



LOPEZ ISLAND
HOME &
HOSPICE
SUPPORT

Summer 2023

VOLUNTEER TRAINING & AGING IN PLACE

Join us at our Volunteer Training!

Come join us on September 9, 16, & 23 for a volunteer training! LIHHS volunteers who attend the training serve our community in a variety of capacities, from weekly visits to less frequent, task-specific help.

About The Training

This is a free 3-day training. Each day is approximately 5 hours, with food provided. This training is open to those who are interested in becoming weekly volunteers as well as those who are looking for more intermittent volunteer opportunities.

Topics Covered

- Communication
- Compassionate care
- Family systems
- Supporting clients with dementia & much more!

To Register

Preregistration is required. To register, contact Sarah Rabel at 360-468-4446 or csm@lihhs.org.

Please note that if you cannot attend all three sessions but would still like to volunteer with us, we encourage you to contact Sarah to discuss options.

Our volunteers are the heart of what we do here at LIHHS. Throughout this newsletter, you will find quotes from our amazing volunteers sharing the ways in which their work as LIHHS volunteers enriches their lives.

"My volunteer time with LIHHS clients is the most meaningful part of my week. Sometimes it feels like I don't 'do' much --- a little bit of time, a consistent, friendly, supportive presence, an open heart and listening ear --- but what a difference this can make. The rewards that inhabit the giving and receiving endure."

Elizabeth Landrum

"The volunteer training and subsequent experiences with LIHHS clients prepared me for navigating the journey with my parents over the past few years. Witnessing the dignity and care that the clients and their families exemplified showed me what is possible."
Jan Wilson

Aging in Place

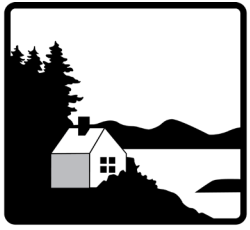
When we moved to Lopez Island in 2007 and started our fudge business, we were living in a 5th wheel trailer. The winter of 2008 was brutal. Lopez Community Land Trust was building the Common Ground strawbale homes and we were fortunate enough to qualify for a home when someone dropped out. The homes were beautiful, 950 sq ft, just enough space for two. **This was our forever home on Lopez.**

We have been in our home 15 years. As we have aged, we realized a soaker tub with a step in, and no grab bars was becoming a dangerous situation. We talked about removing the tub and putting in a shower, but the cost was going to be well over \$5000. Then, in April, MarJoe fell on our concrete floor and broke her kneecap into 8 pieces. **Installing the shower with grab bars now became a necessity.**

We found out that LIHHS provides a grant for Lopez residents to help them age in place. **We were so blessed to receive this grant to help with the cost of the renovation.** There were challenges working with the existing plumbing but they met them head on and installed a beautiful functional shower for us, and she even build a seat!

MarJoe was in a skilled nursing facility in Anacortes for 3 ½ weeks and came home to **a beautiful new shower that she feels safe to get in and out of.** At 86 years young, MarJoe is looking forward to many more years living in our home. We thank all the generous people who have made donations so seniors can age in place and remain in their homes on Lopez Island!

~ Natalie Wilson & MarJoe Davidson, The Fudge Ladies



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VOLUNTEER STORIES & HEARING LOSS

Summer 2023

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

How to Donate

At www.lihhs.org

Check or credit card.
An envelope is
included for your
convenience.

Stock donations.

Many thanks for your
continued
generosity.

Hearing Aids for Brain Health

by Levanne R. Hendrix ARNP, MSN, PhD

Somewhere in the dark days of COVID and quarantine, I realized that I could not hear a person speaking through a mask, although I have been wearing hearing aids for many years. Even worse, when in the company of others my brain seemed to refuse to concentrate on the spoken words being exchanged. After a while the conversational comments directed toward me became less and less, as did my engagement in the process. Around the same time, I noticed that I needed to increase the volume on the TV regularly.

As soon as possible after the worst of the pandemic, I made an appointment to get new hearing aids. Mine just didn't work for me anymore.

As I was thinking about this, I realized that my brain had stopped working properly with the lack of auditory stimulation. About this same time, significant research was being reported that definitely linked untreated hearing loss with the development of dementia!¹

Fortunately hearing aids are now sold over the counter at stores like Costco or Walgreens without the requirement of an expensive hearing test by an audiologist and/or a prescription by a physician. There are also much more reasonably priced hearing aids available for several hundred dollars verses thousands. I got my new hearing aids and have re-joined the hearing world. As my old hearing aids were perfectly good (just not good for me), I had them cleaned and passed them on to a friend who was "amazed" to be able to hear.

The message here is: Don't let hearing loss go untreated – it can contribute to the development of dementia as well as isolation and loneliness.

Resources for Hearing Loss:

"Hear Better Now"
[ConsumerReports.org](https://www.consumerreports.org). May/June 2023. pp.44-51.

Comprehensive review of types, information, ratings, retailers for hearing aids (*copies available in the office*)

Island Hearing
Stacie Nordrum 360-378-2330, islandhearing@gmail.com

Call for an appointment. Service provided at Woodman Hall from Lopez Senior Services.

¹ ("Hearing Loss and the Dementia Connection". Johns Hopkins/ Bloomberg School of Public Health. Nov. 12,2021. ; "Dementia prevention, intervention, and care: 2020 report of the Lancet Commission". *The Lancet*. July 30,2020.)

"I have been lucky to have the privilege to connect with another person and get to know her. Through conversations and listening to her stories, I always leave our time together a bit more full of life and humbled by the richness of another person's life."
Susie McDonald

"Volunteering for LIHHS brings me a sense of being useful to another human being. It has been my experience that many who are sick or injured or need help are fearful of burdening those around them, particularly family and friends. I feel that it is an honor to be able to help in a way that the client does not have to worry about us being 'bothered' or 'inconvenienced,' knowing that we have chosen to make ourselves available for this express purpose. It is a pleasure to even slightly lighten someone else's load."

Kathy Pope

The Peace of Wild Things

*When despair grows in me
and I wake in the middle of the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.*

*I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting for their light. For a time
I rest in the grace of the world, and am free.*

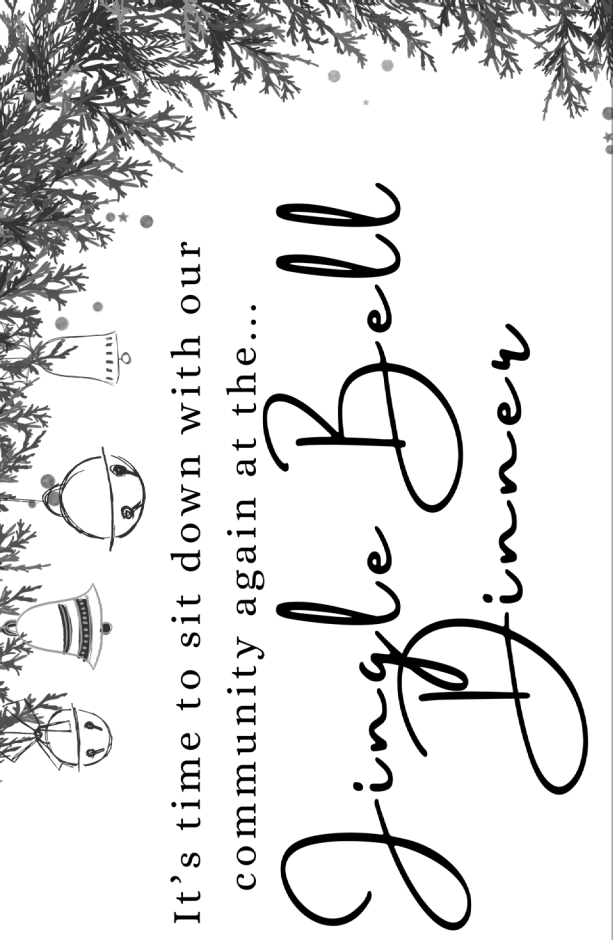
~ Wendell Berry ~

"I so enjoy my time with the folks I visit.
I make new friends, share some laughter,
am able to help out a bit, and feel good
about 'being there' for someone else. In a
way, too, it's paying it forward. Someday
someone might be there for me."
Lorna Reese

Death With Dignity Medication Fund

In April, a LIHHS Board member became aware of a Hospice client who was related to LIHHS and wished to request Death with Dignity (DWD) but found the associated costs prohibitive. Although the individual met all the state requirements to engage in DWD, they could not afford the full cost of the medications, approximately \$800. In response, the Board member chose to donate to LIHHS, specifically requesting that the money be used to assist community members who have been approved for DWD but who cannot afford the full cost of the medications.

LIHHS accepted this donation to help those seeking their legal right to DWD, but who cannot afford the medication. We feel it is important to be open with our community and thus share the existence of this fund, and its parameters. The fund is structured as a Donor Designated Fund which means that no donations to LIHHS will be so applied unless specifically designated by the donor. We anticipate that this will be a rare request. We are not seeking additional funding but are also deeply grateful that we will be able to assist with this need as it arises.



It's time to sit down with our community again at the...

Jingle Bell Dinner

Please join us at the Community Center on Saturday, December 2nd!



Sponsorship tickets sell out quickly

- Silver Bell* - \$300
- Golden Bell* - \$600 & 2 dinner tickets
- Diamond Bell* - \$1000 & 4 dinner tickets
- Platinum Bell* - \$2000 & 4 dinner tickets

If you are interested in being a sponsor, please contact us at admin@lihhs.org or 360-468-4446



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