

GREETINGS FROM THE SURVEYER-GENERAL



I enjoyed seeing and speaking with many of you at the Volunteer/Staff Family Picnic at Manito Park. Gina's encouragement to secure a good caterer made a big difference! Thanks to Cindy and Michael Moonbear for the drumming and West African dance lesson. I may have thrown my hip out, but what a fun time!

November 16th at noon is the ribbon cutting ceremony at the new Hospice House! I hope you can attend. Before that time, Gina Drummond, our CEO, will lead interested volunteers on a group tour. Just give me a call and we'll get our list going.

The Hospice House is a first for our area and a much-needed facility to support clients and their families. From information gathered from two inpatient hospices, volunteers there play an important role. One inpatient hospice uses approximately 60 volunteers in staffing three shifts, seven days a week! My first reaction was a calm, "OH MY GOSH!"

One of the reasons for sending out the recruiting request to some of you earlier this month was the growing realization that we could use 50 more volunteers to help in our Vigil Program and volunteering at the Hospice House. If you could present this hospice opportunity and need for more volunteers to a club, your place of worship or to a friend, that would be great. I will send you information to share if you request it. Cary Heath and Dean Duncan have already put information in their church bulletins and on the church's information board. Thanks!

I have already heard from several of you who would like to take a shift at the hospice house. Thanks Elaine Thrush and Maureen Stevens!

Everyone can't do everything, and whatever you can sign up for is fine. Some of you may want to be involved in several areas, and others may have time for one. Your time will be respected.

Thanks to Lynne de Laubenfels, Karen Dashiell, Judy O'Malley, Dean Duncan and Judy Tulleners, as we were able to come up with the following volunteer survey. This survey will provide feedback on several issues: how things are going for you as a volunteer, your input for future volunteer in-services in 2008 & 2009, an opportunity to add your name to the Vigil Program list, and the opportunity to volunteer at the hospice house.

I look forward to your input and thank you in advance for sending in the survey. I hope the volunteer department can continue to meet our clients' growing needs. You, as volunteers, have always played a vital role in the success of the hospice mission.

Hey, you are the community stepping up and making a difference in the end-of-life care that's given in our area! Muchas Gracias Compadres! - Jim Edwards

See Survey on next page

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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 aids, volunteers, spiritual and bereavement counselors and other professionals. (Adopted and Revised November 2000)

POETRY CORNER— Reflective Writing

CULTURAL CORNER

MESSENGER

My work is loving the world.

Here the sunflowers, there the hummingbird—

equal seekers of sweetness.

Here the quickening yeast; there the blue plums.

Here the clam deep in the speckled sand.

Are my boots old? Is my coat torn?

Am I no longer young, and still not half-perfect? Let me

keep my mind on what matters, which is my work,

which is mostly standing still and learning to be astonished.

The phoebe, the delphinium.

The sheep in the pasture, and the pasture.

Which is mostly rejoicing, since all ingredients are here,

which is gratitude, to be given a mind and a heart

and these body-clothes,

a mouth with which to give shouts of joy

to the moth and the wren, to the sleepy dug-up clam,

telling them all, over and over, how it is that we live forever.

- **Mary Oliver**

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“Among the words of advice given to young men during the Native American adult initiation ceremony is the following: ‘As you go the way of life, you will come to a great chasm. Jump. It’s not as far as you think.’” At a recent Indian health conference, Dr. Martin Brokenleg offered the following advice for caregivers:

1. Understand that there is cultural bias in all interventions.
2. Be involved in the community you serve.
3. Trust your intuition.
4. Help the culturally limited to work within the larger cultural system.
5. Advocate for the use of rituals and symbols from the individual’s culture. This may mean establishing institutional policies.
6. Work to alleviate historical distrust.
7. Help people to meet their own goals.
9. Maintain good personal traits.
9. Identify resources in the Native American population. (On a broader level, do your homework ahead of time so that you will be able to better serve all cultural groups.)
10. Help professionals develop cross-cultural skills.”

HOSPICE READS

Why Good Things Happen to Good People

By Stephen Post and Jill Neimark

“People who are kind and caring score higher on all sorts of measures like happiness, health, longevity, self-esteem, and creativity.” One key point from this research is that: “After a certain point, money and material things don’t increase happiness. What does? Caring relationships with other people.” This is a book that affirms what volunteers already know from their hospice experience. Even in our “rush hour” world of too much to do with too little time, when we do take time to experience the benefits of giving, we often are able to confirm that familiar saying, “I feel I have received more than I gave.”



THOUGHTS & PRAYERS

We would like to mention two Hospice Volunteers: **Kim Predisik** and **Noya Bayne**. Both have volunteered since 2000! Kim is our main music man who often schedules four or five clients to visit and offer a joyful song. Many good stories of grateful hearts have filtered down to me from clients and care teams. Kim was diagnosed with Leukemia and has gone through numerous challenges already. Sometime in September Kim will be going to Seattle for a stem-cell transplant. While he undergoes treatment, we will miss his spirit and good heartedness. E-mail-micahmusicminis@aol.com.

Noya has experienced hospice and her clients as gifts to her, instead of the other way around. The hospice mission and philosophy have been close to her heart. She always has been a strong advocate for our clients and a good supportive presence for the friends and families waiting alone at the bedside. Noya often sits with clients and families in Skilled Nursing Facilities and on Vigils. Noya was diagnosed with stage IV lung cancer in July. She would like to hear from any volunteers who would care to write or call or e-mail. Noya’s e-mail is noyabayne@yahoo.com.

THANK YOU

Thank you to **Meri Ellen Diluzio** who did two nights of vigil for a dying client.

Thanks to **Dick Maroney** for designing, purchasing and building a ramp for a client.

Thank you to **Karen Dashiell, Muriel Blevins** and **Karin Lannigan** for getting kids to and from camp.

Thanks to **John Smith** for going to the airport to pick up the daughter of a client and taking her "way up north" for one last visit to her father, who died shortly after.

Thank you to **Marlene Torrison** for her short notice fill in for a volunteer who was ill.

Thanks to **Muriel Blevins, Meri Ellen Diluzio, Judy Herda, Doris Gallagher, Betty Manfred, Mary Beth Thompson** and **Liz Regan** for their Vigil presence.

Thank you **Larry Splater**, expert handyman, who on three different occasions assisted clients with a new thermostat and changing locks. On a Sunday afternoon no less!

Thanks to **Dean Duncan, Betty Strong, Pete Fraser, Betty Votava** and **Penny Glaesemann** for their great office coverage!

Thank you **Derek Policani** for using your truck to haul the Chmepa "stuff" all the way to camp!

Thanks to **Katherine Keener, Audrey Holm, Brandie Tilch-Bryant** and **Beth Miller** for their availability on such short notice.

Thank you **Sharon Murphy** and **Judy Tulleners** for sharing you creative writing and storytelling skills at Camp Chmepa.

Thanks **Dick Maroney** for using your own lawn mower & gas to mow a client's lawn.

Thank you **Betty Manfred, Al Bibbins, Muriel Blevins** and **Emily Kelly** for representing Hospice of Spokane at Unity in the Community.

Thanks to the newsletter assistants: **Ted Ketcham** for editing and formatting, **Meri Ellen Diluzio, Sharry Seeman, Rachel Seeman** and **Arlene Morton** for folding and labeling.

Thanks to our Vigil volunteers for June and July: **Mary Beth Thompson, Jeanne Drake, Barbara Lien, Meri Ellen Diluzio, Melonie Glaesemann, Betty Manfred, Muriel Blevins, Karen Dashiell, Wilma Engstrom, Pat Thompson, Virginia Carter, Donna Blair, Pat Maroney, Julie Zink, Virginia Bryan, Liz Regan, Judy Herda, Barb Krueger, Doris Gallagher, Heather Leveque, Rose Bennett, Carol Cressey** and **Paula Reagan**.

CALENDAR

Every Wednesday at 8:45-9:00am, right outside the Chaplain's office, there will be an Honoring and Remembering Ceremony of client's who have died the previous week. Staff and volunteers are welcome to attend to remember and share their experiences.



September 7, Friday, Noon-1:00, Reflective Writing/Journaling Group meets in the West Conference Rm. Sharon Murphy, writer and hospice volunteer will be sharing about using reflective writing/journaling to capture important moments in our lives and the lives of our clients. Please RSVP-Sharon may have to reschedule.

September 28, Friday, 8:30-1:00pm, Volunteer & Chaplain Retreat! Where: Immaculate Heart Retreat Center. Lunch will be provided. We are very fortunate to have as our main speaker, Kent Hoffman PhD, Clinical Psychologist. Kent has been a consultant with Hospice of Spokane, doing case studies with social workers and other staff for many years. He also brings his 30+ years of research and work in Attachment Theory. In part Kent will address the gift that our presence can be and what it means to be held in the heart and mind of another. How can we be fully with the other and also manage our own self care? I hope you can reserve this learning event on your calendar.

October 3, Wednesday, 5:30-8:30pm, Volunteer Training starts and goes through October 29th. Classes will be every Wednesday and Monday.

October 17, Wednesday, Noon-1:00pm. Brown Bag Lunch at St. Paul's United Methodist Church, 1620 N. Monroe. Good opportunity to connect with other volunteers. We hope to have a hospice team join us and have a dialogue around our hospice experience. I'll bring the cookies!

November 7, Wednesday, 9:00am-4:00pm, Daytime Volunteer Training starts and includes two Wednesdays and Fridays thru November 16.

November 16, Friday, Noon, Ribbon cutting ceremony for the new Hospice House! All staff and volunteers are encouraged to attend. Snacks, tours and happiness will abound.

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

TRI-COUNTY HOSPICE

Ferry, Stevens, and Pend Oreille Counties

SPECIAL THANKS

For work with clients, a special thanks to Carol Lievense, Sarah Wilson, Karen Edgel, Lyn Edgel, Mena Cassell and Jane Corbett in Ferry County; Fauna Allen, Becky Washington, Gregory Busch, Bonnie McDonald, and Joyce Jacobson in Stevens County; and Pat Timblin, Emmie Leland, Juanita Savage and Julius Gage in Pend Oreille County. Several of you are assigned but not being utilized by your clients, but thank you for being available. And again, a very special thanks to Julius Gage for single-handedly setting up and manning the Hospice booth at the Pend Oreille County Fair.

Without all of you this program wouldn't happen. You are ALL appreciated!

CALENDAR OF EVENTS

FERRY COUNTY

Tuesday September 25 – INSERVICE – Noon to 2:00 P.M

CULTURAL DIVERSITY – THE COLOR OF FEAR

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

PEND OREILLE COUNTY

Tuesday September 18 - INSERVICE – Noon to 2:00 P.M

CULTURAL DIVERSITY – THE COLOR OF FEAR

Sandifur Room at Newport Community Hospital

Tuesday October 16 – VOLUNTEER SUPPORT MEETING – Noon to 1 PM

Sandifur Room at Newport Community Hospital

STEVENS COUNTY

Thursday September 20 – INSERVICE – 10:00 AM to Noon

LIFE REVIEW with JoNell Amburgey, MSW

Health Education Center, 1169 E. Columbia, Colville

Thursday October 18 – VOLUNTEER SUPPORT MEETING – 10:00 AM to 11:00 AM

In Chewelah, site to be announced

Annual Volunteer Fall Retreat

September 28, Friday, 8:30 am to 1:00 pm

Immaculate Heart Retreat Center

**Dr. Kent Hoffman will help us explore the balance of
self-giving and self-care for the Hospice Volunteer**

Lunch will be provided; Please RSVP.

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