



HOSPICE HAPPENINGS

Fall 2013

Compassionate care for the terminally ill, their caregivers and their family



A HUGE "THANK YOU" TO ALL THE SAILORS WHO HELPED MAKE THE SEQUIM BAY YACHT CLUB ANNUAL REACH FOR HOSPICE FUNDRAISER A BIG SUCCESS! YOU'RE THE GREATEST!



FUN AT THE FAIR!

VHOCC volunteers Susan Bach and Trish Holden (pictured at left) were just two of twenty-six enthusiastic volunteers and staff who participated in this year's Clallam County Fair booth, helping to make it a success! With some generous contributions from the community, Hospice was able to offer three great raffle prizes for a

dollar a ticket (donation). VHOCC founder Rose Crumb drew the winning tickets on Sunday evening (Aug. 18) at 6:30 PM, and the lucky winners were Brenda Robinson of Port Angeles (Victoria Get-Away, donated by Mr. & Mrs. M. E. Nelsen), Kathy Anderson of Port Angeles (Fishing Trip for Two, donated by Marc McBride), and Melissa Miles of Port Angeles (Four Tour Tickets to the PA Underground, donated by Heritage Tours, courtesy of Don Perry).

Thanks to all our Fair Volunteers! Listed in alphabetical order: Susan Bach, Gail Banwart, Rev. Maggie Bourne-Raiswell, Sher Carlson, RN, Cherie Copsey, Dee Darst, Lauren Davenport, Marca Davies, RN, Jane Erickson, Lyn Gilbert, OSM, Steve Henrikson, Trish Holden, Carol Huard, Gary Lepak, Paul Martin, Marty Melcher, RN, Steven McElroy, Licensed Massage Therapist, Ralphia McLuen, Marilyn Nelsen, VSM, Myron Nelsen, Paul Robinson, Debby Smith, Liz Sullivan, Connie West, and Bette Wood, RN, PCM.

Volunteer Hospice of Clallam County
540 E. 8th St. Port Angeles, WA 98362

360 - 452-1511

Website www.vhocc.org Email office@vhocc.org

Calendar of Events

BOARD MEETING

(open to visitors)
2nd Tues - 10:00 AM

MONTHLY IN-SERVICE

3rd Monday @ 11:00 AM

Alternate months in Sequim at Trinity United Methodist Church and Port Angeles Hospice House

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Grief Support Series

@ Port Angeles Hospice House (Behind 8th Street office)

***Monday 6:30 - 8:00 PM @ Sequim Trinity United Methodist Church**

***Monday 1:00 - 3:00 PM 5-week course**

***Call office for dates**

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Grief Support Groups

For those who have completed the Grief Support Series

Port Angeles Support Group

Twice a month @ Hospice House
Wednesday 6:30

Sequim Support Group

3rd Monday @ 1:00 PM
Trinity United Methodist Church

One-on One

Bereavement Support

Call office for details and contact info.



HOSPICE HUGS to . . .

Chestnut Cottage Restaurant in Port Angeles and **The Oak Table Café in Sequim** for donating gift certificates to our Volunteer of the Month program.

Our Volunteers of the Month

June - Susan Bach

(No awards given during July and August, traditionally "dark" months)

Sept - Dan Welden

EVERYONE GRIEVES DIFFERENTLY



Grief, although a universal response to the loss of a loved one, is a very personal, highly individual experience. How we grieve depends on many things: personality type, life experiences, religious/spiritual beliefs, and the nature of the loss itself.

Although we don't have the choice *not* to grieve, we can choose *how* we grieve and *what* we do with our grief. Sharing our feelings with the support of others is the single most important factor in healing from loss. Finding gentle, caring and non-judgmental support is often the first step of the healing journey back to life.

For many, joining a grief support group is the first step in the recovery process. Grieving can feel very lonely, even when we are surrounded by family and loved ones. Sharing our sorrow and sadness with others who have experienced similar losses reminds us that we are not alone. Stories are witnessed and shared with the group in an atmosphere of trust and mutual understanding.

However, groups are not for everyone, and knowing what works best for us individually is important to the grieving process. Some of us may wish to see a bereavement specialist in the comfort of our own home. This is especially true for those coping with anticipatory grief, or for a grief that is still too fresh and raw to be comfortably shared with a group. Others who are more introverted by nature may simply prefer to work with a one-on-one bereavement specialist, rather than join a group.

Whatever the choice, grief support groups and one-on-one bereavement support are available to VHOCC patients, their families and loved ones, and to the community at large. Support is offered free of charge. For further information, call the Hospice office at 360-452-1511.

COMING EVENTS

NOVEMBER

National Hospice Month

VHOCC 35th Anniversary (Nov. 16)

DECEMBER

Survivors' 4-week Workshop: Friday, Dec. 6, 13, 20 and Jan. 3, 2014, 3:00-4:30 PM, Trinity United Methodist Church, 100 S. Blake St., Sequim (see flyer, p. 3).

VHOCC Annual General Meeting and Holiday Luncheon: The Cedars at Dungeness Golf Club, Legends Room, Weds. Dec. 11, 11:30 AM.

Radiant Light Christmas Tree: (Dec. 1 through Dec. 30)

BOARD OF DIRECTORS

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Volunteer Hospice of Clallam County
GRIEFWORK Frontiers

SURVIVORS' 4-WEEK WORKSHOP
Practical Guide to Living Alone



When: Friday, Dec. 6, 13, 20 and Jan. 3, 2014, 3:00 PM to 4:30 PM

Where: Trinity United Methodist Church, 100 S. Blake Ave, Sequim

Cost: Free to the Public



Class Descriptions

- Dec. 6 Financial Management (Susan Burkhardt)
- Dec. 13 Home Maintenance (Kay Rudiger, Jan Yates)
- Dec. 20 Self-Care (Debby Smith & Rev. Maggie Bourne-Raiswell)
- Jan. 3, 2014 Cooking for One (Dr. Janelle Doolittle) - Holiday Potluck

If you are facing the challenge of living alone after losing a loved one, you probably know the many resources that are available to you. There are grief support groups and bereavement counseling to assist with the emotional trauma of loss. But where are the resources for dealing with the everyday problems that are likely to arise as you confront daily living? We have tried to anticipate some of these challenges in our new Survivors' Workshop, and we offer some practical answers to help you adapt. Come join us for an informative and helpful series on the practical aspects of living alone. You're sure to find some new friends along the way!

For further information or to register, call the Hospice office at 452-1511. Space is limited, so call early.

Memorial donations are listed on the VHOC website. If you know someone does not have access to a computer, please share this information with them. If you would like a printed copy of the donor list, please call the Hospice office. As an added convenience for our web visitors, donations can now be made online through PayPal on our home page or donation page at vhoc.org. If you are receiving both a printed copy and an email copy of the newsletter, notify us at editor@vhoc.org.



540 East 8th Street
Port Angeles, CA 98362

Serving our community since 1978

Enclosed is my donation of \$ _____ in memory of _____

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As an added convenience for our web visitors, donations can now be made online through PayPal on our home page or donation page at vhcc.org