



Spirit

Hospice & Palliative Care of the Wood River Valley

“The North Wind Will Blow and We Will Have Snow.....and what will poor robin do then, poor thing?.....”



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DID YOU KNOW...

- About 3000 years ago, most Egyptians died by the time they were 30.
- There are over 52.6 million dogs in the U.S.
- 60% of all US potato products originate in Idaho.
- Chimps are the only animals that can recognize themselves in a mirror.
- There are over 87,000 Americans on waiting lists for organ transplants.

Yes, winter is on its way and Self-Reliance becomes important. Working in hospice and palliative care gives us all the opportunity to both be and model this important trait. We look for this characteristic in volunteers and staff and we admire it when we observe it in patients and families.

What constitutes self-reliance? It is resourcefulness. It is a “can-do” ability and attitude. It requires self-confidence and courage....a knowing, intuition and insight that you can and will sustain yourself in easy and hard times....in a crowd or alone.

Fall is a time you can see self-reliance visibly as you harvest and preserve, as you put away for later, as you store outdoor furniture to use again next spring, as you gather and stack wood, make quilts from discarded clothes or sweaters.

In tough times, economic or otherwise, self-reliance is a quality

Generosity and Gratitude



As the season of giving begins to peek on the horizon, we are reminded that only through the generosity of others are we able to provide our services. We are in the process of re-

designing some of our materials and approaches to reflect and emphasize the gratitude we feel toward our donors and our volunteers. We will be celebrating generosity and acknowledging what a special, unique and caring com-

that frequently translates to “less is more”. The fewer luxuries we have or can afford, the more we value our loved ones, the less we eat out, the more we learn to appreciate a home cooked warm bowl of soup and crusty bread shared with friends, the less we are able to travel, the more we treasure a good book in front of the fire or renewing our childhood fun of puzzles, playing board games or cards. Self-reliance allows us to be confident and fulfilled with doing things ourselves, being authentic and capable of having a life in which we are content....content that we will do and can do whatever it takes to achieve a goal - large or small.

day care, they learn to juggle work and family, they tap into physical, emotional, mental, financial and spiritual self-reliance. They use the things they’ve stored away, they harvest what they have sown maybe years earlier, they redesign solutions for the current challenges and build on the foundation of experiences they may not have recognized before as beneficial.

As you witness these qualities, as you see patients and families exhibit these strengths... acknowledge, comment, reinforce their abilities. Tell them how impressed you are with their ability to cope, how much you admire their capacity to care at such an important time.

And.....notice self-reliance in yourselves and be proud of what you are able to do..we are!!

munity we all live in. Watch for our new look from patient folders to thank you notes. Remember we all can have an attitude of gratitude and a spirit of generosity.



New Faces.....

Four new volunteers have joined us. Sally Horn, Blasé Reardon, Helen Morgus and Jeannie Bell.

Sally is a long-time valley resident and loves to garden and read. She was introduced to hospice 30 years ago when she took a trip to New Zealand. She is a member of St. Thomas and is a trained dental hygienist.

Jeannie found out about us in the newspaper. She was trained as a hospice volunteer several years ago in

Bend, Oregon but never really had a chance to use her skills. She is a clinical hypnotherapist, does massage therapy and loves nature, music, traveling and her dog.

Helen also is a member at St. Thomas. She graduated from Brown University, taught skiing and works in the Children's Library. She describes herself as calm and comfortable with stillness and quiet. She has works with a Ministry in Haiti and speaks Spanish.

Blase is a renaissance man. He has a degree in Fine Arts, is an environmentalist and is the lead forecaster for avalanches. During college, he worked at county mental health. He bikes, skies, cooks and describes himself as honest and with integrity.

Please extend your welcome to these great new additions. I know you will enjoy meeting them.

“Death is the destination we all share”.

Steve Jobs

5 Surprising Truths About Grief



We oscillate. For years, we've been told that grief comes in five stages: denial, anger, bargaining, depression and acceptance. If we were to diagram those stages, the emotional trajectory would look something like a large capital W, with two major low points signifying anger or depression, and the top of the last upward leg of the W signifying acceptance. But when psychologist Toni Bisconti of the University of Akron asked recent widows to fill out daily questionnaires for three months, vast fluctuations occurred from one day to the next. A widow might feel anxious and blue one day, only to feel lighthearted and cheerful the next. In other words, we don't grieve in stages at all, but oscillate rapidly. Over time, those swings diminish in both frequency and intensity until

we reach a level of emotional adjustment.

Grief is not forever. One of the most important new findings has shown that for most of us, grief is a severe — but self-limiting — condition, not a permanent state. In one study of older men and women who had lost spouses, George A. Bonanno, a clinical psychologist at Teachers College, Columbia University, found that the core symptoms of grief — anxiety, depression, shock, intrusive thoughts — had lifted by six months after the loss for 50 percent of the participants. Smaller groups took up to 18 months or three years to resume normal functioning. Loss is forever, but thankfully, acute grief is not.

Loss is harder for men. For years, clinicians have been operating under the assumption that women grieve harder and longer than men. In 2001, psychologists Wolfgang and Margaret Stroebe (a husband-and-wife team) decided to examine all the existing research

and came to the surprising conclusion that, after taking into account the higher rate of depression in the overall female population, men actually suffer more from being bereaved. We might be under the impression that widows despair more, but that's because there are many more widows to observe.

You don't necessarily need counseling. Often, well-meaning friends and relatives will urge you to attend a support group, or go to see a grief counselor. Although taking such steps might make you feel better, it's certainly not a requirement for healing. According to a 2008 survey, most grief seems to go away on its own. Counseling can be helpful, however, for people whose grief has already lasted a long time and who are likely suffering from a condition called "complicated grief."

Humor can heal. In 2008, psychologist Dale Lund of California State University surveyed 292 recently bereaved men

and women 50 and older, and he found that 75 percent reported finding humor and laughter in their daily lives, and at levels much higher than they had expected. Other research has shown that being able to draw on happy memories of the deceased helps you heal — those who are able to smile when describing their relationship to their husband or wife six months after the loss were happier and healthier 14 months out than those who could only speak of the deceased with sadness, fear and anger. As hard as it might be, try to focus on good memories and feelings about your relationship, as it is the positive emotions that can protect your psyche and help you find serenity.

Ruth Davis Konigsberg

EXPANDING YOUR MIND...IMPROVING YOUR SKILLS.....In-Services—RSVP 726.8464

Put these dates on your calendar. These sessions are designed to add to your learning and keep you current with the latest research and practice in end of life. Kathi and Nancy are attending a three day conference in San Diego and will be returning with new knowledge to share. We invite all volunteers to attend as many as possible.

October 21st 3-4:30 FUN AND FOOD – AN AFTERNOON DELIGHT!!

Our lead off training is not to be missed! We will be playing a game to teach you more about grief and then not only give you ideas for patients when they don't feel like eating but with a special sampling of the suggestions.

November 16th Noon – 1:30 with Soup 'n Stuff.

This will be brand new for all of us!! There is an emerging diagnosis of GERIATRIC FRAILITY SYNDROME. Come to this luncheon session and learn the latest.

January 17th 4-5:30 pm WORD GAMES

What do all the medical terms mean? What are some of the easy tips to remember? Common and unusual terms will be designed into puzzles, cross-words or something like Scat-tergories to make you think, laugh and win prizes. Bring your brain too.

February 10th 3:30-5pm A GLASS OF WINE AND A VALENTINE

Red paper, doilies, hearts and flowers...scissors, glue and I

love you. This Friday afternoon will be spent making Valentines for our patients. A bit of caring for them and a bit of chocolate and glass of wine for us so we can be creative. Please join in this lost art of making them yourself.

March 20th 2-3:30 INTERVENTIONS FOR CHILDREN AND ADOLESCENTS DURING A PARENT'S ADVANCED ILLNESS.

Again, this will be information from the conference. Information you can use to support our patients' families or personal situations you may face. People always want to know, "what to do"? Following this session, you will have the answers.

BE SURE TO RSVP. IF ENOUGH PEOPLE DON'T CALL, WE CANCEL. SO DON'T FORGET TO LET US KNOW YOU ARE INTERESTED AND ARE ATTENDING. MARK YOUR CALENDARS NOW.

Can You Help???????

We need your HELP call the office to sign up 726.8464
 Bake breads and muffins for physicians in honor of National Hospice and Palliative Care Month to be delivered **November 7th?**

Bake cookies or bars for Coping with the Holidays on **November 15th?**

Bake 2 dozen cookies for the Memorial Tree on **December 5th?**

Deliver flowers **once a month** to patients. The Sun Valley Garden Club brings them each month to brighten our patients. This is a great opportunity to see someone smile.

Fold, stick and get the mailing out for the Memorial Tree on **November 10th at 10 am.**
 Catch up with other volunteers and have a fun couple of hours.

Greet people at the Memorial Tree, arrange cookies on platters, pass out candles, fold programs and other assorted tasks that make the evening go smoothly. **December 5th at 5:00 pm**



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“We Listen, We Care”...



**This is the slogan for the National Hospice and Palliative Care Month (November)....
although it could be our own.**

We have resumed our “Surviving Spouses with Children” support group.

**Our kids group is again in full swing too. We kicked off in September with a barbeque and will
have a Halloween Party in a couple of weeks.**

Our Fall Bereavement Support Group begins October 11th

Coping With the Holidays is scheduled for November 15th

**If you hear....if you listen and someone has a suggestion for how we can better serve our commu-
nity, let us know, because we do listen and we do care.**

