

journeys

fall 2011

Flower Power

Businesses and Non-profits work together to help hospice patients

By Adrienne Pauly, hospice volunteer and retired journalist

One day several weeks ago Ron Hays, President of the Marion Polk Food Share, mentioned to his wife Linda, Community Development Manager at Willamette Valley Hospice, that Trader Joe's was donating food surplus to the Food Share. He had also just discovered that the store was sending along a lot of flowers, for which the Food Share had no useful purpose. Ron knew exactly how those flowers could be better used.

He knew Willamette Valley Hospice had started a program, Flowers for Smiles, where large arrangements of flowers were generously donated by families after funeral services. Those flowers were reconstructed into small, beautiful bouquets to be given to hospice patients to brighten their day. But the donations were sporadic. With consistent donations from Trader Joe's, hospice patients could benefit even more.

Daniel Bettencourt, a supervisor at the Salem Trader Joe's store, explained that sharing food before it goes bad is a tradition at all store locations. "We work with community agencies, churches, hospitals and charitable groups," he says. "We share meat and produce before the sell date. We try not to waste." The Marion Polk Food Share picks up donations from Trader Joe's six days a week. They put the flowers in the cooler and keep them watered until a Willamette Valley Hospice volunteer comes to pick them up.

The donated flowers need to be sorted and arranged, so Willamette Valley Hospice called upon a volunteer they knew would be ideal to run the program—Susan Briney. Susan had worked as a Registered Nurse when she received the difficult diagnosis of multiple sclerosis. Unfortunately, it ended the career she loved at Willamette

Valley Hospice. When the volunteer opportunity for Flowers for Smiles came up, she eagerly accepted the assignment.

Every Tuesday, Wednesday, and Thursday, Susan swings her SUV by the Marion Polk Food Share and loads it with flowers. She brings them back to her work area at the hospice office in West Salem. There, she culls the flowers, discarding wilted leaves or blossoms and in the process creates beautiful individual bouquets to be picked up by staff and other volunteers and distributed to those receiving hospice services.

Some days are long, and she can create as many as 40 bouquets in one session. Standing in the center of her work space, flowers in one hand and a pair of scissors in the other, Susan says, "I love it. This is my therapy." After a staff member has dropped by, stopped for a chat, then taken a bouquet off to one of her patients, Susan adds, "It gives me a chance to reconnect with my friends and colleagues at Willamette Valley Hospice, too." She clips more leaves and reaches for some ribbon.

The Flowers for Smiles program is unique. It brings a business and two separate non-profit agencies together to work toward a common goal - bringing some cheer into the lives of those with life-limiting illnesses. This noble endeavor of all those involved seems to bring them great pleasure. Every time someone starts talking about their involvement in this program, they smile. That's Flower Power at work.

Experience. AT YOUR SIDE.



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Journeys is a semi-annual publication of Willamette Valley Hospice, serving our friends and neighbors in the communities of Marion, Polk, Yamhill, Benton, Linn and parts of Clackamas Counties

Our Mission

Changing the End of Life Experience

E V E N T S

Monthly Drop-In Support Groups for Adults

There is no cost for these events, and no registration is needed

Creatively Expressing Grief

2nd Thursday of every month
from 1:00-2:15 pm

Grief Discussion Groups

3rd Wednesday of every month
from 6:00-7:15 pm
4th Thursday of every month
from 12:15-1:30 pm

Special Events & Workshops

Coping With the Holidays Workshop

Saturday, 9-noon
November 12, 2011
For adults and children ages 5+

Light up a Life Community Memorial Gathering

Thursday, 4:00-6:00 pm
December 1, 2011
Anyone in the community is welcome to remember their loved ones

All events listed will be held at Willamette Valley Hospice offices at 1015 3rd St NW, Salem, OR 97304. Please call 503.588.3600 or visit www.wvh.org for a complete listing of grief support groups and volunteer training sessions held throughout the year.



Pam Matthews, RN, BSN, CHCE Executive Director

There's never a dull moment at Willamette Valley Hospice. Just as the new Edward F. Tokarski Hospice Home was being completed, our team started a new venture to increase awareness of hospice services in our community.

By now, you've noticed our updated logo and newsletter. We are excited to be reaching out in new ways to heighten awareness concerning the hospice and palliative care resources that are available from Willamette Valley Hospice. From surveys and focus groups, we learned that folks in our community often don't know that hospice is available to them until their loved one is in the final days or weeks of their life. Participants said that they want us to get the word out via television, radio, and local newspapers, so that patients and families know they can call us early in a loved one's serious illness to provide information, comfort and expertise gained through our 33 years of hospice service.

New Ventures to Increase Community Hospice Awareness

We're responding to what the community has told us. Physicians, staff, and families who have first-hand experience with our services are helping us share the message. Soon you will see television commercials, hear a message on the radio, or see information in your newspaper. It's clear we need to make sure everyone in our community knows about the special kind of care, support, and experience that hospice can offer a person and their family as they maneuver through a life-limiting illness.

Many don't know that they can call us directly when facing a serious illness – they don't have to wait for their doctor to bring up the subject of hospice. We can be of service to families even before hospice is needed. Our Transitions program is available, free of charge, to provide support with daily activities or give a caregiver a break.

Everyone deserves experience, by their side, at the end-of-life. Don't hesitate to contact us if we can be of help to you, your family, or a friend.

Dr. Rick Cook

A Welcome Addition to Hospice Team



"Visiting patients in their home," answers Dr. Rick Cook, when asked about his favorite part of providing hospice care. "I get a chance to develop relationships with a family. It transcends

the typical relationships doctors have with their patients." Drawn to the holistic and team approach offered in hospice care, Dr. Cook joined the Willamette Valley Hospice medical team in November 2010 after 29 years in private practice at The Doctor's Clinic in Salem.

Dr. Cook has known Willamette Valley Hospice Medical Director, Sheila Sund, for a long time, and has always enjoyed working with her. "It's the combination of working with patients and their families, as well as the community of people at Willamette Valley Hospice that make this job so enjoyable."

Dr. Cook particularly appreciates that hospice care is not only about science. "It involves spiritual care, and I get to be part of a team addressing all of a patient's needs," he says.

"I've discovered that I was meant to do this work," says Dr. Cook. "I really enjoy it."



Dr. Brooks and Dennie Brooks

Donor Profile:

Dr. Dean Brooks

Doctor Dean Brooks remembers the time before Willamette Valley Hospice was created. "Nobody concentrated on death and the process of dying," says Brooks. Back then, in the mid-1970s, public health nurses made home visits and tried to meet the needs of caregivers, the dying, and the bereaved, in addition to focusing on other community health needs. Dr. Brooks, then the superintendent of the Oregon State Hospital, thought that hospice was a philosophy of care that could benefit the entire community, including patients at the state hospital. As an early innovator and advocate for recognizing the humanity of the patients he served, Dr. Brooks joined a tri-county hospice planning group of interested professionals and community members who whole-heartedly supported the creation of a community hospice here.

"To educate myself, I went on home visits with public health staff, who were trying to do some hospice care. I was impressed by their loving care," he says about the staff providing a grief visit to a man, just weeks after the death of his wife. He recounts one case that struck him deeply, and he still remembers it at the age of 95. "An elderly caregiver was having trouble getting his wife up and down. Because of my training, I knew how to help him. I showed him how he could help her so that she felt stable and he could get her to where she needed to go." This is the crux of hospice care – helping to support families while compassionately meeting the needs of their loved one.

Both Dr. Brooks and his daughter, Dennie, were charter members of the Willamette Valley Hospice all-volunteer board of directors. In fact, Dr. Brooks and his friend, Bob Straub, threw the first-ever fundraiser for Willamette Valley Hospice – selling meals of huevos rancheros with homemade salsa at the First Methodist Church. Throughout his 27 year tenure at the Oregon State Hospital, he was not one to ever shy away from demands. In fact, Dr. Brooks starred as Dr. Spivey in the movie, "One Flew Over the Cuckoo's Nest" filmed at the Oregon State Hospital.

"Things have come so far," Dr. Brooks says now, when reflecting on the beginning of Willamette Valley Hospice. Recently, he took a tour of the new Edward F. Tokarski Hospice Home. "It warms my heart to see the new home and to think of those that will get to live there, treated with the dignity they deserve."

Dr. Brooks has been a donor since he was part of the team that brought hospice care to our community so many years ago. He says he gives because of his gratitude, "for what you do and what you will do." Many of his family and friends have utilized hospice services over the years. Even though his wife, Ulista, only received hospice services for a short time, Dr. Brooks describes the experience as "unbelievable." "It's a needed service," he says, "and I will continue to support it as long as I am here."

When's the best time to plan your Estate?

They say the best time to plant an oak tree is 25 years ago. The second best time to plant an oak tree is today!

Join us for a free Estate Planning Seminar



Date: Tuesday, December 6, 2011

Time: 7:00 to 8:30 pm

Location: 1011 Liberty St. SE, Salem

Presented by:

Ryan Collier, PC Attorney-at-Law

Registration please, seating is limited.

Refreshments provided. There will also be a drawing for a Da Vinci's Restaurant gift certificate.

Come find out:

- Why you need a will?
- What you need to know about Powers of Attorney, Advanced Directives, Trusts
- How to prepare in the event of a future disability
- What you can do to minimize or avoid Estate Taxes and Probate
- How to leave a lasting legacy through responsible distribution of assets using trusts and other charitable gift planning techniques

To register for this seminar or for more information on how you can help provide care for all who seek our services, regardless of their ability to pay contact **Linda Hays, 503.588.3600** or **800.555.2431** or **lindah@wvh.org**.

100% of your donation will benefit the organization or service you specify.

Coming Home

In a way, Helen Krier is coming home by accepting the role of Clinical Manager at the Edward F. Tokarski Hospice Home. A registered nurse for 42 years, Helen Krier found her passion in nursing was hospice back in 1982. She



Helen Krier, RN

worked for Willamette Valley Hospice in 1998, but was drawn to open her own home to care for those at the end of their lives and, consequently, left the agency to follow her dream. Helen owned Harmony Home, an Adult Foster Home which specialized in end-of-life care, for 12 years, until she took the role of Manager at the new hospice home run by Willamette Valley Hospice. As most of the residents she served were Willamette Valley Hospice patients, she maintained close relationships with hospice staff.

"Everything I've ever done in my career feels like it was in preparation to serve those in a home at the end of their lives," says Helen. "When I first walked into the new Willamette Valley Hospice home, I just thought 'oh, wow!' It is lovely – it's bright, beautiful, and welcoming."

The new hospice home is set to open to residents this fall. "We are just awaiting our turn to be inspected to get our license," says Helen. "Everything about getting this home ready has been exciting. We can't wait to serve those who will become our residents."

Edward F. Tokarski Hospice Home Wish List

To help contact Helen Krier
503.588.3600

small trash bags
baby wipes
cans of juice (mango, guava, peach and apricot)
oatmeal, old fashioned & instant
small cans (4 oz.) peaches, pears, fruit mix
small boxes of powdered jello
small packs of pudding (chocolate, butterscotch, tapioca)
men's 2X long t- shirts (prefer ones with button-down fronts)
flat single sheets (neutral colors)
pillows (regular as well as small travel pillows and cases)

Grief

When Holidays Aren't so Jolly

3 Tips to Help

By Jan Dupont, LCSW,
Bereavement Counselor

Happy Holidays! You hear it everywhere around you. Christmas lights, Christmas music, and holiday shoppers fill your senses. For some the season is "merry and bright," but for those that are grieving, the holidays, birthdays, and anniversaries may be some of the most difficult times.

How do people manage to make sense and meaning of life during days filled with pain and memories of what used to be? Even those that aren't grieving often feel the pressure of trying to meet holiday deadlines and attend holiday gatherings. People that are in the midst of grief often feel overwhelmed at these times, which can intensify their sadness.

1. Plan Ahead

Sometimes, simple changes in routines can reduce stress and help make the holidays easier. Phil McBrien, a Spiritual Counselor at Willamette Valley Hospice, suggests to plan ahead by making a list of questions to address the holidays, which can make difficult days more meaningful:

- What do you want to do during the holidays?
- What don't you want to do?
- What haven't you tried before?

2. Accept the Pain and Grief that Exist

It's also important to think about the emotional roller coaster that may accompany holidays and events such as birthdays and anniversaries. Some experts suggest that we work to accept the idea that pain and grief are likely to be amplified on these days, when there are reminders of happier times with loved ones all around. Planning ahead and realistically accepting that these days will be very different can allow people to find creative ways to bring more meaning into their lives.

3. Find New Ways to Celebrate

Edna Ann Shelton, a hospice volunteer, had children who were very young when she was widowed. Christmas was just too



painful to celebrate in their traditional way, so they all decided to go to a movie together instead. Another widow and her children volunteered to work in a soup kitchen at the holidays to create new memories and traditions.

Holidays and special days may be very painful and difficult to face, but following tips like these can help people that are grieving to find new meaning and bring them closer to those who are still very much a part of their lives.

For more information on how to cope with the holidays with a grieving heart, please attend our Coping With the Holidays Workshop on Saturday, November 12, 2011 from 9-noon. There will be a workshop for adults and activities for children over age five. Call 503.588.3600 or visit www.wvh.org for a complete list of free activities for those who are grieving.

GRIEF GROUPS

There is no cost to attend these groups, but pre-registration is required. To register or for more information, contact Bereavement Services at 503.588.3600 or 800.555.2431.

For Adults & Children Ages 5+

Tuesday Evenings, 6:00-7:30 pm
January 24, 31, February 7, 14, 21, 28,
March 6, 2012

For Adults

Tuesdays, 2-3:30 pm or 6-7:30 pm
November 8, 15, 22, 29,
December 6, 13, 2011

For Adults

Wednesdays, 1:00-2:30 pm
January 11, 18, 25, February 1, 8, 15, 2012