

HOSPICE HAPPENINGS



Spring 2013

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

MEET LYN, OUR OFFICE MANAGER



Lyn Gilbert became the Hospice Office Manager after volunteering for VHOCC as a respite caregiver for two years and working on the front desk for nine years. She brings a wealth of experience to this position, having been the manager of the Victoria Hotel in Roebourne, Australia for several years, managing 150 employees and several restaurants in the hotel.

She was born and raised in Perth, Australia where her parents owned a hotel. Lyn has two sisters and a brother living in Australia. She left

Australia in 1972 when she married David, a mining and construction engineer for Bechtel Corporation. They have lived and traveled around the world for most of their married life. They lived in London, Indonesia, Saudi Arabia, Kuwait, United Emirates, Dubai, and Abu Dhabi before retiring and moving to Washington State. They have lived in Sequim since 1998. They remain in contact with friends they have made around the world.

Lyn has always been involved in sports, having played tennis, squash, field hockey, softball (as a pitcher) and scuba diving. She is an avid golfer. Her other favorite past times are quilting and gardening. Lyn & Dave have two children, Cassandra and Gordon and three grandchildren.

Lyn grew up in a family where volunteering was a part of daily life. When she was 16 years old, she was a Red Cross volunteer and she has volunteered in every country she has lived in. David is also a volunteer with VHOCC, working as a co-leader of the Information Technology Team. When asked about her many years of volunteering with hospice, she said "I believe it is important to share your life with others."

"Volunteer Hospice of Clallam County recently cared for my mother, Mary. I just wanted to take a moment and commend your organization for the compassionate care you provided. All of the staff was caring and thoughtful which made my mom's and family's journey much more comfortable. I would like to thank all of your staff (and especially nurse Brian) for their compassion."
 G.H. Feb 2013

CALENDAR OF EVENTS

BOARD MEETING

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.

Grief Support Series

@ PORT ANGELES Hospice House (Behind 8th Street office)

*Monday 6:30-8 PM 6-week series.

@ SEQUIM

Trinity United Methodist Church

*Monday 1-3 PM 5-week series.

*Call office for dates.

Grief Support Groups

For people who have completed the Grief Support Series.

Port Angeles Support Group

*Twice a month @ the Hospice House Wednesday 6:30 PM

Sequim Support Group

*3rd Monday @ 1:00

Trinity United Methodist Church

*Call office for dates

Compassionate Friends

(Parents who have lost a child)

St. Luke's Episcopal 525 5th Ave Sequim 3rd Tuesday 6-8 PM
compassionatefriends.org

Barbara Thompson Facilitator

797-0091 - For additional information, call Hospice office.

Volunteer Hospice of Clallam County

540 E. 8th St. Port Angeles, WA 98362

360-452-1511

Web Site vhocc.org

Email office@vhocc.org

HOSPICE HUGS T o

- Our dedicated behind-the-scenes volunteers who willingly put hours into making VHOCC into a caring organization.
- Chestnut Cottage in Port Angeles for donating gift certificates to our Volunteers of the Month.
- Volunteers of the Month: (Oct '12–Feb '13): Gail Banwart , Gail Porter, Lori Jacobs, Robert Lewis & Cherie Copsey
- Our nurses who continue to keep an open mind to changes with our technology.
- Correction: Sequim Sunrise Rotary made a monetary donation to VHOCC.

Understanding Dementia



At our February In-Service, Kathy Burrer, Executive Director of Dungeness Courte in Sequim, gave an in-depth presentation on The Early, Middle and Late Stages of Alzheimer's Type Dementia. Kathy facilitates the Alzheimer's Support Group in Sequim. She described the disease as a spool of thread which slowly unwinds as the disease progresses. Recent memories disappear and earlier memories become prominent. It is important that the family and/or caregivers understand where the person is in regards to the "spool," to make communication relevant. The Alzheimer's patient should not be challenged if remarks or behavior are inappropriate, but can be redirected in conversation or actions. It is also important to be patient and allow the person adequate time to respond because the instructions or cues take longer to process as the disease progresses. Using the "best friend" approach is to encourage and to invite, not demand. Kathy also gave suggestions on care giving styles, such as maintaining consistent routines, using respectful responses, limiting distractions, and in later stages, providing sensory stimulation and using body language to provide understanding. Early and accurate diagnosis is critical in determining the best type of treatment. When caring for the person with Alzheimer's disease, you need to help them live life fully "in the moment."

BOARD OF DIRECTORS

STAFF

President	Ken Brown	Patient Care Manager	Bette Wood, RN
Vice-President	Ed Hopfner, MD	Office Service Manager	Lyn Gilbert
Secretary	Joe Cress, PhD	Volunteer Service Manager	Marilyn Nelsen, PhD
Treasurer	Dennis Beguelin		

Memorial donations are listed on the VHOCC web site. 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 on-line through PayPal on our home page or donation page at vhocc.org

If you are receiving both a printed copy and an email copy of the newsletter, notify us at editor@vhocc.org

Sending you our newsletter by email is a cost savings to VHOCC.

MEET KIM, A VHOCC NURSE



Kim Cristion, RN, joined VHOCC in July 2012, shortly after she and her husband, Gary, their four dogs, six cats and two turtles moved to Sequim from Arizona. Kim received her Bachelors Degree in Nursing from Grand Canyon University in Phoenix in 1991. She worked in a large hospital in Trauma, Orthopedics and General Surgery. She has also worked in the fields of Home Health, Case Management and Maternal-Child Care. Encouraged by her mother, a hospice nurse, she also became a hospice nurse six years ago. She received her Hospice Certification in 2009 and plans to renew it this year.

In her spare time, Kim enjoys reading, spending time with her family and friends and exploring her new surroundings in Washington. She is very close to her parents and two brothers who all live in Arizona. She also has a passionate interest in animal rescue and supporting a variety of animal-related causes.

When asked what she likes best about hospice, her answer is "I love Hospice and the journey in which we can join our patients and their families." She was raised with a very healthy attitude about death and she encourages her patients that Hospice is about their living, not just dying.



Boys & Girls Clubs of the Olympic Peninsula &
 Volunteer Hospice of Clallam County Present:
The Bunny Hop Pancake Breakfast

Where: Saturday March 23 10-12
 Where: Sequim Boys & Girls Club
 400 W. Fir Street
 (360)-683-8095

The Bunny Hop

Pancake Breakfast

**Saturday, March 23rd Doors
 open 10:00 a.m.**

\$7 per person (limited seating)

Decorate deliciously home made pancakes,
 Have your picture taken with the Easter Bunny

Enjoy Performances By:

Aspire Academy and Turk the Magic Genie

Tickets Available at the Boys & Girls Club, Dungeness Kids
 Co., Pacific Mist in Sequim, Odyssey Bookstore & VHOCC
 Office in Port Angeles and

On-line at vhocc.org



VOLUNTEER HOSPICE OF CLALLAM COUNTY

Nonprofit Org
U.S. Postage
PAID
Olympic Mailing
Services

540 EAST 8TH STREET
PORT ANGELES, WA 98362

Serving our community since 1978

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

Send acknowledgement of gift to: _____

My donation \$_____ is for the general fund.

Name: _____

My new address is: Address: _____

City State Zip: _____

Please send the newsletter to my email address:

Name: _____ Email: _____

(Please print)

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