



The Journey

Care and Support for Patients and Families Dealing with Terminal Illness

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Dr. Bray to Retire in 2020

The year 2020 will bring a significant change to Hospice of Spokane as its beloved Medical Director of 11 years, Dr. Robert Bray, intends to retire from his position in September.

Dr. Bray's medical background and Hospice of Spokane's role in providing end-of-life care have made him a perfect fit for the job, and it has been a journey of fate that brought him here.



His journey has included three years in rural southeast Nebraska, where Dr. Bray was one of three doctors working in an 18-bed hospital, and then back to Spokane to Rockwood Clinic for 4 years in family medicine. During that time, he became board certified in geriatrics. "I found that I was providing care to a lot of seniors, and I really enjoyed serving them," said Dr. Bray.

As a life-long learner and educator, Dr. Bray enjoyed the next 17 years on the faculty at Family Medicine Spokane. During his tenure there, he joined the Board for Hospice of Spokane and served for two years. When the current medical director left, Dr. Bray tossed his name in the hat and subsequently became the new medical director in March 2009.

When asked what was unique about his role at Hospice of Spokane, Dr. Bray replied, "Being in the middle of a true interdisciplinary team; Hospice of Spokane is a poster child for this model. It is integral to what we do and why things happen as well as they do. Everyone is contributing and everyone's contributions are respected."

Each patient and their family is served by an interdisciplinary team consisting of the medical director, nurse, social worker, nurse aide, chaplain, volunteer, and follow-up support by a bereavement counselor. This holistic approach addresses the medical, emotional, psychological and spiritual needs of patients with terminal illness, and their families. "This is

"Listen for the call
of your destiny,
and when it comes,
release your plans
and follow."

— Mollie Marti

Continued on pg 4

MESSAGE FROM THE CHIEF EXECUTIVE OFFICER



Gina Drummond, RN, MSN
Chief Executive Officer

Our patients and families teach us so much. We come to every patient and family with our tool kit and our expertise in how we might help them navigate the terrain of dealing with terminal illness, but we always learn a lot, too. We learn about the uniqueness of each patient and family and what is important to them. They teach us about their family culture and their rules of engagement. We're reminded that every patient and family have their own unique experience, and they make choices that we may not;

and, that's their right. This is their journey. We're really honored to be part of it, but they are the author of this part of their story as they have been for every other.

One gentleman, for instance, reminded us that it was important for him to continue to get out to the casino each week as long as he was physically able to manage the ride there. He, like so many of our patients, enjoyed feeling normal, doing normal things, regardless of how tired he might be when he returned home. For other patients, it might be a support group they continue to attend and participate in, or a bible study or breakfast with an old friend each week. These normal activities help those we serve continue to feel like themselves, in the midst of their physical decline.

There are discussions that we have with patients and families that have much to do with preparing for what's next. There are just as many discussions that take place that have to do with how they continue to live each day and what is meaningful to them now. Words are inadequate for some of the sacred moments that we are honored to share with those we serve. We are reminded of how important it is to approach every situation with gentleness and humility; to listen, be present and open to what we will learn from this patient and this family.

THE JOURNEY is a publication of Hospice of Spokane, located in Spokane, Washington. Hospice of Spokane is northeast Washington's only nonprofit, community-based hospice, providing care and support to people nearing the end of life, their families and the grieving. Patient-centered care is provided by interdisciplinary teams comprised of physicians, nurses, social workers, nurse aides, volunteers, chaplains, bereavement counselors and other professionals.

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VOLUNTEER SPOTLIGHT

Rachel Seemann

Hospice of Spokane is very grateful to have more than 300 volunteers who choose to give of their time and talents in support of the many patients and families we serve. Each comes with their own special gifts and reasons for wanting to volunteer, and each makes a positive impact on the organization and the lives they touch.

One such volunteer was Rachel Seemann, who began volunteering in April 2005 and served until she died in January 2019. Due to a life-limiting health condition, Rachel's life was cut short at the age of 43, but her legacy and spirit truly live on in those who received the gift of knowing her.

Rachel's volunteerism with Hospice of Spokane came about when her job coach at Artisans Employment Services suggested that she find a place to volunteer in order to gain some work experience. It was Rachel's mom, Sharon, who suggested Hospice of Spokane, as her mother had been on hospice care many years ago. Rachel liked the idea and decided to give it a try.

Rachel quickly found joy and job satisfaction in helping with office support work in the Bereavement Department. "She was very dedicated to the work and would remain focused on the job until it was completed," recalls Sharon, who would accompany Rachel when she volunteered.

"When Rachel would stop into the Volunteer office to say hi, it would not take long for her to get us all laughing with her great sense of humor," said Dave McDougall, Volunteer Manager. "Rachel was a beautiful person and a true delight for all who were blessed to know her."

Rachel had also volunteered as a Bell Ringer with the Salvation Army during the holiday season. Sharon told of Rachel ringing the bell at the Spokane Valley Mall. "I sat across the mall from her and observed her magnetically draw people to her with her huge smile," recalls Sharon. "Rachel

brought in the most money of anyone in one day for them." "Rachel was magnetic," added Gina Drummond, CEO for Hospice of Spokane. "She drew in people's love."

When asked about Rachel's legacy, Rachel's dad,

Larry, responded, "I've never known anyone that had a higher degree of love shown to them than Rachel." Sharon added, "It seems like she always had a gift for others. She was always full of gratitude. She recognized the care and love she received and was always grateful for it."

Larry and Sharon both shared about how much they learned from Rachel and what a gift she had been to them. "She always had such a great outlook," said Sharon. "Rachel always looked for the good in people; she always looked for the positive and she was very committed to being happy," said Sharon. "Anytime you were with Rachel, you would leave with more wisdom than what you came with," added Gina.

"When Rachel decided to not do any more treatments, her mind was made up," said Sharon. "She made her decision and stuck with it." Anna Adams, RN and Vicki Anderson, MSW became Rachel's care team from Hospice of Spokane, and they had such a great relationship with Rachel. "Rachel always looked forward to their visit," said Sharon. "Rachel would have the biggest smile on her face. They really enjoyed each other."



Continued on pg 5

accomplished through listening, understanding, and then making decisions that are truly centered on the patient," said Dr. Bray.

"We do a very good job with continuous quality improvement, and this is important. We want to continually strive to do better." Dr. Bray added, "We have a tremendous core of leadership and employees who have been here a long time; this accounts for strong institutional knowledge and developed clinical knowledge."

Dr. Bray is known by staff as a humble servant leader who is a wealth of knowledge, loves to teach, is always accessible and is very inclusive. "We spend hours a week with him and he's always welcoming, warm, is a teacher and respects our opinions," said Terry Stott, Director of Nursing for Hospice of Spokane. "He makes a point of including the entire team when making decisions."

Director of Social Services Matt Kinder, shares much of the same sentiment, "Not only do I see Dr. Bray as a calm, centered and well-respected leader and mentor but I also see him as Bob, a down to earth, authentic, and truly all-around good guy who laughs easily and very much cares about those around him."

When asked about a stand-out event, Dr. Bray recalled a few years back when there were several fires in the region, specifically in the northern counties where we serve. Residents were experiencing a continuous threat of evacuation and road closures. Staff that lived in the area were finding ways to care for our patients, while at the same time, looking out for the safety of their own families, some of which had to leave their homes. "During this whole time, they still found a way to get out there every day and take care of patients," said Dr. Bray.

Chief Executive Officer Gina Drummond believes that it all comes together for the good, and that Dr. Bray is a clear example of that. "His background and expertise, both as a clinician and servant leader, continue to serve Hospice of Spokane well. We are very blessed to have him working with us and look forward to his continued service in a part-time capacity when he retires."

As for Dr. Bray, he looks forward to the opportunity to contribute to Hospice of Spokane through part-time work, while also enjoying more time for family and traveling.

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.)

Surviving Spouses/Partners Support Group

For individuals within the first or second year
following the death of a spouse or partner.
(Groups meet in Downtown Spokane.)

Camp Chmepa Grief Support Camp

For youth ages 7 – 15 who are grieving the death of someone close to them.
Camp will be held July 24 – 26, 2020 at Lutherhaven on Lake Coeur d'Alene.
More information will become available in March.

Please contact Hospice of Spokane at 509/456-0438 or visit www.hospiceofspokane.org for more information about Camp or group meeting dates, times and locations.

Ladling up Support for Hospice of Spokane

Hospice of Spokane's two Hospice Houses are known for providing a warm and nurturing environment for patients and families, surrounded by the beauty, comfort and peace that one feels when walking through the doors. It is also common to experience the aroma of delicious hot soup, wafting from the kitchen.

"The soups are amazing, and they provide such comfort to our families."

*-Jen Teichgraber, RN
HHN Coordinator*

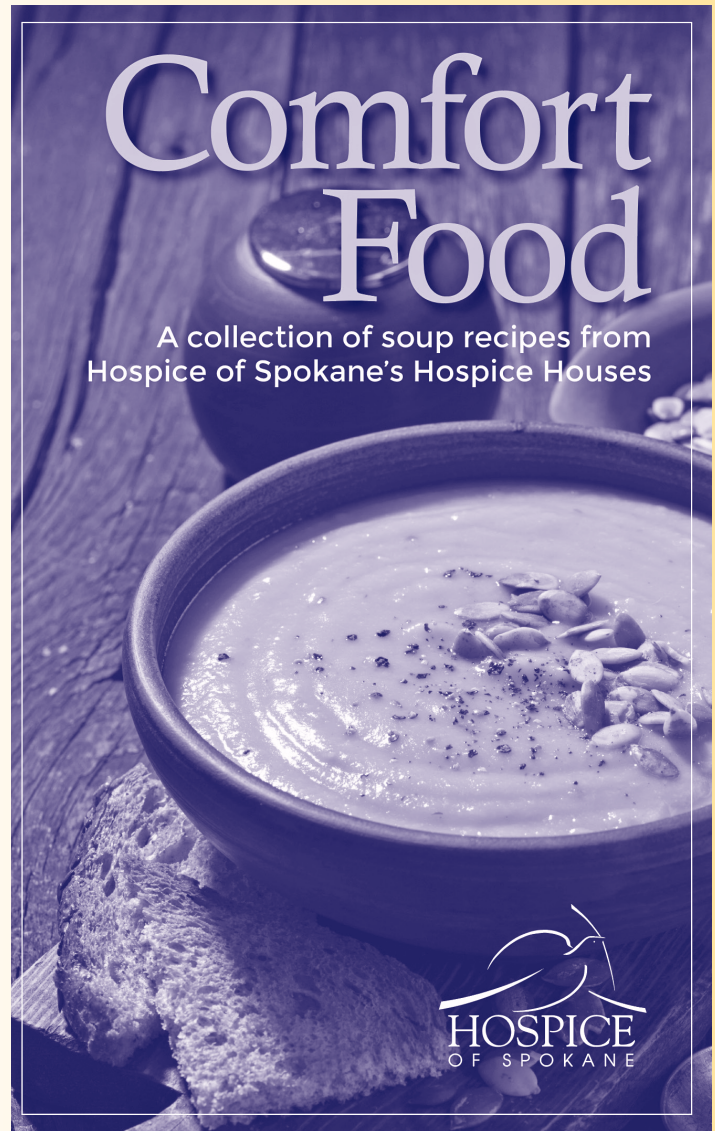
Our talented chefs take pride in meeting the nutritional needs of our patients, as well as preparing a pot of home-made soup each day for patients, families and

friends who visit. Family members frequently share words of appreciation for the care their loved ones have received, along with compliments for the soup and compassion that has been shown to them.

At the willingness of our chefs to share their soup recipes with us, a cookbook of Hospice House soup recipes has been compiled and made available for purchase at \$20 each. The cookbook contains 42 soup recipes, all of which have been used by our chefs at the Hospice Houses. A sampling of soups includes Curried Crab and Shrimp, Butternut Squash and Pear Soup, Mulligatawny, Sausage Pasta Soup, and even Pizza Soup.

Cookbooks may be purchased by calling Development at 509/456-0438 or online at www.hospiceofspokane.org. Proceeds from the sale of the books help Hospice of Spokane provide care and support to patients and families dealing with a terminal illness in our community.

Your support is greatly appreciated.



Rachel continued from pg 3

The other thing Rachel really enjoyed was a latte, and she believed that when people died, they would all meet up at a big latte stand. And, her wish was for a big party on the day she went to heaven.

Rachel's parents honored her wish, and we continue to honor her life and the gift of joy and inspiration that she brought to Hospice of Spokane by passing these gifts along to others.

"Rachel was a true inspiration," said Gina; "she focused on the positive, and she always brought light and a smile."

Thank You!

This list includes contributions made to Hospice of Spokane from July 1 to December 31, 2019. 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.

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	North Hill on Garland	Uniquely Chic Boutique		
	Outback Steakhouse (NorthTown Mall)	Valley Assembly Quilters		

Save the Date!

HOSPICE OF SPOKANE EVENT
CALENDAR

Taste of Life

Signature Fundraising Event
February 21, 5:30 p.m. – 8:30 p.m.
Spokane Club, 1002 W Riverside Ave
Tickets on sale now!

Living with Grief® Teleconference*

Intimacy and Sexuality during Illness and Loss
May 6, 7:30 a.m. – Noon
Gonzaga University
The Hemmingson Center
702 E. Desmet

Scramble for Hospice

Scramble-Format Charity Golf Tournament
August 7, 8:30 a.m. Shotgun Start
Indian Canyon Golf Course, 1000 S Assembly Rd

*This is a continuing education opportunity with credits available.



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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:

SPOKANE COUNTY

March 2020 Volunteer Training

March 11-20, 2020*

Wednesdays and Fridays, 9:00 a.m.-4:00 p.m.

June 2020 Volunteer Training

June 9-25, 2020*

Tuesdays and Thursdays, 5:30 p.m.-8:30 p.m.

Training Location:

Hospice of Spokane
121 S. Arthur
Spokane, Washington

FERRY COUNTY

April 2020 Volunteer Training

Please call 509-456-0438 or
toll free 888-459-0438 for dates
and training location.

*Volunteers must attend all training
sessions of their series.