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Summer
2011

Heart of Hospice

Newsletter

Heart. It's in our name. It's in our care.



A caterpillar, a chrysalis, and suddenly—a butterfly.
Beauty from the depths—soaring towards eternity.
A metaphor for transformation.

2011 Butterfly Release—Memorial Service for our Loved Ones

THE BUTTERFLY HAS been a symbol of transformation and resurrection for thousands of years, going back to the ancient Greeks (if not earlier). This is why it is the symbol for Hospices worldwide. The Heart of Hospice Butterfly Release is not only a memorial service; it is a celebration of life. It is intended to help people honor their loved ones as they release their grief.

The Third Annual Heart of Hospice Foundation Butterfly Release took place at Sorosis Park in The Dalles on Saturday, May 14 with over 160 people in attendance, and at Jackson Park in Hood River on Sunday, May 15, where over 150 gathered despite cold temperatures.

The Butterfly Release is a community event, and is always well attended by a mix of hospice and non-hospice families. As Cathy Carter, Executive Director of the Heart of Hospice Foundation (which sponsors this free community event) explained, “Losing a loved one is a painful experience. This is our way of helping a community that so generously supports our Foundation.”

Several weeks before the event, we started receiving calls from people in the community who wanted the names of their loved ones read at the ceremony. On the day of each event, we continued to collect names as people arrived. The Heart of Hospice staff began by reading the names of the 120 patients who passed away in the last 12 months. Several choked

back tears as they reached the names of people for whom they had provided care. Another hundred or more names, provided by the gathered community, were then read aloud.

The butterflies were distributed. Watching the crowd, one saw many people holding these small, white packages as if they were ‘prized possessions’, with great love and tenderness. The small rubber bands were gently removed from the boxes. A hush fell over the crowd as they seemed to wait with both eager anticipation and somber reluctance for Clyde Sanda, Heart of Hospice Chaplain and Butterfly Release organizer, to give the instructions to “open the packages.” And then it happened: As the butterflies were released simultaneously, there was a huge collective sigh and gasps of delight. Some people were crying, and others were hugging one another. No one remained untouched. And the collective grief, shared, was released on the wings of the butterflies.

Love Lives On

Those we love are never really lost to us, we feel them in so many special ways, through friends they always cared about and dreams they left behind, in beauty that they added to our days, in words of wisdom we still carry with us and memories that never will be gone. Those we love are never really lost to us—for everywhere their special love lives on. ~A. Bradley



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How Can a Bunch of Strangers Be of Any Help?!

What do you think of when you hear the phrase “bereavement support group”? Most of us picture a group of people, perhaps mostly women, or mostly older, who sit around telling stories about their loved ones who have died, crying and being sad. We imagine support groups as being depressing, boring, or too sad to bear. If that was what a support group was truly like, however, no one would stay very long!

The truth is, support groups can be dynamic, supportive, informative, and even a little fun.

Heart of Hospice offers two support groups—Mondays in The Dalles and Tuesdays in Hood River. There is a trained facilitator there to ensure emotional safety and to help with the journey. These support groups are open to adults who have lost a loved one to death. Those who attend need not have used hospice services. For additional information, please call (541) 386-1942.

Mondays - Mill Creek Point
1201 W 10th Street
The Dalles, OR
3 p.m. – 4:30 p.m.

Tuesdays - Down Manor
1950 Sterling Place
Hood River, OR
10 a.m. – 11:30 a.m.



THE HEART OF Hospice Foundation awarded two \$1,000.00 scholarships to two very deserving and qualified graduating seniors.

A committee of Heart of Hospice Foundation board members determined the recipients based on academics, service to the school and community, high integrity, moral standards, and outside activities.

Alicia Everitt was a founding member of YoHoHs and served as YoHoH co-president for the 2010-2011 school year. Alicia would like to be an engineer and plans to attend the University of Denver in the fall.

Marit Knapp joined the YoHoH's in 2009 and was also co-president for

YoHoHs

Youth Heart of Hospice Volunteers

2010 - 2011 Heart of Hospice Scholarship

Alicia Everitt & Marit Knapp

the 2010-2011 school year. Marit's top choices are Santa Clara and Georgia Tech, where she also plans to pursue a degree in engineering.

The following excerpt from Alicia's essay beautifully describes the experience most, if not all, Hospice volunteers share. "When you spend the time and have a conversation with a person who has been feeling forgotten, you can see the change in their face. Being a part of that change, a contributor to that happiness, makes me feel joyful. Even when I can't get across who I am or what I brought, when I stop talking and just smile at them, a light often comes in their eyes of comprehension. To replace the distant dull glaze for just a moment makes the work rewarding."

Congratulations Alicia and Marit, and thank you for your many contributions!

Mail Time at the Office

Our hearts are filled with gratitude not only for what you do, but also to God for putting in your hearts the desire, strength, and compassion to do the work that you do!!



Thank you for your service to Dad. We appreciate all that you did to keep him comfortable in the last month. Thank you for the care and concern we received.



We are so grateful to Heart of Hospice for easing us through the loss of my mother... even in our sadness we felt enriched by the brief acquaintance with each of these special souls. Thank you for being there for us.



Richard Wachter—Vet to Vet Volunteer



WHAT VOLUNTEERS DO for disabled veterans can be as basic, and as important, as just being a friend in the trying days of illness and therapy.

Richard Wachter joined Heart of Hospice as a volunteer in November 2010 and has primarily been assigned to Veterans at the Oregon Veterans Home in The Dalles.

We recently asked Richard about his experience as a Vet to Vet Volunteer. We learned that he was raised in the military. His father was a career Air Force Sergeant, his oldest brother served in the Navy, and in 1976 he followed in this father's footsteps and joined the Air Force.

Richard visits fellow Veteran, Norm, at the Veterans Home weekly. Hanging above Norm's bed is a picture of his 14 year old dog, Skookom (it means endurance), who was his long-time buddy but now lives with his daughter.

Norm has three daughters and one son (who passed away).

At the age of 18 he was a River Pilot and later a Sea Captain. In 1945 Norm enlisted in the United States Coast Guard. His love of the sea brought him around the world 2-1/2 times.

Richard enjoys Norm's straight forwardness, stories of the ships he built, and tales about his seafaring cruises.

When asked about his experience(s) at OVH he replied, "I have found it very rewarding to volunteer with Heart of Hospice as well as working with the Veterans at the Oregon Veterans Home. After all they have sacrificed for our country it is the least I can do to show my respect, and also acknowledge the cost to love and support our country. I really believe that the small part that I do for our aging and proud parents and grandparents has benefited me a thousand fold. I feel lucky to share in the lives of the citizens that I work with."



WE HONOR VETERANS

"A veteran - whether active duty, retired, national guard, or reserve - is someone who, at one point in his or her life, wrote a blank check made payable to The 'United States of America' for an amount of 'up to and including my life.'" —Author unknown

Heart of Hospice is proud to offer expert medical care, family support, and bereavement services—care that your military service entitles you to. These services are part of the basic Veteran Affairs (VA) benefit package and are also covered by Medicare, Medicaid, and most private insurers. By developing relationships with VA offices and other benefit providers, our staff works to secure the best array of services, benefits, and community resources for which your family may be eligible.

- All Veterans are now eligible for hospice benefits.
- With benefit information now accessible to Hospices, our social workers are trained to fill out the paperwork essential to ensure veterans and their families receive all the VA benefits and resources available to them. One important benefit that is often overlooked or unknown by many families with Veterans or surviving spouses is a "Pension Benefit" which IS NOT dependent on service-related injuries for compensation. Aid and Attendance can help pay for care in the home, nursing home, or assisted living facility. A Veteran is eligible for up to \$1,632 per month, while a surviving spouse is eligible for up to \$1,055 per month, and a couple is eligible for up to \$1,949 per month.
- Admittance into the Veterans Home in The Dalles has been cut from nine days to 24 hours with the paperwork now being available for Hospice to fill out for physicians. By the staff completing this information, physicians can read through and sign; enhancing our ability to get the patient transferred from home to the facility in less time.
- By completing the levels of partnership developed by NHPCO and Department of Veteran Affairs, we are out in the community giving presentations so people are more aware of assistance programs and hospice care availability.

Heart of Hospice Foundation

My Dinner Party For Heart of Hospice Foundation



This is our fourth year of the “My Dinner Party” series benefiting Heart of Hospice Foundation. The generosity of our hosts and this incredible community continue to astound us; they are the cornerstone of this amazing fundraising campaign. A few seats are still available.

Regional Food and Wine Pairing

August 25 * 6:30 p.m.
16 guests * \$95 pp
12 SPACES LEFT

Winter Wonderland White Party

November 11 * 8 p.m.
22 guests * \$55 pp
6 SPACES LEFT

To make reservations please call 541.386.1942 or visit our website at heartofhospicefoundation.org.

Heart of Hospice is known for its love, laughter, compassion, honor, and commitment to easing a patient and family through one of life's most difficult transitions. Heart of Hospice Foundation provides emotional and financial support to Hospice patients and families in need in the Mid-Columbia region. 100% of Foundation donations go directly to any Hospice patient and/or their family.

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Heart of Hospice House

An End-of-Life Residential Facility for the Columbia Gorge

WHAT IT IS

- Heart of Hospice House is a place that will fill the gap in end-of-life care in the Columbia Gorge.
- It will be a ten-private-suite Hospice House covering Columbia River Gorge communities (Oregon and Washington) to give specialized end-of-life care to patients and their families in a warm, serene, home-like setting.
- It will be a place to go to live, love, heal and say goodbye with the warmth and comfort of a highly experienced, specialized and compassionate team.
- Our team will include a skilled hospice nurse, hospice health aides, medical director that is board certified in palliative care, social worker, counselor, chaplain and hospice trained volunteers.
- We will serve terminally ill patients who have a prognosis of six months or less. Typical patients will need symptom management, palliative care procedures, and pain control.
- We can be a stepping stone from hospital to home or other facilities by providing caregiver training and assistance during a transition period at our facility.
- It will be available to all hospice patients in Columbia Gorge communities. Patients may use other qualified hospices in our facility.

We believe our Heart to Heart care sets us apart from the rest. We take the time to listen to stories, concerns, fears, jokes or whatever the moment brings. We help celebrate special moments and events—from birthdays, anniversaries and holidays to sharing a piece of fresh baked pie, a special song, a favorite passage in a book, a game of cribbage or a drive in the country. We pride ourselves on being present in the moment because that is really what life is—a series of moments.

WHAT IT IS NOT

- Not a competitor to existing facilities, the Hospice House will only take terminally ill patients who have elected palliative care rather than curative care.
- Not restricted to Heart of Hospice patients. While Heart of Hospice will staff the facility caregivers, patients of any hospice may be admitted. Hospices that want to provide hospice care at our facility are welcome.
- No duplication – the Residential Hospice will not duplicate what is currently in existence in the Columbia Gorge.
- Not Long-Term Care – The purpose of the Residential Hospice is to deliver end-of-life care to patients and their families living with an active, progressive terminal illness. It will not serve as a long-term care home, general nursing facility, senior's residence or adult foster home.
- No dilution – The Highly trained and experienced hospice caregiver team can see more patients and families in one facility, reducing drive times, better utilizing their time and abilities.

