

Lopez Island Hospice & Home Support

Winter 2011 Newsletter

Favorite Things

“Raindrops on roses and whiskers on kittens” may not be in our bag of tricks. But clients report that scheduled visits by their LIHHS volunteer are high on their list of favorite things. Lopez Island Hospice and Home Support does more than loan durable medical equipment and provide loss and

caregiver support groups. When injury, aging or illness complicate life, LIHHS volunteers expand the circle of caring friends and bring a level of confidentiality and expertise. This newsletter focuses on the intensive training that our direct care volunteers receive.

Value Beyond Volunteering

by Mary O’Bryant MSW

I took the Lopez Island Hospice and Home Support Training in May of 2002. I had just been hired as the Case Manager for LIHHS and the accepted policy is that staff and board members take the training.

As a trained professional in Health/Mental Health Social Work I had taken courses on Loss and Grief, Medical Crisis, Preparing for Death, and Caregiver Support, as well as my required Master level courses. I found the LIHHS volunteer training to be very beneficial in my personal life.

My mother passed away in August of 2002. She had been ill for many years but her death still came as a surprise. In the training we had discussed openly among our group about our personal experiences with loss and grief, and how it affected us on a personal level. We also looked closely at the journey one takes through loss and grief and that there is no given time line for this process. I was well aware of this but re-learning within a supportive group with a skilled professional to lead us was invaluable. I was able to access this information on a physical, emotional and spiritual level after my mother passed and found it to be of immense personal support.

I am also aware there has been and will be times when I am in a care-giving role in my personal life, as well as daily in my professional life. Both of my jobs involve care-giving for others. The message from training to “leave yourself at the door” when you find yourself in a care-giving role has been very helpful.

When my daughter was quite ill this past summer the most important lesson for me to remember when helping care for her was “leave myself at the door.” I was able to support her in what she needed and wanted instead of what I thought she should need or want, and it made the experience mutually beneficial.

The lessons you learn at Lopez Island Hospice and Home Support Volunteer Training this year or in future trainings will benefit you beyond your volunteering.

What Training Entails

by Sue Kintzley

Have you considered volunteering for Lopez Island Hospice and Home Support? Perhaps you have wondered what skills are required. Perhaps you don’t feel prepared. This spring we are offering a training to prepare volunteers to work with LIHHS clients.

Direct Care Training will take place over two consecutive weeks starting March 31. Sessions are held on Thursdays and Fridays from 6-9 PM and on Saturdays from 9-4 PM. All sessions are mandatory.

Through lecture, discussion, and demonstration, class participants will take part in classes designed to provide the skills necessary to support LIHHS clients. Among the topics covered are Communication Skills, Family Dynamics, Ethical Concepts, Grief and Loss, as well as practical care giving skills. Other topics include Spirituality, Chronic Diseases, and Signs and Symptoms of Dying. During one session trainees have an opportunity to listen to and question a panel of current volunteers.

After completing this 26-hour course volunteers may be assigned to a client by the Client Services Manager. The Manager gives ongoing support to the volunteers and also facilitates communication between all the members of a client’s care team. LIHHS offers continuing education classes several times each year to further develop the volunteer’s skills.

Now is the time to reserve your spot for the 2011 LIHHS Direct Care Training. Applications are available at the Lopez Island Hospice and Home Support office, which is opening from 1-3pm Monday through Friday, or call 468-4446.

Second Jingle Bell Dinner a Success

Bells were jingling throughout the Lopez Community Center November 27 at the annual Jingle Bell Dinner and Holiday Preview Fundraiser. The sold-out crowd celebrated the beginning of the holiday season in a hall decorated to within an inch of its holiday life with jingle bells, greens, and snow sleds. The Bay Café provided wines and a great meal, Lopez Sound performed delightful holiday music, and there was lively bidding at the silent auction tables. In addition, Henning Schemsdorf and Elizabeth Simpson spoke movingly of the importance of Lopez Island Hospice and Home Support to their family.

Our guests and sponsors were extremely generous – we netted more than \$13,000 for the evening.

Special thanks to Robert Herrmann, our master of ceremonies; our sponsors; Karly Leyde, who managed the event; and of course all the volunteers who worked so hard to make the evening a success.

See you November 26, 2011!

2010 Was a Good Year for LIHHS

In spite of the dreary economic climate, 2010 was a very good year financially for LIHHS. For only the second time in eight years grants and your donations exceeded expenses. Now we need to keep the 2010 level of giving on into the future to insure financial stability for our organization. The complete 2010 Income & Expenses report is available at the office.

Net Income for Years 2003-2010

2010 — +\$14099	2006 — -\$11653
2009 — -\$19198	2005 — -\$13053
2008 — -\$9737	2004 — -\$16088
2007 — +\$21803	2003 — -\$5591

Caring for Yourself

by Mary O'Bryant

Our Lopez community is blessed with so many people who volunteer for organizations that could not operate without them. Many of our Lopez Island Hospice and Home Support volunteers also volunteer for other organizations. I never ceased to be amazed what volunteers accomplish each year here on Lopez. If something really needs to be done, these people manage to accomplish it.

But in order to be a successful volunteer (success in the sense of still having a life beyond volunteering) individuals need to learn the value of setting limits, saying “no,” and nurturing oneself during some part of each day. The easy part of this is saying it; the hard part is doing it.

It is also important for those of us managing volunteers to respect the limits our volunteers set, not pressure them to work beyond those units, and to encourage them to practice self-care.

Taking time and space for yourself is invaluable when volunteering because it helps avoid burn-out as well as supporting an inner balance that is necessary when helping others. This way it is possible to be truly present with those we support as volunteers and leave our own issues behind.

LIHHS Training means...

A few days ago I was asked to write “what the Hospice training meant to me.” I’ve been pondering that question, and I realized that the training was one of the best things that I’ve ever done. The workshop leaders were professionals, many from off island, who were outstanding in their fields. I learned skills (boundaries, listening, letting go, etc.) that have helped me in my hospice work as well as in my life. For me, the training was educational as well as inspirational.

--Karen Petersen

Lopez Island Hospice & Home Support *Winter 2011*

Enclosed is my gift of: \$50 \$100 \$250 \$500 Other \$_____

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ email _____

My check is enclosed and made payable to **LIHHS**

Please charge my Visa MC card:

Card # _____

Expiration Date: ____ / ____

Signature _____

I would like to volunteer. Please send me information.

I would like information on planned giving.

Lopez Island Hospice & Home Support is a 501(c)(3) non-profit organization. Your contribution is fully tax deductible as provided by law.

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Off the Shelf— A Book Review

Many of you will remember the best-selling cookbook *Laurel's Kitchen* by Laurel Robertson, a book that helped millions of people enjoy healthy, whole-food vegetarian cooking. In *Laurel's Caring Kitchen*, Laurel turns her attention to a special kind of cooking: nourishing, soothing, comforting dishes for anyone who's not well. Whether it's a stuffy nose, a return from the hospital, or a long-term illness, here you'll find easy recipes that can help and heal.

Comfort foods like mashed potatoes, oatmeal pancakes, and that perennial favorite, macaroni and cheese, all benefit from Laurel's light and tasty touch. As a reminder that everybody needs their greens, there is a wealth of puree and soup recipes, including fresh spinach soup, a variety of asparagus soups, and a spinach and ricotta cheese combo Laurel calls St. Patrick's Moose (which is green, indeed!)

In addition to tasty and easy to prepare recipes, the book includes tips for the caregiver: how to serve meals on an unpredictable schedule, changes in lifestyle after a medical diagnosis, and how to make foods look appetizing to most everybody. There are also time-tested home remedies bound to remind you of Grandma's recipes, like Laurel's Golden Noodle Soup – so yummy you won't even miss the chicken!

Laurel's Caring Kitchen was autographed and donated to Lopez Island Hospice and Home Support by the author. It is available for loan in our office; please drop by between 1

and 3 pm to look at the wide variety of books available for volunteers, caregivers, and the community.

—Lynne Keeley

Durable Medical Equipment

Thanks to the generosity of our neighbors on Lopez, just about anything you or your loved ones might need to recuperate from illness or injury is located at the Lopez Island Hospice and Home Support office.

The Durable Medical Equipment Shed, located next to the LIHHS office, is a busy place. Hardly a day goes by without someone dropping by to pick up a shower bench, a walker, or a wheel chair.

Many are surprised when they find out there is no charge for borrowing the equipment. "All we require is a signature, and that the equipment is returned clean," said Lynne Keeley, who makes sure people are lined up with what they need.

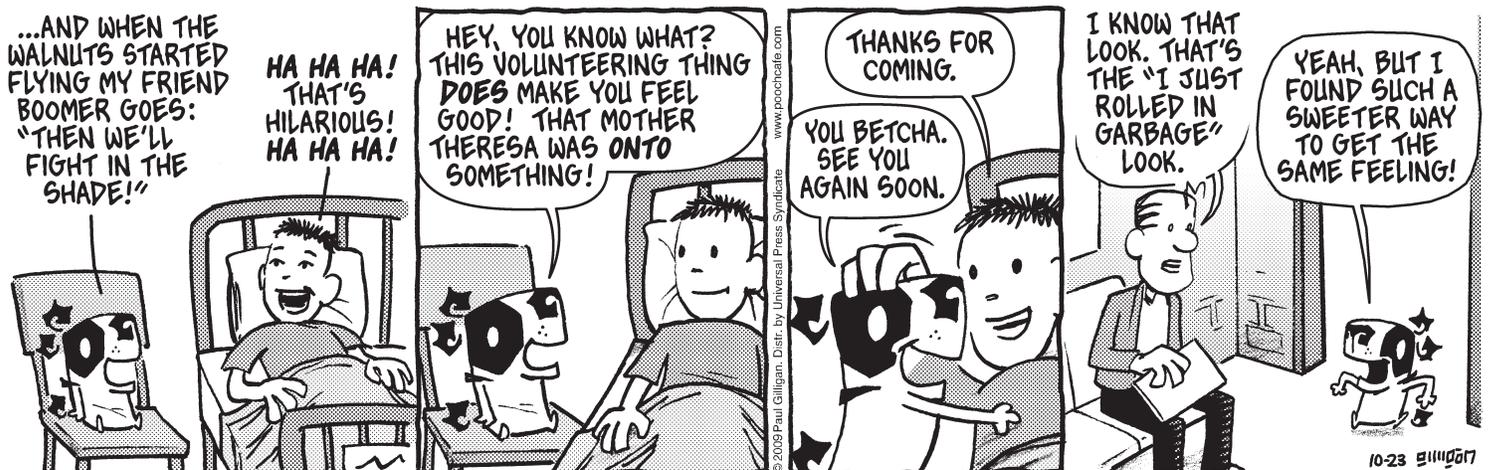
"Most of our equipment has been donated," Lynne added. Many times when a loved one dies, the family donates durable medical equipment to LIHHS. "And sometimes I show up at the office and there is a piece of equipment like a walker just leaning against the front door."

Some of the items available from the DME include: wheelchairs, a variety of walkers, transfer benches, canes, crutches, toilet seat risers, and commodes. We also have two motorized scooters and a motorized wheelchair. In addition, there are some expendable items as well, like Depends.

If you're in need of a piece of medical equipment, stop by the LIHHS office between 1 and 3pm Monday through Friday. Or call us at 468-4446. We'll do our best to help.

Pooch Cafe By Paul Gilligan

(Used with permission of the artist)



What LIHHS training means...

Ask a person what it is like to be a Hospice volunteer and he or she will invariably include a comment like, "I get more out of Hospice than I put into it." Like all Hospice volunteers I get the satisfaction of being useful and meeting interesting islanders. At least as important to me is a better understanding of the last years of life—what typically happens and what we can and can't do to help. Hospice training was extraordinarily helpful to me. Coming out of this training, I had deep regrets that I hadn't learned some of the A, B, Cs before living through the last years of my parents' lives.

Hospice training is, of course, essential for anybody wishing to be a hospice care-giver, but I could well recommend it to anybody dealing with aging issues (and who isn't)?
--- George Woodbury

Lopez Island Hospice & Home Support, though truly unique to our community, from its earliest efforts has been influenced by the National Hospice guidelines. That, along with the number of professionals in the "talent pool" that launched the organization, made a difference to me. Training programs, including on-going Continuing Education sessions, have always been lively, focused, and made available to every volunteer involved in any aspect of LIH&HS services, support, and often to the general public. I believe the blessing we seek in life is not to live without pain; it is to live so that our pain has meaning. Being a Hospice/Home Support volunteer offers me that opportunity.
—Jan Sundquist



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Visit us on the internet:
<http://www.lihhs.org>

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Hospice for the end of life, Home Support for the rest of life