



The Spirit

Hospice & Palliative Care of the Wood River Valley

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What a Difference a Year Makes

Have you ever had that feeling that you made it through something and you are not exactly sure how? Each year I complete in this role provides another year of experiences, more learning opportunities, and more interactions with the families and patients whom we serve and often I am left thinking I do not know exactly how we did it all. I am left with the realization that the success of our organization depends on our volunteers, board, and staff, and I am deeply grateful for the time, generosity and love that so many people have poured out.

As you set your expectations and goals for the New Year, I hope that you also spent a moment reflecting on 2017. Hospice and Palliative Care of the Wood River Valley have several tasks we undertake that require spending quite a bit of time reviewing the previous year. During our Memorial Tree event in December we remember all of the patients who have died during the year and speak their names out loud and the lights of the large evergreen tree are lit in their memory. We look at our budget and ensure that we met the numbers that we projected to be able to provide our services for the year. We review volunteer hours and number of individuals served, we analyze diagnoses and geographic location of our patients, and referral sources. All of this is to give us a better understanding

of our community, a better understanding of our organization, and a better understanding of how our organization fits within our community.

2017 included a few new changes for our organization. Mona Scarbrough, one of our long time Registered Nurses, moved out of the area, and we miss her. We were glad to welcome Amber Sela and Susan Woodruff as part-time nurses, and to welcome back Marybeth Mitchell who will be returning to fill in when need. Each of these women brings years of experience and expertise in a variety of nursing fields as well as excitement and passion to our organization. We are thrilled to have them join our team.

Another change in the year was the initiation of a support group for spouses who are caring for young children after the death of their spouse. This has been a unique niche that our organization is filling in the community and one that feels very meaningful due to the amount of young families who have recently been affected by a death.

We continue to pour over many other statistics for our annual report, but overall 2017 was another year of growth, change, and learning. The process of reviewing and taking stock of situations can be very impactful. Systematic reflection

provides space to think deeply about the difference one year has made - in your own life, in your family, perhaps in your business. It gives you an opportunity to prepare and plan, as far as one can, for the New Year. Perhaps it also entails letting go of goals that were not achieved or adapting goals to be a better fit. For our hospice, the process of reflection clarifies our purpose and ensures energy expenditure is being spent on the appropriate things going forward.

For hospice patients spending time reflecting is one of the important tasks at the end-of-life. This is usually a much larger project then just reviewing the past year and making a few goals for the upcoming year. This process is referred to as a "life review", and it entails reviewing what has transpired in one's own life, the impact one has had, the regrets, and the successes. The goal is to revisit and resolve anything that one may want to address, or re-address. This can provide a powerful tool to change things as it focuses on the life one has lived. Facilitating life reviews was another thing HPCWRV introduced in 2017, as we reinstated the Legacy program in which High school students met with patients to record their life stories. What about you? What kind of difference did a year make in your life, and how can 2018 capture more of the things you want it to?



In Need of Volunteers with Special Skillsets

We would love to feature some of our volunteers every edition of the Spirit and are looking for a volunteer who would like to interview a hospice volunteer twice a year so the passion, expertise, and personality of our volunteers – YOU - can be highlighted and appreciated by all of us. Volunteering with hospice can at times be a bit individualized and not as interactive with some of the other members of our team. This would be a great opportunity to visit and talk with people about what brought them to the hospice team and maybe find some similarities. Of course we'll give you the direction on who to talk to, but you will get to ask all the questions! When you do the interview is entirely up to you.

We are looking for a few good seamstresses. We honor our veterans during their hospice experience by sharing a special fleece blanket that is specific to the branch of the armed forces in which they served, for them to use during the last few days of their life. Over the years a few of those blankets have not been returned back to us and we are looking to replace them. We are hoping someone who has nimble fingers, a quick sewing machine, and a few extra hours would be willing to help us out. The individuals to whom we have given the blankets are so appreciative that we recognized their service, and that dimension of their life. It is certainly something that we want to continue. Are you afraid of committing to a big project or nervous that your sewing skills are not as proficient as needed? Please stop by the office and take a look at a few of our examples and decide for yourself if this is a project you can tackle!



We are Looking for Some Good Bakers!

Joan Maxwell will also be addressing some members of the faith community on the morning of **March 19th** and we are looking for a few bakers who could bring coffee cake, muffins, or breakfast breads to be served. Please call the office if you are interested. 208.726.8464.

Educational Opportunities



Joan Maxwell, a palliative care hospital chaplain and author of the new book [Soul Support: Spiritual Encounters at Life's End- Memoir of a Hospital Chaplain](#), will be sharing her experiences providing spiritual support to terminally ill individuals. **Don't miss the opportunity to hear her speak at the Community Library on March 20th at 6pm!**

On April 19th at 6pm Hospice and Palliative Care of the Wood River Valley will be showing the movie "Extremis" at the Community Library in honor of Health Care Decisions Day. Advance Directives Forms will be distributed as well as a brief discussion following the film on the importance of having Advance Directives in place. This film captures the agonizing and challenging roles of family and medical providers as they attempt to do what is best for each individual patient facing death.

Looking for another New Year's Resolution?? Did you know that National Hospice and Palliative Care suggests that hospice volunteers do approximately 20 hours of continuing education a year? Did you know that our hospice provides multiple opportunities throughout the year to attend in-services for further education, collaboration, and of course fun?! If you have never been to an in-service, or maybe you have not been for quite some time, think about choosing one of the options listed this year as an opportunity to learn something new and perhaps meet a few other people who love the work of hospice as well.

EXPANDING YOUR MIND...IMPROVING YOUR SKILLS....In-Services—RSVP 208.726.8464



February 27th 3:30-5pm: Hospice and the Oscars. Feel free to dress the part of a red carpet experience or just join us for the popcorn. We will be kicking back and watching a film related to hospice work that was nominated for an award with a discussion following.

March 15th 11-12:30: Communication when recollecting words is challenging. Come join us as we discuss dementia and Alzheimer's and how they can affect communication. Have you visited with a patient with memory issues? This in-service will provide some helpful tips for talking with this population group so you don't want to miss it. The snacks will be memory enhancing foods as well so you will be smarter in more ways than one after leaving this educational opportunity.



April 14th 3:30-5pm: New Volunteer Graduate Celebration Gathering: Come celebrate over wine and cheese as we induct our recent graduates of the new HPCWRV spring volunteer class into our team. Introduce yourself to the new group and catch up with other veteran volunteers at this annual event that will take place at the conclusion of the final day of the volunteer training.

IMPORTANT DATES...To Remember...Want to Help?

We need help with a few things. Call the office if you have extra time. 208.726.8464

Can you help us? We have a mailing for the **Annual Report** on **Friday, February 23rd** 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. 208.726.8464.

Can you help us? We have a mailing for the **Annual Funding Letter** on **Friday, May 22nd** we need **6 people 10-12** and **6 people 12-2**. Please call the office and sign up. 208.726.8464.

Spring Bereavement Support Group begins March 6 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.

Surviving Spouses with young Children is meeting the second Tuesday of every month from 12:30-1:30pm at the office for individuals who are parenting children after losing their spouse.



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MEET OUR NEW STAFF MEMBERS



Marybeth Mitchell, RN



Amber Sela, RN



Susan Woodruff, RN

