



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: Frank Finney



Frank's longtime interest in end-of-life plus his personal experience brought him to Volunteer Hospice. In his words, "Death, like life, is the same facet of existence. When my wife died, we used Volunteer Hospice, and they were absolutely terrific. Probably the best way for me to give back is to volunteer and repay the favor."

Frank has been a driver for seven years, and also manages inventory between our two locations. In just the time he's been here, he's seen Volunteer Hospice evolve to a new level of maturity with systems in place to organize resources. He gets tremendous satisfaction from helping to solve problems and considers it his job "to make life as easy and supportive as possible for the nurses, who are the cornerstone of the organization." Frank has many activities and interests besides volunteering for us: bike racing, electric bikes, educating others on biking etiquette, providing shoes and socks for Serenity House shelter, and helping out at the Olympic Peninsula Community Clinic.

With a strong moral drive to do the right thing, to live life the best he can and contribute to endeavors he believes in, Frank says that Volunteer Hospice fulfills his needs as much as he supports us.



Remembrance Ceremony: Trinity United Methodist Church hosted our public event on Feb. 26. The ceremony included an invocation, a memorialization of community members, music, and a reading of the names of hospice patients. This was the fourth such community outreach event, and now is part of Volunteer Hospice's new Soul Care program.

Clinical Corner: Nurse Staffing

The nation is experiencing a shortage of health-care workers, most notably nurses. It is a perfect storm brought on by COVID exhaustion, increasing health-care needs of the baby-boom generation, and an aging workforce.

In our community, job-seeking nurses have their choice of hundreds of jobs. They are needed in clinics, long-term care facilities, hospitals, schools, and home health and hospice agencies. A recent check showed 56 open positions for RNs just at Olympic Medical Center. Here at Volunteer Hospice we have three openings on our nursing team.

We are a team of 10 part-time RNs and one part-time nursing assistant; our average age is around 55. We travel between Diamond Point to the east and Joyce to the west, and from sea to mountains — covering more than 600 square miles. We provide services 24 hours a day, seven days a week. Our typical census is 118 patients and families. We admit between three to six patients each week and attend the same number of deaths. Because we are community-supported, we make care decisions based on patient needs and not on insurance regulations. The time we spend with each patient and family varies from a monthly 15-minute social call to a six-hour in-person visit, depending on the need. We staff an average of three nurses each day, giving us a nurse-to-patient ratio of approximately 1:39. Retaining and recruiting nurses is essential to our capacity to serve patients in our community.

Not all nurses are interested in providing hospice care. Many prefer the high-tech, fast-paced care provided in hospitals. Those of us in hospice care often feel called to the work. We are drawn to be present, to listen, to encourage, to teach, and to empower families as they care for loved ones at the end of life.

We are delighted that such a nurse has joined us. Summer Richardson, RN, is a self-described millennial who relocated to Port Angeles to pursue her nursing career and her love of back-country skiing. She has worked in both long-term and primary care. We appreciate the experience, knowledge, and warm humor that she brings to our patients and families.

For more information about our nurses, please visit our team page at www.vhocc.org/our-team.





Spring Program Calendar

All in-person programs are contingent on COVID-19 guidelines and are subject to cancellation. Registration is required for all programs except Drop-In Grief Support. Call 360-452-1511 or email reception@vhocc.org.

COMMUNITY ORIENTATIONS

In-Person: Port Angeles

First Friday of each month, 11–noon.

Online

First Thursday of each month, 11 a.m.–noon.

GRIEF SUPPORT GROUPS

In-Person Group: Port Angeles

Please contact our office for information.

In-Person Group: Sequim

Mondays, June 27–Aug. 1, 1–3 p.m.

Online Group

Please contact our office for information.

DROP-IN 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, 6:30–8 p.m.

In-Person Group: Sequim

Fourth Monday of each month, 1–2 p.m.

'EMPOWER YOURSELF' GROUP WORKSHOPS

This series with online and in-person meetings focuses on practical matters for those who have lost a spouse or partner. Call for dates.

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 online until further notice, and is offered every other month on the second Wednesday.

Wednesday, Apr. 13, noon–1:30 p.m. via Zoom:

'Making Peace with End of Life' with Terri Daniel, PhD

Wednesday, June 8, noon–1:30 p.m. via Zoom:

'Ritual Healing for Death and Loss' with Sarah Kerr, PhD

DEATH CAFÉ 'TEA TO DIE FOR'

Fourth Wednesday of each month, 4–5 p.m.

In collaboration with Port Angeles Senior Center.

Board Searching for New Executive Director

Three years ago, the Volunteer Hospice board recognized the need for a full-time executive director. In the fall of 2019, Dr. JooRi Jun was hired. She improved our organizational strength tremendously, helping us develop much-needed policies and procedures — even with the additional challenges of the pandemic. In January, JooRi made the decision to move on, and her last day here was March 28. We miss her both personally and professionally. We thank her for her service and wish her much happiness.

As a result, your board is actively searching for a new executive director. We're very pleased that until we find that person, board member Stuart Koop has agreed to serve as our interim executive director. Stuart has more than 40 years of experience in nonprofit management, and we're confident that Volunteer Hospice will continue to run smoothly as we serve the hospice and palliative needs of our neighbors.

Volunteer Recognition

JANUARY: **John Matson** for finding his calling in delivering medical equipment.

FEBRUARY: **Kerry Camby** (pictured) for a sweet and calming presence at the bedside. Kerry says, "Hospice is a big part of my life; it has helped a lot of family and friends. I like returning the favor."



MARCH: **Phil Morgan-Ellis** for endless website maintenance and being part of the PA delivery team, along with the occasional musical performance.

APRIL: Volunteer Appreciation Week, April 18–22.

New Soul Care Program Launches

We're excited to bring our newest Volunteer Hospice program to the community. Soul Care aims to shift the narrative around death and dying away from a death-phobic culture while supporting our patients, their families, and the entire community.

An online speaker series will be offered every other month on the second Wednesday, as detailed in our Spring Program Calendar at left. Additionally, our monthly Death Café 'Tea to Die For' series will provide a forum to raise awareness and normalize discussions around death and dying. These sessions will initially be online and then be held in person once pandemic protocols ease. Death Café sessions are offered in partnership with the Port Angeles Senior Center.

Later in 2022, Soul Care will offer a Spiritual Care Provider Directory offering support resources for anyone in the community experiencing end-of-life processes. This directory will include practitioners, doulas, and chaplains who can provide spiritual, emotional, psychological, and logistical support.

The *Esprit* Conference is Back!

We're delighted to welcome back a longtime Volunteer Hospice supporter. *Esprit* is an educational conference for all people on the gender spectrum, with an emphasis on programs and self-discovery for those with male-to-female interests. It also offers a variety of social and touristic activities. The conference started in 1989 in Port Angeles and ran annually without interruption until 2019. When COVID-19 hit, *Esprit* took a health-and-safety pause — but it will be back this May, even if safety restrictions are still in place.

The *Esprit* conference is hosted by three transgender social clubs: the Cornbury Society from Vancouver, BC, Emerald City from Seattle, and Northwest Gender Alliance from Portland,



Oregon. The three clubs volunteer their time and talents to ensure a successful event each year. And over the years, through various fund-

raising activities during *Esprit* week, the conference has donated more than \$50,000 to Volunteer Hospice. *Esprit* Chair Suzanne Adams explains, "Whether you are from Clallam County or someplace else, eventually you or your loved ones will be touched by hospice. Our donations over the years say 'thank you' for the welcome and support we receive in Port Angeles and Clallam County."

What Volunteer Hospice Care Means

"It was a relief to know that Mom [Donna Frazer] could be treated and assessed at home instead of going to the hospital, and it was a significant improvement to her quality of life. Nurses Trish, Stacy, and Lauren got to know her well."

Chris Frazer Primus

Sending Hospice Hugs

Ben and Myrtle Walking Memorial Fund
Grant Award

**Survivor's Trust of Willard L. Todnem
and S. Anne Todnem Family Trust**
Memorial Gift

Chestnut Cottage Restaurant
Imagine Salon & Gifts
Oak Table Café
Swain's General Store
Volunteer of the Month Program

Abby Dean
Amy's Flowers
Costco

Sound Publishing
Trinity United Methodist Church
Remembrance Ceremony

Integrity Metals
Sequim Delivery Truck Improvement

Dungeness Community Church
General Fund

A Tribute to Anne Todnem *from her friend Marielle Eykemans*

My friend Anne was born August 27, 1917 and passed away on October 24, 2021, at the age of 104. I first met her through the Community Concerts organization, when I was in my thirties and she was in her sixties.



Anne and her husband Will established their family, with three children, in Enumclaw on a small farm raising cattle and mink. Anne and Will traveled all over the world. She was always busy! She worked as a kindergarten teacher, music teacher, and reading teacher — and helped babysit neighborhood kids. She always liked to work with children.

Anne and Will eventually moved to Port Angeles. She got involved in the First Methodist Church as an organist, pianist and choir director, and she later directed the 'Messengers,' a close-knit women's choir, for many years. She was a 'Pink Lady' at the hospital and volunteered for the Chamber Visitor Center and Volunteer Hospice.

Will developed ALS and Anne took care of him during his last years. In 1999, she started volunteering at Port Angeles High School, where we reconnected. I worked in the attendance office where Anne helped out; she worked at the high school until 2014. We both loved the symphony and got season tickets together every year until COVID arrived.

Anne was a wonderful woman who could be opinionated and feisty. She was sad when illness and age forced her to cut back on her activities, but her mind stayed clear. Her energy was amazing and we had some great times together. I miss her. She was a special friend.



Polar Bear Dip Results: On a sub-freezing New Year's Day, many intrepid souls jumped into the water at Hollywood Beach in Port Angeles, including Volunteer Hospice volunteers Hal Force (left) and Dan Welden, one of the event founders. This year's Dip raised \$1,681 for Volunteer Hospice.



VOLUNTEER **HOSPICE** OF CLALLAM COUNTY
829 E. 8th Street, Port Angeles, WA 98362

Nonprofit Org
U.S. Postage
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Clinical Staff

Betsy Wharton, RN, BSN,
Nurse Team Manager
Marca Davies, RN, MS & Elizabeth Perez, RN, MSN
Patient Care Coordinators
Haley Blackburn-Jacobs, RN, BSN
Trish Buckingham, RN
Jenn Constable, RN
Tammy Dedmore, CNA
Cristina Eppers, RN
Anne L'Heureux, RN, BSN
Summer Richardson, RN
Gary Schneider, RN, BSN, CHPN
Molly Wallace, RN, BSN

Mission Support Staff

Stuart Koop, Interim Executive Director
Astrid Raffinpeyloz,
Volunteer Services Manager
Anita Chilton, Administrative Manager

Board of Directors

Peter Raiswell, President
Michael Bucierka, MSW, Vice President
Loriann Hamilton Ridgeway,
Treasurer/Secretary
Karen Affeld
Wendy Brown, RN
Sally Featherstone, BSN
Tyrrell Prosser
Ted Ripley

Grief Support Volunteers Needed

We are looking for volunteers who are willing to offer individual bereavement support, whether in person or via phone or video. Experience in psychotherapy, mental health counseling, or similar areas is appreciated but not required. Interested? Please call our Volunteer Services Manager at 360-406-4439 or email vsm@vhocc.org.



Sequim Bay Yacht Club Does It Again!

The Club's '2021 Reach and Row for Hospice' event raised nearly \$31,000. All funds go to our Respite Care Fund for qualifying hospice patients needing caregivers. Pictured (from left) are: SBYC Event Chair Susan Sorensen; Volunteer Hospice staff members Marca Davies, Betsy Wharton, and JooRi Jun; and 2021 SBYC Commodore Jerry Fine.