



# Spirit

Hospice & Palliative Care of the Wood River Valley

## New Year, New YOU?

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Happy New Year everyone. I am looking at the large volume of sparkling snow outside while sitting in front of the warm glow of a fireplace, pondering goals for 2017. I find myself doing a lot of reflecting at the end of a year while standing on the precipice of the next. There is something exciting in the anticipation of another year full of possibilities, like a vast field of freshly-fallen snow. There is the promise of a clean slate and the hope that you can implement the changes you want. Of course, there will also be challenges and difficulties. But somehow, as we stand in front of the next 365 days, it is easier to look at opportunities and challenges, known and unknown, with a feeling of renewed strength.

The year 2017 will certainly bring a lot of change both superficial and serious in our country ranging from new Academy Award winners, a 2017 Super Bowl Champion, the inauguration of a new President and the on-going changes in the world of healthcare. You may look at these changes with dread, hope, fear, or indifference. We will each view these experiences through our own filtered lens. You may be surrounded by people who share a very similar lens, or you may feel like the lone ranger in your perspective. Whichever the case, each of us will experience the same external situations and yet have completely different personal experiences in

response to them. This reminds me that how I see and understand the world is not necessarily how my neighbor experiences it, or how my co-worker experiences it, or even how my own family member experiences it.

Our lenses incorporates our beliefs, our history, and our values; our lens represents our individuality, our inner self, our spirit, our being. When I think about the abundance of this reality, I am grateful. I am grateful that we all don't think about things exactly the same way. I am grateful for the vivid colors of our world and society and life. I am grateful for diversity. In a way this gives me hope. When things are not as I want them, or not as I feel they should be, I know that there is more to reality than my perspective. This provides me with a fresh vantage point, and the feeling that there still may be fertile ground. I am thinking in 2017, how can I better support the people around me? How can I better support our patients?

It seems that the biggest gift we can give to someone is to allow them to hold on to their internal being: to allow them to continue to be them in every ornery fibre. During the dying process I think this is a profound gift because so many things are being taken away. There is the loss of being able to go to parties, the loss of ability to participate in athletic

activity once enjoyed; there is a loss of one's usual social relationship with the world. There is also the loss of things that we feel are fundamental to one's self-definition: our own bodies begin to fail us. How encouraging to realize that our identity and who we are is not just about our social interactions and physical body. Although those are pieces of us, we still have our spirit in the midst of those changes. I think about each of our patients and their loved ones who perhaps are looking at their 2017 with different expectations than in other years. I am hopeful that we can provide them the reassurance that the essence of their being is not lost. We are there to reaffirm that part of them, to allow them to continue to be "themselves". We are there to affirm that we are fellow sojourners along the road of life and we recognize that they are still on our road.

How are you personally viewing 2017? Are you looking forward to a dream vacation, a plan to eat healthier, becoming more involved in the political realm, deciding to learn a new hobby or skill, or focusing on appreciating where you have been? Whatever your resolutions, I hope that you will be able to appreciate diversity in new ways and the promises of "new you" this New Year will simply serve as a reminder of the essence of the individual beings in those that surround you.



## Our New Endowment Fund



One of Hospice and Palliative Care of the Wood River Valley's goals of 2017 is to develop an Endowment Fund to better ensure the continuation of our organization into the future. This fund is invested in a particular fashion in order for the organization to use the interest accrued. Certain policies determined by the organization are in place to delineate how much of the money will be utilized for different budgeted items, such as general operations or for a specific project. In the case of Hospice and Palliative Care of the Wood River Valley, the purpose will be to sustain our unique model of care. The funds will be used to augment general operation cost as we anticipate our budget to continue to rise with increased community needs, changes in healthcare, and the expansion of programs. The Endowment will provide reassurance that our organization will remain

sustainable as we continue to be a community supported agency. We will, therefore, continue to rely on the community's support each year to sustain the majority of our operational costs through our annual letter and memorial gifts. The generous support of these individuals has been and will continue to be integral to our success. We want to continue to be available for people when they need us, and therefore, we feel that developing this type of fund now will better ensure our future presence in the Wood River Valley.

Lynn Campion through the Deer Creek Fund gave the initial gift into our Endowment Fund. Lisa spoke with Lynn recently and asked her some questions about her reasons for specifically supporting this fund. Lynn shared that after being introduced to the importance of philanthropy forty years ago through her family, and learning while on this organization's board of directors about the increasing and ongoing need for hospice and palliative care services here in the Wood River Valley: "I felt that the time was right for our Hospice to begin building an endowment fund." Lynn feels "one of the best ways to help a worthy cause is to create or contribute to an endowment

fund," because that will guarantee a certain amount of income annually from the interest accrued on the invested principle. Lynn also pointed out that the costs to continue the care Hospice and Palliative Care of the Wood River Valley provides is considerable. As with all of our organization's supporters, she expressed the importance of sustaining the unique model of care Hospice and Palliative Care of the Wood River Valley possesses in that we provide terminal as well as palliative care at no charge and without government or insurance support. As Lynn summed up: "That is pretty unique to our world these days!" This model of care has allowed HPCWRV to have phenomenal impact in our valley as evidenced by the fact that we have touched almost 1,600 patients, families, caregivers, and individuals last year alone. Lynn's contribution has gained steam as we already have other individuals who are giving to this cause and we are confident that our community will continue to support our mission in the years to come.

### The Endowment Committee:

Lynn Campion  
Hanley Dawson  
Bill Joseph  
Scott McLean, MD  
Carolyn Nystrom  
Dave Sturtevant  
Travis Reed  
Bob Reniers

## Meet Bruce Collier

We want to officially welcome our new board member Bruce Collier. Bruce officially joined the board in November. Bruce brings a lot of experience in the legal field as he recently retired

from Kneeland, Korb, Collier and Legg, P.L.L.C. where he worked for many years. We are grateful to have both his legal experience and perspective on our board.



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



**Jan 31<sup>st</sup>, 2-3:30 Valentine Hoopla.** Come enjoy some chocolate and candy hearts as we collectively make valentines to distribute to our patients for Valentine's Day. Get your creative juices flowing as you cut, decorate, and paste doilies together.

**February 22<sup>nd</sup>, 10-11:30: Planning ahead to Navigate our Current Health System:** Come join Val Logsdon, MD a Palliative Care Physician from Hospice of Spokane, as she discusses the end-of-life paperwork and gives tips to navigate our sometimes challenging health care system to ensure that your wishes are honored. This will be a great opportunity exclusively presented to our volunteers to hear about advance care planning from an expert.



**March 16<sup>th</sup>, 3-4:30pm. As we Age: When Is It Time for More Care?** Whether we are contemplating our own lives or the lives of aging loved ones, understanding when more care is appropriate and necessary and learning how to make a thoughtful plan for potential needs can be invaluable.

**April 18<sup>th</sup>, 2-4 Intercultural Competency:** Be prepared to participate in an interactive group style while snacking on some cultural goodies as Mona Scarbrough, RN will be sharing what she recently learned at a Developing Intercultural Competency class at CSI last fall.



## IMPORTANT DATES...To Remember

**We need help with a few things. Call the office if you would like to help. 726.8464**

**Can you help us? We have a mailing for the Annual Report on Friday, February 24<sup>th</sup> we need 6 people 10-12 and 6 people 12-2:30.** Catch up with other volunteers and have a fun couple of hours. Please call the office and sign up. 726.8464.



**Can you help us? We have a mailing for the Annual Funding Letter on Wednesday, May 24<sup>th</sup> we need 6 people 10-12 and 6 people 12-2.** Catch up with other volunteers and have a fun couple of hours. Please call the office and sign up. 726.8464.

**Spring Bereavement Support Group begins March 7<sup>h</sup>—**If you know of anyone that may be interested in joining the group, have them call the office before the Group begins to get the details, time, etc.

**Caregivers' Support Group meets twice a month....**the first Tuesday of each month at 11am at the Senior Connection in Hailey and the third Monday of each month at 4pm at our office in Ketchum. Anyone is welcome, remind possible participants to call the office to join either group.

**National Health Care Decision Day** is April 16, 2017. Host a dinner party, talk to your book club, or just phone a family member, but pass the word to others about the importance of giving thought to Advance Healthcare Directives. Attend the February in-service for some ideas on how to be prepared. HPCWRV has Advance Healthcare forms at the office.



**Hospice & Palliative Care of the  
Wood River Valley**

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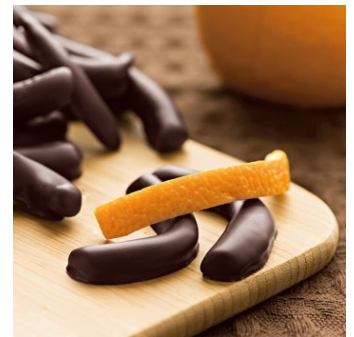
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## Because you loved them!

### Chocolate Covered Orange Peels

4 oranges  
Water for blanching  
8 ounces water  
8 ounces sugar  
16 ounces dark chocolate (I used an 11.5 oz bag of Guittard dark chocolate chips and had plenty)



Slice the ends (the tops and bottoms) off the oranges, score them from one end to the other, and then peel the oranges so that the peels come off in one piece. Slice the peels into thin strips and trim the edges if needed.

In a medium pot, bring water to a boil and then blanch the orange peels in the boiling water for a few minutes. Drain and rinse the peels and then repeat the process again—blanching the peels twice removes the bitterness.

In a saucepan, combine the 8 ounces of water with 8 ounces of sugar and bring to a simmer. Add the peels to the simple syrup, cover the pot, and simmer for 1 hour. I would check it every so often and give it a stir to make sure all the peels are submerged. Once cooked, transfer the peels to a rack to cool and drain (I placed wax paper underneath my rack for easy cleanup).

In a double boiler over simmering water, melt the dark chocolate. Dip each of the candied orange peels into the dark chocolate and then place them on parchment paper. Once the chocolate has hardened, store in an airtight container.

