



Greetings

Recently, when our Vigil support group met, we looked at a section of the book, “The American Book of Dying,” on becoming an anamcara. (pp. 55-60) Have you heard of that term before? Anamcara means soul friend. This term is from ancient Gaelic and was used by the Celtic tradition in their care of the dying. Their school for the dying was a forerunner of the Western hospice movement. People then were encouraged to have a life long anamcara relationship. By doing this, you would have a “soul friend,” who would be a spiritual mentor in life and “an insightful personal coach at the time of death.” Even though most of us come alongside the dying person late in the journey, we can still make a meaningful contribution by our supportive presence.

Taken from various sacred art of dying traditions, the authors have put together “Ten Commandments for the Anamcara.”

1. BE PRESENT.

“When you do show up, take several moments to ground yourself before spending time with your friend—that is, become present by letting go of your own past and present concerns.”

2. TRUST THAT WHO YOU ARE IS ENOUGH.

“The greatest gift you have to offer now is yourself.”

3. SHARE WITH YOUR FRIEND AS AN EQUAL.

“One of the main complaints from people who are chronically or terminally ill is that friends and family treat them differently.”

4. LISTEN RATHER THAN BE CONCERNED ABOUT DOING.

“Holding someone’s hand or just being together in silence may seem unproductive, but eventually it may evoke deeper and more meaningful conversation.”

5. PAY ATTENTION TO CHANGING PRIORITIES.

“As a person becomes more contemplative and drawn inward, priorities shift.”

(Continued on page 2)

MISSION STATEMENT:

Hospice of Spokane embraces its role as a model for excellence in end-of-life care. We are a not-for-profit, non-denominational, community based organization that: affirms life and intends neither to hasten nor prolong death; honors the dignity of the terminally ill; strives to alleviate suffering—physical, emotional, social and spiritual; provides comprehensive hospice care and services; educates the community about hospice services and end-of-life issues; offers bereavement counseling services and support; embraces all cultures. Our client-centered care is provided by Interdisciplinary Teams comprised of physicians, nurses, social workers, nurse aides, volunteers, spiritual and bereavement counselors and other professionals. (Adopted and Revised November 2000)

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6. PAY ATTENTION TO YOUR NEEDS AND FEELINGS.

“Consider the care and nourishing of your own soul with supportive stories, including the ones found in the book, and those in classic books like “Final Gifts” or “Tuesdays with Morrie.”

7. JUST KEEP BREATHING.

“In some cultures, paying attention to our breathing is also a prayer, just as the word respiration literally means ‘to take in spirit.’”

8. PAY ATTENTION TO THE CLUES.

“Paying attention to small kinds of nonverbal communication is an important guide for the anamcara.”

9. REMEMBER THAT YOU ARE NOT ALONE.

“In a moment of doubt or fear, turn to your higher power, however you understand it. As the door opens between time and eternity, know that you are not alone.”

10. GRIEVE AND KEEP REMEMBERING.

“Our culture has few ways to support grief work, so grieving is critical for the healing and support of the anamcara.”

In this book there is a much larger explanation under each “commandment.” I encourage you to explore this book and others that might assist you to deepen your hospice experience and process the life application your hospice work has for you.

The Hospice of Spokane book club is considering “The American Book of Dying” (see Hospice Reads, in this newsletter) for our next book to read. We anticipate starting by mid or late August. If you have an interest in exploring this book with others, please give me a call. Until then, if I don’t see you or even if I do, have a GREAT summer!

Hospice Reads

The American Book of Dying: Lessons in Healing Spiritual Pain, by Richard F. Groves and Henriette Anne Klauser.

This appears to me to be an exceptional book for hospice workers. The book is divided into three sections: I. History: 1. Hospice 2. Ancient Books of the Dead 3. Spiritual Pain. II. The Stories: Nine hospice stories that examine the needs of clients and the hospice worker’s response. III. The Tool Chest: From complementary therapy to rituals and vigils, this section offers many practical helps tested from years of hospice work.

This is from a section of the book titled, “Ten Commandments for the Anamcara.” #2. TRUST THAT WHO YOU ARE IS ENOUGH. “It is normal to feel inadequate at time like this. Try to be natural-just be yourself. Be aware of any tendency to pretend you are comfortable-it probably means that you are not. Simple gestures to offer assistance and casual conversation cannot go wrong. The greatest gift you have to offer now is yourself. A simple rule of thumb is, when in doubt, trust your instincts. Generally, it will be relief to your companion that you are not assuming an artificial role.”

SANDY’S REMINDER!

Volunteer Activity form-please include activity code, milage, date of visit, travel time and watch for overlapping time when seeing more than one client and finally, write in the client’s full name even when the service is for a family member. Thanks!

Death is the only real and wise advisor that we have.

An immense amount of pettiness is dropped

If you catch a glimpse of it as your companion.

Carlos Castaneda

Poet’s Corner

As my mind and heart roam around my life now
I see the different things were important to me at different times
Once, this was important. At another time, that.
I gave a great deal to succeed in those then-important things
Which I can hardly remember now.
So what is important now?
This minute.
Maybe, the next minute—my being.
I may not be as I was
But I still am. . .



Dr. Marlene Halpin

Training participants share impressions

I asked several volunteers who were at our last volunteer in-service, "Dealing with Loss: A Volunteer's Gift to Hospice Clients," with Dr. David Erb, to share some of what they took away from the workshop. Thank you Sharon Grunwald, Marla Reilly, Susan Smith and Pam Kester, for sharing with us.

Sharon Grunwald

I found this inservice meaningful in a variety of ways, but particularly in that it had me re-visiting some of my own feelings and thoughts about losses that I have experienced. And, to my surprise, I suddenly gained some interesting insights about myself! While the very subject can be uncomfortable, I found it "safe" and comfortable to share with my group. In addition, it was a learning experience to hear what my group had to say about their own losses and how they resolved, healed and ultimately gained from them. Opening up and sharing such intimate feelings can be difficult, and as we sat and talked I realized what an exceptional group of people are drawn to Hospice work. I think it takes someone who isn't afraid to confront that deep part of ourselves, and thus we can help our clients and their families because we aren't afraid of the vulnerability it necessarily evokes. In summary, it once again reminded me of what an incredible group of people are a part of Hospice of Spokane.

Pam Kester

A newly minted hospice volunteer, I really didn't know what to expect at Dr. Erb's inservice, but I was pleasantly surprised to see so many members of my wonderful training group! (Hi, guys!)

I came with the expectation of gaining the insight the program title promised: "Dealing with Loss: A Volunteer's Gift to Hospice Clients." I came away with a new appreciation of the potential in each interpersonal relationship I will have with my Hospice clients.

We all experience many forms of loss throughout our lives--not only the tragic losses of accident or death, but also more subtle losses. Losses occur when our last child leaves home; when treasured possessions are taken through fire, theft, or flood; when a marriage or friendship ends unhappily; or when ageing or disability prevents us from engaging in favorite activities. In small-group discussion, Dr. Erb allowed us to examine how we deal with these losses, and how others may deal with them differently.

But what about the subtitle, "A Volunteer's Gift to Hospice Clients"? What gift?

The thing that resonated with me after this exploration of loss is that what we label "loss" is really "change," and change is something that many people fear and fight. The more we experience loss and accept it as a part of the human condition, the more resilient we are in dealing with change, and change is an integral part of the ebb and flow of nature. What unites Hospice volunteers is that we have all experienced loss/change, and we carry those experiences with us in a way that is accepting and optimistic. This acceptance is significant: it defines our overall attitude toward change and our optimism and resilience in responding to it.

We bring this attitude, this fortitude, into each relationship with a Hospice client. We model optimism and an acceptance of change. That is our gift.

Marla Reilly

Dr. Erb's in-service on "Grief and Loss" was a real learning opportunity for me. Until this class, I had not really focused on these major issues of grief and loss, and I had managed to side step facing the pain. Dr. Erb brought to the forefront that loss is many things, your identity tied to a job (retirement), moving (away from family and friends), adoption (being adopted or choose adoption for a child), physical restriction (ageing, disease, accident). The list goes on and is as varied as each individual.

This in-service brought up for me the pain of giving a grandchild up for adoption after I helped raise him from newborn to two years. Sharing with my fellow volunteers that day was a great comfort to me, their compassion was immeasurable.

My day did not end there, after leaving in-service I went to be with a friend that had lost her husband the month before. She had asked me to come and spend the night with her and just be there. Dr. Erb's class helped me to just be there, to be present, NOT fix her grief, just listen, to cry along with her, to embrace her when her grief became overwhelming, eat red licorice, and laugh as the stories of their lives unfolded.

If you're a hospice volunteer you already know everyone grieves in their own way. No right or wrong way, and there is no timetable attached to this process. Just be there and let them talk, the clients, family, and loved ones need to get their story heard.

Welcome May Volunteer Class

Pat Casey, Susan Geittmann, Kathleen Green, Jeannie Hurd, Pam Kester, Diane King, Dave Kruse, Carol Lawton, Sheila MacDonald, Darlene Melvin, Robert Meyer, Linda Minckler, Lois Moore, Marla Reilly, Andy Reisenauer, Ric Rocca, Jim Ryon, Susan Smith, Kay Walter, and Suzanne Williams.

Thank You

Thank you **Janet Howe** for getting many of the manuals ready for volunteer training.

Thank you to **Sharon Murphy, Lynda LeBlanc, Marlene Sullivan, and Diane Hermanson** for working on the Complementary Therapy & Expressive Arts guidelines.

Thank you to **Pete Frasier, Heather Leveque, Sheryll Shrefler, Dean Duncan, Peggy Sala, Richard Dudley, and Betty Strong** for their office support when I was gone.

Thanks to the volunteer panel at our last training: **Dan Jordan, Heather Leveque, Roger Imes, Sharon Grunwald and Karen Dashiell.**

Thank you to all the volunteers scheduled for a Vigil since last May: **Roger Imes, Nancy Childre, Barbara Lien, Kathie Riel, Judy Herda, Betty Manfred, Sue Larson, Meri Ellen DiLuzio, Doris Gallagher, Rita Everstine, Mary Dawson, Kris Christensen, Bill Barber, Audrey Holm, Larry Splater, Lynda LeBlanc, Kevin Carlson, Kris Olberg, Wilma Engstrom, Elaine Tyrie, Nita Gregg, Sarah Dhatt, Heather Leveque, Doris Wagar, Ted Langevin, Arlene Helsing, Marilyn O'Bannon, Catherine Scherer, Marla Reilly, Linda Minckler, Kristina Rice-Erso, Susan Smith, Liz Regan, Ric Rocca, Mary Beth Thompson, Mari-Pat Corrigan, Pam Patricio, Pam Kester, and Jim Ryon.**

Thanks to the weekend Vigil coordinators: **Nancy Childre, Richard Dudley, Dean Duncan, Wilma Engstrom, Rita Everstine, Judy Herda, Audrey Holm, Barb Krueger, Heather Leveque, Sherry Messenger, and Maureen Stevens.**

Thanks to **Kim Predisik** for sharing his song and great spirit at the Volunteer Breakfast.

Thank you to **Gloria Sprague** for all her assistance in the volunteer department.

Thanks to **Rachel & Sharry Seeman, Vernie St. John, Barb Garner, LaVeta Thompson, and Bob Goodwin** for folding the volunteer newsletter. Thanks to **Ted Ketcham** for editing and formatting! Thanks to **Heather Leveque & Trisha Fitzhugh** for proofreading.

Thank You

CALENDAR



July 9, Wednesday, 8:45-9:00 pm, Light & Life Celebration. Staff and volunteers gather to honor and remember clients we have served the previous week. Every Wednesday!

July 11, Friday, 1:15-2:00 pm, Complementary Therapy & Expressive Arts Committee meets. We are working on guidelines, referrals and gathering volunteers interested in massage, reiki, energy work, music, reflective writing, and others. Those interested are welcome.

August 1, Friday, 11:45-1:00 pm, Reflective Writing gathers again here at hospice. This is an ongoing, (First Friday of the month), experiential workshop on reflective writing for personal use and to share with our clients. A great way to process our hospice experience.

August 1, Friday, 1:30 pm, Shotgun Start for the Annual Scramble for Hospice! Please contact Dale or Jackson, in the Development Dept. at 456-0438, if you would like more information.

August 15, Friday, Noon-1:00 pm, Vigil Support Group meets. All are welcome, whether you have been on a vigil recently or not. Brown Bag. Cookies & beverage provided.

August 16, Saturday, 10:00 am to 4:00 pm, Unity in the Community at Riverfront Park. If you would like to represent Hospice of Spokane at our information table, please contact Jim Edwards at 456-0438. This event celebrates the unity we can experience in our diversity. Fun and educational time!

August 21, Thursday, 5:30-7:30 pm, Annual Volunteer/Staff and Family Picnic at the Manito Park shelter. The food and beverages are on Hospice! Special music. Drop by for a relaxing time. Please RSVP.

August 27, Wednesday, 7:00—8:00 am, Hospice of Spokane Book Club meets to discuss the first 36 pp. of the book, "The American Book of Dying: Lessons in Healing Spiritual Pain," by Richard F. Groves and Henriette Anne Klauser.

September 19, Friday, 9:30-2:00 pm, Annual Volunteer Retreat at Immaculate Heart Retreat Center. "Wisdom Works" will be presenting. We will be previewing a new film out by the National Geographic photographer, Dewitt Jones. This will be an inspiring and renewing of energy time for all who can make it. Please RSVP for our lunch!

October 1, Wednesday, 5:30-8:30 pm, evening volunteer training starts. Mondays and Wednesdays through October 27th. If you have a church/synagogue/mosque/temple/worship group or club, that would like more information about this volunteer opportunity, please let me know.

November 12, Wednesday, 9:00 am to 4:00 pm, daytime volunteer training starts. Two weeks, Wednesday and Friday, through November 21st.



TRI-COUNTY HOSPICE

Ferry, Stevens, and Pend Oreille Counties

It's been a busy time in the Tri-Counties with our largest hospice census ever and with more requests for volunteers than ever. Your efforts are making a big difference for many families.

SPECIAL THANKS

For work with clients, a special thanks to Jane Corbett, Karen and Lyn Edgel, Delores Quick, Karin Brazda, and Shilah Moores in Ferry County; Glen Potter, Fauna Allen, Joyce Jacobson, Joan Packer, Bonnie McDonald, Glen Potter, Tom Jewett, Maggie Wallstrom, and Becky Washington in Stevens County; Julius Gage, Lois Langdon, Emmie Leland, Bon Wakabayashi, and Joann and Phil Wareham in Pend Oreille County.

WEEKEND RETREAT – July 25, 26, 27

Several volunteers have formed a planning committee and have been busy planning a weekend volunteer retreat at a cabin on Sullivan Lake that has been offered us for the weekend. This will be an opportunity to relax and have fun together and share our stories. Save this date and look for more details in the mail with your July meeting announcement.

CALENDAR OF EVENTS

ALL COUNTIES

July 25, 26 and 27

WEEKEND VOLUNTEER RETREAT at Sullivan Lake

FERRY COUNTY

Tuesday July 8 –

Volunteer SUPPORT– Noon to 1 PM

PICNIC IN THE PARK (Republic)

PEND OREILLE COUNTY

Tuesday July 15 –

Volunteer SUPPORT– Noon to 1 PM

PICNIC IN THE PARK in Metaline

STEVENS COUNTY

Thursday July 17 –

Volunteer SUPPORT– Noon to 1 PM

PICNIC IN THE PARK (Colville)



Remember that we're now meeting every other month in each county – so no meetings in the month of August.

Annual Volunteer & Staff Family Picnic

**Manito Park Shelter
Thursday, August 21**

5:30—7:30

**Hope to See You There!
Food & Beverage Provided**

Please RSVP



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