



HOSPICE *Happenings*

Providing physical, emotional, and spiritual support to terminally ill patients and their families with free, around-the-clock registered nursing availability and trained volunteers. *#We'reMoreThanHospice*

Volunteer Spotlight

A New Year Opens Up

As 2024 starts, I'm still as grateful as I was 9 years ago when I stepped into the role of Volunteer Services Manager. I want to mention the work of some particular volunteers.

Frank Finney monitors the inventory in both warehouses, handles surplus equipment, and maintains the Sequim delivery truck. **Jean Pratschner** organizes our linens and redistributes our surplus supplies to other local nonprofits. **Chris Dennis** rotates tires on the delivery van twice a year, maintains oxygen concentrators, covers any shift her team members can't do, and does it all with a big smile. **Chas Bridge and Mickey Sexton** built a security door for our building, and Chas offers his talents in many other areas. A big shout-out to **Joni Kuntz**, who donated over 40 hand-knitted hats for our Polar Bear Dip fundraiser. (There are a few left, come and get one!) And finally, a shout-out to the many respite volunteers who kindly serve our hospice patients.

The generosity of ALL volunteers — donating their time, their talents, their expertise and their hearts — strengthens my belief in abundance, serendipity, and the goodness of human beings. Thank you from the bottom of my heart to all of our 178 volunteers!

Astrid Raffinpeyloz, Volunteer Services Manager



Everything fell perfectly into place for our fabulous New Year's Day **Polar Bear Dip** fundraiser: mild weather, fun-loving participants, good food, warm saunas, and colorful stickers for the brave ones who jumped in. Thanks to all who made this event a success!

Clinical Corner

Self-Care: Give Yourself Some Grace

by Mel Ayoub, RN, BSN, HNB-BC, Wellness Coordinator

Anyone who has been a caregiver can attest that things do not always go as planned. When caring for your loved one in their time of need, noble ideals are often traded: safe(ish) and clean(ish) are good enough.

When it comes to self-care, however, it's easy to deny the same grace for ourselves. Many of us find it difficult to bridge what our own self-care prior to caregiving was like, to the reality and constraints of the now. We forget the adage of this age: Put on your own oxygen mask before putting an oxygen mask on someone else.

The issue lies in our noble ideals. We think of how we used to care for ourselves and how we cannot do that anymore. And because we cannot meet that ideal, we give up on self-care altogether. The key is finding the essence of what fills your cup, what recharges you and brings you joy. Once you have identified the essence of what you need, you can make it applicable to your current situation.

Love being outside in nature? Get outside, several times a day, every day, even if it is only in your own yard. Bonus point if you can score a 10-minute walk. Love to unwind and relax? Take a warm bath several times a week. Bonus points if you schedule yourself a massage. Need solitude? Wake up early a few days a week to reclaim some quiet time for yourself.

To get through the caregiver journey, remember that even tiny amounts of self-care(ish) are good enough!

Grateful for VHOCC Lending Closet

"Our stepson is currently receiving several items from your Lending Closet, so we are enclosing monthly donations to help offset that expense to VHOCC. Thank you for making such things available free of charge to the community."

C.A.



Winter 2024 Program Calendar

All programs are free of charge. Registration is required for all except Follow-Up Grief Support Groups. All programs are subject to cancellation. Call 360-452-1511 or email reception@vhocc.org.

COMMUNITY ORIENTATIONS

In-Person: Port Angeles

First Wednesday of each month, 11 a.m.–noon.
VHOCC office, 829 E. 8th Street, Port Angeles.

In-Person: Sequim

First Tuesday of each month, 11 a.m.–noon.
Location given at time of registration.

GRIEF SUPPORT GROUPS

In-Person Group: Port Angeles

Tuesdays, Apr. 23–May 21, 1–3 p.m.

In-Person Group: Sequim

Mondays, Mar. 4–Apr. 1, 1–3 p.m.

FOLLOW-UP GRIEF SUPPORT GROUPS

Drop-in groups open to those who have attended a VHOCC grief support group; no registration needed.

In-Person Group: Port Angeles

First Thursday of each month, 4:15–5:15 p.m.

In-Person Group: Sequim

Fourth Monday of each month, 1–2 p.m.

ONE-ON-ONE GRIEF SUPPORT

For anyone in the community grieving a loss. Call 360-406-4439 and ask for bereavement support.

SOUL CARE

SPEAKER SERIES

Our Speaker Series is offered every other month on the second Wednesday.

Wednesday, Mar. 13, noon–1:30 p.m. via Zoom:

'Exploring the Good Death' with Jade Klemos

Wednesday, May 8, noon–1:30 p.m. via Zoom:

'The Art of Holding Space' with Heather Plett

DEATH CAFÉ 'TEA TO DIE FOR'

Open, casual, freeform discussions relating to death and dying. Offered monthly from 4–5:30 p.m.

Port Angeles: Fourth Wednesday of each month at the Port Angeles Senior & Community Center, 328 East 7th Street.

Sequim: Second Monday of each month at KSQM-FM, 609 Washington Street, #17.

REMEMBRANCE CEREMONY

Our sixth annual event honoring loved ones will be **Saturday, Feb. 10, 2 p.m.** at Trinity United Methodist Church in Sequim. (See back page for details.)

Inspiring Plans as We Mark Our 46th Year

Our work in 2024 remains just as important as it was back in 1978 when Rose Crumb envisioned a free hospice accessible to anyone in the community. Our programs and services have grown and morphed, and they will continue to do so as we strive to support this, our home community, as best as possible.



Photo by Susan Doupe

And so in 2024, we look to creating Rose's Garden, a space for reflection and remembrance accessible to all within our community. The green space adjacent to VHOCC's Port Angeles Lending Closet provides an ideal spot. We envision it as a place where anyone can come for rest, contemplation, meditation, and movement. It will be a place for peace and solitude, for nourishment and healing.

Our Volunteer Services Manager, Astrid, has assembled a team of volunteers and staff and we've been meeting over the past few months to discuss the vision for Rose's Garden. How should it look? How will it invite community members in? How can it nurture beauty while remaining low maintenance? How can we create this space without drawing off the budget that runs the organization? We have some ideas and plans, and we are ready to embark.

Volunteer Chas has come up with a design for benches laid out in arcs along parts of the lawn. The benches will be built with concrete bases and donated scraps of Trex® decking for seats. We also hope to get donations of surplus concrete for the bases; Chas is already building the concrete molds.

Artist Melissa Klein has created an incredible mural design that will run along the north and west walls of the lending closet. Our Development Director, Lisa, is working on sponsorships, donations, and grants to fund materials and labor associated with the realization of the mural. Volunteer Marina has committed to removing invasive ivy and planting borders of tall grasses that require little maintenance.

It's an exciting time as we continue to grow Rose's vision to serve the community in so many different ways. If you would like to learn more and/or get involved, please reach out!

Priya Jayadev, Executive Director

Volunteers of the Month

OCTOBER: **Betty Conger** for 17 years of dedicated service, offering respite to caregivers and now making bereavement calls.

NOVEMBER: **Debby Smith** for 12 years of grief support groups and Empower Yourself workshops facilitation — with more to come!



DECEMBER: We celebrated the season with our Annual Holiday Luncheon. Many volunteers came to mingle with board members and staff.

JANUARY: **Kelly Sanderbeck** (pictured) for initiating our first Cookies and Caroling event!

HOSPICE HUGS

General Fund

Douglas S. Atterbury
Patricia Bartlett
Barbara Boekelheid
Kathryn M. Brackbill
Loretta J. Commet
Dungeness Valley Lutheran Church
Isabelle Dunlop
Paula Lynn Engeling
Dan Fenstermacher
Fidelity Charitable Gift Fund
Rose Forbes
David C. Forhan
Bruce S. Golding
Maeling Graves
John Griset
Linda Gunderson
Douglas and Shirley D. Howard Estate
Daniel Hudgings
Jo Anne Hughes
Maria Kays
Gerald Kiuttu
Stuart Koop
Tamara Krall
Kretschmer Private Foundation
Richard Lyman
Cathy Lyon
Cynthia Martin
Laurene McLane
David Miller
John Miller
James Muhm
Homer Muto
Ruby Marie Ness
Bengt E. Nilsson
Robert Nuffer
Patricia Petit
Penelope A. Pfeffer
Judy Price
Margaret E. Prossen
Thomasine L. Schwent
Dana Shaltry
Jeffrey E. Snell
Cecilia A. Stevens
William Taylor
George Tsukamaki
Karen A. Sorenson Ward
Margery Whites
Kathryn L. Woodcock

Community-Sponsored Fundraisers

Polar Bear Dip
Sequim Bay Yacht Club

Grants

Albert Haller Foundation
Albert and Helen Mangan Fund
Rayonier Community Fund
Stone Family Foundation
Ben & Myrtle Walkling Memorial Trust



Thanks to all who contributed to our first **Cookies and Caroling** event on December 15! We had a jolly time singing, sipping hot chocolate and enjoying baked goodies.

Message from Our Development Director

Since joining the Volunteer Hospice staff last year, I'm amazed at the many ways this organization touches people's lives. I've met so many of our wonderful volunteers and donors, and each of them has a different story about why they give their time, expertise, or financial support. As different as these personal stories are, they share a common thread: VHOCC has been there at a time of need with no questions asked, no red tape, and lots of love.



From my office window, I can see people drive up and come to the front desk asking to borrow a wheelchair, crutches, or other medical equipment. When I hear the relief in their voices and see them leave minutes later with what they need, it's obvious that we've just made their day a little easier. When I read the many notes that people send with their donations, they often mention how, in a time of grief, we gave them answers to questions they didn't even know they had.

So, when I think about all of you reading this newsletter, I want to express my gratitude to everyone who has been part of this organization, supporting it with donations, with volunteer time or by including VHOCC in your will. With that kind of commitment, we'll be here for many more years to come.

Lisa Palermo, Development Director

End-of-Life Education Was a Godsend

"Our gratitude remains even after a long time since the death of our beloved mother. We are so appreciative for the immense effort in delivering a bed outside of routine delivery, the reception and call center staff, and the nurses. The end-of-life education was a godsend that allowed us to participate in our mom becoming whole as she stepped through the veil."

Family of Helen E. Pfeffer

Volunteer Hospice OF CLALLAM COUNTY

829 E. 8th Street, Port Angeles, WA 98362

Nonprofit Org
U.S. Postage
PAID
Olympic Mailing
& Printing Services

Clinical Staff

Haley B., RN, BSN, Clinical Team Manager
Marca D., RN, MS, Patient Care Coordinator
Elizabeth P., RN, MSN, Patient Care Coordinator
Ashlee, CNA
Becca, RN, BSN
Becca, CNA
Christy, RN
Danielle, RN
Jannae, RN, BSN
Jeanette, CNA Lead
Lynda, RN
Lynn, RN, BSN, MS
Mary, RN
Mel, RN, BSN, HNB-BC, Wellness Coordinator
Molly, RN, BSN
Shelby, Patient Navigator
Stephanie, RN

Mission Support Staff

Priya Jayadev, Executive Director
Lisa Palermo, Development Director
Astrid Raffinpeyloz, Volunteer Services Manager
Heather Loyd, Administrative Services Manager
Elinor Tennyson, Administrative Assistant

Board of Directors

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(Recording Secretary: Sandy Granger)

You Can Help Volunteer Hospice!

- Volunteer.
- Donate at volunteerhospice.org.
- Add Volunteer Hospice to your will.
- Donate needed items to the Lending Closet.
- 'Like' our organization Facebook page.
- 'Follow' us on LinkedIn.

Remembrance Ceremony

candle lighting • group address • refreshments sharing,
visiting and honoring loved ones

WHO
All are welcome!
families, community members,
past/present employees and volunteers

WHEN
Saturday, February 10, 2024, at 2 p.m.

WHERE
Trinity United Methodist Church
100 S. Blake Street, Sequim

A Soul Care program offered by Volunteer Hospice of Clallam County