



VOLUNTEER HOSPICE OF CLALLAM COUNTY

WINTER 2020

HOSPICE HAPPENINGS

Compassionate care for the terminally ill, their caregivers, and their families

Serving Clallam County since 1978



Support Hospice and remember a loved one with a radiant star!

\$10, \$25, \$50, \$100
 Donate by PayPal at vhocc.org

Wishing you and your family a safe and healthy holiday season.



Volunteer Hospice of Clallam County is a 501(c)(3) organization.

Honor a loved one who died by making a gift of \$10, \$25, \$50, or \$100 to VHOCC, and your personalized star will be posted at VHOCC in memory of your loved one.

Please share this giving opportunity with friends on Facebook because VHOCC depends on your donations. Also, please like our page at "Volunteer Hospice of Clallam County."



'TIS' THE SEASON FOR COMPASSION

This year, the holidays might be more challenging for families and caregivers who are grieving or separated from loved ones due to COVID-19. Many people are deeply concerned about where life is headed as the pandemic continues to impact all of us. As a result, we might experience feelings of a loss of control as well as deep loss. The uncertainty is palpable, especially for older adults. Also, the social distance and separation between family members for many months is painful. But there are ways to manage these challenges and the season, and Volunteer Hospice of Clallam County is here to help.

It is imperative to keep your spirits up to support a healthy mind and body. First, you can take advantage of technology like Zoom and Facetime to connect with loved ones and your support network. Second, it is important to discuss your feelings with others so you know you are not alone. Third, activities such as yoga, prayer, exercise, and six to eight hours of sleep per night can make a difference. Fourth, to help ease your grief, remember loved ones by sharing a favorite memory or participate in candle lighting ceremony.

Remember, during the holidays and throughout the year, Volunteer Hospice of Clallam County is here to support you, and VHOCC is committed to providing compassionate care. Nurses will continue to visit patients, and volunteers will offer respite, grief support, and spiritual care. Volunteers will also deliver essential medical equipment, and the Lending Closet will be open. Please call VHOCC at (360) 452-1511 to find out how we can support you.

BOARD OF DIRECTORS

President Peter Raiswell
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CLINICAL STAFF

Interim Patient Care Manager
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Per Diem Mariah Blanchard, RN
Juanice Reyes, RN,BSN

MISSION SUPPORT STAFF

Executive Director JooRi Jun, ND
Vol Svcs Mgr Astrid Raffinpeyloz
Development Mgr Julie Kramer
Office Administrator Anita Chilton

HOSPICE HUGS

Thank you to these organizations and local businesses for their support:

Clallam County COVID-19
Emergency Operations Center
United Way of Clallam County
Fahringer Foundation
The Albert Haller Foundation
Maybelle Clark MacDonald Fund
Oak Table Café
Olympic Laundry
Olympic Mailing Services
Rainshadow Café
Sergio's Hacienda Restaurant

THE ROAD HOME

A JOURNEY TOWARD REDIRECTION

Steve Deutermann

The winter of 2018-2019 was bad. Snow in January and February was heavy enough to damage roof joists and frozen drains brought leaks into the house, resulting in buckets strategically placed to protect wood floors from melting ice. To add to the misery, the house was empty, even though I was living there, sort of.

The emptiness was due to the loss of my beloved Katy to cancer in January. We learned on December 18th that the mass in her lungs was malignant, and Christmas was subdued, both of us realizing that 2019 would be difficult. Katy and I had always vowed to protect each other and so we reinforced our vow that Christmas, expecting to have a long and difficult campaign fighting the cancer. But it was not to be. On December 26th Katy suffered a stroke, and after life-fighting to Seattle, multiple neurosurgery procedures and attempted rehabilitation to strengthen her for cancer treatment, the malignancy spread like wildfire and on January 10th we brought her home and summoned family. She took her leave of us on January 12th.

“Hospice nurses and volunteers were central to her passing’s peaceful and pain-free course.”

In the wake of all this, I wanted to be any place but in this house. Katy and I had both ordered our disposition of mortal remains through the Neptune society, and they came through. We had also agreed that my remains would be scattered at sea, hers would be interred in the Leavenworth National Cemetery alongside those of her late husband Bob, who made her a widow two years before we met.

Katy and I shared a quarter century of unconditional love. I decided my escape from this dark place would begin with my driving her ashes to Kansas in early spring – my last act of protection. Accompanied by her oldest son, we drove through Montana snow flurries and into South Dakota spring. We walked the Little Bighorn Battlefield and saw Mount Rushmore. We drove through beautiful Iowa spring farm fields, and we reunited with friends and family in the hills overlooking the Missouri river to lay her to rest.

When that was done, I did not want to return home. So I continued east, visiting my brother's horse farm in North Carolina. I continued on to Tennessee, where I spent time with Katy's daughter and her husband and walked the beautiful memorials at Shiloh Civil War Battlefield. I kept going on to Houston, where I met friends I had stayed in touch with but hadn't seen in over 20 years. The trip continued through the Southwest, racing antelopes alongside the highway in Mescalero Apache country in New Mexico, and then to Denver, where Katy and I had spent eight happy years before coming to the Northwest.

The road trip healed my sorrow to a great extent. For 26 days and over 7,000 miles I was able to find some closure, some reconnection, and, finally, redirection. Nothing takes you out of a funk better than helping someone else, and that is now my life. And it is a life at peace.

SERENDIPITY

Astrid Raffinpeyloz
Volunteer Services Manager

Now, more than ever, in the midst of COVID-19, our main concern is ensuring that we have enough volunteers to run our programs and support staff in a timely manner. It is an unpredictable game of chance. Very often, we don't know in advance the needs of the patients and caregivers.

Indeed, the pandemic has affected our volunteer base in many ways as long-time volunteers in high-risk categories stay safe at home. There have also been fewer opportunities to recruit volunteers due to cancellations of many community events.

Yet, we have to trust that everything will work out. Amazingly, it does in the simplest and most unexpected ways. For example, the Volunteer Training that ended in September brought new volunteers with valuable skills and expertise. Also, when an urgent request came from the nursing staff for clergy, one of the recently-trained volunteers, who had just been ordained, was able to be at the patient's bedside right away. Additionally, when sanitizing solution needed to be prepared, the volunteer who had worked in a winery knew exactly what to do.

As the Volunteer Services Manager, I am grateful for these serendipitous moments because I get to witness how volunteers impact our community. These are the miracles that make life worth it. I cannot thank the volunteers enough for showing up, day after day.

JULIE KRAMER

A WELCOME ADDITION TO VHOCC STAFF

In August, Julie Kramer was hired as the VHOCC Development Manager. She brings twenty years' experience in servant-leadership helping organizations significantly increase relationships, fundraising, marketing, and communication.

She says, "I selected VHOCC because of its mission, and my personal experience with a loved one who received outstanding services at a hospice provider. The experience that I had was very meaningful and I will always remember the compassion that the staff showed our family."

Julie looks forward to sharing VHOCC's mission across the county because "VHOCC is a jewel in Washington that has been serving the area for 42 years." She added, **"Together, let's support VHOCC by encouraging individuals to donate and volunteer.** Also, let's inspire companies to contribute cash and in-kind gifts of merchandise and services that will reduce our expenses. The generous contributions from the community enables VHOCC to continue to meet the growing needs of residents in Clallam County."

VOLUNTEER OF THE MONTH

September	Frank Finney
October	Chuck Madden
November	Joe Carter

WE CAN DO WHAT WE DO BECAUSE OF YOU

HOSPICE ADMITTING DIAGNOSES

Compassionate care for the terminally ill, their caregivers, and their families

Early in the 1970's when organized hospice programs in the United States began, the main diagnosis for being admitted to a hospice was cancer, and it still is the main diagnosis at VHOCC. According to the National Hospice and Palliative Care Organization, cancer accounts for 30% (2018) of hospice patients. The remaining 63% of patients come to hospice with other diagnoses.

At VHOCC, this year, 37% of patients were admitted with a cancer diagnosis. What sets VHOCC apart from other organizations like it is, VHOCC accepts many patients with these diagnoses before they meet the 6-month life expectancy criteria set by Medicare.

Primary Diagnosis	% of Patients
Cancer	37%
Dementia	14%
CHF/MI	14%
Other	10%
Stroke	5%
End Stage COPD	5%
End Stage Kidney Failure	3%
Parkinson's	3%
FTT (Failure To Thrive)	3%
ALS	2%
Respiratory Disease	2%
Liver Disease	2%



Volunteer Hospice of Clallam County
829 E. 8th St.
Port Angeles, WA 98362

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If you already shop at Amazon, please consider using Amazon Smile, which donates 0.5% of the price of your eligible AmazonSmile purchases to the charity of your choice. It does not cost you anything. Simply go to smile.amazon.com to sign up, search for Volunteer Hospice of Clallam County, and select it as the charity of your choice. Start supporting VHOCC without spending a penny!

How You Can Help VHOCC Reduce Expenses
To request electronic newsletters to help VHOCC reduce expenses, please email office@vhocc.org.

COMPASSIONATE CARE FOR THE TERMINALLY ILL, THEIR CAREGIVERS, AND THEIR FAMILIES

[Volunteer Hospice of Clallam County](#) is a 501(c)(3) non-profit charitable organization, whose service area stretches from Diamond Point to Joyce.

The mission of Volunteer Hospice of Clallam County is to provide physical, emotional and spiritual support to terminally ill patients and their families with free around the clock registered nursing availability and trained volunteers. This support enables patients to live out their final days as fully and comfortably as possible. Ongoing grief support services are also offered to the families and anyone in the community who has experienced the death of a loved one.

Since its inception in 1978, all services have been provided free of charge to patients and their families; VHOCC does not bill any government agency for its services.

All events and programs are subject change due to state and county guidelines during the pandemic. Call 360-452-1511 for the most up-to-date information.

FUNDRAISING EVENTS

Dec. 1-31, 2020 Radiant Light Campaign
Look for this campaign on the VHOCC Facebook page. Please share this campaign with your family and friends.

PROGRAM ACTIVITIES

Registration required for all programs: 360-452-1511

Grief Support Groups Groups meet in Sequim, Port Angeles, or online. Late Winter-Early Spring 2021.

Drop-In Support Groups Available to participants after completion of one of our Grief Support Groups.

“Living Alone Now” Workshops Focused on practical matters for those who have lost a spouse or partner.

One-on-One Grief Support For anyone in the community grieving a loss, available in person or by phone.

Remembrance Ceremony—February 20, 2021
Open to any member of the public. Virtual event.

Community Orientation to Volunteer Hospice
Curious about hospice and interested in volunteering? Come find out more! First Thursday every month, 11:00 a.m.- 12:00 p.m., join us online on Zoom. First Friday every month, 10:00 a.m.-11:00 a.m., join us in Port Angeles.

Community Education & Volunteer Training Series
Late Winter-Early Spring 2021.