



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

Three Cheers for Longtime Volunteers!

In April, we will honor all our volunteers as part of National Volunteer Appreciation Week. Among our amazing group, nine have been involved with VHOCC for 10 years or more: Walter Blendermann, Margaret Bourne-Raiswell, Penny Burdick, Betty Conger, Cheryl Coulter, Lyn Gilbert, Lori Jacobs, Debby Smith, and Dan Welden. Here, we're spotlighting three of these dedicated people who each fulfill a different role that's essential in our operations.

Cheryl Coulter is a retired hairdresser who has been going to patients' homes for the last 18 years. She lives in Sequim but will cover our service area to provide a professional haircut. Our patients are very grateful for this service, as most of them can no longer get into a car and go to a salon. Not only do they look better, they feel better too!

Debby Smith has faithfully facilitated grief support groups for the past 12 years. She offers three groups a year in Sequim, and has that special knack for making people feel comfortable right away. They leave the five-week group equipped not only with tools but with new connections made with their peers.

Anyone involved with Volunteer Hospice has heard of **Lyn Gilbert**. Now focusing on activities and goals of VHOCC's Finance Committee, Lyn was an indomitable force in the office for close to 20 years. She worked under Rose Crumb's direction in the early days and kept the office and the Lending Closet in top shape — with a keen eye on expenses! Lyn is a strong, self-made woman, and VHOCC is grateful for her business acumen.

Astrid Raffinpeyloz, Volunteer Services Manager

A Source of Great Comfort

"VHOCC took care of most everything imaginable in caring for Beth. I felt far more comfort than stress through the care and support provided. Hard to put a price on that. Thank you for everything! And God bless you all."

A Grateful Husband

Thank You, Marca and Elizabeth

Two of our most experienced nurses retired recently. These powerhouses have done so much to support our success!

Marca D, RN, MS, has experience in hospitals, community health, and higher education. She also served in the US Naval Reserve, achieving the rank of Lieutenant Commander. She has provided clinical care across the US and around the world: Thailand, Sudan, Ghana, and the Persian Gulf. She was director of Peninsula College's nursing department from 1998 to 2013. Marca first joined VHOCC in 2010 as a per diem Visit Nurse. She retired from that role to join our Board when the leadership team needed support, then rejoined our staff in 2021 to take on the newly developed role of Patient Care Coordinator. She served in this job-shared role until last month when she retired for the third time. Marca has gifted us with a caring heart, a joy for nursing, and an incredible knowledge base.



Elizabeth P, RN, MSN, has over 50 years of nursing experience and 40 years managing offices and people. She's had roles as a staff nurse, charge nurse, director, educational coordinator, head nurse, rehabilitation nurse, missionary nurse, and instructor. She also taught adult education, nursing in-service, and patient education — and led support groups for over 37 years. After retiring, in 2017 she helped VHOCC as a respite volunteer, then joined the staff as a field nurse from 2017 to 2019, when she retired for the second time. In 2021, Elizabeth again came out of retirement to take on the role as VHOCC's Intake Coordinator, then transitioned to the job-shared role of Patient Care Coordinator in partnership with Marca. Elizabeth is always calm, empathetic, and compassionate — soothing families and patients in crisis.



We're thrilled that Marca and Elizabeth will continue with us as volunteers. Marca will be a respite volunteer/death doula and help our Board with strategic activities. Elizabeth will help manage nursing supplies and be a respite volunteer. We look forward to working with them in these new roles!



Spring 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.
Tuesdays, Aug. 20–Sep. 17, 1–3 p.m.

In-Person Group: Sequim

Mondays, June 10–July 8, 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, 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 end of life, death and dying. Offered monthly from 4–5:30 p.m.

Port Angeles: Fourth Wednesday of each month at the VHOCC Conference Room, 829 E. 8th Street.

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



An Innovative Vision for End of Life

Our March Soul Care speaker series hosted Jade Klemos, who talked about 'Exploring the Good Death.' This thought-provoking session reminded us that a good death means something different to each person. To some the good death is about peace and quiet, to some it's about sharing love and joy with family, and to others it's about experiences.



Photo by Susan Doupe

As we support our patients and families in their good death journey, we're always exploring new ideas. One that's recently come to the forefront is the opportunity to use virtual reality technology to access what's otherwise impossible during end of life. For the bedbound patient who is longing to revisit a childhood location, to fly a plane just one more time, to see the sights of Paris, or to ski down a snowy mountain, virtual reality headsets can provide a way for them to do just that — in a nearly real way!

VHOCC has found a company, RendeVer (rendeVer.com), that provides immersive technology to engage people in virtual shared travel experiences. Research says that these experiences are "incredibly powerful, particularly among older adults experiencing cognitive decline, impaired vision or mobility restrictions."

Of course, as is the case with all new technology, the solution has a cost that makes you stop and think. Is this an investment worth making? Will this improve the end-of-life journey for our patients and their families? Could this tool assist with difficult care situations? We believe it's certainly worth exploring! RendeVer and other emerging approaches may significantly improve the quality of life while living with a life-limiting condition. For this purpose, we hope to create an 'Opportunity Fund' to explore this and other approaches to improve end of life. Would you like to be a part — by joining the discussion, helping to evaluate options, or contributing funds? Let us know! Contact our Development Director, Lisa Palermo, at lisa.p@vhocc.org or 360-797-8777.

Priya Jayadev, Executive Director

Volunteers of the Month

FEBRUARY: Joni Kuntz, for her extraordinary feat of knitting lots of beautiful hats for the Polar Bear Dip fundraiser.



MARCH: Suzanne Cloke, for her multi-faceted talents. Besides assisting people at the Lending Closet with equipment needs, she's devising ways to engage our community through social media.

APRIL: All volunteers will be celebrated during Volunteer Appreciation Week, April 17–21.

HOSPICE HUGS

General Fund

David A. Blake
Bob Brodhun
Karla Carson
Karen & Ron Coles
Julie & Kelly Fisher
Estate of Astrid Ingrid Harmer
Susan & Thomas Hamman
Jack & Vicki Heckman
Leslieann & Richard Luboff
Bonnie & Doug McInnes and Family
Steven C. McPherson
Olympic Peninsula Home Care
Mary Louise Pinson
Bill Romig
Daniel J. & Wendy L. Shea
Donald Naddy Fund – Clallam County

Grants

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

Want to Join the VHOCC Team?

We need a few per diem RNs interested in picking up shifts here and there, plus a part-time RN to take three to four day shifts and one on-call shift each week. To learn more, visit www.volunteerhospice.org and click on Join Our Team, then Employment.

THE BANK OF TIME

Imagine there is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening the bank deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every penny, of course!



Each of us has such a bank. Its name is time. Every morning, it credits you 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against 'tomorrow.'

You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success! The clock is running. Make the most of today!

Notes of Gratitude

One of our longtime community partners, the Sequim Bay Yacht Club, is hard at work planning its annual fundraiser for Volunteer Hospice in September! Registration for the Reach & Row two-day race is open to all. It's an exciting and fun tradition that raises critical funds for our all-important Respite Care Fund — funds used to give caregivers a much-needed break when emergencies arise. Please help us spread the word; registration is at www.sequimbayyacht.club/reach-for-hospice.

Last month, we let folks know on Facebook that our supply of wheelchairs had gotten low. So many of you stepped up and returned equipment — and then the wonderful women at Olympic Peninsula Home Care dropped off *four brand new* wheelchairs to us. Thank you! Speaking of the Lending Closet, here are a few fun facts:

- 900+ people borrow medical equipment from our Lending Closet every year.
- 3,000+ pieces of equipment are *currently* in people's homes. No red tape, no forms, no fees, no questions.
- Most-requested items are hospital beds and mattresses, wheelchairs, walkers, bedside commodes, and bath benches.
- ALL of the Lending Closet operations are run by our incredible team of volunteers!



In the last newsletter, Priya shared our plans to create a contemplative garden next to our building in Port Angeles for anyone in the community who is grieving. Thank you to those of you who sent in donations to support this project. While much of the work will be done by our amazing volunteers, some costs are unavoidable, and we appreciate your generosity! Keep an eye on our social media for updates.

Lisa Palermo, Development Director

Rose's Vision Lives On

"Thank you for 46 years of faithful service to our community. Many of our family and friends have used your incomparable services, and we can't imagine living here without Volunteer Hospice."

I knew Rose Crumb and greatly admired her and her philosophy. It's amazing that her vision lives on and that her beliefs and dedication are still inspiring so many people and affecting so many lives in such a powerfully positive way."

Note enclosed with a recent donation

Volunteer Hospice

OF CLALLAM COUNTY

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

Clinical Staff

Haley B, RN, BSN, Clinical Team Manager
Ashlee, CNA
Becca W, RN, BSN
Becca B, CNA
Christy, RN
Danielle, RN
Jannae, RN, BSN
Jeanette, CNA Lead
Kim, LPN
Lynda, RN
Lynn, RN, BSN, MS
Mel, RN, BSN, HNB-BC, Wellness Coordinator
Molly, RN, BSN
Shelby, Patient Navigator
Stephanie J, RN
Stephanie Y, RN

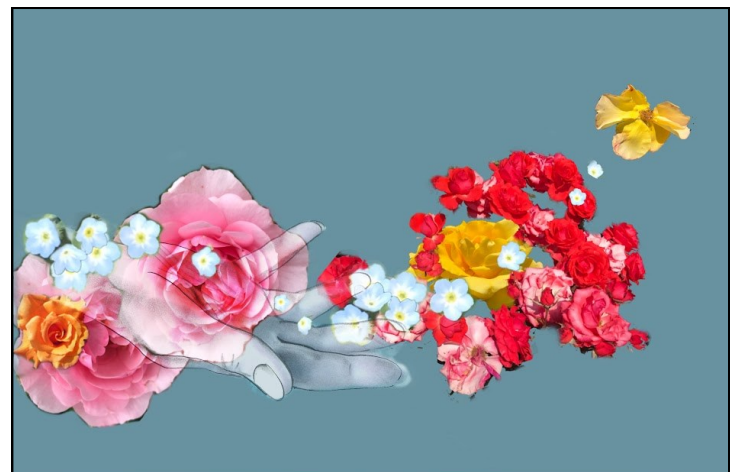
Mission Support Staff

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

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Rose's Garden Is Underway!

Our contemplative garden, being created mostly by volunteers, will be on the west side of our Port Angeles building. It will feature curved pathways, seating, soothing water features and sound elements — plus a beautiful mural by local artist and author Melissa Klein. Titled 'Letting Go,' the mural will be painted on two sides of the building. The first, darker image represents early grief while the second, lighter image (pictured) represents hope and acceptance. Follow the progress of Rose's Garden on our Facebook page!

6 Ways to 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.