



HOSPICE *Happenings*

Providing physical, emotional, and spiritual support to terminally ill patients and their families with free, around-the-clock registered nursing availability and trained volunteers.

Recognizing Our Volunteers

Each year in April, we celebrate Volunteer Appreciation Week. With so many people to thank, we organize smaller groups to get together through the entire month.

20+ Years: **Lyn Gilbert** started as a respite volunteer and quickly moved to the office when Rose was still at the helm. Now retired from many years managing our office, she continues to serve as a member of the Finance Committee, where her historical knowledge is invaluable. After 21 years of service, **Cheryl Coulter** continues to offer haircuts in our patients' homes, and will even drive to Port Angeles from her home in Sequim if there is no one else to help out.

10+ Years: These nine volunteers never tire of doing their part, whether in respite, grief support, office work, or specialty services. Our most senior volunteer in this group, **Betty Conger**, a respite volunteer, turned 91 a few months ago. **Dan Welden**, nearing 19 years of service, promotes the Polar Bear Dip in Port Angeles as a community fundraiser for VHOCC. More special volunteers also offer their services, including attorney **Michael Hatch**, and Healing Touch and Tibetan Bowls practitioner **Penny Burdick**. After seeing what hospice could do for her family, **Lori Jacobs** started offering respite 16 years ago while she was still working. **Debby Smith** also turned life experience into volunteering, and she has led grief support groups in Sequim since 2011. When he's not fishing, for 14 years **Walter Blendermann** has been a dedicated member of the Sequim Delivery Team. Both **Trish Holden** and **Margaret Bourne-Raiswell** offer their services as needed, whether in the office, at the bedside for respite or spiritual care, or even as a sounding board, generating ideas for programs and improvements.

We also acknowledge 29 volunteers who have been with us for the last five years and show no sign of retiring!

Finally, we are happy to report that 92 eager-to-help volunteers have come forward since early 2020 when the pandemic started. Kudos to all those who offered to serve with uncertain working conditions!

No matter how long ago volunteers started with us, they are ALL essential: "If you think you are too small to make a difference, you've never been in the dark with a mosquito."

Clinical Corner

My Journey into Hospice Nursing

by Haley Blackburn-Jacobs, Clinical Team Manager

In life, there is always a beginning, a middle, and an end. It may be short, long, or somewhere in between, but no matter the length, there is always a journey. As a hospice nurse I cherish learning about my patients' life journeys, meeting their loved ones and hearing their stories. I'm taking this opportunity to share my personal journey that brought me to this profession. With confidence I can say I am good at hospice nursing, for not-very-good reasons.

When I was 26, a phone call changed my journey. My oldest sister was killed instantly in a car accident. She was 36 with a loving husband, five beautiful children and her whole life ahead of her. The pain of loss was instant and brutal. When I was 35, another phone call changed my journey. My second-oldest sister was on the other end, her voice quiet and scared as she told me she had cervical cancer. To describe the next two years until she passed as excruciatingly painful and torturous is an understatement.

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Our **5th Annual Remembrance Ceremony** was held on Feb. 25 at First Presbyterian Church in Port Angeles. It was an uplifting, spirit-filled celebration! Pictured above, from left, are VHOCC's Marca Davies, M.E. Bartholomew and VHOCC's Molly Wallace. For details, please see page 3.



Spring Program Calendar

All programs are free of charge. Registration is required for all except Drop-In Grief Support. All programs are subject to cancellation. Call 360-452-1511 or email reception@vhocc.org.

COMMUNITY ORIENTATIONS

In-Person: Port Angeles

First Wednesday of each month, 11 a.m.–noon.

In-Person: Sequim

First Tuesday of each month, 1-2 p.m.

Location given at registration.

Online

First Thursday of each month, 11 a.m.–noon.

GRIEF SUPPORT GROUPS

In-Person Group: Port Angeles

Please contact our office for information.

In-Person Group: Sequim

Thursdays, June 1–29, 1–3 p.m.

Mondays, July 17–Aug. 14, 1–3 p.m.

DROP-IN GRIEF SUPPORT GROUPS

Open to those who have attended a Volunteer Hospice grief support group; no registration needed.

In-Person Group: Port Angeles

First Thursday of each month, 4:15–5:15 p.m.

In-Person Group: Sequim

Fourth Monday of each month, 1–2 p.m.

ONE-ON-ONE GRIEF SUPPORT

For anyone in the community grieving a loss. Call 360-406-4439 and ask for bereavement support.

SOUL CARE

SPEAKER SERIES

Wednesday, May 10, noon–1:30 p.m. via Zoom:

'Spiritual Care: What It Is and How It Heals'

with Rev. Lynda Elaine Carre.

Wednesday, July 12, noon–1:30 p.m. via Zoom:

'An Exploration of Burial Practices and Consumers' Rights'

with Beverly Trik.

DEATH CAFÉ 'TEA TO DIE FOR'

Open, casual, freeform discussions relating to death and dying. Offered monthly from 4–5:30 p.m.

Port Angeles: Fourth Wednesday of each month at the Port Angeles Senior & Community Center, 328 East 7th Street.

Sequim: Second Monday of each month at KSQM-FM, 609 Washington Street, #17.

45TH ANNIVERSARY OPEN HOUSE

Join us for an informal celebration!

Friday, May 5, 3–5 p.m.

Port Angeles Office, 829 E. 8th Street

Celebrating Rose Crumb's Vision

Hospice as a concept arose in the Middle Ages but was forgotten with advancements in medical science and a shift to focus on death prevention. The rediscovery of 'hospice' — that is, accepting death and providing comfort care to those who are dying — came about in the 1950s and '60s. This change in attitude towards end-of-life care spread to the U.S. in 1974. Rose Crumb was an early adopter of this 'new' hospice concept back in 1978.



Photo by Susan Doupe

And here we are in 2023, celebrating the 45th anniversary of Rose's vision. It's been an incredible journey and I believe that Rose would be proud of what has been achieved!

In 2022, VHOCC provided hospice and palliative care to 271 patients, provided medical equipment to the community at large (3,400+ lending closet visitors plus 8,600+ delivery miles), and delivered more than 1,800 hours of respite/grief/bereavement care.

As we see more stories about how hospice is becoming increasingly institutionalized (mostly because of current funding mechanisms), VHOCC can remain proud of being truly unique. We remain a provider of quality, person-centered care that meets industry standards, costs less, and remains free to patients and families. Because VHOCC is supported almost fully through community donations, not only are patients not billed for our services, but neither is Medicare or private insurance. This means that our patients can keep their existing health care providers while we come alongside, and they can use their Medicare funds for home health, caregiving, therapies, prescriptions, and other needs.

The evolution of VHOCC, as with any organization, has had ups and downs, sorrows, and joys. And through it all we continue to focus on Rose's vision to excel in providing holistic hospice and palliative care, comprehensive grief support, and community advocacy to shift away from a death-phobic culture. Come learn more about our journey and celebrate with us at our 45th Anniversary Open House on May 5 — details on the back page!

Priya Jayadev, Executive Director

Why I Donate to Volunteer Hospice

"I have been donating to VHOCC for several years and encourage people to donate whatever they can. Volunteer Hospice has done and continues to do remarkable things for people in our community. My family knew and grew up with Rose Crumb and her family. When my father and mother were dying and beyond, Rose and VHOCC were there to offer support for the entire family."

Karen Sorenson Ward

5th Annual Remembrance Ceremony



First Presbyterian Church in Port Angeles generously opened its doors again for our annual Remembrance Ceremony in late February. The beautiful sanctuary allowed for an intimate gathering, illuminated by the sunrays coming through the stained-glass windows, and enhanced by the care

that staff and volunteers took in commemorating those who departed last year. Thanks to all who helped with this Remembrance Ceremony. Your participation was invaluable, as every little detail counted. Whether you were involved in the planning or made yourself available on the day or set up and welcomed people or played guitar or sang carefully selected songs or read a poem or the names of the departed with care and love or soothed us with a heartfelt invocation, we appreciate every single one of you for your generosity of time, efforts, and resources. What a strong group this was!

We're especially grateful to the community members and hospice families who came to hear their loved ones' names spoken aloud in a sacred space, acknowledging the need to remember. You demonstrated your gratefulness by showing up, and by staying afterwards to talk with a nurse or a volunteer. Your presence acknowledged the reality of your loss, and hopefully that day helped you move a little in accepting the inevitable. We continue to be here for you, through the offerings of our Grief & Bereavement Program.

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My Journey into Hospice Nursing

At that time of my life, I was a hard-core critical care nurse assigned the worst of the worst. I could handle any patient, but I was completely blindsided and unprepared for the role of a family member of a terminally ill person.

One good thing that came from these experiences is they brought me to the world of hospice and palliative care nursing where I shine at connecting with patients and families. I have lived my own grief journey. I have come out the other side and my goal is to help others find their way.

I am proud to say I have been a hospice nurse with this dream-turned-reality organization for the past three years. Rose Crumb was the dreamer. She envisioned and created a free service available to the most vulnerable among the living: the sick and dying. I recently moved into the role of Clinical Team Manager which is such an honor and a position I take very seriously. I am committed to supporting the selfless volunteers, tireless nursing team, and the many others who join forces to ensure the people of Clallam County are supported, safe, comfortable, loved, and celebrated in their end-of-life journeys.

HOSPICE HUGS

Kathy and Michael Bare
Colleen Blazier
Virginia Curry
Julie and Kelly Fisher
Patricia Fisher
Steve Ford
Nancy Harkins
Andy Meyers
Carolyn and John Muldown
Janet Mullen
Jiyeon Park
Laurie and Michael Reader
Dana and Rhianna Shaltry
Karen Sorenson Ward
Heather Wheeler
Margery Whites
Dorothy and Izzy Zapata
John Zey

General Fund



Hal Force (pictured) for the Polar Bear Dip
Community-Sponsored Fundraisers

Westside Pizza
Volunteer Appreciation Month

Haley Blackburn-Jacobs
Special Staff Recognition

First Federal Bank, downtown Sequim branch
Community Orientations

Ben & Myrtle Walking Memorial Trust
Grants

Esprit Conference Returns in May!

The Port Angeles Red Lion Hotel will welcome back the *Esprit* conference in May. This leading transgender conference offers a fun way to learn about transgenderism, cross-dressing and various lifestyles. It is also a great venue for anyone looking to connect with like-minded folks or seeking support and resources. The organizers use the week's events to fundraise for Volunteer Hospice through individual donations, a silent auction, attendees' registration fees, and public events.

Two events are open to the public, with a donation of \$5 for each. The World-Famous Talent Show will be Friday, May 19, at the Elks Lodge in Port Angeles, starting around 8 p.m. The *Esprit* Dance Party will be Saturday, May 20, at the Red Lion Hotel, starting at 9 p.m. and featuring live music from 'Soul Siren.' Come and join us!



Volunteer Hospice OF CLALLAM COUNTY

829 E. 8th Street, Port Angeles, WA 98362

Nonprofit Org
U.S. Postage
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& Printing Services

Clinical Staff

Mel Ayoub, RN
Haley Blackburn-Jacobs, RN, BSN, Clinical Team Manager
Jenn Constable, RN
Marca Davies, RN, MS, Patient Care Coordinator
Tammy Dedmore, CNA
Olivia Ford, RN, BS
Mary James, RN
Jeanette McKinley, CNA Manager
Lynda Patton, RN
Elizabeth Perez, RN, MSN, Patient Care Coordinator
Gary Schneider, RN, BSN, CHPN
Sher, RN
Molly Wallace, RN, BSN
Lynn Whitmore, BSN, RN, MS
Christy Wright, RN

Mission Support Staff

Priya Jayadev, Executive Director
Astrid Raffinpeyloz, Volunteer Services Manager
Anita Chilton, Administrative Manager
Heather Loyd, Administrative Assistant

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Ted Ripley
(Recording Secretary: Sandy Granger)

6 Ways to Help Volunteer Hospice

- Volunteer.
- Donate at volunteerhospice.org.
- Add Volunteer Hospice to your will.
- Donate needed items to the Lending Closet.
- 'Like' our organization Facebook page.
- 'Follow' us on LinkedIn.



IT'S VHOCC'S
45TH BIRTHDAY

Celebrate with us
at our open house

Friday, May 5,
3 p.m. to 5 p.m.
at our Port Angeles office,
829 E. 8th St.

Tour our facility & meet
our staff and volunteers.

Refreshments to be served.

Butterfly image by rawpixel.com on Freepik/
Rose image by Getty Images/istockphoto