



HOSPICE HAPPENINGS

Fall 2014

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

A Special Thank You . . .



To all the captains, sailors and deck hands who helped make the Sequim Bay Yacht Club's annual "Race for Hospice" a big success!



Walt Blendermann:
Sequim Delivery Team Coordinator
 By George Beier

Sequim's delivery team coordinator, Walt Blendermann, grew up in New York City and completed his formal education there, receiving a degree in Chemical Engineering.

His professional life was spent primarily in California, working in the Aerospace industry where he specialized in the development of propulsion systems, jet engines, chemical and nuclear rockets, and high energy laser systems for military use.

As a manager of technical teams and later as a project manager, Walt worked closely with the Federal Government, the single customer for high end aerospace innovations at that time. Government methods of ordering work, of procurement and of payment, were highly systematic. There was a form for everything. Walt spent a lot of time writing proposals which helped when writing grant proposals for Hospice.

After his retirement from aerospace, Walt spent well over a decade in volunteer work here in the Northwest, focused on the restoration of endangered salmon runs in Jefferson and Clallam Counties. From the salmon habitat viewpoint, he worked on the Water Resource Management Plans for the Dungeness and Quilcene Watersheds and the Sequim Waste Water Reuse Task Force. He served on the Washington Department of Fish and Wildlife Recreational Fishery Advisory Board and worked with the North Olympic Salmon Coalition, a Regional Fisheries Enhancement Group, on topics from habitat protection and restoration to salmon production and research.

About four years ago, Walt phased out of his deep involvement with salmon, except for harvest, and started his work with Volunteer Hospice, initially as a helper on an equipment delivery team and then as driver. (Cont. p. 2)

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

Calendar of Events

BOARD MEETING

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

MONTHLY IN-SERVICE

3rd Monday @ 11:00 AM

Alternates monthly in Sequim at Trinity United Methodist Church and Port Angeles Hospice House (Dark in June & July)

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 PM 5-week series

*Call office for dates

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

Now he coordinates the equipment delivery teams for the Sequim area.

Walt contrasts the rule-bound procedures for relating to government in the aerospace industry with the virtual absence of restrictive procedures in Hospice. Each client of Hospice is facing his own crisis; every caregiver is different. The only way that hospice could operate as we do is for the volunteers to be free to respond from their own instincts of empathy and desire to help. Faced with the acute needs of our clients, we can only do our best to make things a little bit less stressful and painful. Walt says that volunteers make a big commitment to help, while realizing that we can only play a small part.

Walt says that delivery of equipment, while a very mundane task on the face of it, has its own physic rewards. Delivery crews are sometimes the first contact with patients, and the physical equipment itself is perhaps a useful symbol of community support to the patient and caregiver.



To the **Albert Haller Foundation** for their continuing support.
To **Chestnut Cottage Restaurant in Port Angeles, The Oak Table Café in Sequim, and Bushwhacker’s Restaurant in Port Angeles** for donating gift certificates to our Volunteer of the Month program.
To our **Volunteers of the Month:** September, Liz Sullivan (office support), Oct. Paul Robertson (driver), Nov. Charlie Brown (IT support).
To volunteer, **Doug McClary**, for his in-depth research and grant-writing support.

COMING EVENTS

Radiant Star Christmas Tree, Dec. 1 through 31. Hospice office.
“**Surviving the Holidays: Support for the Recently Bereaved,**” Dec. 2, 1 pm - 3 pm. Trinity United Methodist Church, 100 S. Blake Ave., Sequim.
Polar Bear Dip, Jan. 1, 9 am. Hollywood Beach, Port Angeles.
Survivor’s 4-Week Workshop, Jan. 5, 13, 19, 26 (3:30 - 5:30 pm). Trinity United Methodist Church, 100 S. Blake Ave., Sequim.

BOARD OF DIRECTORS

President Ed Hopfner, M.D.
Vice-President Dave Gilbert, PE
Secretary Joe Cress, PhD
Secretary (2015) Ann Thomas
Treasurer Nancy Bargar
IT Ken Brown
Personnel Mary Sherwood, RN

STAFF

Office Manager Lyn Gilbert
Patient Care Manager Bette Wood, RN
Vol. Services Manager Marilyn Nelsen, PhD

VHOCC is now on Facebook!

Amy Weber, VHOCC volunteer and local artist, created a new Facebook page for VHOCC . . . check us out at <https://www.facebook.com/Volunteerhospiceofclallamcounty>

Your comments in support of Hospice are appreciated!



***ANOTHER HONOR FOR VHOCC'S FIRST LADY!
2014 Rick Kaps Award Winner: Rose Crumb***

During the 12th annual "Harvest of Hope" gala on October 18, presented by Seattle Cancer Care Alliance, our own Rose Crumb was awarded the Rick Kaps Award. The award, named for Sequim teaching and coaching great, Rick Kaps, who died from cancer in 1998, is presented on an annual basis to an organization or individual for their outstanding support to cancer care on the North Olympic Peninsula. In response to receiving the award, Rose's family wrote: "Mother is a person of courage who deals matter of factly with the human fears associated with sickness and death. She is the one who people call when life is ebbing and families are in pain. The one who holds hands and hugs, soothes and comforts. In that powerful acceptance, many dying people have experienced not only comfort, but peace." Reflecting further, they added, "She would never seek an award like this or maybe even find value in it, but she is exactly the kind of person the award is designed to recognize: an ordinary person who becomes extraordinary through courageous service to others." That's our Rose!

POLAR BEAR DIP 2015!



By Dan Welden

January 1st, 2015 will mark the 3rd consecutive year that VHOCC has participated in the Annual New Year's Day Polar Bear Dip at Hollywood Beach in Port Angeles. This year we strive to get an early start on promoting the event in order to maximize VHOCC exposure and possibly generate more donations in the process.

In addition to the hospitality booth that VHOCC set up in the past where we give chilled participants and spectators warm beverages and pastries, we will once again offer a "Polar Bear Challenge" to everyone.

The challenge is simply someone challenging somebody else to take the plunge. If the challenged person actually takes the dip, then the challenger donates to VHOCC the amount that they have pledged. An example would be if I pledged a \$100 donation if Rose Crumb would jump in on New Year's Day. If she got wet, I would pay the \$100. If Rose declined, then I would be off the hook. Our leader Ed Hopfner was challenged last year and jumped in 3 times! The challenged person can be anyone in the community, not just Hospice personnel.

If you are inclined to donate to VHOCC at year end, this is a really fun way to do it. There will be a chart kept of all challenges made and the person challenged. If you would like to participate in any way, please stop by the office to sign up or call

Dan Welden at 360-477-2586. Dwelden@wavecable.com
Lori Jacobs at 360- 582-6240



“SURVIVING THE HOLIDAYS”

A Special Program for the Newly Bereaved



When we are grieving, the holidays are an especially tough time. Constant reminders of happier days are everywhere: cards addressed to the person who died, family gatherings and holiday dinners, Santa Clauses and Christmas decorations on every street corner, and the list goes on. Sharing our feelings with others who are struggling with similar challenges and learning new coping strategies for navigating the holidays can be helpful and healing. Come join us for an afternoon of sharing and discovery. The program is free of charge and open to the public.

Date: Tuesday, Dec. 2
Time: 1 pm - 3 pm
Place: Trinity United Methodist Church,
100 S. Blake Avenue, Sequim
Presenters: Debby Smith, RN (grief support group
facilitator), and Marilyn Nelsen, PhD
(Volunteer Services Manager).

To register, call the Hospice office at 360-452-1511 (when the menu comes on, press “0” for Reception). Register early, as space is limited.