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# INFORMATION & RESOURCES

Winter 2020

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## Training New Volunteers

Lopez Island Hospice & Home Support is pleased to announce that we have an exciting new group of volunteers who completed our bi-annual training in October of 2019. The training took place in the Lopez Island Family Resource Center meeting room.

This new group of trained volunteers consists of a mixture of long time islanders, those new to Lopez, some younger folks and some older. Our enthusiastic new group of 15 adds to our already existing 40 dedicated volunteers.

Training topics included communication and listening skills, grief and loss, understanding end-of-life needs, assisting people with dementia, and physical and spiritual care. Elizabeth Landrum led the training with the help of a number of professionals in our community. While presenters offered topics of interest, the class also engaged in meaningful questions and rich exchanges. The need for volunteers is ongoing, and we are grateful to be able to offer our clients such a skilled and willing group.

We are grateful to the collaborative efforts of the Lopez Island Family Resource Center, Lopez Island Physical Therapy, Cathy Doherty, Hospice of the Northwest, Amy Ray, Levanne Hendrix, and the board of Lopez Island Hospice & Home Support.

We plan to offer training for associate volunteers in the spring. Associate volunteers perform tasks such as shopping, dump runs or local trips to medical appointments, but not the full two-hour weekly commitment. If you are interested in joining our ever-growing list, please call the office at (360) 468-4446.

## Welcome to New Client Services Manager

Lopez Island Hospice & Home Support has a long tradition of accompanying the community through illness, injury, and loss, and Jess Ingman was drawn to the mission of the organization as soon as she moved to Lopez with her family this fall. "As I spent more time in the community, I kept meeting people who were volunteers or board members of Lopez Island Hospice & Home Support. Although they had a wide spectrum of life experiences, I was moved by their shared commitment to serve their neighbors with humility and compassion."

Ingman has a background in pastoral ministry and community organizing, and she was looking for ways to learn from neighbors who were present to one another's struggles. When the Client Services Manager position opened up, she was excited for the opportunity to join the organization and work alongside the broader community to address the needs of Lopez residents.

In her first weeks, Ingman has enjoyed connecting with the many different people and services that intersect with Lopez Island Hospice & Home Support. Whether listening to clients or volunteers, family members or private caregivers, board members or other local service agencies, it's clear that the need for accompaniment and practical home support continues. Ingman emphasized, "We want to be responsive to the changing needs of the community, and I look forward to meeting more people who are interested in participating as clients, volunteers, or general supporters."

Community members are welcome to stop by the office (Monday-Thursday, 10 AM -12 PM, 1-3 PM) or contact Ingman ([csm@lihhs.org](mailto:csm@lihhs.org), 360-762-5358) with specific questions they have about client services and volunteering with Lopez Island Hospice & Home Support.

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LOCAL POSTAL PATRON

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### Grief Counseling Available at No Charge

One of the most important things that Lopez Island Hospice & Home Support provides to the community is grief support.

Currently we offer grief support on a one to one basis. Our grief counselor, Elizabeth Landrum, has been a clinical psychologist for 35 year, and specializes in grief and loss. She is available for one to four sessions at no charge.

If you'd like to discuss grief issues, please contact the office at 360-468-4446.

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*If you are interested in various hospice and home care topics, previous newsletters are available on our website, lihhs.org.*

# THE ELEVENTH ANNUAL JINGLE BELL DINNER

### Jingle Bell Dinner a Great Success

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

Thanks to Haven for the wonderful food, Jack Tate, our servers, and everyone who volunteered to turn the Community Center into a winter wonderland.

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