The Gift of Music

Music is an important aspect of everyday life. It can be used for socializing, dancing and having fun or for relaxing, studying or thinking through difficult problems. For Hospice of Spokane patients and family members, music does so much more.

“Music can be a way to break down walls and lead to conversation and storytelling,” said Kim Predisik, founder of Micah 6:8 Ministries. Kim has been ministering in music to those living with a terminal illness for over 40 years, and he has been a Hospice of Spokane volunteer for more than 20 years.

Micah 6:8 Ministries is a nonprofit organization without religious affiliation. “We chose the name because it encompasses our feeling of being a good servant,” said Kim. The organization is comprised of artists who share their passion for music at Hospice of Spokane’s two hospice houses. Through their ability to play music, based on the needs or desires of the patients and families who are there, they share their music to meet individualized needs. “Our artists are not there to perform; they are there to ‘feel the house’ and connect with patients and family members where appropriate,” Kim said.

Kim spoke about an occasion when he was at one of the hospice houses and was invited to play music for a grandmother who was nearing the end of life’s journey. There were many family members gathered in grandma’s room, displaying a range of emotions and acceptance.

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We often hear people say they wish they had received hospice care sooner. For many, they didn’t know how much hospice could help or they had incorrect information about when and how to access hospice care. Here are just a few statements that might help clarify things.

Accepting Hospice Care does not mean you are giving up. Hospice care helps people achieve comfort and peace. Hospice of Spokane encourages a high quality of life so that patients can live as fully as possible, for as long as possible.

Support for the family helps everyone savor each moment together. An early referral gives the person and their family time to get to know their hospice team and receive support while preparing for what’s next. A less than six-month prognosis and a desire for comfort care should be all a person needs to receive a referral for hospice services.

Hospice care does not mean leaving your home. Hospice services are provided in the person’s home wherever “home” may be. This could be their home, an adult family home, assisted living facility or skilled nursing facility. Our two hospices houses are also options for those who need an inpatient care setting.

Hospice is not just for the terminally ill. In addition to patient-focused care, hospice supports the family and loved ones before, during and following death. We relieve families’ stress and anxiety through education and counseling. Respite care is also available for caregivers who need an occasional break.

Hospice care is covered by most health plans. Hospice is one of the most comprehensive, affordable healthcare services available. Medicare, Medicaid and most private insurances cover hospice services. Visits to the home, medications, supplies, equipment and symptom-relieving treatments are included. As the community’s non profit Hospice, Hospice of Spokane is committed to serving everyone, with or without the ability to pay.

We welcome the opportunity to share with our community about hospice care and the services that are provided to patients and their families. We are here to provide support and help you make informed decisions when the time is right.
Hospice of Spokane is fortunate to have more than 300 volunteers who give of their time and talents to serve patients. Each volunteer has a special gift to share and a story behind his/her reason for serving others.

One such volunteer is Derek Policani, who has volunteered with Hospice of Spokane for 16 years. What brought him to volunteer is not unlike many others – he had both parents on hospice services and was grateful and inspired by the care they received.

“Every client has been a gift to me,” said Derek. “I am not there to be judgemental, I am not trying to change anyone. I am there to listen and to make their day the best day it can be.”

Derek recalls a particular client who was not especially happy to see him one day. The client was angry and struggling to come to grips with his terminal prognosis. Thinking quickly on his feet, Derek asked the client how he was feeling. When the client responded that he was feeling pretty good, Derek said, “Good, then get your coat, we’re going on a field trip.” (This was in the day when it was permissible for volunteers to transport clients.) Derek helped the gentleman into his car and drove out to Fairchild Air Force Base, as both he and his client were Veterans. Upon arrival, Derek helped him out of the car and together they slowly approached a Douglas C47 aircraft that had been used in WWII. The client placed his hands on the side of the aircraft and carefully stroked the plane as if seeing the aircraft for the very first time. The silence between them was eventually broken when the client said, “I don’t remember it having so many rivets.”

This is just one example that Derek shared when stressing the importance of “fitting in, relating to people, and meeting them where they’re at.”

Derek’s volunteerism doesn’t stop with Hospice of Spokane. He has volunteered with Living Water International, traveling to Haiti and several Central American countries, for a total of five different trips, to help drill wells and bring fresh water into impoverished communities. His personal experiences there were a testament to his faith and his strong desire to make this world a better place for others.

Derek has had a fruitful career, serving in the Air Force for 22 years, until he retired in 1986. He then went back to school and earned his Master’s degree in Human Communications. In 1988, he built his first radio repeater and founded Derek Communications. His telecommunications career has continued to blossom and transform over the years.

Over the last several years, Derek has personally been faced with some serious health issues, but through it all, he has continued to volunteer with Hospice of Spokane as much as his health will allow.

Derek recently learned that his cancer had returned. He has good days and bad days, but knows that there are things that he still needs to do, and one of those is continuing to volunteer. Derek reminisces about his volunteering and shares, “I have met good people along the way. People have adverse times in their lives, and are giving the best they have.”

And now Derek is doing the same. He is faced with uncertainty, but has a strong faith and will to continue to make lives better for others. He faces each day with a giving heart and a positive attitude. “There is motivation for a lot of people to do things in life. We’ll be gone one day, but the things we’ve done in our life will still be there.”

“Derek continues to be a blessing to Hospice of Spokane,” said Gina Drummond, CEO. “We are so very grateful for his care, compassion and all that he brings to both patients and staff.”
Kim asked what grandma’s favorite song was, and then he proceeded to play that song. A family member then piped up and said, “Do you remember when”... and then Kim played a song related to the story. This type of conversation led to several more songs. It was when Kim played a southern gospel song that grandma began to move her foot to the music. The mood in the room shifted, and everyone was focused on grandma tapping her foot. The music had spoken to grandma, and it had also brought the family together.

This is just one example of the positive impact that music can have on patients and family members. “You get to be a part of that person’s end-of-life experience. It’s an honor and very humbling,” Kim said.

Similarly, Carol Goss has been a Hospice of Spokane volunteer for 25 years, and she has a passion for sharing her love for music.

About six years ago, Carol began playing piano for a client who was living in a home care setting. She was volunteering in the Volunteer Department at Hospice of Spokane at the time the call came in requesting a pianist. Carol raised her hand to volunteer for the opportunity and has been doing so ever since.

The client, who had played piano music herself, looked forward to Carol showing up every Thursday afternoon for an hour to play piano. She initially didn’t speak, but would move her finger or toe to the beat of the music as Carol played. Many visits later, the first words she ever spoke to Carol were, “Wow, that was good!” The client has since passed, but Carol continues to visit and share her love for music with the residents.

Through the movement of a toe or finger, or the soft whisper of a chorus line or two, the gift of music resonates in ways that only the patients or family members may understand. Sometimes they want to talk; other times not. But when those connections happen, it can lead to conversation and the making of beautiful memories.

Hospice of Spokane is incredibly grateful for Kim Predisik, the Micah 6:8 artists, Carol Goss and others who share their talents and passion for music, coupled with a giving heart and desire to serve others.

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### Hospice of Spokane Support Groups

Hospice of Spokane grief support groups are offered at no charge to anyone in the community who is grieving the death of a loved one. Groups are facilitated by a master’s-level counselor or professional chaplain.

**General Grief Support Groups**
For anyone grieving loss through death.
*Groups meet in Downtown Spokane, North Spokane, Spokane Valley, Newport and Colville.*

**Survivors of a Loved One’s Suicide**
For friends and family who are grieving the death of a loved one due to suicide.

**Surviving Spouses/Partners Support Group**
For individuals within the first or second year following the death of a spouse or partner.

**Connections: Youth/Parent Support Group**
Group for youth ages 6-15. Optional adult support group takes place concurrently for parents/guardians to acknowledge their own loss while simultaneously being responsive to the needs of their grieving child(ren). Six-week sessions begin January 16, 2019 and April 10, 2019.

Please contact Hospice of Spokane at 509-456-0438 or visit www.hospiceofspokane.org for group meeting dates, times and locations.
Two of Hospice of Spokane’s beloved founders, Johnny and Barb Cox, recently shared about an experience they had while celebrating their 40th wedding anniversary in Hawaii last year. How they responded to the situation was heavily influenced by the lessons they’ve learned along their respective life journeys.

Barb was a couple of years into her hospice work, when she attended an ALS Support Group and met a gentleman who had ALS. He was a generous man who had done chores for others for as long as he could remember. It wasn’t until he had caretakers for himself who were constantly scurrying around to take care of him that he finally said to them, “Just sit.” Through this experience of them just sitting and talking with him, the gentleman learned how valuable it was to take time for relationships and to listen; he realized how much richer life could be. His message stayed with Barb.

Throughout Johnny’s work with hospice, his favorite saying has been, “Today is not only the first day of the rest of your life, it’s the only day of your life.” Hospice of Spokane’s clients taught him to cherish each moment and not to delay relishing life’s deep priorities. He firmly believes in making the most of each day.

So 40 years later, on that Hawaiian anniversary trip, Johnny and Barb were enjoying brunch overlooking the water at a surfside restaurant. Suddenly, every cell phone in the place started chirping and displaying a text that read, BALLISTIC MISSILE THREAT INBOUND TO HAWAII. SEEK IMMEDIATE SHELTER. THIS IS NOT A DRILL! They looked at each other, feeling a moment of panic. But then they started reflecting on the wonderful life that they’d had, knew that they were in a good place with their kids and grandkids, and they had no regrets if this was truly the end. They had always strived to never leave their children and others without a good closure to a conversation in case it was the last time they spoke, and they felt at peace.

“We thought that if this was going to be it, we would sit back, enjoy the view and our last bit of time together,” said Barb.

Johnny and Barb admit that it felt like an hour, although it was probably closer to thirty minutes, when they learned that the text had been a false message. All was well, and a few days later they returned safely home.

This experience stays with Barb and Johnny, and it reminds them of a Hospice of Spokane lesson: “Today is not only the first day of the rest of your life, it’s the only day of your life.”

Save the Date!
HOSPICE OF SPOKANE EVENT CALENDAR

Taste of Life
Signature Fundraising Event
February 22, 5:30 p.m. – 8:30 p.m.
Spokane Club, 1002 W Riverside Ave
Tickets on sale now!

Living with Grief Teleconference*
Aging America: Coping with Loss, Dying, and Death Later in Life
May 1, 7:30 a.m. – Noon
The Centennial Hotel, 303 W North River Dr

Scramble for Hospice
Scramble-Format Charity Golf Tournament
August 2, 8:30 a.m. Shotgun Start
Indian Canyon Golf Course, 1000 S Assembly Rd

*This is a continuing education opportunity with credits available. Contact Robin Johnson at 509/703-3799 for more information.
Thank You!

This list includes contributions made to Hospice of Spokane from July 1 to December 31, 2018. By donating, you help deliver the care and support our community’s hospice patients need, regardless of their ability to pay. We try hard to list each name correctly; if corrections are needed, please call our Development Team at 509-456-0438 or email info@hospiceofspokane.org.
James M. Bingham
Bonnie Birchill
Colleen Birchill
Arley & Myrna Bischoff
Luce Bisher
Dione O. Bishop
Donna M. Bizjak
David W. Bloshenko
Marvin F. Bohlen
Steven R. Boileau
Boilemakers Local 242
Deb Bolich
Herbert D. Bonallo
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Bronze Bay Community Association
Brookdale South Regal
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Bob Brost
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Patricia L. Burton
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Craig Butz
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Helen & Leonard Byrne
Mack & Dolores Cain
James S. Calderhead
Jeffrey S. Camp
John Campbell
Richard P. Cannon
Lorraine D. Cannon
Frank & Karen Capillupo
Rachel Carroll
Linda Carroll
Gene A. Carson
Charlyn L. Carte
Tor & Victoria Carter-Imsland
Douglas Casad
Susan Cash-Tabakci
Andrew H. Caster
Angela O. Cavanaugh
Diana Cey-Leslie & Kenneth Buterbaugh
Richard L. Chance
Chapter O, P.E.O.
Charities Aid Foundation of America
Joan C. Chase
Chase Middle School Hospitality Committee
Carol Chasse
Estate of Evelyn Marie Cheney
Chevelah Lady Golfers
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Carol Christianson
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Chuck & Laurie Clark
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Ginger L. Clark
Howard & Pamela Clark
Karen & David Clark
Lynee & Patrick Clark
Teresa & Warren Clarke
Owen & Julia Clarke
Carlene B. Clem
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Gerald & Donna Edelbrock
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Karen Covelli & Steven Ellison
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Lynn England
Wayne & Wilma Engstrom
Deede & Jerry Ennis
Deborah K. Entzel
Diane Rule-Erickson & Dennis Hooper
Kimberly Erwin
John & Rhonda Esco
Wayne & Merry Estes
Bud & Sue Eugster Fund at Innovia Foundation
Eyes for Life
Beverly J. Falkenberg
Douglas & Mary Ann Falso
Cal & Doris Fankhauser
Julie Farmer
Gregory Fenich & Anthony Doke Fund at Schwab Charitable
The Fettig Family
Janis & Scott Fink
Christopher Fischer
Medina Fischer
Gary Fiscus
Marion I. Fisher
Trisha Fitzhugh
Gail Marie Fitzpatrick
Jeff & Ruthanne Fix
Janice M. Flanigan
Interested in Volunteering?

Hospice of Spokane was founded by a group of dedicated volunteers in 1977 and has served our community for more than 40 years. Volunteers still form the backbone of our organization. If you would like more information about becoming a volunteer, please contact the Volunteer Department at Hospice of Spokane, 509-456-0438.

The following training sessions have been scheduled:

**STEVENS COUNTY**
**April 2019 Volunteer Training**
April 9-18, 2019*
Tuesdays and Thursdays, 9:30 a.m.-4:00 p.m.

**Training Location:**
Providence Mt Carmel Hospital
Health & Education Building
982 E. Columbia Ave.
Colville, WA

*Volunteers must attend all training sessions of their series.

**SPOKANE COUNTY**
**March 2019 Volunteer Training**
March 6-15, 2019*
Wednesdays and Fridays, 9:00 a.m.-4:00 p.m.

**June 2019 Volunteer Training**
June 3-19, 2019*
Mondays and Wednesdays, 5:30 p.m.-8:30 p.m.

**Training Location:**
Hospice of Spokane
121 S. Arthur
Spokane, Washington