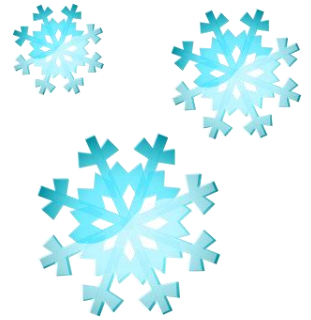




HOSPICE HAPPENINGS



Winter 2015-2016

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

Hospice House Renovation

It's done! A dedicated group of VHOCC volunteers has restructured Hospice House. They have removed a large central chimney, eliminated unnecessary walls, converted a family bathroom to a modern ADA compliant restroom, completely rewired the structure to high tech specifications, and installed five major roof beams, the width of the house, with pillars going to footings they constructed. (The old roof supports were inadequate and unsafe.) They also made minor improvements to the kitchen. They have done all this within budget and practically on schedule. In a word, WOW!

The final cost will be about \$75,000 of which about \$40,000 will be donated labor and professional services of VHOCC volunteers. Donated material and labor from suppliers will total about \$12,000. Grants from our friends will be about \$18,500, leaving just under \$5,000 as out of pocket cost to Hospice (see page 2 for donations and grants.) It's truly amazing what volunteers can accomplish for a few dollars when they do most all of the actual work.

The volunteers made major individual contributions of time and effort, often working twenty to thirty hours per week from June to November. David Gilbert led much of the way. He helped (with Ted Carpenter, Ed Hopfner and Ken Brown) to identify and execute work to be done. David Gilbert also did the detailed architectural and construction engineering for the work and was involved in management and supervision at every step. Ted Carpenter (with his remodeling background) helped to refine plans for the project, and Ken Morgan, an electrical engineer, oversaw rewiring. Doug McClary wrote successful grant proposals. Other major contributors to the work were Van Maxwell, Myron Nelsen, Lauren Davenport and Michael Bucierka. Lyn Gilbert and Patty Morgan provided needed additional hands for wire pulling. The work was sometimes heavy, as in beam placement, often grubby, as in crawl space and attic work, and surely tedious, as in twenty to thirty hours per week. All of us connected with VHOCC are grateful to these volunteers who restructured our building.

We also thank you for your example. Volunteerism, like every other ism, requires its champions and models. We hope that your spirit of service will spark a renewed enthusiasm for service in the rest of us.

Recurring Meetings

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 July & August)

Grief Support Series

Port Angeles

Hospice House (behind 8th Street office) - 6-wk. series

***Mon. 6:30 PM - 8:00 PM**

Sequim

Trinity United Methodist Church -5-wk. series

***Mon. 1:00 PM - 3:00 PM**

Call office for dates

Grief Support Groups

For those who have completed the Grief Support Series

Port Angeles Support

Group

Hospice House

Twice monthly

Wednesdays - 6:30 PM

Sequim Support Group

Trinity United Methodist Church

3rd Monday - 1:00 PM

One-on-One

Bereavement Support

Call office for details

Volunteer Hospice of Clallam County

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

360-452-1511

www.vhocc.org

office@vhocc.org

Donations and Grants for the Hospice House Renovation

Donated Professional Services and Main Vendor Contributions

Structural Engineering and Inspection	Craig Owen
Detailed architectural and construction engineering	David Gilbert
Attic Insulation Removal and Replacement	Tracy's Insulation
Dump Truck Rental and Furniture Storage	Duane Getchell
Excavator for IT Ditch and some electrical materials	Olympic Electric
Electrical Permit and Roto Hammers	Angeles Electric
Heat Pump Installation	Bill Mayer Heating

Grants

First Federal	\$10,000
Haller Foundation	\$5,000
Creag Foundation	\$2,000
Rayonier Foundation	\$1,500

THANK YOU!

Polar Bear Dip

For the 28th year on January 1, 2016, "dippers" will show up at Hollywood Beach around 9AM in anticipation of the big plunge at 10AM for the Port Angeles Polar Bear Dip. About 100 brave souls participate and more gather to watch. At 10AM the countdown begins: at zero, the yelling, laughing, and screaming start as everyone makes their way into the chilly water. Total immersion is standard fare and the tradition has established a "double dip"! Even with all the chaos, insanity, and hilarity, a wonderful time of celebration and fellowship is experienced by all. A bonfire and certificates of participation await the dippers.

VHOCC is participating for the 4th consecutive year and offers a booth with warm beverages and pastries to all. We also offer our VHOCC Polar Bear Challenge: challenge someone (individual or organization) to take the plunge. If the person or organization challenged agrees and takes the dip, the challenger donates whatever amount was pledged to VHOCC. Remember that the harbor is a fountain of youth as actual participation in the dip will freeze you in time... *you won't get older you will just get colder!!*

To make a challenge, call Dan (360-457-8133) or Lori Jacobs (360-452-3591) *By Dan Welden, VHOCC volunteer*



HOSPICE HUGS . . .

Chestnut Cottage Restaurant and Bella Italia in Port Angeles, Alder Wood Bistro in Sequim for donating gift certificates to our Volunteer of the Month program

Volunteers of the Month: Sept: Ted Carpenter, Oct: Ken Morgan, Nov: Van Maxwell

Sequim Bay Yacht Club (Reach for Hospice Regatta) for its ongoing generous support every year

Drennan Ford Funeral Home for its participation in our Community & Volunteer Education Series

Poser Yoga Studio for its generous support

Sequim Dungeness Lutheran Church and their men's outreach group, MORE, for their generous support

UPCOMING EVENTS

Radiant Light Christmas Tree, Hospice Office, 540 E. 8th Street, Port Angeles, December 1 through 31

Polar Bear Dip, Hollywood Beach, Port Angeles, January 1, 2016, 9 AM

Community & Volunteer Education Series (CVES), Trinity United Methodist Church, Sequim, starts April 1

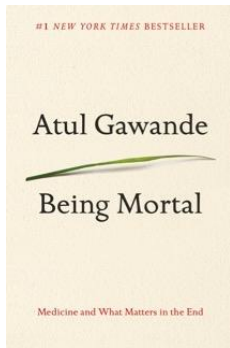
BOARD OF DIRECTORS

President	Ed Hopfner, M.D.	Vice-President	Dave Gilbert, PE
Secretary	Ann Thomas	Treasurer	Nancy Bargar
At large	Ken Brown	At large	Mary Sherwood, RN
Class II	Lyn Gilbert	Class II	Marilyn Nelsen, PhD
Class II	Bette Wood, RN	Class II	Astrid Raffinpeyloz, MA

STAFF

Office Service Manager	Lyn Gilbert
Patient Care Manager	Bette Wood, RN
Co-Managers of Volunteer Services	Marilyn Nelsen, PhD & Astrid Raffinpeyloz, MA

Book Review



Being Mortal, by Atul Gawande

In *Being Mortal*, Dr. Atul Gawande takes a compassionate and honest look at the way sick and dying people, especially elders, are treated in this country. By shining an unflinching light on his own failings, and those of his profession, as well as relating themes of hope and progress, he leads us on an exploration of death and dying that informs and illuminates.

Gawande weaves compelling scientific and historical information with poignant stories of dying people. Gawande's description of how the body ages is nothing if not sobering. "When the prevailing fantasy is that we can be ageless, the geriatrician's uncomfortable demand is that we accept we are not," he writes. That is made more difficult when the doctor himself is often more interested in exhausting every treatment than in helping to facilitate a peaceful end-of-life experience.

Patients who receive good geriatric care stay happier and healthier, just as old people who can remain at home are able to better enjoy their lives. This book makes a thorough inquiry into how the idea of assisted-living facilities arose as a supposed improvement on regimented nursing homes, but these have often become a disheartening place for the sick and dying. The quality-of-life issue that is used to market such places, Gawande maintains, is directed more toward the people planning to leave Mom than toward Mom herself. But he sees a lot of hope in the group living concept, if it is overseen with the residents' happiness in mind.

The toughest stories in the book are, of course, the terminal ones. And Gawande gives an agonizing account of how his own father, also a surgeon, gradually lost control of his body, even while understanding exactly what was happening to him. He writes of his family's ordeal in facing the reality of this downhill slide, and of his own particular helplessness as a doctor. He captures the inevitable physical intimacy that comes with death, which is perhaps the strangest shock to a culture that has used hospitals and nursing facilities to isolate the dying from the healthy in ways that earlier generations never could.

There are no easy answers in this book, but the reviewers were deeply moved and inspired to consider their own endings in a different way. Not every family is equipped to care for a dying person at home. Gawande's point is that we must find something more creative than the status quo so that people are allowed to live their last months or years with some autonomy and dignity and die in relative peace and comfort.

By Midge and David James, VHOCC Volunteers

Goodbye Rotary Phones...

And remember dial up Internet? When it would disconnect? Oh the horrors of it all. How the world communicates has changed - and so must VHOCC. As a nonprofit that seeks no government funding, it relies primarily on donors to operate. To that end . . .

Oh no, here comes the pitch. I'm going to sweep out the chimney or bake some gluten-free bread now. I'll have to drive to Seattle for the ingredients. When I get home I'll read the rest of Hospice Happenings, but probably forget where I left off. Darn. No one will know I skipped the rest of this article.

VHOCC is asking that you, the subscriber, receive *Hospice Happenings* via email. This will save \$1.74 per subscriber per year (print and postage.) Our goal is to transition most of our subscribers to email by 2016. ***That's it? I can give \$1.74 to VHOCC and receive Hospice Happenings via email. I'll go to vhocc.org now (At a Glance - Newsletters) and sign up. Easy! OMG it's almost 2016. Why am I still paying for a landline?***

With this change, VHOCC will save nearly \$5500 annually. It's like free money. Help us use this \$5500 for critical items that will benefit those we serve. Please make your silent donation today. Thank you.

Yes, mailed newsletters will soon be a thing of the past. Sign of the times. I'm online almost daily. Count me in! Hey - have you seen my VCR?

By Nora Norminton, VHOCC volunteer

POLAR BEAR DIP 2016!



HOLLYWOOD BEACH, PORT ANGELES



10 am



UP FOR THE CHALLENGE?



January 1st, 2016 marks the 4th consecutive year that Volunteer Hospice of Clallam County (VHOCC) has participated in the Port Angeles New Year's Day Polar Bear Dip at Hollywood Beach. Look for VHOCC's booth where participants and spectators will be welcomed with warm beverages and pastries.

Once again we will offer a "Polar Bear Challenge" to the community! Simply challenge someone (this can be any individual or organization) to take the plunge. If the person or organization challenged agrees and actually takes the dip, the challenger donates the amount that was pledged to VHOCC. Come join the fun!

CLIP COUPON AND MAIL OR DROP IN THE BASKET AT THE VHOCC OFFICE: 540 E. 8TH ST. PORT ANGELES 98362 FOR MORE INFORMATION, CALL DAN WELDEN AT 360-457-8133 OR LORI JACOBS AT 360-452-3591

POLAR BEAR DIP CHALLENGE COUPON

I challenge _____ (name of ind. or org.)

If the challenge is accepted, my donation to VHOCC will be \$ _____

Name _____ Date _____

Address _____

Phone (____) _____ Email _____

ACCEPTED BY (SIGNATURE) _____

DATE _____ (OFFICE) _____