



Spirit

Hospice & Palliative Care of the Wood River Valley

CELEBRATING the SILVER “SPIRIT”

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Silver: durable element that is more valued and becomes more lustrous with age. Yes, it can tarnish too, however, the more you use it, the less it tarnishes. Our hospice will celebrate its 25th Anniversary this year. And like silver, has become more treasured in our community. Why? Because we use it everyday and because people like you show it off and make it shine. YOU are the reflection and the heart of hospice. Your being, your presence, your behavior, your caring is the essence of our organization and you shine throughout the valley everyday. Our polishing cloths are the In-service offerings. They keep you current with the latest in end-of-life care, they keep you up to

date with new programs or services that we offer and they teach techniques that are beneficial to your patients’ families, to other caregivers and most especially for you. We all need a little polishing now and then, a little buffing up, a little “elbow grease” to keep us at our best. We want to be vibrant, informed and confident about our ability to care for the people we serve. At the same time, we need to be centered, balanced and confident within ourselves so we can reflect reassurance, calm and comfort to our patients and their families. As we begin this new year, our focus will be a celebration of our accomplishments and we want for you to take advantage of it

all and help us showcase our organization to the community. In this issue of the “*Spirit*”, there are many opportunities to help and be part of this exciting and special year. Get involved; we need and welcome the ideas you have and the energy to bring to this celebration. Call us.



DID YOU KNOW...

- ?? An eagle can kill a young deer and fly away with it.
- ?? The world’s youngest parents were 8 and 9 and lived in China in 1910.
- ?? Ancient Egyptians slept on pillows made of stone.
- ?? The average person has over 1,460 dreams a year.

NUMBERS TO CELEBRATE....

In 2009, we served 2966 individuals and you provided 4224 volunteer hours. AMAZING!! You were in a group 752 hours, either at camp, in a training/in-service to keep your skills sharp and enhance your expertise at the bedside or just having fun in a group. You folded,

stamped, sealed, vacuumed, watered plants, washed windows and answered the phone for 498 hours and you toiled in our garden or over a hot stove for 410 hours. Plus there were 116 hours that included the garage sale in the snow and other hours that “didn’t fit into

a category”. Really, you are wonderful!!!!

We are eager for this year and enthusiastic about our future. Thanks and gratitude to each of you sharing this journey with us.



OPPORTUNITIES TO SHINE....

There is no better way to experience the fun of a celebration than to be involved in the planning...it's the best part!! We have two major events planned. A Garden Party Celebration in August (after the symphony and not in conflict with the Writer's Conference) and "The Art of Caring" during the Labor Day Gallery Walk.

The Garden Party will be in celebration of our history and to honor our donors, our volunteers and community partners, to share the rich legacy that we are creating with our hospice

program. Hopefully, we can have some of the "originals" that sprinkled the first seeds and nurtured them into the full bloom we enjoy now. We'd like to have some of our "first campers" present, our "first Board members" and others that established the foundation on which we have built. The location and entertainment is already in the works. We need help with invitations, planning the food and all the special touches that make our events so memorable.

"The Art of Caring" will feature

donated art by local artists (with hospice ties) to be held during the Labor Day Gallery Walk. We did this several years ago displaying kid's art from camp. The details need to be planned on how to embellish this event and draw people to "our gallery". So, all you "arty" folks....this is your chance to shine. The art will be for sale. Already we have Don "Bemco" Bennett donations – an amazing artist and environmentalist.

Other needs are the MAY mailingMay 26th at 10:30am.

CALL US TO OFFER YOUR HELP – CALL NOW WHILE ITS FRESH ON YOUR MIND.

EARLY PLANNING REDUCES A CRISIS LATER!!

(and planning these events will be a little diversion from other parts of your life)

SUPPORTTING FRIENDS WHO ARE GRIEVING

Death and grief spare no one and are normal life events. All cultures have developed expectations and norms about coping with death. It is important to understand someone else's loss from the perspective of the cultural and family traditions unique to that individual.

When people are grieving, thoughts and emotions are often heightened. People who care about the bereaved are often unsure how to be helpful; they do not know what to say or do. The primary and most important thing to do is to show that you care by being present and by listening and supporting family and friends who are grieving. Offering advice or suggestions is not needed; try to become comfortable with quietly supporting a person with your presence.

There is no right way to grieve and mourn. Be very careful not to impose your ideas, beliefs and expectations on someone else, no matter how much you think it might help. The following are

some suggestions of ways you can support a grieving friend or family member.

?? **Acknowledge all feelings.** Their grief reactions are natural and necessary. Do not pass judgment on how well they are or are not coping.

?? **Understand and accept cultural and religious perspectives about illness and death that may be different from your own.** For example, if a family has decided to not allow their children to attend the funeral because of their beliefs that children should not be exposed to death, support their decision even if this may not be what you would do.

?? **Acknowledge that life won't "feel the same" and the person may not be able to "get back to normal."** Encourage the person to renew interest in past activities and hobbies, when they are ready, or to discover

new areas of interest. Offer suggestions such as, "Would you like to go to the museum on Saturday to see the new exhibit," but be accepting if your offer is declined.

?? **Be willing to stay engaged for a long time.** Your friend or family member will need your support and presence in the weeks and months to come after most others will have withdrawn.

?? **Be specific in your willingness to help.** Offer assistance with chores such as childcare or meals. For example, suggest, "Could I bring dinner on Thursday; how many people will be there?"

?? **Check on your friend or relative as time passes and months go by.** Periodic check-ins can be helpful throughout the first two years after the death. Stay in touch by writing a note, calling, stopping by to visit, or perhaps bringing flowers.

?? **Be sensitive to holidays and special days.**

For someone grieving a death, certain days may be more difficult and can magnify the sense of loss. Anniversaries and birthdays can be especially hard. Some people find it helpful to be with family and friends, others may wish to avoid traditions and try something different. Extend an invitation to someone who might otherwise spend time alone during a holiday or special day, and recognize they may or may not accept your offer.

?? **Identify friends who might be willing to help with specific tasks on a regular basis.** Performing tasks such as picking up the kids from school or refilling prescriptions can be a big help.

?? **Remember-** the best way to be supportive is to take your guidance from your friend. Give them choices.

ABOUT THE IN-SERVICES

We have tried to incorporate all of the suggestions that you gave us last Fall at our brunch. We are leading off with *Bereavement* in March because that and *Dementia* were the two top concerns or areas of interest.

Bereavement – This session will help you understand the common behaviors, feelings and cycle of bereavement, it will distinguish the differences between how adults and children grieve, when death is expected/anticipated and when is it sudden/accidental/

unexpected and what is comforting and helpful in the those instances.

Silver Keepsakes – Just in time for that “in-between season” in our valley. When you’re tired of skiing and it’s too early to hike....you can take some time to journal, to write your Ethical Will, or just write. With all the technology, paper and pens are fast becoming antiques. Come to this session and learn the techniques of capturing thoughts on paper, of recall, of memories and how you may want to share those thoughts

with your family.

In May communication at the end-of-life can be filled with a richness that you may not be able to imagine. Yet, many families find this time to be quite rewarding and comforting. This session will explain the special symbolic language of the dying, it will give you suggestions and ways of speaking that are rewarding, that are gentle and frequently revealing.

“So when you are listening to somebody, completely, attentively, then you are listening not only to the words, but also to the feeling of what is being conveyed, to the whole of it, not part of it.”
Jiddu Krishnamurti



IN-SERVICE SCHEDULE

March 4th

“Bereavement: Creating the Silver Lining” 1:30-3:00 pm

March 25th

“Silver Keepsakes”: Journal Writing & Ethical Wills 3:00-4:30 pm

May 1st

Volunteer Appreciation “ A Silver Tea with Shining Stars” 4:00 pm

May 25th

“Speaking with a Silver Tongue” 1:00-2:30 pm

June 25th

“Silver Surprises”-TBA

July 26th

“By the Light of the Silvery Moon” Evening potluck with Spouses– TBA

August

Community Thanks -Silver Celebration-TBA

September 3

Gallery Walk “The Art of Caring”-5:00-8:00 pm

September 25th

Volunteer Kick-Off

“Silver Threads among the Gold” 4:00 pm

October 25th

“Falling Silver Leaves: Understanding the Dying Process” - TBA

MAY mailingMay 26th at 10:30am. Call to sign up to help us. 726.8464



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WHAT IS PALLIATIVE CARE?

Definition

Palliative care (pronounced pal-lee-uh-tiv) is the medical specialty focused on relief of the pain, stress and other debilitating symptoms of serious illness.

Palliative care is not dependent on prognosis and can be delivered at the same time as treatment that is meant to cure you. The goal is to relieve suffering and provide the best possible quality of life for patients and their families.

Ensures quality of life

Palliative care is not a one-size-fits-all approach. Patients have a range of diseases and respond differently to treatment

A key benefit of palliative care is that it customizes treatment to meet the individual needs of each patient. Palliative care relieves symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping. It helps patients gain the strength to carry on with daily life. It improves their ability to tolerate medical treatments. And it helps them better understand their choices for care. Overall, palliative care offers patients the best possible quality of life during their illness. Palliative care benefits both patients and their families. Along with symptom management, communication and support of the family are the main

Patients and families make medical decisions and choose treatments that are in line with their goals.

Palliative care is not the same as hospice care. Palliative care may be provided at any time during a person's illness, even from the time of diagnosis. And, it may be given at the same time as curative treatment.

Hospice care always provides palliative care. However, it is focused on terminally ill patients—people who no longer seek treatments to cure them and who are expected to live for about six months or less.

