

Clinical Staff

Haley B, RN, BSN, Clinical Team Manager
 Lynn, RN, BSN, MS, Lead Nurse
 Shelby, Patient Navigator
 Becca B, CNA
 Becca W, RN, BSN
 Christy, RN
 Danielle, RN
 Ellen, RN
 Jannae, RN, BSN
 Jeanette, CNA
 Molly, RN, BSN
 Stephanie J, RN
 Stephanie Y, RN

Mission Support Staff

Priya Jayadev, Executive Director
 Lisa Palermo, Development Director
 Astrid Raffinpeyloz, Volunteer Services Manager
 Jennifer Barrows, MSW, LSWAA, Social Worker
 Heather Loyd, Administrative Services Manager
 Myrna Schaaf, Administrative Assistant

Board of Directors

Loriann Hamilton Ridgeway, President
 Roger Oakes, Vice President, Secretary
 Stuart Koop, Treasurer
 Wendy Brown, RN
 Suzanne Lockwood
 Karen McCormick
 Tyrrell Prosser
 Peter Raiswell
 Ted Ripley
 (Recording Secretary: Sandy Granger)

6 Ways to Help Volunteer Hospice

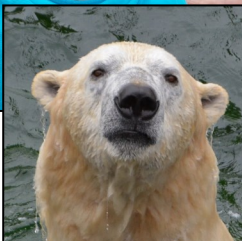
- Volunteer.
- Donate at volunteerhospice.org.
- Add Volunteer Hospice to your will.
- Donate needed items to the Lending Closet.
- 'Like' our organization Facebook page.
- 'Follow' us on LinkedIn.

Nonprofit Org
 U.S. Postage
 PAID
 Olympic Mailing
 & Printing Services



Join Us for the Polar Bear Dip!

Kick off the new year with a splash! Our 37th annual Polar Bear Dip will start at 10 a.m. on January 1, 2025. Join other brave, fun-loving dippers at Hollywood Beach in Port Angeles — with hot drinks, a bonfire, and socializing immediately after the plunge. Visit www.volunteerhospice.org for details about this popular (and yes, chilly!) annual community fundraiser.



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. *#We'reMoreThanHospice*

Reflections on Gratitude

"Rather than solely the act of 'lending a hand,' volunteerism is a kind of self-actualization. It represents a profound and personal search for meaning in the world." –Tobi Johnson

As we near the end of the year, despite the differences in opinions and uncertainties surrounding us, we can only express gratitude to the multitude of volunteers who are a part of this organization. We are grateful for the volunteers who make time for holding a hand at a bedside, praying with and reading the newspaper to someone no longer able to read on their own, allowing a caregiver to take time off, offering support to a griever, or creating a safe space for open and honest discussion on end-of-life. And to the volunteers who show up, day after day, to greet visitors, help with equipment loans, deliver hospital beds, clean and repair equipment, record donations, send thank-you letters, and distribute flyers around town. If done by paid staff, these many tasks would cost VHOCC more than \$380,000 a year.

All this is free of charge, and yet the ROI (return on investment) is huge for every single volunteer because for them, gratitude is not just a state of mind, it is an action — or a verb, as Ram Dass would have said.

Gratitude is not just giving thanks. Gratitude is service, it is taking an action for the benefit of others. And that in return brings benefits to those doing the work. Research shows that people who volunteer often feel more gratitude in their life than others do. Grateful people pay attention to their wellbeing by practicing self-care, they appreciate what they have in their lives, they focus on the good more than the bad, and they acknowledge others' and their own achievements, no matter how small. Other benefits include boosting mood and strengthening relationships, and building resiliency in the face of adversity.



Recently, a volunteer commented that he was grateful "to be in a room full of adults." We were at an in-service, a monthly program offered to our volunteers. Yes, at Volunteer Hospice we thrive as we strive to behave as compassionate adults in a world that challenges us constantly.

Astrid Raffinpeyloz, Volunteer Services Manager



Dedication of Rose's Garden Was a Joyful, Rainy Success!

Smiles and umbrellas bloomed in Rose's Garden on Sept. 13 at the unveiling of the mural created by local artist Melissa Klein. The event was well attended, including VHOCC founder Rose Crumb's family: her daughter Lori, son Jeff, sister Genelle Doyle (pictured at microphone), and brother-in-law Larry Doyle. Singer-songwriter Glenn Gilliam performed his original song "Remember Me."

Speaking to the crowd, Lori smiled at the raindrops and said it was Rose giving her blessing to the project. Volunteers plan to develop the garden further with additional plantings, a sculpture, a wind phone, and hopefully walkways to accommodate those with mobility challenges.

Many thanks to muralist Melissa Klein and volunteers Denise Bennett, Chas Bridge, Marina Chase, Michael Douglas, Phil Morgan-Ellis, Jonathon Thomason, and Linda and Bob Warder — and also to Kyle Sitherwood of Angeles Concrete.



VHOCC Resources & Program Calendar

All programs are free of charge. Registration is required for all except Follow-Up Grief Support Groups. All programs are subject to cancellation. Call 360-452-1511 or email reception@vhocc.org.

COMMUNITY ORIENTATIONS

In-Person: Port Angeles

First Wednesday of each month, 11 a.m.–noon.
VHOCC office, 829 E. 8th Street, Port Angeles.

In-Person: Sequim

First Tuesday of each month, 11 a.m.–noon.
Location given at time of registration.

GRIEF SUPPORT GROUPS

In-Person Group: Port Angeles

Mondays, Apr. 21–May 19, 2025, 1–3 p.m.

In-Person Group: Sequim

Mondays, Oct. 28–Nov. 25, 1–3 p.m.
Mondays, Feb. 10–Mar. 17, 2025, 1–3 p.m.

FOLLOW-UP GRIEF SUPPORT GROUPS

Drop-in groups open to those who have attended a VHOCC grief support group; no registration needed.

In-Person Group: Port Angeles

First Thursday of each month, 4:15–5:15 p.m.

In-Person Group: Sequim

Fourth Monday of each month, 1–2 p.m.

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 offered every other month on the second Wednesday.

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

"The Pastor for People Who Don't Do Church" with Kristabeth Atwood, M.Div.

Wednesday, Jan. 8, 2025, 12:30–2 p.m. via Zoom

"Shadow Work" with Amy Wright Glenn from the Institute for the Study of Birth, Breath and Death

DEATH CAFÉ 'TEA TO DIE FOR'

Open, casual, freeform discussions relating to end of life, death and dying. Offered monthly from 4–5:30 p.m.

Port Angeles: Fourth Wednesday of each month at the VHOCC Conference Room, 829 E. 8th Street.

Sequim: Second Monday of each month at KSQM-FM, 609 Washington Street, #17.

Please Share Your Hospice Stories

When my mom, my brother, and I were struggling with my dad's end-of-life journey — the choices to be made, the timing of decisions, the emotions and fears — everything seemed so overwhelming.

At one point, a cousin, who happened to be a physician in the hospital where my dad was admitted after his stroke, sat us down and told us about another family she had helped through this same journey. She told us about their coping mechanisms, who they turned to for support, what resources they used, how they worked through their feelings of remorse and guilt, and how they turned to hospice for much-needed care and support.

That story was exactly what we needed to hear at that moment. It helped us understand that what we were experiencing was not unique, that our immediate concerns could be addressed, and that we could make choices that led to the best outcome for my dad.

Stories are such a powerful way to share personal experiences. They allow others to visualize, empathize, and connect with the storyteller and/or the experience. They ease emotions. They encourage and motivate. They help others feel 'normal' and connected. Stories are the glue that binds us together as a shared community.

So, our ask to you is this: Please share your hospice story with us. We would like to build a repertoire of stories to help other families navigate the end-of-life journey. If you are also open to sending a picture of your loved one, that would be wonderful! Whether your story is connected to VHOCC or not, we would like to add it to our collection of resources.

You may send your stories to my email at priya.j@vhocc.org with subject line 'My Hospice Story,' or mail them to my attention at 829 E. 8th Street, Port Angeles, WA 98362. Or you could even call and tell me your story personally: 360-452-1511. Whichever way you choose, I am grateful for your generosity in sharing your experience!

Priya Jayadev, Executive Director



Photo by Susan Doupe

Thanks from Grateful Families

"We had no idea how to do this — but all of you swooped in and took such good care of us."

Dan C.

"The services you offer are wonderful. You met every need we had — and all that came up. The emotional and mental relief was immense! Thank you for everything."

Janet P.

HOSPICE HUGS

General Fund

Ann Allen
Rebecca Archer
Dale Arveson
Denise Bennett
Roxanne Butler
Andrea & Steve Clark
Laura Cooksey
Chris Coolures
Janet Culver
Thomas Deeney
Carolyn DeSalvo
Dungeness Valley Lutheran Church
Peter Duppenthaler
Kristin Ecklund
Linda Ellinwood
Donald Harvey Elliott Estate
Fidelity Charitable Gift Fund
Rose Forbes
Stanley J. Forsell
Barbara Gardner
Karen Gates-Kilpatrick
Etta Grall
High Energy Metals Inc.
Joris Hitt
Dr. Ed Hopfner
Jay Howard
Jo Anne Hughes
Greg Hulsman
International Brotherhood of Electrical Workers
Dennis Jodoin
Janet Kailin
Mike Kalahar
Dow & Marlene Lambert
Robert Lane
Betty I. Ligan
Suzanne Lockwood
Kathleen A. Lyon
Maybelle Clark Macdonald Fund
Karen McCormick
Kevin McMahan
Sally L. Moore
Lisa Nakamoto
Northwest Kidney Center
Joanna Pinick
Port Angeles Marathon Association
Wende Porterfield
Charles Pepper Putnam
Toni Randall
David Schwab
Thomasine Schwent
Alda Siebrands
Soroptimist International of Port Angeles
The Olympus Group
Roseline Tomlin
Cyril Vincent Tondreau
Dian Trandahl
Margery Whites
Kathryn L. Woodcock
Christine Wrobel

Community-Sponsored Fundraisers

Applestock
Lincoln Park BMX
Olympic Cellars Winery
Sequim Bay Yacht Club

Grants

1st Security Bank

What a Wonderful Community!

As you probably know, everything we do is free to the community and is supported by this community. So, we'd like to spotlight some of the incredible people and organizations who keep our doors open and our nursing team on the road.

Each year, several community organizations host fundraisers to benefit VHOCC. This year, Sequim Bay Yacht Club, Esprit, Olympic Cellars, Peninsula Men's Gospel Singers, and the Louella Gebhardt Memorial Golf Classic were joined by the North Olympic Mustang Club, Applestock, and Lincoln Park BMX. These fundraisers are critical to our operations and help people in the community learn about our many programs.

This year, we also tried a new fundraiser: an online auction held in mid-October. We were amazed at the generosity and creativity of the people and businesses who donated items. We hope you had fun bidding and were able to take home something wonderful. We'd also like to thank all of you who made donations to the 'fund-a-need' categories which will help us buy more hospital beds, mattresses, and nursing supplies — and also provide maintenance for our delivery vehicles. Thanks to all of you, we raised more than \$24,000!

Just around the corner, on New Year's Day 2025, we'll host the 37th annual Polar Bear Dip at Hollywood Beach. Our 2024 event drew a record crowd, and we hope you'll join us!

Lisa Palermo, Development Director

Volunteers of the Month

AUGUST: Deb Barrows has been dedicated to us from the start. She throws herself into the work, fully committing her time and energy to her patients and giving respite to the caregivers. "It's an honor to be chosen as Volunteer of the Month," she says. "There are so many of us who are committed to serving our community, and I'm deeply humbled." Deb received a gift certificate from Oak Table Café, a strong supporter of our program.



SEPTEMBER: A volunteer since 2016, **Frank Finney** says, "Having used Volunteer Hospice services in the past, this is my opportunity to pay back and contribute directly to the vital needs of others so that their wishes will be respected. We



provide everyone access and peace of mind. As a driver, my focus is to make sure the hardware is always ready when needed. I support both offices in Sequim and Port Angeles in deliveries, repair, maintenance and coming up with new ways to make things easier.

Our team also manages the recycling of our surplus equipment and supplies that go all over the world. It's an honor to help out in any way we can."