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# INFORMATION & RESOURCES

Winter 2019

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## *We can lend a hand*

Lopez Island Hospice & Home Support averages over 3,400 volunteer hours per year, allowing more than 25 clients to remain in their homes or in the care of family by assisting with shopping, providing relief for primary caregivers, grief and caregiver support counseling, and other support services.

We provide, free of charge, durable medical equipment such as wheel chairs, walkers, and crutches. We also help educate Lopez Islanders about medical and healthcare options through the Living Long on Lopez series of seminars.

None of this could happen without the help of our volunteers. We thank them for their service.



## On Aging

When you see me sitting quietly,  
Like a sack left on the shelf,  
Don't think I need your chattering.  
I'm listening to myself.  
Hold! Stop! Don't pity me!  
Hold! Stop your sympathy!  
Understanding if you got it,  
Otherwise I'll do without it!  
When my bones are stiff and aching,  
And my feet won't climb the stair,  
I will only ask one favor:  
Don't bring me no rocking chair.  
When you see me walking, stumbling,  
Don't study and get it wrong.  
'Cause tired don't mean lazy  
And every goodbye ain't gone.  
I'm the same person I was back then,  
A little less hair, a little less chin,  
A lot less lungs and much less wind.  
But ain't I lucky I can still breathe in.

~ Maya Angelou

## What is Home Support?

Did you know that Lopez Island Hospice & Home Support has a large group of well-trained volunteers ready to assist any member of our community dealing with illness, injury or loss? Every day our volunteers are contributing their time so that others may have a higher quality of life, stay in their homes, counteract isolation, or simply be able to focus on what brings value and meaning to their lives.

For example, someone who can't stand for long in the kitchen may be able to spend time in the garden if a volunteer assists with a meal. Or one who is experiencing grief might find comfort in someone to help with the chores, give a ride to the clinic or pharmacy, or provide a trained compassionate ear.

These gifts could be helpful to you, no matter your level of need. It only takes a phone call to find out how our volunteer services could help you. Call 360-468-4446, or you can email [admin@lihhs.org](mailto:admin@lihhs.org) for more information.

## Your Generosity in 2018

Our donors were so generous in 2018, donating more than \$100,000 to help us help our neighbors in need.

One of the many services we provide the community is the purchase and supply of durable medical equipment, such as wheelchairs, walkers, and knee scooters. This service saves members of the community money and stress, because when you need a walker, you need a walker.

Please consider making a donation to Lopez Island Hospice & Home Support in your annual giving.

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HOSPICE  
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LOCAL POSTAL PATRON

Winter 2019

*More than Twenty Years of Service to the Community*

## Thank you, Judy & Fons

During the January 16, 2019 board meeting, Judy Dern was elected President of Lopez Island Hospice & Home Support. Judy has a BSN from the University of Washington and 35 years of valuable experience in nursing and hospice care. She has served on the board for four years.

Our new officers are as follows:

President - Judy Dern

Vice President - Jeremy Rempel

Secretary - Kathleen Pallansch

Treasurer - Charles Givens

Many thanks to Fons Wynen, who served as president from 2015 through 2018.

## THE TENTH ANNUAL JINGLE BELL DINNER

### 2018's Dinner a Smashing Success

November's Jingle Bell Dinner was a special night, netting more than \$40,000 from sponsorships, ticket sales, and a silent auction.

Thanks to the Lopez Community Singers, Jack Tate, Haven for the fabulous food, our servers, and Debbie Collins for the beautiful centerpieces.

And great thanks to all who sponsored, attended, bid on the silent auction, and donated their time and talents. See you in November!