

GREETINGS!

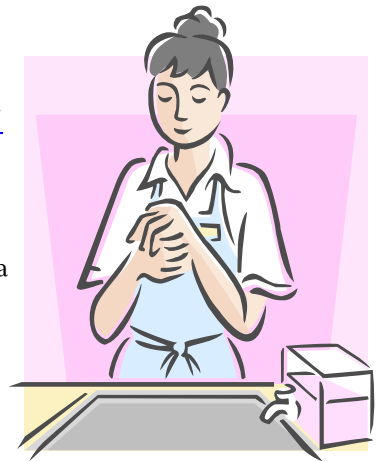
This is an exciting fall as we celebrate the opening of the Hospice House! Let me remind you of the events. **Wednesday, November 14**, 5:15-6:15 pm, is the Volunteer/Staff Open House at the Hospice House. House tours and hors d'oeuvres will be available. RSVP is requested. On **Friday, November 16**, the Ribbon Cutting Ceremony will be held at 12:00-12:30 at the Hospice House. From 1:00-5:00 pm that afternoon, there will be an open house for the public. I hope you can join us as we celebrate the opening of Spokane's first Hospice House.

Thanks to everyone who sent back their volunteer surveys. One of the questions was about volunteering at the Hospice House. It's not too late to let me know if you are interested in doing so. We will be asking volunteers to sign up for different time slots. Recently I learned that volunteers will help with daily breakfast preparation. The hired cook will be doing lunch and supper. All those helping with breakfast or distributing any food throughout the day will need to get a food handler's certificate. Please see the announcement below on how to obtain that certificate.

How to get your

FOOD & BEVERAGE PERMIT

1. **Take** the class at on-line www.srhd.org/safety/food/foodpermits.asp - Click on "Food Safety Education Class."
2. **Print** your certificate when finished.
3. **Bring** your printed certificate from the on-line class, a photo I.D., and \$10.00 (We will reimburse.)
4. **Take** the test at the Health District Office:
1101 West College Avenue, Room 402 (4th floor)
8:30 a.m. to 3:30 p.m, Monday – Friday
(closed on Holidays)



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)

NOVEMBER—DECEMBER 2007 VOLUME 12, ISSUE 6

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NOTES ON THE ART OF “BEING WITH”

Dr. Kent Hoffman, who spoke at the Annual Fall Volunteer Retreat, was so positively received that I wanted to highlight some of the key points for all who were not able to attend.

Dr. Hoffman’s theme was, “The Art of Being With.” We as human beings need to connect with others. From birth it seems we are “hardwired” to connect. Throughout our lives the most fulfilling experience is to know someone cares and walks alongside us. Dr. Hoffman describes “being with” as a “holding environment,” - a safe place where we can share our deepest self without the other running away. The hospice volunteer can be that “holding environment” for the client. That deep connection is part of the human condition. Research on “mirror neurons” shows that “when we perceive another’s emotions automatically and unconsciously, that [emotional] state is created inside us.” We long to resonate with others. Dr. Stephen R. Covey asks, “Everybody’s life is so singular; so unique. Who will listen to understand that uniqueness?”

Hospice workers can validate others’ experiences without having the answers to their problems. The gift of “being with” is often all that is needed. Healing can be experienced when we can offer the listening that invites someone to share “truth” of his or her situation. One of the key ingredients is, “the experience of someone willing and able to enter into our experience without taking it over.”

What is ultimately conveyed by this kind of supportive presence is the “infinite worth” of the other. Our “being with” says “you matter and you matter absolutely.” Opening to the pain in our lives and to the pain in another’s life can begin the transformative process. The joy we all seek is found both within and on the other side of acknowledging and sharing our genuine pain.

Dr. Hoffman used the acronym of ART to get at three essential qualities of “being with.” “A” stands for affection. He would not work with someone for whom he did not feel some affection because need this emotion to work successfully with others. For example, client may cause us to be fearful, reminding us of an abusive parent. We should feel okay about asking for a new assignment.

“R” stands for resonance, our ability to be with others in a way that they can know, and we can experience some of what they are facing. We can, “be in another’s mental



and emotional shoes.”

“T” stands for “Trust in the nature of things.” Or

“Enough trust to not have an answer.”

Dr. Hoffman says, “Being with is the answer.” You are enough!

Trust also was explained in a bigger context in which we do our hospice work. The “being with” or being present to ourselves and others is in the context of a larger Presence. Dr.

Hoffman made it clear that in this work of “being with”, being a “holding

environment” for another, that he could not do this work without the experience of being held himself.

(Holding while being held. Hmmmm?) As Dr. Hoffman said, “Trust is a response to being connected to Being.” From that larger context of connection, we can draw strength to be there for others.

So you can see, “The Art of Being With,” can be a deep and lifelong exploration. I am just starting to feel like I’ve gotten my big toe wet and maybe, just maybe I might be ready to wade out up to my ankles soon. I’m sure most of you are already snorkeling 100 yards from shore. By your leadership and ongoing practice of the “ART of being with,” some of us will venture out further ourselves. Keep up the good work!

Thank you for your “being with” as we journey, learn and grow together.

Jim Edwards

P.S. I will mail Dr. Hoffman’s handouts upon request..

IN MEMORY OF NOYA BAYNE, VOLUNTEER SINCE 2000

Noya died Wednesday, October 24 around 6:30 at night as our volunteer class was hearing the chaplain discuss the importance of being a supportive presence, something Noya did so well for so many clients and families.

A week before she died she told me she was watching the leaves fall from the red maple in her back yard. “How beautiful this day is,” she said. “You better get out and enjoy it while you can.”

I said I would but got busy and ran out of time that day.

We will miss this wonderful human being.

POETRY CORNER

WITH THAT MOON LANGUAGE

Admit something:

Everyone you see, you say to them,
“Love me.”

Of course you do not do this out loud;
Otherwise,
Someone would call the cops.

Still though, think about this,
This great pull in us
To connect.

Why not become the one
Who lives with a full moon in each eye.
That is always saying,

With that sweet moon
Language

What every other eye in this world
Is dying to
Hear.

- Hafiz

CONGRATULATIONS MARONEYS

I am happy to announce that **Dick and Pat Maroney** are this year's recipients of the "Couple's" Volunteer of the Year Award. They were presented this special recognition award at the 2007 Annual Senior Wellness Conference. They were nominated by Andrea Flanigan, in our Development Department and myself.

VOLUNTEERS NEEDED COMMUNITY MEMORIAL TREE

Hospice of Spokane is getting ready to launch the 2007 Community Memorial Tree and we need your help. Our community events cannot happen without the help of faithful volunteers like you. The Community Memorial Tree has been a special event for those in the community who have experienced the loss of a loved one and has given them a chance to honor the deceased during the holiday season.

We need volunteers to help with the set-up, management, and teardown of this event. These tasks will include setting up the table and supplies for the morning shift, assisting community members in the decorating and hanging of the paper doves, answering questions regarding Hospice of Spokane, managing supplies, brochures, taking a few donations, and storing of supplies at the end of the night. This event will take place from Saturday, December 8th until Friday, December 21st. The event starts at 11:00 A.M. and ends at 7:00 P.M., Monday through Saturday and runs from 12:30 to 4:30 P.M. on Sundays. The Memorial Tree will be located at River Park Square downtown. If you are interested and willing to help with this event, please contact Katie Skattebo in Development. at 456.0438. Thank you in advance.

WELCOME NEW VOLUNTEERS

Maria Casio, Marilyn Charette, Kris Christensen, Demetra Davis, Wendy Foulkrod, Kellie Gilligan, Galen Gorski, Rachele Grossman, Joanne Hoffman, Dorothy Hooley, Roger Imes, Jessica Johnson, Stephanie Jordan-Thompson, Sue Larson, Laurie Masteller, Kori Peters, Stephanie Regalado, Jonathan Rodgers, Martha Schwab, Shannon Sellers, Jessica Vignali, and Mailee Wilson.

HOSPICE READS

Personal Safety Nets – Getting Ready for Life's Inevitable Changes and Challenges, by Dr. John W. Gibson and Judy Pigott

File this book under "resiliency and relationships."

"Personal Safety Nets" invites readers to consider their own lives and what-ifs, and in following the authors' guidelines, become better prepared for a host of challenges, - divorce, problems at work, grieving for loved ones, illness and more.

Featured here are *Care-Share Teams* that we can form, using a model not unlike that of Hospice. The difference: we need to consider that the ones in need could be us, and the team members could be lots of people – professional or otherwise, depending on which challenges we face.

"God gave us two hands," the authors remind us. "One with which to give and the other to receive."

"Personal Safety Nets" is available at Amazon.com. For more information visit www.safetynetsunlimited.com.



THANK YOU!!

Thank you to all of you who “advertised” for hospice with your clubs and churches. We had a record Fall volunteer class!

Thanks to all those who took part in Vigils for September and October: **Meri Ellen Diluzio, Nancy Childre, Jeanne Drake, Heather Leveque, Barb Krueger, Rita Everstine, Larry Splater, Liz Regan, Marianne Hall, Beth Miller, Neila Poteshman, Kevin Carlson, Bill Campbell, Lynda LeBlanc.**

Thank you to the following volunteers who represented Hospice of Spokane at community information tables : **Dean Duncan-GU, Jean Hein and Wilma Engstrom-Senior Wellness Conf., Penny Glaesemann-SFCC Community Service Expo, Gary Kellogg, Gale O’Connor, Barb Burkhardt and Bill Campbell-Corbin Center.**

Thanks to **Gale O’Connor** for her great brownies at Corbin Center and for the leftovers that almost made it back to the office!

Thank you to **Barb Krueger and her husband** for getting ready and sending out 1130 physician surveys. What a big job! Barb said this experience only proved to ‘seal’ their relationship and gave new meaning to “Darling, You Send Me.”

Thanks to **Lynne de Laubenfels**, from Andrea Flanigan in Development, for her 2 ½ days of work on a special project.

Thank you **Marianne Hall** for your presence with a client’s family immediately after the death. Marianne thanks Hospice of Spokane nurse Cindy Magi for her mentorship.

Thanks to **Harry Rendle Jr.** for training new Blue Book volunteers (Vera Powell & Richard Dudley) and even recruiting wife and hospice volunteer **Leslie Rendle** to help. Harry has been irreplaceable since 2000!

Thank you **Gary Kellogg** for going beyond the call of duty in leading the way in the construction of a client’s much appreciated privacy fence. Will volunteer wonders never cease?!

Thanks **Julie Zink** for your numerous days of transporting and arranging to pick up a client’s wife, so she could visit her husband and hospice client in the hospital.

Thank you **Virginia Bryan, Mary Dawson, Sally Duffy, and Betty Manfred** for your short-notice availability.

Thanks to **Mary Dawson** for visiting a client an extra day, because you thought your client would love to get out for a wheelchair walk on “such a beautiful fall day.” And she did!

Thank you to the “Magnificent Three” who shared their volunteer experiences with the new volunteers. **Dan Jordan, Nancy Childre, and Karen Dashiell.**

Thanks to hospice volunteers **Sharon Murphy and Bill Barber** who led such excellent sessions in the October training.

Thanks to **Greg Renner, Sharry & Rachel Seeman, and Heather Leveque** for folding volunteer newsletters.

Thanks to **Melody Deatherage & Ted Ketcham** for their help with the newsletter.

CALENDAR

November 1, Thursday, 11:45-1:00, Reflective Writing/Journaling class continues.

Writer Sharon Murphy will lead us in the practice and application of this skill.



November 2, Friday, 7:00-9:30pm, Introduction to Poetic Medicine as a Healing Art, \$20.

November 3, Saturday, 10:00—5:00, The Journey of Illness, Healing & Transformation: Writing the Medical Experience, \$85.00. Both events at Providence Center for Faith and Healing - Sacred Heart Medical Center. To register, contact Susan Hebner at 474-3008.

November 5, Monday, 5:45-6:00 pm, gather for **Fall Memorial** at Mukogawa, Fort Wright Institute, at the Commons. Service is 6:00-7:00pm with light supper following the program. Volunteers are welcome. Please RSVP.

November 7, Wednesday, 9:00am-4:00pm, Volunteer **Training** starts. Two Wednesdays and Fridays, concluding on **Friday November 16.**

November 7, Wednesday, 8:45-9:00am, Life and Light-Honoring and Remembering Ceremony, outside the Chaplains office. Staff and volunteers welcome. This ceremony is held every Wednesday morning.

November 14, Wednesday, 5:15-6:15pm, Volunteer and Staff get-together at the new Hospice House. Light snacks and tours provided.

November 16, Friday, Noon-12:30 pm, Ribbon cutting ceremony for the new Hospice House. Everyone welcome!

November 19, Monday, 1:00-2:00 pm, Volunteer Sage meeting to organize telephone support for our new volunteers.

November 22, Thursday, HAPPY THANKSGIVING EVERYONE!

November 28, Wednesday, 11:30-1:00pm, Lunch and Learn-Native American cultural presentation. Please RSVP by Monday the 26th for lunch planning.

December 7, Friday, 8:30-11:00am, Volunteer Educational Inservice, Capturing Family Memories: Writing and Storytelling Workshop. Judy Tulleners, MA., Master Storyteller and Hospice of Spokane Volunteer, will lead us in this practical and inspirational workshop. We can apply this information for use with our own families and for hospice clients/families. First ½ hour will be snacks and coffee. Speaker will start at approximately 9:00 am.

YOU MAKE A DIFFERENCE!

Volunteers at Hospice of Spokane are known for their willingness to help on short notice. They are also popular when they share their individual talents. **Larry Splater** made a tremendous difference in the quality of life experienced by a couple of our clients. Larry helped change the outside door locks on two different client homes. He had only a couple days notice for the first request. Larry also replaced a thermostat on an air conditioner when the client's home was about 90 degrees. Thank you Larry! - Donna Brown, MSW, Care Team Social Worker



TRI-COUNTY HOSPICE Ferry, Stevens, and Pend Oreille Counties

SPECIAL THANKS

The following volunteers have been actively working with clients. In **Ferry County** - **Jane Corbett**, in **Stevens County** - **Gregory Busch** and **Joyce Jacobson** and in **Pend Oreille County** - **Pat Timblin**, **Julius Gage** and **Emmie Leland**. Additionally, **Becky Jones** spent most of a day on a one-time assignment when caregivers had to be out of town. And **Joann Wareham** stepped in to cover two days back-to-back for a client when the regular volunteer was on vacation. Thank you all for the loving care you give.

And **thank you to all our volunteers** for supporting this program. Without you it just wouldn't happen!

IN MEMORIAM

Volunteer **Betty Kochis** died August 30 at age 82 following an illness of several months. She had been a hospice volunteer in Pend Oreille County since May 2004. Unless on vacation, she could be counted on to be at each monthly support meeting or in-service, and she was always willing to sit with a client and help in any way she could. Hospice work was just one of several ways she volunteered in the community. We're going to miss her giving nature, friendly smile and loving spirit.

CALENDAR OF EVENTS

FERRY COUNTY

Tuesday November 27 – Volunteer Support Meeting – Noon to 1 P.M.

Fellowship Hall at the Presbyterian Church
605 S. Keller, Republic

PEND OREILLE COUNTY

Tuesday November 20 – Volunteer Support Meeting – Noon to 1 P.M.

Sandifur Room at Newport Community Hospital

STEVENS COUNTY

Thursday November 15 – Volunteer Support Meeting– 10:00 to 11 A.M.

Health Education Center, 1169 E. Columbia, Colville

THERE WILL BE NO TRI-COUNTY MEETINGS IN DECEMBER.

Enjoy the Holidays!



Capturing Family Memories: Writing and Storytelling Workshop

December 7, Friday, 8:30-11:00 a.m.
Hospice of Spokane

Judy Tulleners, MA, Master Storyteller and Hospice of Spokane Volunteer, will lead us in this practical and inspirational workshop. We can apply this information for use with our own families and for hospice clients/families. First half hour will be snacks and coffee. Speaker will start at approximately 9:00 a.m.

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