

# journeys

summer 2019

## Reflections on the River

Order your personalized luminaria to honor your loved ones at:  
[wvh.org](http://wvh.org)



CELEBRATE · REMEMBER · HONOR  
Thursday, September 5, 7:30 pm | Salem Riverfront Park



**You are invited to join us** for *Reflections on the River*, a special event to honor, celebrate and remember your loved ones. All are welcome to this free community event for anyone who has experienced the loss of a loved one.

A short program of celebration, reflection and a veteran honoring ceremony will take place at 7:30 pm in the Rotary Pavilion at Salem's Riverfront Park. The reflection walk, lighted with luminarias, will be open until 9:00 pm.

Each patient that Willamette Valley Hospice has served over the past year, about 1500, will be honored with a glowing luminaria placed along the park paths. Anyone is welcome to order a personalized luminaria at [wvh.org](http://wvh.org) to honor any loved one or special person. The luminarias will be added to the park pathways.

After the success of last year's *Twilight on the River* event, when volunteers placed 24,000 luminarias in the park to honor the patients we cared for over the past 40 years, we plan to light 3,000-4,000 luminarias in the park again on September 5th. We hope to see you there.





## Rollover Your IRA for GOOD

If You're 70½ or Older

- Pay no income tax on your gift
- Help support our mission
- Build your charitable legacy
- Use your IRA in the way you want

It's easy to do! If you are **70½ or older** and don't need your IRA's "required minimum distribution" or "RMD", you can make a gift of up to **\$100,000** this year from your IRA to help support our mission. By taking a distribution from your IRA this year, you will likely pay more in taxes and may even reach a higher tax bracket.

While you will not receive an income tax deduction, you will not pay taxes on any distributions made to us. Please let us know of your plans so that we use your gift for the programs and services that mean the most to you.

Want to create your legacy today? Contact your IRA administrator or financial advisor to get started with your gift. Questions? Please call Linda Hays @ 503.588.3600 or visit our website @ [wvhlegacy.org](http://wvhlegacy.org).

## You Can Help Tokarski Home Residents

Receiving hospice care in one's own home is usually the first choice, but when that is not possible, the Edward F. Tokarski Home offers personalized, comfort care in a cozy, home setting. Surrounded by caring staff and trained volunteers 24 hours a day, over 65 hospice patients lived at the Tokarski Home last year.

**You can help hospice patients at the Tokarski Home with some immediate needs:**

- Twin extra-long bed sheets
- Commercial-grade Keurig coffee machine
- K-Cups for Keurig coffee maker
- An over-sized rocking recliner (leather or leather-like material)
- Replacement lightbulbs for recessed can lighting

**Contact Linda at 503.588.3600 or [lindah@wvh.org](mailto:lindah@wvh.org) to donate any of these items or simply stop by during business hours.**

*A resident at the Tokarski Home celebrates her 106th birthday*





**Thank You  
Monthly Givers**

*Every gift, every month helps hospice patients and their families.*

To join, simply complete the enclosed envelope and mail it back or join online by visiting [wvh.org/donate](http://wvh.org/donate).

See [wvh.org](http://wvh.org) for a list of our generous community donors.

**It's easy! Just \$5 a month will help comfort hospice patients each and every day.**

## Volunteers Needed

Willamette Valley Hospice relies on trained volunteers to support our patients and grieving families, to educate the community about our work, and to help keep the wheels moving smoothly behind the scenes in the office. The fall volunteer training will be Friday, September 27th, starting at 8:00 am and going until either noon or 5:30 pm, depending on the volunteer role you choose. Contact Brittney or Shelley at [volunteerservices@wvh.org](mailto:volunteerservices@wvh.org) or 503.588.3600 to apply.

Our hospice is growing, and so are the numbers of volunteer requests.

We especially need additional:

- Spanish-speaking volunteers
- Respite and visitation volunteers
- Pet therapy volunteer teams

Being involved with people nearing the end of life helps put everything else in perspective. Join us!



For more information about any of the events listed below, call 503.588.3600. Unless otherwise noted, all events take place at the Willamette Valley Hospice offices at 1015 3rd St NW in Salem, Oregon. For a complete list of calendar and bereavement events, visit [wvh.org](http://wvh.org).

### Reflections on the River

**Thursday, September 5, 7:30 pm at Riverfront Park**

Join us for a short program of celebration, reflection and a veteran honoring ceremony. A reflection walk with luminarias placed along park paths will be available until 9:00 pm. Order your personalized luminaria at [wvh.org](http://wvh.org).

### Walk-n-Wag

**Saturday, September 14th, 2019**

**9:00 am – 12:00 pm, Minto Brown Island Park**

**Register today to save at [wvh.org/pets](http://wvh.org/pets)**

\$10 online registration ends 9/12/2019. Register at the event for \$15. Children 12 years and under are free. Goodie bags are guaranteed to the first 250 participants.

There is a special bond between hospice patients and their beloved animal companions. This family-friendly, pet-centered event raises funds to help care for these "best friends" of hospice patients, and to assist with finding a new forever home for pets, when needed.

### Grief Support Group for Adults & Families with Children

**Tuesdays, September 10 – October 22, 2019, 6:00-7:30 pm**

Seven-week grief support group for adults and children ages 6-17. Children must be accompanied by a parent or legal guardian to be eligible to attend. There is no charge, but please pre-register by calling 503.588.3600.

### Hospice Volunteer Training

**Friday, September 27, 2019, 8:00 am – 5:30 pm**

This training will equip you to work effectively with terminally ill and grieving people, and with people who are bereaved. Please complete an application, and call to set up an interview prior to the training date. Due to the sensitive nature of hospice work, new volunteers are required to wait at least one year after a significant personal loss before volunteering with patients.

## COMMUNITY LEADERSHIP

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*Journeys* is a publication of Willamette Valley Hospice, a non-profit 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



Capitol Subaru presents

# 7th Annual Walk-n-Wag

Saturday, September 14, 2019

9:00 am - 12:00 pm

Minto Brown Park



Cost: \$10 registration per person before September 12th  
Day of event: \$15

Register at [wvh.org/pets](http://wvh.org/pets)

## Family Fun:

- Games & Activities
- River Walk
- Pet Centered Vendor Village
- Poster Contest Photos
- Door Prizes

*Raising funds to keep pets and families together during hospice care*

For information, contact Shelley Wagener  
503.588.3600 • [shelley.wagener@wvh.org](mailto:shelley.wagener@wvh.org)



## A SPECIAL THANK YOU TO OUR SPONSORS:

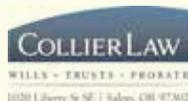
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