



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.

Volunteer Spotlight

Thank You, Flood-Damage Repair Team!

VHOCC volunteers go above and beyond to help us in our day-to-day operations. They bring diverse skills and expertise that help us deliver services and manage our daily operations in an effective, efficient, and cost-saving way.

One weekend not too long ago, the hot water tank in our Carlsborg office leaked, and the carpet was saturated. The water tank was replaced, and we also had to replace the flooring due to the damage. With the help of our amazing volunteers and McCrorie Carpet One, we replaced the damaged drywall, repainted the affected walls, and replaced the flooring in our clinical department.

After more than 14 hours of total project time, we have new waterproof vinyl flooring on the main floor and a new broadloom carpet on the stairs. Joe Carter, Chris Dennis, Jack Depperschmidt, Chuck Madden, and Mickey Sexton worked seamlessly and tirelessly to successfully execute this project. They donated materials and many hours of their own time while using their personal tools. It was a dirty, tiring job. These are the great lengths our volunteers went to so we could save thousands of dollars in labor costs!

We are grateful to McCrorie Carpet One for providing quality flooring materials and to these skilled volunteers who provided labor and additional materials — with a special shoutout to Mickey!



At left: Jack, Chris, and Mickey.
Above: Joe and Mickey.

Your First Holiday Season After Losing a Loved One

Whether dreaded or eagerly anticipated, the holiday season is around the corner. It might feel very different this year if you are one of the millions of people whose loved ones died this year. As unique as your grief is, your response to the holidays will also be unique. A bit of planning ahead can ease some awkwardness and alleviate potential conflicts.



1. Think about which traditions you would like to maintain, and which you may want to change.
2. Be honest with yourself and with others. Don't be afraid to be tell others what you do want and don't want.
3. Let people know you are grieving if you plan to attend a get-together. Hopefully your hosts are aware of your circumstances.
4. Leave yourself an out. If you go somewhere, let the host know that you might have to leave early and that is no reflection of their hosting.
5. Let people know if you decide to spend the time alone, but allow them to check in on you with a quick call or text. Get at least a supporting family member or best friend to be available to you if you change your mind.
6. Plan to host? Simplify, pace yourself, and ask for help.
7. Honor your loved one with a candle, their favorite music, or special dish.
8. Spend some time looking at photographs with your family or friends and reminisce.
9. Keep your gift list simple or skip it altogether if it feels overwhelming to be in crowds of joyful people. But do go shopping if it makes you feel better!
10. Be mindful of your intake of sugar (it can make you feel good only in the moment) and alcohol (it can bring on depression).
11. Allow yourself to enjoy the moments as they come: some sad, some joyful.
12. Reach out for support before, during, and after this holiday season.



Fall/Winter 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.
Location given at registration.

In-Person: Sequim

First Tuesday of each month, 11 a.m.–noon. (Not offered in December.) Location given at registration.

GRIEF SUPPORT GROUPS

In-Person Group: Port Angeles

Will resume in the spring, details to come.

In-Person Group: Sequim

Mondays, Nov. 6–Dec. 4, 1–3 p.m.
Tuesdays, Jan. 16–Feb. 13, 1–3 p.m.

FOLLOW-UP GRIEF SUPPORT GROUPS

Open to those who have attended a Volunteer Hospice 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, Nov. 8, noon–1:30 p.m. via Zoom:

'Children and Grief' with Martha Jo Atkins, PhD.

Wednesday, Jan. 10, noon–1:30 p.m. via Zoom:

'Talking About Death Won't Kill You: How to Have that Conversation' with Loretta Downs.

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, 2–4 p.m.** at Trinity United Methodist Church in Sequim.

Marking My First Year with Gratitude

September 2023 marked my first full year with VHOCC. I am so glad that I have landed where I have. Recently, I spoke with Lisa (Development Director) and Astrid (Volunteer Service Manager) about gratitude and how it should be our starting point on all things. So, as I begin my second year with VHOCC, I want to share my own list with you.



Photo by Susan Doupe

I am grateful for:

- The clinical and mission support team members who make Rose Crumb's vision of free community hospice a reality. This includes Lisa Palermo, our new Development Director, who will help us connect to community resources so we can always provide expert, compassionate support at no cost.
- The fact that VHOCC is the amazing 'unicorn' that it is — supporting patients who would not be supported in many other communities and figuring out ways to help anyone needing comfort and care at the end of life.
- The extensive group of volunteers who make our organization run smoothly, fill gaps, and generally ensure that VHOCC can deliver the best care to patients and families in need.
- A Board that understands leadership and is willing to roll up their sleeves to ensure that VHOCC remains the go-to for families in Clallam County needing end-of-life support.
- The opportunity to be part of the conversation that is elevating the subject of death and dying and bringing it to the forefront of people's minds.
- The extent of community support that allows VHOCC to thrive year after year.

And on a personal level, I am grateful for:

- My son, who on a day-to-day basis makes life interesting, and on a year-to-year basis makes life a joy.
- My family, my health, and the paradise that I live in.
- The amazing friends who surround me in this wonderful community.

Thank you for letting me share my gratitude list with you. I wish for you a gratitude list that is just as long or longer!

Priya Jayadev, Executive Director

Volunteers of the Month

JULY: Joni Kuntz. Besides adding shifts to her regular schedule, Joni also trained two new volunteers for the front desk.

AUGUST: All those who worked on flooring installation in the Carlsborg office. (See our Volunteer Spotlight story on page 1.)



SEPTEMBER: Denise Bennett, an accomplished handy person who does not shy away from any task, in addition to her regular shifts at the Lending Closet.

HOSPICE HUGS

General Fund

Howard W. Chadwick
Gerald and Lizbeth Culhane
Janet Culver
Emily Ernst
Lynette Gilligan
Thomas and Susan Hamman
Dennis J. Harkins
William and Joyce Holt
Jay Howard
Jo Anne Hughes
Marc and Kathryn Kalla
Kokopelli Grill
Sally L. Moore
Pepper Putnam
Amanda S. Dent-Sashensky
David O. Schwab
Stephen Siebens
Douglas Tissot
Catherine Villella
William and Christine Wrobel

Community-Sponsored Fundraisers

First Federal Bank
Sequim Bay Yacht Club
Sequim Sunrise Rotary

John Temple Volunteer Fund

Ceal Moran

Rose's Contemplative Garden

South Dakota Community Foundation's
Donald Naddy Fund - Clallam County

In-Kind Donations: Flooring Replacement

Joe Carter
Chris Dennis
Jack Depperschmidt
Chuck Madden
Mickey Sexton
McCrorie Carpet One

In-Kind Donations: Office Decoration

Candice Rose Olsen

'Lighting the Way' Quilt Raffle!

Sequim Bay Yacht Club's Fund Drive to Support Volunteer Hospice

Crafted by Yacht Club members, this 48" x 65.5" quilt titled 'Lighting the Way' symbolizes how VHOCC leads the way in compassionate care for the terminally ill and their loved ones.

Quilt raffle tickets are \$5 each or \$25 for six. Purchase tickets before December 13 from SBYC wherever the quilt is displayed or by mail, with a check payable to VHOCC. Send payment to SBYC, PO Box 1261, Sequim WA, 98382. Be sure to include your telephone number, plus your email address where a scan of your ticket(s) will be sent.



Thank you, Sequim Bay Yacht Club, for your generous support for more than three decades!

IN MEMORIAM

George Andrusko, 11/14/1944 – 07/25/2023

Seasons Flying By

Faster and faster, the seasons go
Hot sun, rain and then snow
Appreciating each day at my pace
Seasons flying by like a race

Savoring every leaf and cloud
Will not get lost in the crowd
Smelling each flower that I see
Like a butterfly being set free

Precious life that goes too fast
Remembering those from my past
As the day merges into night
Watching birds taking flight

Sometimes aging is not so kind
Staying young still in my mind
Being grateful when I awake
Taking life for granted, a big mistake

I never know when life might end
Each breath I take is my friend
As I watch the squirrels scurry
I realize I must not hurry

Seasons will go by, this I know
On my face, a smile will show
If next winter seems too long
I will think about spring's sweet song

Written by George's wife, Linda Andrusko

JOIN US FOR COOKIES AND CAROLING

**Friday, Dec. 15, 2 to 4 p.m., VHOCC Office
829 East 8th Street in P.A. All are welcome!**

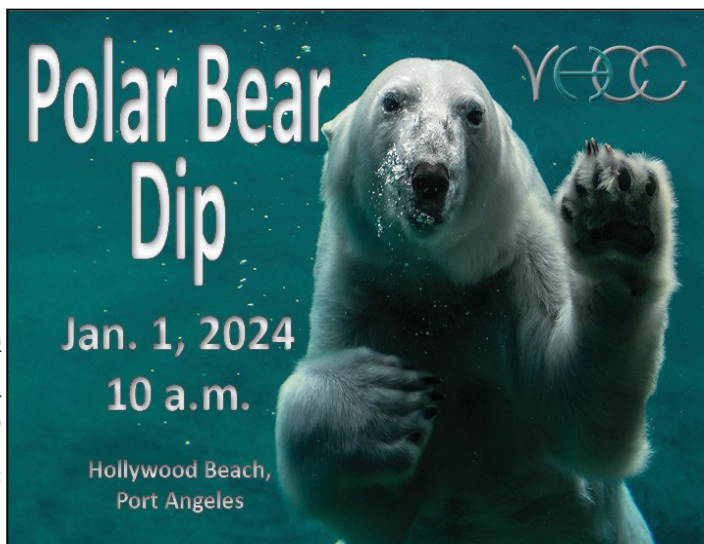


Photo by Peter Neumann

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
Laura, RN
Lynda, RN
Lynn, RN, BSN, MS
Mary, RN
Mel, RN, Wellness Coordinator
Molly, RN, BSN
Olivia, RN, BSN
Stephanie, RN

Mission Support Staff

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

Board of Directors

Peter Raiswell, President
Loriann Hamilton Ridgeway, Vice President
Stuart Koop, Treasurer
Karen Affeld, Secretary
Wendy Brown, RN
Mike Crim
Suzanne Lockwood
Karen McCormick
Roger Oakes
Tyrrell Prosser
Ted Ripley
(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.

