

journeys

fall 2017



Karla Sanders

Experience.
AT YOUR SIDE.



Giving Peace of Mind

Written by generous donor, Karla Sanders

I have always considered myself a fortunate person – I've had a stable job, home, and good health. I've been able to indulge my love of dogs and spend lots of time training and even competing with them. My largest first-world problem has been trying to remember if I actually made that hotel reservation for the trial I entered or not. My dogs have been healthy, taken care of and we had the time and energy to start to compete in a sport new to us, barn hunting.

Then, I was diagnosed with Stage 3C breast cancer.

Multiple surgeries later, I struggled to continue my small business during 20 weeks of chemotherapy and 33 radiation treatments. My sporting commitments with my dogs probably kept me going during this time, but I also spent many sleepless nights wondering what would happen if I became too ill to care for my animals.

My hard-working husband stepped into the livestock chores, feeding chickens and llamas, as well as following my detailed instructions about the dogs' medications and special diets, but he could not do this all on his own forever. I am a creative planner, but I could not imagine a life without my dogs. I feared I would not survive being forced to give them up if I could not care for them.



Then, I learned about the Pet Peace of Mind Program.

I saw a poster about a fundraising walk for the program at Willamette Valley Hospice. I learned about a group of their volunteers who step up to meet the needs of hospice patients' pets. They clean cat boxes. They walk dogs. They drive pets to the vet and have been known to feed horses. They make it possible for pets to stay with their people despite terminal illness. After a patient dies, they may even help re-home the pets. These people are angels.

I am done with my treatments now and I never needed the services of this program, but I face my future with a new calm (one could say "peace of mind"), knowing that this program exists. I am not brave enough to volunteer in hospice patients' homes so I adopted this program as my

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Giving Peace of Mind

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charity of choice for my business.

We know every little bit counts, so at every dog trial, we do something small – a potluck lunch where we all drop a few dollars in a jar, judges have donated their fees, and artistic members of our group have sold their items to benefit the program. It seems like such a small thing until I total it up after the trial. The donation last time was over \$600.00 and the total amount we have given has surpassed \$3,000.00

We all can make an impact. I hope your club, group, or business will pick a cause like we did and support it. We can all give a little “peace of mind.”

~ Karla

Online Giving Opportunities



AmazonSmile is a simple and automatic way for you to support Willamette Valley Hospice every time you shop at Amazon, at no cost to you. Simply start at amazonsmile.com and register WVH as your charity of choice or go directly to smile.amazon.com/ch/93-0738493 and a percentage of your shopping bill is donated to WVH.



Support Willamette Valley Hospice just by grocery shopping at Fred Meyer with your Rewards Card. You can link your Fred Meyer rewards card and with each purchase Fred Meyer will return a percentage of what you spend at their stores to WVH. It's quick and easy to sign up at fredmeyer.com/communityrewards.



You've heard of Black Friday and Cyber Monday. Celebrated on the Tuesday following Thanksgiving, Giving Tuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving. Gifts in honor of loved ones for the holidays or to benefit a specific program at Willamette Valley Hospice can be made anytime at wvh.org/donate.

Wish Lists

While Santa has not been reliable in delivering all the things on our wish list, donors often ask about specific needs in Willamette Valley Hospice's many programs. If you feel like being Santa this holiday season, here are a few ideas.

Tokarski Home Wish List:

- Earth-friendly coffee pods from Costco for family visitors
- Gift cards to Costco, Safeway, or Roth's for groceries
- Extra long, twin, deep-pocket sheets from Target
- Dining room chairs

Music Therapy Wish List:

- Guitar & violin strings (contact us for specifics)

Volunteer Services:

- Handmade lap quilts in patriotic colors to give to Veteran hospice patients
- Pet crate for cat or small dog
- New cat toys and dog toys for patient pets (e.g. laser pointer lights)
- Portable CD players for patients
- Portable fans for patients
- Digital voice recorders for life review

5th Annual Walk-n-Wag Raises Over \$20,000 for Pets

On Saturday, Sept 9th, nearly 200 friendly dogs of all types and ages brought their people to Minto Brown Park to help raise awareness and funds for Willamette Valley Hospice's Pet Peace of Mind program. With 18 sponsors and 27 vendors, there was something for everyone at this fun event. Favorites included a bulldog kissing booth, a "My Dog Will Eat That!" contest, pet therapy demo, giant bubbles and a yummy food cart. 25 fantastic gift baskets were donated for door prizes by supportive businesses and groups throughout the community. We had help from 50 volunteers, who put in 195 hours helping organize, promote, and staff the event. Many were WVH volunteers, but we also had a big boost from members of the West Salem LDS Church, and from the South Salem Rotary Club. Check out our facebook page for great photos at facebook.com/willamettevalleyhospice.



CIRCLE OF
Caring

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.

See 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.

COMMUNITY LEADERSHIP

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Journeys is a 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

Holiday Events

Coping with the **Holidays Workshop**

November 11, 2017

9:00 am – noon

*For adults & children ages 6+.
Call to register if children
will be attending.*

The holidays can be difficult after a loss. Join us for a time of learning from an expert speaker and practical suggestions for coping during the holiday season. Stay for optional holiday memory-making activities for the whole family.

About the Speaker: Kathleen Braza, M.A., is a bereavement consultant/educator and national speaker on issues of grief and loss in adults and children. Her sensitive, practical insights and strategies help the bereaved understand the process of grief and how to grieve in healthy and healing ways.



Light up a Life

COMMUNITY MEMORIAL GATHERING

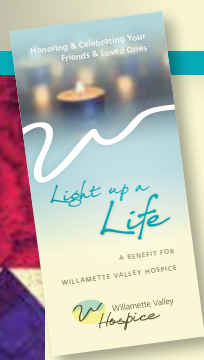
All holiday events held at Willamette Valley Hospice offices at 1015 3rd St. NW in West Salem. There is no charge to attend. Donations are gratefully accepted to offset costs.

For more information, call the bereavement department at 503.588.3600. A complete list of upcoming events can be found at wvh.org/calendar.

December 7, 2017
4:30–5:30 & 6:30–7:30 pm

All are welcome to remember & honor their loved ones at this community event.

No registration is necessary.



Coming Soon

Watch the mail for your Light Up a Life Offer – a special way to remember, honor and celebrate people who have brightened your life.

