



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.

Volunteer Spotlight: Trish Holden

Lyrics from a Rod Stewart song flood my mind: "I am sailing, I am sailing." I've embarked on a decade-long adventure, and tonight a nearly full moon lights a dark sea while waves gently lap the hull. It strikes me that sailing is a metaphor for life. Sometimes there is dead calm, other times smooth sailing, and then the occasional storm. As a hospice volunteer, I've experienced all of these.

I first became acquainted with hospice in Oregon in 1996 when I invited a friend with esophageal/stomach cancer to live with me. Hospice supported us through the storm. Then it was smooth sailing until the death of my stepfather and later my mother. I moved to Port Angeles in 1999 to be closer to my sister who had recently lost her husband to cancer; she was his caretaker. In 2000, while living with my sister, I was diagnosed with stage 4, small-cell lung cancer. Once again, she fell into the role of caretaker. Then in 2009, it was with the assistance of VHOCC that my sister and I were able to care for our father until his death.



Through these experiences I learned the vital role Volunteer Hospice plays in supporting those who are gravely ill and those who care for them. It wasn't until 2012 that I, while working full time, volunteered to provide respite care. My assignments were few, usually 'one and done' on weekends. After retirement I often had patients on a regular basis. I was honored to hear their life stories and found purpose in supporting their caretakers. I also volunteered administrative assistance as the recording secretary for the Board of Directors and the Executive and Finance committees. I also recorded volunteer hours and helped with filing. I'm glad to have served such a vital organization.

Although my life has periods of dead calm, I am sailing, I am sailing. I miss my VHOCC family and hope when I return home after 10 years at sea there will be volunteer opportunities for me. Oh, the stories I will tell. Until then, I wish you all fair winds and following seas.

Trish Holden

Clinical Corner

Understanding the Role of a Death Doula

by Mary James, RN

VHOCC recently offered a Death Midwife training for volunteers and staff, made possible through a generous grant. I was fortunate to attend as one of the RNs. This training and certification will allow me to continue to advocate for end-of-life choices with more resources at my disposal while keeping in mind the primary goal of hospice: allowing the person to have an at-home death.

Twelve of us, mostly volunteers and a few staff, attended 30 hours of in-person training to certify us as death midwives. The term is interchangeable with end-of-life companion, or death doula. This knowledge adds to our repertoire and enables us to bring an enhanced level of compassion and support to patients and their families.

As death doulas, we offer emotional support with active presence. We assist family members and patients with practical matters such as advanced-care planning. We also help prepare rituals and/or officiate at ceremonies.

Our work begins with a patient and/or a family requesting help as they experience grief in anticipation of a death. For most people, anticipatory grief is unknown territory — and honestly, for all of us as well! But we now have helpful tools to address the emotional and psychosocial aspects of a pending death in a family.

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Our 45th Anniversary Open House event on May 5 offered warm embraces, high spirits, and a chance to reconnect.



Summer/Fall Program Calendar

All programs are free of charge. Registration is required for all except Drop-In Grief Support Groups. 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

Tuesdays, Sept. 12–Oct. 17, 1–3 p.m.

In-Person Group: Sequim

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

Our Speaker Series is offered every other month on the second Wednesday.

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

'Funeral Practices and Consumer Rights' with Beverly Tryk.

Wednesday, Sept. 13, noon–1:30 p.m. via Zoom:

'Validating End-of-Life Experiences'
with Christopher Kerr, MD.

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.

Celebrating 45 Years of Service

Our 45th Anniversary Open House was a rousing success. I would like to send a special shout out to Astrid for pulling this celebration together. It was wonderful to share VHOCC's space, history, and vision with Rose Crumb's family, our valued partners, and the community at large. We look forward to celebrating our 50th birthday in 2028!



Photo by Susan Doupe

One thing that was evident during our celebration was the extent of support we have from our community. This is due to the excellence in care that our clinical team delivers day in and day out.

We keep seeing headlines that point out how hospice care has become a profitable business and "almost three-quarters of the nation's 5,000-plus hospices were for-profits, many affiliated with regional or national chains." (Seattle Times, June 13, 2023, "Hospice is a profitable business, but nonprofits mostly do a better job.")

After completing our 45th year, we can be proud of being independent, nonprofit, and focused on patient and family needs above all else!

Priya Jayadev, Executive Director



The 45th Anniversary Open House included tours of the Lending Closet. Shown here, from left, are VHOCC Executive Director Priya Jayadev with Paul Cunningham, Chief Medical Officer at Jamestown Family Health Clinic, and Michael Maxwell, Chief Executive Officer for the North Olympic Health Network.

Volunteer Recognition

APRIL: We honored **all volunteers** by inviting them to join several small-scale luncheons in Sequim and Port Angeles throughout the month. This was a great way to learn who the other volunteers are and get acquainted.

MAY: **Gale Emigh** stepped up at the last minute to help with the 45th Birthday Open House. Her skills and attention to details paid off, resulting in a beautiful display.

JUNE: **Nancy Watson** at our front desk. With many volunteer absences this month — some expected, some unexpected — Nancy came to the rescue!

HOSPICE HUGS

General Fund

Armand Arsenault
Ross and Virginia Canning
Pamela E. Carter
Tony Christiani
Ron and Karen Coles
David O. Collins
Janet Culver
Eve Farrell
Mark and Janet Fischer
Glorene Hanson
Astrid Harmer
Jim and Lea Heckman
Kimberly J. Hughes
Steve and Dow Lambert
Sally L. Moore
David Neil
Walter Niederberger
Roger and Maura Oakes
Michael W. Oliver
Durkee and Mary Richards
Cheryle Lee Sullivan
Jim E. Tinsman
Daniel L. Tutton
Russell and Ursula Wyatt

Community-Sponsored Fundraisers

Esprit Conference
Beth Garifalos
Louella Gebhardt Memorial Golf Classic
Peninsula Men's Gospel Singers

45th Birthday Open House

BadaBloom
Costco
Gwo Jang Lin

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Understanding the Role of a Death Doula

Most of us in our fledging group plan to volunteer our services for VHOCC patients. This is a different role than that of a visiting nurse. Our goal is to support the nursing team and work alongside them, facilitating conversations with patients and their families about the death event.

As an example, perhaps a dying patient would like to be part of Washington State's new recomposing law, which allows for the body to be composted and returned to a special place of remembrance. We can offer advice on how to proceed. Perhaps information is needed to fill advance-planning documents: we can help decipher the multiple options. Or if family members are feeling unsure about their ability to be present during the death event or disagree with the patient's choices, we can be present to hold vigil or help family members understand their loved one's choices.

Any patient enrolled in our hospice and palliative care services may contact VHOCC's patient care coordinator, who will make the referral to the volunteers offering this specialized, in-depth service.



Sequim Bay Yacht Club's 2022 Reach & Row for Hospice raised more than \$28,000. Pictured (from left) are: VHOCC's Astrid Raffinpeyloz, Marca Davies, and Haley Blackburn-Jacobs; SBYC's Susan Sorenson, Sue Baden, and Lynn Hawkins; and VHOCC's Priya Jayadev. This year's event will be September 16 and 23; see the story below for details.

Our Community Shows Its Love

Oops, they did it again! And they did it to the tune of \$1,555. **Esprit Conference** participants and local residents keep showing their love for VHOCC. Funds were raised through a silent auction, drop boxes, and two public events. Over the years, the conference has raised more than \$60,000 for us!

Peninsula Men's Gospel Singers also showed their love for VHOCC with a benefit concert on June 4 at First Presbyterian Church in Port Angeles.

Another Spring event in honor of VHOCC was the **24th Louella Gebhardt Memorial Golf Classic**, which raised more than \$4,500 this year. There were 33 teams (132 players) who competed in this tournament, which takes place in Whatcom County. A big thank you to David Gebhardt who created the event in memory of his mother, a past patient.

We are also blessed with support from individuals like **Beth Garifalos**, who held a yard sale over Memorial Day weekend and raised more than \$1,700 for VHOCC. Additionally, an **anonymous donor** is raising funds for VHOCC through sales on eBay. Every contribution helps us with providing much needed hospice, palliative, respite, and grief support services from Diamond Point to Joyce.

Looking ahead, we have **Sequim Bay Yacht Club's Reach & Row for Hospice** on Saturday, September 16 and Saturday, September 23. The rowing/paddling race will be on the 16th, and it starts at 9 a.m. This race, open to both SBYC members and nonmembers, is a 5K out-and-back course starting near the Mud Bay water entry point at John Wayne Marina. For more info and to pre-register for the rowing/paddling race, visit www.sequimbayyachtclub/reach-for-hospice-regatta. The sailing race is on Saturday the 23rd; registration for this event is the day of. Thank you for your ongoing support, Sequim Bay Yacht Club!

Volunteer Hospice OF CLALLAM COUNTY

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

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Gary S., RN, BSN, CHPN
Haley B., RN, BSN, Clinical Team Manager
Jeanette M., CNA Manager
Lynda P., RN
Lynn W., BSN, RN, MS
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Mel A., RN
Molly W., RN, BSN
Olivia F., RN, BS
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Priya Jayadev, Executive Director
Lisa Palermo, Development 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.

Thanks for Kindness, Patience, Compassion, and Peace of Mind

"We cannot begin to express our gratitude for the care you gave to our dad and father-in-law over the past year plus. The professional help coupled with kindness, patience, and humor helped Dad — and us — navigate his final journey. The understanding you showed us as we grappled with Dad's issues . . . was much appreciated. Your compassion and listening ear offered us much peace of mind. Thank you! Thank you for walking with us on this journey. Thank you for offering the same help to others in Clallam County."

Bob and Gail Spurrell