

## National Healthcare Decision Month



### Prepare for Peace: The Power of Proactive Planning

Lily Herwald, Dir. of Development and Communications  
Cheryl French, Volunteer

As we journey through life's twists and turns, unexpected challenges can arise, especially as we age. One moment, we're active, and well, the next, we're facing an unexpected accident or chronic illness. How can we minimize the anxiety and stress caused by such circumstances? The answer lies in proactive planning and a solid "Plan B" in place, even while we're healthy and active.

Southern Oregon Friends of Hospice understands the importance of considering alternatives before the need arises. It can be challenging to think clearly and devise a course of action during a crisis. We advocate planning ahead to save time and resources in unforeseen circumstances.

Consider this hypothetical scenario: Bill, an 83-year-old widower, relied on his son, James, for assistance in maintaining his independence at home. This was their "Plan A." However, when Bill was diagnosed with a terminal illness requiring round-the-clock care, their original plan became unfeasible. The family couldn't afford a 24-hour caregiver, and James' health began to suffer. The family scrambled to create an end-of-life care plan without a contingency plan. This scenario underscores the necessity of proactive planning, including understanding available options, costs, and preferences for care.

Planning enables individuals and their loved ones to navigate end-of-life decisions with peace of mind and dignity. As a leading advocate for end-of-life care planning, Southern Oregon Friends of Hospice is committed to promoting broader knowledge and awareness of these issues.

For more information and resources, contact us at (541) 500-8911. We are here to support you on your journey towards peace and preparedness.

**Action Steps** to minimize anxiety and stress caused by unexpected challenges of aging or end-of-life care:

- Initiate Family Conversations
- Research Available Resources
- Consult with Healthcare Professionals
- Create Advance Directives
- Explore Long-Term Care Insurance
- Review and Update Plans Regularly
- Seek Support from Organizations
- Communicate with Loved Ones
- Act Now

### High Tea Appreciation for Celia's House Quilters



Saturday, April 13 Celia's House hosted a High Tea to honor the hard-working, dedicated, and talented local quilters who make quilts for Celia's House residents. Our team is so grateful for their effort and commitment.

Upon admission, every resident gets to choose a handmade quilt. This is part of our team's warm welcome, and our hearts are touched when we see firsthand what it means to the person and their family.

"I just want to thank you for making these quilts. Receiving one meant so much to me and my daughter. Thank you for making us feel special during this hard time." - Celia's House resident.

Huge thank you to all the staff and volunteers who made Saturday's special High Tea possible. Words cannot express our team's gratitude for the individuals who make quilts and donate them each month to Celia's House.

"Sometimes the little things in life mean the most."

### A Place of Comfort: Why Celia's House Matters in End-of-Life Care

As a dedicated supporter of holistic end-of-life care, you understand the profound impact that dignity and comfort can bring during life's final days. Yet for many, accessing round-the-clock skilled healthcare at home remains an elusive dream, clouded by financial barriers or the need for family caregivers.

Enter Celia's House, a beacon of warmth, compassion, and solace for hospice patients regardless of their financial circumstances. Since its inception in 2018, Celia's House has served as the final home for nearly 600 individuals, a testament to our vital role in the Southern Oregon community.

Our dedicated staff and volunteers possess a unique blend of empathy, resilience, and compassion, providing unwavering support to those facing and their grieving loved ones facing death. Yet the cost of this unparalleled care surpasses what room fees can cover. As a nonprofit organization, we rely on the generosity of compassionate individuals like you to bridge this financial gap and help us uphold our Mission.

This year, we have set an ambitious goal to raise \$200,000 by July 31, 2024. Your contribution directly supports vital services for our residents and enables us to welcome anyone who needs us. So far, we have received \$13,235.

Regardless of its size, your donation is a lifetime of humanity and support that directly impacts the lives of our residents and their families. Please support Celia's House by sending a check to SOFH, 217 S. Modoc Ave., Medford, OR 97504, or donate online: <https://sofriendssofhospice.org/spring-fundraising-campaign/>

With sincere gratitude,  
Lily Herwald

### April 21-27 is National Volunteer Appreciation Week

We would like to thank all of the dedicated Celia's House and HUB volunteers who regularly offer their many talents and kindness. The volunteers of Southern Oregon Friends of Hospice are the heart of our organization. Thank you for your passion and your willingness to support end-of-life care.



### Celia's House is Looking for Garden Volunteers



Join us in the garden! We're seeking gardening volunteers for Wednesday mornings from 9 am to noon. No experience is required, just a love for greenery and camaraderie! If you are interested in volunteering or have more questions, contact Brie Belanger [brieanne.belanger@sofriendssofhospice.org](mailto:brieanne.belanger@sofriendssofhospice.org). Thank you for your interest in supporting Celia's House and being a part of our team.

The HUB

SHOP THE SPRING LINEN COLLECTION

Begins April 29th

1618 Ashland St. Ashland OR | 541-488-7805

THE HOSPICE UNIQUE BOUTIQUE PRESENTS

# HUB COUTURE

Unique upscale clothing, jewelry and accessories displayed on live models.

**Fashion Show:** 2:30 - 3:00 PM

**2024**

SPRING & SUMMER FASHION FINDS

**CONTACT US** 541-488-7805

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 [chalarvne.gwin@sofriendssofhospice.org](mailto:chalarvne.gwin@sofriendssofhospice.org)
- Please follow us on Facebook and Instagram: [facebook.com/HospiceUniqueBoutique](https://facebook.com/HospiceUniqueBoutique) & [@hospiceuniqueboutique](https://instagram.com/hospiceuniqueboutique)
- Shop The HUB [eBay](#)

### Join us for Celia's House Second Annual June in Bloom



On Sunday, June 2, from 2 to 5 pm, Southern Oregon Friends of Hospice will hold the second annual *June in Bloom*, a beautiful community event and fundraiser for Celia's House. Tickets are limited and now available for purchase online at: <https://sofriendssofhospice.org/june-in-bloom-2024-event-tickets>.

You may also email [info@sofriendssofhospice.org](mailto:info@sofriendssofhospice.org) and we will help you with your ticket purchase.

### Special Thank You to Our Sponsors



**Gates McKibbin**      **Carole Kehrig**

### Become a Sponsor of June in Bloom

We are looking for businesses or individuals who would like to sponsor the upcoming *June in Bloom*. Join us in supporting the event filled with fun, food, and heart in Celia's House's magnificent gardens. The money raised will go directly toward supporting our residents and their families. As a sponsor, you will get free tickets to the event, a VIP table, and will be included in all our promotional materials, as well as our 2024 Annual Report.

**Interested in becoming a sponsor?**  
Contact Alexandria Castelo at [alexandria.castelo@sofriendssofhospice.org](mailto:alexandria.castelo@sofriendssofhospice.org)

www.sofriendssofhospice.org

Southern Oregon  
**FRIENDS of HOSPICE**

Spring & Summer events

April 20	Spring Clothing Showcase at The HUB
May 11, 2, 5 pm	Spring HUB Couture Sip & Shop Event at The HUB
June 2, 2-5 pm	June in Bloom: Community Event & Fundraiser for Celia's House: In the Celia's House Gardens
June 15, 5-7:30pm	The Fall Sale at The HUB

End of Life Preparation Courses, through OLLI (Osher Lifelong Learning Institute)  
/U Celia's House: 217 S. Modoc Ave. Medford, OR

Part 1: Fridays, April 10 - May 10, 2024 1:00 - 2:00 pm  
Part 2: Fridays, May 17 - June 7, 2024 1:00 - 2:00 pm

### Quotes From Families

*"It is remarkable how kind staff and volunteers are at Celia's House. Everyone was so helpful and willing to go the extra mile to make us feel comfortable and listened to. This organization is truly living up to their mission."* -M



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

For questions regarding admission, please call:  
(504) 743-7997

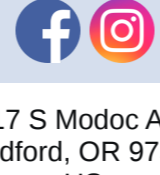
For general information, please call (541) 500-8911 or email us at [info@sofriendssofhospice.org](mailto:info@sofriendssofhospice.org)

217 S Modoc Ave. Medford, OR 97504 [sofriendssofhospice.org](https://sofriendssofhospice.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.

CONNECT WITH US



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Medford, OR 97504  
US

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