



# Taking Care



## Resources: Remaining a Healthy Caregiver

Cheryl French, Volunteer

In last month's newsletter, I wrote about the importance of caregiver self-care. As I made my way into this new role, I searched online for information and talked to experts. But people learn in different ways: talking to friends and family, reading books, watching videos, or listening to podcasts. Most of these sources of information point to similar recommendations to remain healthy while caring for a loved one:

- The importance of self-care.
Setting aside feelings of guilt.
Managing negative emotions: guilt, depression and anger.
Knowing when and where to seek help.

As I learned more about the emotional side of caregiving, I intellectually understood the information I read, but when it came to putting it into practice, I needed ongoing reinforcement and education about how to take care of myself.

I found help in a local caregiver support group facilitated by Becky Martin, MA Psychology. Becky was the former Administrator of Community Mental Health Services at Jackson County Mental Health; a caregiver for her husband until his death from cancer; and for her mother who died of Alzheimer's disease. Now retired, she facilitates several local caregiver support groups both on Zoom and in person.

Becky told me that whether you are caring for someone with a chronic disease or an end-of-life illness, the needs of the caregiver are similar:

"Caregiving is very isolating. Most people come into a group feeling like they are the only ones that experience grief, loss, and isolation. The isolation piece is powerful. As soon as someone finds that others feel the same way, they begin to feel connected to the world again. In a support group, the peer-to-peer experience is 'we're in this together.' Groups can help break through the isolation, and once the isolation is broken down, people are willing to receive new information to see what works for them.

Once I overcame my reluctance to join a support group, my anxiety calmed down when I took positive action and actually joined. I felt connected to others who voiced similar feelings and noticed that I was more open to hearing about caregiving tips and education. I also felt supported by the group in understanding the importance of remaining a healthy caregiver.

Below is a list of recommended links from Celia's House for caregiver support:

- Becky Martin, MA (Zoom meetings and in person)
Rogue Valley Council of Governments
Oregon Department of Human Services
AARP
National Institute of Aging
TED Talk Video
Video
Visual Graphic
Podcast Choices
List of Caregiver Books



## Comfort for Our Residents and Safety for Our Staff

Lily Herwald, Dir. of Development and Communications
At Celia's House, we've come to understand that a chair isn't just a piece of furniture—it's a cornerstone of comfort and well-being for our residents. Over the years, our reclining chairs have provided relief and support, but after six years of constant use, they need replacement. We're reaching out for your help to acquire 12 new therapeutic chairs. Your contribution keeps each resident's room a haven of solace and ensures they receive the ease they deserve.

- Why New Recliner Chairs Are Essential
Resident Comfort: High-quality recliners offer restful seating, significantly aiding pain management and overall comfort. Residents often spend over six hours daily in their chairs, making exceptional support and cushioning vital.
Staff Safety: Ergonomically designed chairs with fold-up arms reduce the risk of injury for our staff during resident assistance.
Pressure Relief: Tilt features redistribute body weight, preventing painful pressure sores.
Posture Support: Supportive backrests aid residents with reduced core strength, improving comfort and posture.
Enhanced Mobility and Independence: Features like lift assistance and customizable recline settings empower residents, giving them a sense of control and improving their quality of life.
Sanitation and Cleanability: Modern recliners are made from easy-to-clean materials, maintaining a hygienic environment and preventing infections.
Mobility: Newer models are easily movable, allowing access to porches, better room configurations, and ease of access during care activities.

Our Goal
We aim to raise \$75,000 to purchase 12 new Stryker medical reclining chairs (\$6,250 each) to ensure every resident room has the best seating possible. Your donations will also demonstrate public support in our grant applications for this project.

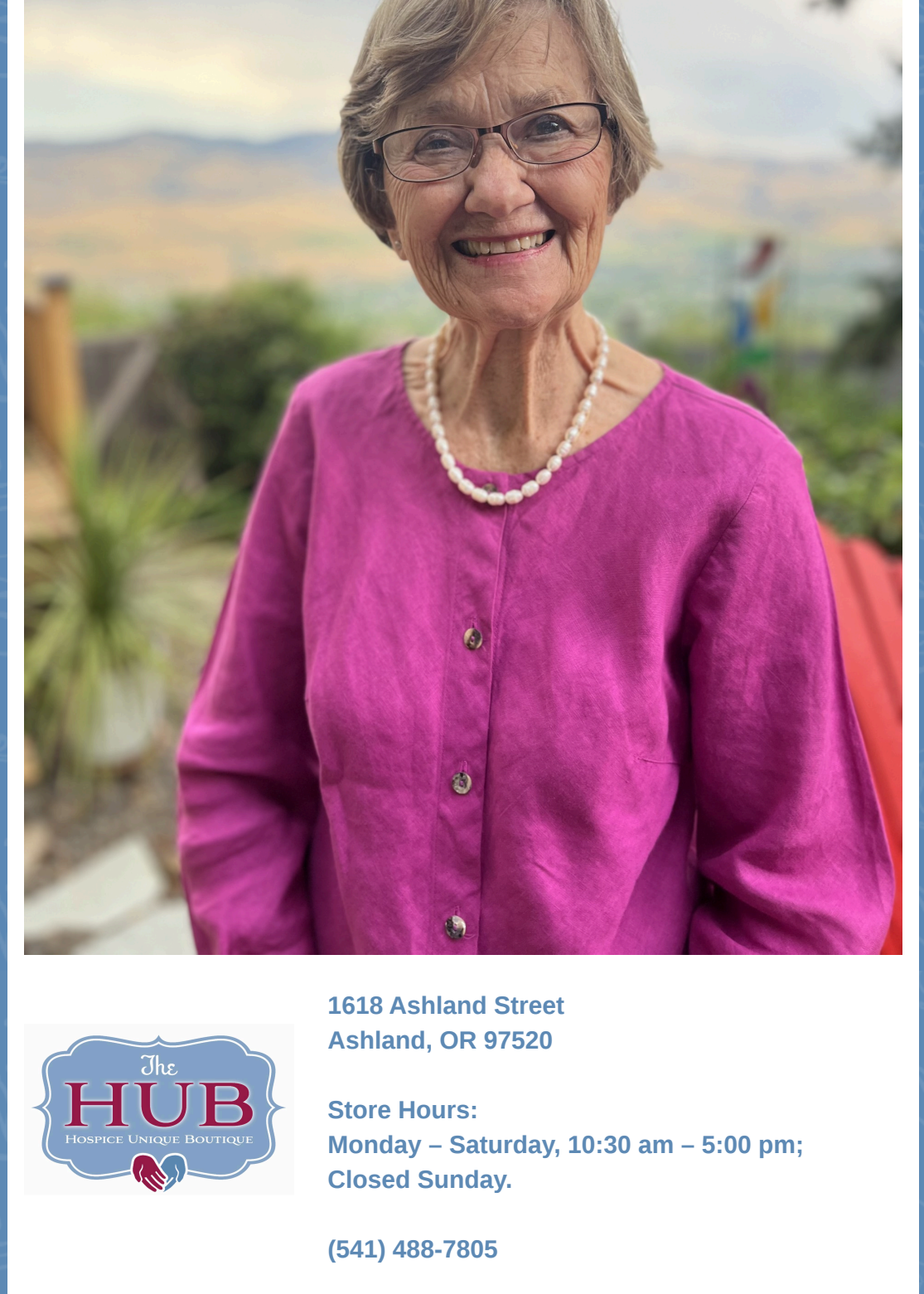
Join Us in Making a Difference
As a valued partner in holistic end-of-life care, your contribution will bring significant comfort and dignity to our residents. Every donation makes a substantial difference. Donate Here
For more information, don't hesitate to contact Lily Herwald at lily.herwald@southernofhospice.org or (907) 713-7814. We appreciate your support.



## HUB Volunteer Spotlight: Lori Bloom

Lori Bloom's journey is a testament to her enduring passion for community involvement and fashion. A graduate of Washington State University in 1963 with a degree in retail, Lori started her career as a buyer for H.C. Capwell-Emporium in Oakland, California. Her career took a turn when her husband, a Bank of America employee, had to travel frequently, and she became pregnant with their first child. At the time, pregnant women weren't allowed to serve the public, prompting Lori to step away from her professional role.
Lori and her husband then moved and bought a house in Portland, where she dedicated herself to raising their children, Susan and Roger. However, her desire to contribute to the community remained strong. She began volunteering at the local elementary school, which inspired her to return to school for her teaching certificate and master's degree. Lori went on to teach for 25 years, leaving a lasting impact on her students.
After retiring, Lori and her husband relocated to Belfair, Washington, for 17 years, indulging in their love for travel. In 2014, Lori moved to Ashland to be closer to her children. Her daughter, Susan, who was the Executive Director of Southern Oregon Friends of Hospice, suggested Lori volunteer at The HUB. This opportunity allowed Lori to combine her love for community service with her interest in clothing and fashion.
Lori has been a dedicated volunteer at The HUB, celebrating 10 years this fall. She currently assists with weekly jewelry resets and works as a cashier whenever she can. Her keen eye for fashion and interest in personal shopping have made her an invaluable asset to the team. Stay tuned for exciting developments as Lori explores personal shopping opportunities at The HUB!

Lori Bloom's story is one of dedication, adaptability, and a lifelong commitment to making a difference. Her contributions continue to enrich our community, and we are grateful for her invaluable service.



1618 Ashland Street
Ashland, OR 97520
Store Hours:
Monday - Saturday, 10:30 am - 5:00 pm;
Closed Sunday.
(541) 488-7805
Donation hours: Tuesday - Saturday, 10:30 am - 4:00 pm.
Interested in volunteering at The HUB? Please email chalayne.ewain@southernofhospice.org
Please follow us on Facebook and Instagram: facebook.com/HospiceUniqueBoutique & @hospicemuniqueboutique
Shop The HUB eBay

## Find Peace of Mind

August is recognized as "Make-a-Will-Month" and Southern Oregon Friends of Hospice has partnered with FreeWill to give individuals a no-cost option for estate planning.
Writing your own will can feel daunting. That's why FreeWill worked with the nation's top legal experts to create their interactive online will maker. Enter your information and create a last will and testament that's uniquely yours, customized to your wishes.
They also have cyber estate planning products available to help you get all your affairs in order. It takes less than 20 minutes to write or update your legal will, for free: Make my will
Many qualified local attorneys can also assist with wills and trusts. Here is some information: https://www.google.com/search?q=estate+planning+atorney+village+valley+oregon&rlz=C1C1CHBF\_enUS1040LUS140850m\_zstate\_planning:atorney:2008/85...&btnK=state+HUB+U+of+B+J+E+Y+uAe5BeeAEFUy0THCAED0R8ATIHCAIDR8AATIHCAI0R8ACAMQIR8AATHCA0QJ8R8ATHEAUQIR8A0IBCFE2DDYJ8B8N96CALACAA&sourceid=chrome&ed=UTTF-9

## Quotes from Families

"Mom wanted to die at home but this was the next best option. She couldn't be home, but she was so happy to be at Celia's House." -B

Volunteer Donate
We are Here to Help. Please Give us a Call.
For questions regarding admission, please call: (508) 743-7997
For general information, please call (541) 500-8911 or email us at info@southernofhospice.org 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 Gantt, Cheryl French, Dwight Wilson, Lily Herwald, Lara Knockstedt, Patrice Dean, Rebecca Reid, and Steve Roe.

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