



Heart of Hospice Newsletter

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

From the Desk of: JODI GOATCHER

Definition of tradition - A belief, custom, story, practice, or such handed down from generation to generation by word of mouth or demonstration

I remember hearing a story once about a man. Every time his wife made a roast she would always cut the end off before she put it in the pan to cook. He asked her once why she did that and her reply was "My grandmother and mother have always done this, and that's the way I have always done it." The next time his wife's grandmother came for a visit he asked her why she always cut the end off the roast prior to cooking it. She looked at him very puzzled and said that she did it because otherwise it wouldn't fit into her pan.

Traditions. They are everywhere. They are essential in helping to define who we are. They connect us to our past, comfort and ground us in the present, and give us a bit of ourselves to pass on to the future. Traditions are around us all of the time but they are showcased front and center during the Holidays. Some are so long-standing that we don't recall when they started and some we create ourselves. Some bring us happiness with recollection or practice, and some are bittersweet. Some traditions that we feel are important to pass on to our children are the very ones that drive them crazy. We have the ability, the gift really, to pick and choose what

Heart of Hospice is pleased to offer a pamphlet on Grief and the Holidays. We also sponsor the Heart of Hospice Bereavement Groups, which are open to any adult who has lost a loved one through a death. There is no requirement at all to have utilized Heart of Hospice services. Please call our offices for times and locations for meetings of the groups, or to request a copy of the pamphlet.




Governor honors Youth Heart of Hospice Volunteers
See story on page 3

Traditions we want to carry forward, what ones we want to forget, and the option to make new ones at any time.

Here at Heart of Hospice we are a family and we have created some of our own traditions. Some we share with the public like our annual Butterfly Release, and some we keep to ourselves. One of my favorites is our White Elephant Gift gift exchange that takes place at our annual Holiday Party. The fun starts in the spring with comments like "I cleaned out the garage this weekend and found the perfect White Elephant Gift!" You get the picture.

In this newsletter we want to share some of our own traditions with you, discuss the importance of traditions in the excellent article Deb has written about grief and the Holidays, and celebrate some of our accomplishments this year. Whatever traditions you practice this Holiday Season, old, new, or somewhere in-between, our wish is that they bring you joy, comfort, and peace.

 Jodi

Happy Holidays from Our Family to Yours!



Veteran's Day at OVH:

In celebration of Veterans Day, The Dalles YoHoHs, brought a fun patriotic sing-along to the Delta and Bravo wings at the Oregon Veterans Home. The YoHoHs copresident Jill Corey invited Lloyd Walworth and his Harmonaires to lead Veterans, YoHoHs, volunteers, and staff in singing several patriotic songs. "It was so wonderful to hear even the quietest of patients belt out old patriotic songs without ever reading their song pages," shared a grateful staff member. The YoHoHs visited with the Veterans and handed out red, white, and blue short-bread cookies and individual flags. Before we left, patients and staff thanked our group and invited the YoHoHs to come back another day. Following the sing-along at OVH the YoHoHs visited each of our Heart of Hospice patients in The Dalles area. This event was a meaningful and memorable way to remember our Veterans and our patients.

Take time every day to just breathe...

Another year coming to a close... Another holiday season beginning. Whether you are caring for a very ill loved one, or lost your loved one this last year, or lost your loved one in the past, you may experience mixed emotions this holiday season.

It is important to realize that no matter how difficult the holidays may seem you will survive them. Most people are able to find, create, and experience joy in the holiday season, even in the midst of grief. Finding ways to focus on the true meaning of the holidays—spiritual, emotional, and relational—can make the holidays tolerable, meaningful, and even enjoyable.

How to do this is as personal and individual as you are. Here are some suggestions that you can try on, incorporate, and utilize as you create your own holiday season of meaning:

Keep your lost loved one in mind. This may sound a little odd, but to deny the importance of your loved one is often more painful and consumes more energy than if you allow yourself to acknowledge the importance of the loved one in your life, as well as to feel the sadness their absence brings. As you are able, tell stories, reminisce, look at old photographs or cards, and remember the joy you felt with them. Even though it can be bittersweet to do so, if you focus on the "sweet" part of the memory, the "bitter" is eased.

Practice good stress management. The holiday season can bring lots of stress with it. There are so many parties, goodies, gifts to buy, and events to attend! Pacing yourself, eating and drinking in moderation, and keeping up with your sleep and

exercise, will help reduce your stress and actually make the season fun. Figure out which events are most meaningful and enjoyable; attend those and decline the rest.

Traditions—old and new especially in connection with ones we love, are also key. One woman, whose deceased sister loved snowmen, decided to give her family and friends snowman ornaments every year in her sister's memory. A widower found comfort in attending sunrise services on Christmas, just as he and his wife had done for their entire marriage.

Take time every day to just breathe. Sounds simple? Or silly? Taking some deep breaths is actually rejuvenating, and helps you manage stress. It helps both your body and your mind. You can do focused breathing anywhere—just sit, stand, or lie down, and breathe in deeply to a count of four, hold your breath for a couple of seconds, then breathe out deeply to a count of four. Do this 3-5 times, three times a day and when you feel stressed.

Remember to look at the world with awe and wonder. Feel gratitude for the blessings you've had—children, homes, families, friends, pets, experiences, the places and things that comfort you. Give thanks for the one you have lost, for their presence in your life, however long that was, and for the memories they have left you. Remember: this is a time of "comfort and joy."

Deb Lambo, MA, LMHC
Bereavement Counselor

YoHoHs

Youth Heart of Hospice Volunteers
Governor's Award Luncheon

When Jill Goatcher came up with the idea of Youth Heart of Hospice Volunteers (YoHoHs) it stemmed from a perceived gap in interaction between the youth and the elderly in the community. Jill felt that through her own volunteering with Hospice, she had heard touching stories and shared meaningful experiences with patients that had enriched her own life, as well as theirs. She wanted to give her peers at Hood River Valley High School (HRVHS) a chance to experience these interactions. Her dreams became a reality in 2008, when she held the YoHoHs first meeting at HRVHS, with 30 students in attendance. Jill graduated from HRVHS in 2010 but her legacy lives on—now in their fourth year there are 80 members and this fall we saw the launch of a second YoHoH program at The Dalles High School in The Dalles, Oregon.

They meet monthly during the school year to plan an activity; some of their favorites include delivering carnations to all the Heart of Hospice patients and facility staff on Thanksgiving morning, making handcrafted Christmas cards, and decorating at Hawks Ridge and other area facilities for the holidays.

In September we received notification that the YoHoHs were selected to receive the Region 6 Outstanding Youth Volunteer Program Award. A special luncheon was held on November 4 in Salem, Oregon, to honor all the award recipients.

In attendance were Jodi Goatcher, Executive Director of Heart of Hospice; Cathy Carter, Executive Director of Heart of Hospice Foundation; Jill Goatcher, Founder of YoHoHs; Jayne Mederios, Volunteer Coordinator; Clyde Sanda, Chaplain; Rick Whitaker, Special Projects; Jonathan Goatcher and Carly Peterson, copresidents of YoHoHs and seniors at HRVHS; and YoHoHs Petra Knapp, Kaylee Colt, Miranda Starr, Andrew Thompson, Zoe Peterson, and Bailey Murahshi.

Thank you Jill and Congratulations YoHoHs!
We are so proud of each one of YOU!



Holiday Favorites...

Jayne—Volunteer Coordinator
Attending and/or participating in Christmas caroling is my favorite part of the holidays.

Destiny—Administrative Asst.
Sleeping in Christmas morning, hanging out in our pajamas, and being home and together.

Annie—Dir, Palliative Care
A trip to the forest a week or two before Christmas to find the perfect tree.

Betty—Hospice Nurse
Drinking champagne and bantering with my best friend, Chris, while stringing the Christmas tree lights.

Pam—Director, Clinical Svcs.
Eating homemade cinnamon rolls with the kids and grandkids before opening gifts.

Claire—Office Manager
Having all the kids, grandkids, and extended family at my house Christmas morning for breakfast.

Julia—Social Worker
Making candy; my all-time favorite is divinity.

Did you know??

River's Edge Towing in Hood River and The Dalles will donate 20% labor on all mechanical repairs to charity. Just let them know that Heart of Hospice Foundation is your charity of choice when you pay your bill. It is really that easy!

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SAVE THE DATE!

Launch Party

January 21, 2012

6 p.m.

The Pines Tasting Room
202 State Street, Hood River

Help us *kick off* our fifth year of the My Dinner Party series benefiting Heart of Hospice Foundation.

Please join us at The Pines Tasting Room to meet our fabulous hosts and be among the first to reserve your place at any of the My Dinner Party events. The following are just a couple of examples of the more than 20 dinners being offered in 2012.

Egyptian Night

Indulge your inner pharaoh for a trip down the Nile orchestrated by Ahmad and Noelle Ziada. Masters of authentic Egyptian cuisine, the Ziadas will delight you with traditional and exotic dishes from the Nile Valley.

Go Greek!

Opa! Hosts Gary and Patricia Blake prepare an authentic Greek spread starring a succulent roast butterflied leg of lamb. Enjoy sweeping views from the Blakes' beautiful Riordan Hill home as you nibble olives and stuffed grape leaves and sip wine from nearby Phelps Creek Vineyards.

www.MyDinnerPartySeries.com

Dear Friends,

We are greatly honored and deeply grateful for the outpouring of love we receive from our patients, families, friends, volunteers, youth volunteers (YoHoHs), local businesses and communities, and countless others who continue to support us in so many different ways.

What a blessing it is to serve so many; and it's only possible because of your generous donations. Some of our programs include necessary medical equipment, lift chairs, emergency home repairs, utility bills, food assistance, airline tickets, celebrations for birthdays, anniversaries, and other special occasions, Friday flowers, holiday gifts, last wishes, and more.

When you make a gift to Heart of Hospice Foundation you play an active role in helping your friends, neighbors, and loved ones during their time of greatest need. Large or small, your generosity is very special and greatly appreciated. Since 100% of Foundation donations go directly to Hospice patients and families, your contribution will go a long way to supporting Heart of Hospice Foundation in achieving our very important goal of doing anything and everything we can to support Hospice patients and families.

Thank you from all the patients, their families, the staff, and volunteers of the Heart of Hospice Foundation.

Cathy Carter
Executive Director

Have Your Cake and Eat it Too!

DIVOTS CLUBHOUSE RESTAURANT Indian Creek Golf Course

Deep chocolate cake enrobed in a chocolate glaze and filled with a dark chocolate truffle. Served wickedly warm, unleashing a rush of molten chocolate to your wild delight. Vanilla bean ice cream and fresh strawberries dress your plate. \$8~

You can enjoy this dessert, *guilt-free*, knowing the proceeds benefit the Heart of Hospice Foundation, where 100% of Foundation donations go directly to Hospice patients and families.



MOLTEN
CHOCOLATE CAKE

Cathy Carter was presented with the 2011 Woman of Distinction Award at a luncheon in her honor on Nov. 2, 2011.

Congrats Cathy!

