



LOPEZ ISLAND
HOSPICE
& HOME
SUPPORT

INFORMATION & RESOURCES

Winter 2021

Board of Trustees

Jeremy Rempel

Charles Givens

Nora McCloy

Jonathan Dahl

Sheryl Mercer

Doug Bowen

Staff

Jess Ingman
Client Services Manager

Sarah Rabel
Office Manager

Newsletter

Nancy Ewert
Elizabeth Landrum
Sarah Rabel
Levanne Hendrix

360-468-4446
admin@lihhs.org
178 Weeks Road
PO Box 747
Lopez Island WA
98261

www.lihhs.org

Lopez Island
Hospice & Home Support
is a 501(c)(3) non-profit
volunteer organization.
All services are free.

Ways to Donate to Lopez Island Hospice & Home Support

- At www.lihhs.org via Paypal
- Use smile.amazon.com "Lopez Island Hospice and Home," and .5% of the purchase price will go to LIHHS.
- Donate via check or credit card – we've included an envelope for your convenience.

Many thanks for your continued generosity.



Finding Light in the Darkness of Winter

by Elizabeth Landrum, Ph.D.

"Look down the long hall. Light floods the cracks." —Dorianne Laux

We know, and we are often being reminded, that this is a "very dark winter." As I write this, a pandemic is surging and much is being asked of us, including our inaction, various sacrifices, and endurance. We are already tired and aware of an accumulation of suffering while winter wears on us and on our defenses. When we are more sedentary, our immune systems become less vigilant and our resilience flags. Ongoing social isolation, stress, and concerns for health and economic security can take any of us down into some degree of depression. This year we are particularly vulnerable, both psychologically and physiologically, so it is more important than ever to be mindful of ways we can seek light in the darkness.

The ways we find meaning and pleasure are as varied and unique as we are. Any healthy possibilities that make you feel better are worth considering, so pay attention day by day. Think about your activities in terms of their payoffs—What brightens your day? What soothes or relaxes you? What has significance or meaning? What brings pleasure? (Small joys matter.)

Perhaps the most important things you can do to counteract depression are to **exercise** and **get outside**. Moving your body is critically important. If you add in breathing the outside air and connecting with nature, your mood will improve, even if only temporarily. And temporary lifts add up.

Connect with others. Communicating in any form can help us not feel so separate or alone. People are taking advantage of all forms of communication these days. If you've had enough screen or phone time, consider sending a card or postcard by mail. Writing by hand slows us down to write more thoughtfully and has been shown to better connect with memory and emotional parts of the brain. If there are times of day that are particularly difficult for you, try communicating with someone then. You might even seek safe ways to connect in person, like a socially distanced walk. Of course there are many for whom the stress of managing work and children at home means it's most important to seek relief from stimulation to sustain meeting the constant demands. Moments of quiet **relaxation and meditation** do help.

Change your routines. Structure, but not too much, is helpful, and variations keep things fresh. Try exercising your **creative** brain. Creating means bringing something new into being, and each of

us has this potential, even if it's in cooking something new or rearranging a bookshelf. Make your surroundings as appealing as possible. Many people are changing something to make **home** more comfortable, soothing, and/or practical for at-home living. Music added into the atmosphere can calm, uplift, or energize you.

It is always possible to use this time at home to **learn**. Have you taken advantage of opportunities to exercise your mind, challenge yourself, learn a new skill, or feed your curiosity about something? These dark days can also be a time for reflection, perhaps journaling for introspection or simply to record events and oddities of these times. Some day we and others will wonder what a person's day-to-day life during a pandemic was actually like.

Laughter is great medicine, so don't forget to invite **humor** into your home. Balance work with **play**, whatever that means to you. And remember that **helping others** has its own rewards by taking us out of ourselves, giving us a sense of purpose and fulfillment. There are many ways to enact caring.

*A spark of kindness made a light
The light made an opening in the darkness.*

Joy Harjo

Let's not forget gratitude and hope. We need glimpses of these every day to rise above discouragement or despair. Whatever you call hope—some point of light mentioned here, prospects for immunization, your personal plans, springtime, tomorrow feeling somehow lighter—it can be found and is worth the search. And daily practice of naming something you are thankful for can always illuminate your darkness. What are you learning from this unique time that will continue to nourish and support you?

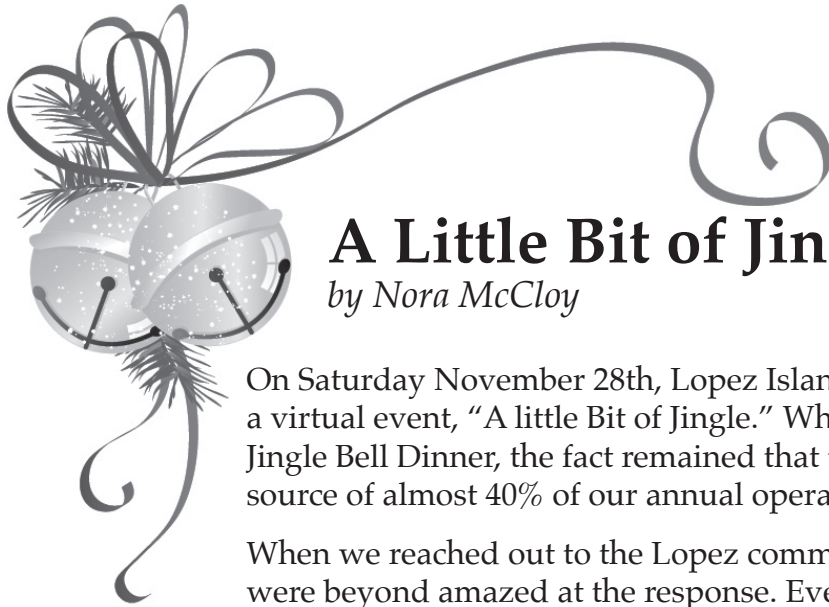
But the light insists on itself in the world.

Lucille Clifton

Grief Support Available

If you or someone you know in the Lopez community would like to receive bereavement or grief support, LIHHS is always here to help. We provide this service at no charge to anyone on the island. For help or information, please call the office at 360-468-4446.

Other mental health resources are listed on our county website (sanjuanico.com).



A Little Bit of Jingle

by Nora McCloy

On Saturday November 28th, Lopez Island Hospice and Home Support held a virtual event, "A little Bit of Jingle." While we could not hold our traditional Jingle Bell Dinner, the fact remained that this is our primary fundraiser and source of almost 40% of our annual operating budget.

When we reached out to the Lopez community with the reality we faced, we were beyond amazed at the response. Even without an in-person event or items to auction, the community chipped in to make us whole financially for 2021.

Our desire to say 'thank you' was paramount, and "A Little Bit of Jingle" was created to do just that. We spent much of the event shining the light on some of the many good people who contribute to the good work of LIHHS.

Jess Ingman told us about her first year as Client Services Manager and needing to develop safety plans for all clients and volunteers. As Jess said, "Amidst much uncertainty, we can still open up to one another to share our needs and gifts."

Sheryl Mercer shared her perspective as a volunteer and Board member. "We are so fortunate on this island. When we become vulnerable, at any age, and need support, help is available. When I say vulnerable, I mean not only individuals with serious, ongoing medical needs, but also any of us who at some point just need a helping hand."

We also celebrated the gift of Lynne Keeley as the Office Manager, and the heart of the organization, for over a decade, while we honored her decision to resign and move to Seattle.

In between the stories, we drew names from those who had donated to "A Little Bit of Jingle" for gift certificate prizes donated by our amazing local food and beverage businesses. As we said during the event, "we could not hold a dinner this year, but we will still FEED YOU!"

All in all, it was a heartfelt evening of offering our thanks...to our supporters, sponsors, volunteers, staff, and to our local businesses who have had a very rough year themselves and still wanted to help. Thank you, Lopez Island. You are amazing!

Businesses supporting our annual fundraising efforts include:

Ascent Building • Airlift Northwest • Barn Owl Bakery • Blossom Grocery • Bucky's • El Taco 'Bout It • Evans Funeral Chapel • T & D Farms • Diana Hancock, Esq • Haven Kitchen & Bar • Holly B's Bakery • Isabel's Espresso • Island Air Insurance • Island Hospital • Islanders Bank • Islanders Insurance • Islanders Resort • Les Schwab Tires, Anacortes • Lopez Community Church • Lopez Grind Coffee Shop • Lopez Island Brewing • Lopez Island Pharmacy • Lopez Village Market • Lopez Vineyard • Barbara Nason, CPA • North Sound Communication • North Star Farm • Poutine Your Mouth • Richardson Fuel • Sunnyfield Farm • Sunset Builders Supply • Ursa Minor • Vita's • Vortex • Windermere Real Estate

And a Special Thanks to our numerous Individual Donors who helped raise a substantial portion of this year's goal that will insure the continued viability of Lopez Island Hospice & Home Support for another year.

A New Chapter

by Nancy Ewert

In January of 2009, Lynne Keeley joined Lopez Island Hospice and Home Support as our Office Manager. Our organization was entering an exciting new phase when Lynne joined us. We had just moved into our current office in the village.



Lynne was the glue of our organization for the next 11 years. She competently took on the job with her characteristic efficiency, artistic talents, wisdom, and wry sense of humor. Lynne was the first point of contact for most people seeking our services, and she was gracious and professional with everyone.

In the fall of this year, Lynne told us she had made the difficult decision to leave the island. She described her job with Lopez Island Hospice and Home Support as “the best she ever had.” In Lynne’s words: “My time with LIHHS changed my personality. I became a more gentle, supportive person.” There is no doubt that Lynne brought these qualities to our organization as much as she gained them. Her departure has left a hole in our hearts, and yet we applaud her wisdom to take care of herself and make this change. There will always be a little bit of Lynne in our office!