



THE SPIRIT

Hospice and Palliative Care of the Wood River Valley Newsletter

September 2018

Honoring Our Impact by Investing in Our Future

The summer is a busy season in our Valley – our community feels bigger and busier and it can create a great opportunity to connect with old friends. It's no different for us at Hospice. Throughout the year, and especially during the summer, I encounter community members who express gratitude for our work and its impact on them and their families, whether we provided care a month ago, a year ago, or 30 years ago. Oftentimes when they share their experiences with Hospice, they recall the names of the nurses and volunteers they worked with and offer a small anecdote of an interaction that holds significant meaning to them still today.

Those are proud moments for me. They're the most visible illustrations of our incredible impact on our community.

As you know, over the last 33 years, Hospice has built a stellar reputation in our Valley for providing services that are uniquely personal, highly responsive, and deeply meaningful. This group of **over 100 volunteers** is the backbone of that work. It's the hand-written note sent on a difficult day, a warm meal delivered as the weather starts to cool, or time shared playing a favorite card game. These moments are what define our approach to care. And these moments are what our patients and families remember.

When I have these conversations with these friends of Hospice, they inevitably turn toward the future. Our families want to know what we are doing to ensure that our services and our impact remain available to our community in the years to come. That question has been on our minds at Hospice, too.

It is estimated that over **10,000 people are retiring each day** and in Idaho alone the population aged 65+ grew by 8% in a single year last year. In response, we are preparing for a new future. It is a future where our work is even more needed and our personal approach ever more important.

To ensure we're best positioned to enter this new era, we've launched a campaign to build an endowment for Hospice. This fund will provide us with a sustainable source of funding that will guarantee our ability to grow with our community and maintain our unique model of care that is critical to our patients and their families.

This campaign has further highlighted the great support Hospice has in the Wood River Valley. **We're over halfway to our initial goal** and every discussion about the campaign brings about another story of the ways our work has molded the community.

I am humbled to work with such a profound group of volunteers who make a lasting effect on our families, friends, and neighbors. I am proud of the work we have done and excitedly look forward to taking on our next chapter together.

Did You Know?

- We proudly service over 80% of people facing end-of-life in Blaine County – twice the national average!
- Idaho's population aged 65+ is growing rapidly and out-paced projections by 200% just last year
- Hospice is fully funded through charitable contributions from our generous community
- The Endowment Campaign is Hospice's first formal fundraising initiative in its 33 year history



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Micki Chapin



Pam Fairfax



Deborah Mello

Grateful Stories

If you haven't had a chance to see the July or September Sun Valley Property News editions make sure you grab one. Hospice featured in an interview with Dr. McLean in July, and again in the September issue, as a few families shared their personal experiences with hospice. These stories serve to affirm how important our work is in this community and how each of you are key to our success. Or you can read it online:

https://issuu.com/sunvalleypropertynews/docs/svpn_july2018/58



Dr. McLean

Hellos and Goodbyes:

It is another year and we are welcoming some new board members to our team as the terms of several other board members finished. Lynn Campion, Micki Chapin, Pam Fairfax, and Deborah Mello have all joined our board in 2019. Lynn Campion has previously served in a board capacity and was one of the first donors to support the Endowment Fund. Micki Chapin has been an active participant in philanthropy for many years, including serving on the Wood River Women's Foundation. Pam Fairfax is a new face to our board, though she has been a familiar face of the Wood River Valley community for years as she worked with her husband's practice as a local dentist in Hailey and raised their two boys in the Valley. Deborah Mello brings her expertise in finance and investment both to our board and to our investment committee. We are grateful to have each of their perspectives and experiences, which will be an asset to our board. A big thank you to the following board members who terms ended this year: Monica Hebert, Bill Joseph, and Dave Sturdevant.

This year we are saying goodbye to our long time nurse Kathi Eason as she moves this autumn to be nearer to family. Kathi's colleagues and the many families she has served are thankful for her work. While her long tenure and years of experience with HPCWRV cannot be replaced, we are excited to welcome and introduce Deborah Hartmann who is the newest Registered Nurse to join our team. Deborah and her husband (and their two dogs) moved here full-time from Texas this summer.



Deborah Hartmann, RN

Important Dates- Help!

If you know someone who is grieving, please let them know about our **Fall Bereavement Support Group-October 2nd ,9th, 16th and 23rd-6-8 pm**. Ask them to call the office to sign up.208.726.8464

Help with a Mailer on Friday, November 9th from 10-12 we need 6 people and from 12-2 we need 8 people. Catch up with other volunteers and have a fun couple of hours.

Bake Breads and Muffins for physicians in honor of National Hospice and Palliative Care. Date to be delivered — **Monday, November 12th**.

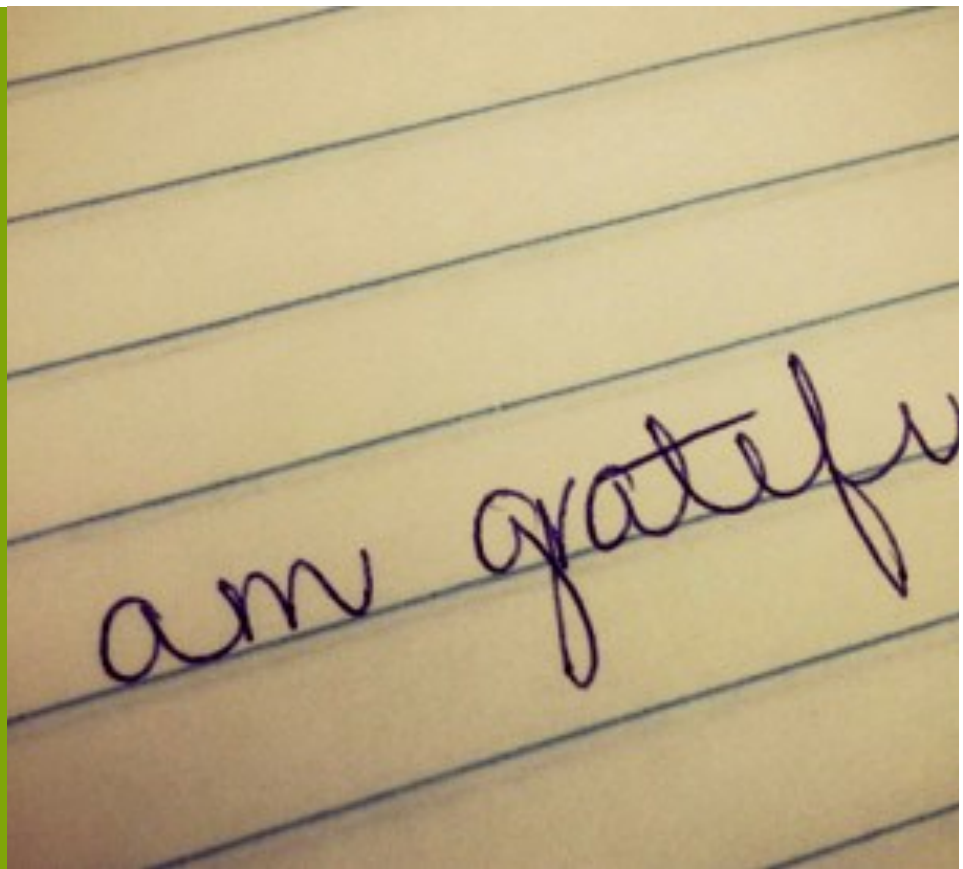
Bake cookies or bars for Coping with the Holidays on **Tuesday, November 13th**.

Bake 2 dozen cookies for the Memorial Tree on **Monday, December 3rd**.

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 3rd at 5:00 pm**.

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; please remind possible participants to call the office to join either group. **208.726.8464**

Surviving Spouses with Young Children Support Group. Meets once a month. Anyone is welcome; please remind possible participants to call the office. **208.726.8464**



In-Services-RSVP 208.726.8464

September 28th 11 am - 12:30 pm Help! Navigating Caregiving Needs at Home: Come hear a preview of the Brown Bag topic that Lisa will be discussing in October. Helping families when they need help: How do you get help? Who do you get? What should I ask? What should I expect? These are some of the questions that families ponder. Learn some tools to help navigate the complexities of caring for a loved one in the home.

October 17th 3 - 4:30 pm. Gratitude: Just in time for the holiday of Thanksgiving coming up, come learn how gratitude helps us and how we can incorporate it into our daily lives. You can start by practicing gratitude while sipping warm beverages and some yummy treats as we learn together.

November 14th 12 - 1:30 pm. The Latest Hospice Information: Amber and Mary will bring to each of you what they learned at the recent National Hospice and Palliative Care Conference in New Orleans. This is a great opportunity to hear about the most recent research, care and treatment of hospice patients over a cup of soup.

Join in Endowing Our Future

The success of our endowment campaign relies on the support of our greatest champions. Proudly, many of our first contributors are also dedicated volunteers!

Over 80 percent of our volunteers also provide both time and financial support to our organization. We often share this impressive statistic with the community to show the depth of commitment to our work by those who experience it first-hand.

Please consider joining your peers in investing in our future. You can learn more about the campaign by stopping by the office, giving us a call, or visiting our website at <http://www.hpcwrv.org/endowment.html>

Thank you to all who have pledged financial support to this important initiative!

As of 8/25/2018

Anonymous	Mary and Steve Malkmus*	Gayle & Al Stevenson*
Lynn Champion* & Ted Waddell	Willa & Jim McLaughlin	Maggie & Dave Sturdevant*
Deer Creek Fund of the	Scott Mclean*	Sturdevant Charitable Fdn.
Johnson Fdn. of the Rockies	Deborah Mello*	Spooky & James Taft
Micki & Dan Chapin*	Myra Jean Muscar	Judith & Edmund Thompson
Bruce Collier*	Carolyn Nystrom*	Judy Whitmyre
Maija Eerkes	Esther & Michael Oschman	Lynn Whittelsey*
George & Rita Golleher	Sharon & Nick Purdy	Patience & Bob Ziebarth
Bill Joseph*	Lee Ritzau*	*Hospice Volunteer
	Nancy & John Shepherd	

Providing excellence in end-of-life care and bereavement services

Contact Us

HPCWRV
PO Box 4320
Ketchum ID 83340

208.726.8464

hospice@hwrv.svcoxml.com

Visit us on the web at

www.hpcwrv.org

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