers</p> <p>Endangered Species Items: Ivory, Turtle, Birds, etc.</p> <p>Mattresses, Sofa Beds, Box Springs, Waterbeds, Bed Frames, China Cabinets, Entertainment Centers</p> <p>Large Appliances, TV's, Computers, Electronic or Office Equipment, Piano's, Organ's, Grandfather Clocks</p> <p>Medical Equipment and Supplies</p> <p>Hazardous Materials, Garbage</p> <p>Home Improvements/Construction Items, Power Tools</p>
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FURNITURE DONATIONS: All furniture donations are subject to prior management approval. Please email our text photographs and details to donah@southernofhospice.org or 541.261.5289, and a member of The HUB management will contact you regarding your message.

DONATION DAYS & HOURS: Tuesday – Saturday, 10:30 AM – 4:00 PM or until full. Please try to keep bags and boxes under 20 lbs. All donations are subject to staff approval.

BEFORE DONATING...

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We are grateful for your thoughtful consideration when donating to The HUB and appreciate your support. All sales benefit Southern Oregon Friends of Hospice.

DONATION ALTERNATIVES

The HUB, 1618 Ashland St., Ashland, OR 97520 | P: 541-488-7805 | E: donah@southernofhospice.org

Please Welcome Our New Board Members



David Glauser joined the Oregon Pacific Wealth Management team in June 2017. He is a Certified Financial Planner with over 21 years of experience. David has expertise in tactical investing and detailed risk management. He is a Providence Heritage Foundation-Medford Board Member, and recently joined the Southern Oregon Friends of Hospice board. He shared, "The first time I visited Celia's House, I sensed a very special, sacred feeling about it. It wasn't just the peaceful beauty of the house and its park-like setting. More importantly, it was the evident care and respect that I felt from the caregivers toward each other and toward the residents. Celia's House is unique and wonderful. This opportunity to serve on its board of directors is a natural extension of my career as a caregiver of financial well-being for individuals and families."

John Sellers grew up in Medford, moved away for college in 1983, then lived in Los Angeles, Seattle, and Scottsdale, Arizona. While in Scottsdale, John built a successful practice as a real estate broker, and at the same time, became a mortgage broker and real estate investor. In 2009 he returned to Medford with his family. Once resettled, John received his real estate license and started focusing on flipping houses and building a rental portfolio. Since that time, he and his wife have partnered to flip and build over 100 houses. Today, John has one of the largest teams at eXp Realty. John was introduced to Celia's House a few months ago, and shared, "Once I took the tour, and met the staff and guests, I was more than intrigued by this special place. After more due diligence and spending time with Dwight, I realized I really wanted to be part of building the legacy of Celia's House."

Quotes From Families

"The staff was already so helpful and kind to us, so to additionally have Mary Piper and several spiritual care volunteers checking in on our family, and showering my mom with love, was so moving. Celia's House is a special place."-N

Volunteer

Donate

We are Here to Help. Please Give Us a Call.

For questions regarding admission, please call **(650) 743-7997**

For general information, please call **(541) 500-8911** or email us at info@southernofhospice.org

217 S Modoc Ave, Medford, OR 97504 southernofhospice.org

Check Out Our YouTube Video Tour:
[Celia's House - An Inside Look at Resident and Common Rooms](#)

Every month, the following individuals make the Southern Oregon Friends of Hospice E-newsletter possible: Alexandria Castelo, Cheryl French, Dwight Wilson, Lily Herwald, Lara Knackstedt, Patrice Dean, Rebecca Reid, and Steve Roe.