



THE SPIRIT

Hospice and Palliative Care of the Wood River Valley Newsletter

September 2023

AUTUMN

In our last correspondence, we wrote about the seasons and how summer was upon us. Summer has come and it feels as though Fall is right around the corner. The morning air is crisp, and the trees are beginning to change. We are blessed to live in such a beautiful area!

Fall is busy for HPCWRV and as we share in many interactions with our volunteers, we couldn't support this community without you. You are the lifeblood of this organization and have been for decades. Whether you are out in the community providing caregiving or coming into our office to help us onsite, not a day goes by that I am not personally impacted by one of you. I hear from our patients, families, you come into the office, or I get stopped when I'm in town and I hear about the impact you are making.

We are tremendously grateful for your support; I hope that you feel rewarded for your contributions and want to continue volunteering because it fills your heart.

I've been here for about 5 months now and our little hospice has been quite busy. Some people feel like it's so sad for someone to come into hospice. It means they are dying. But it is so much more than a sad turn of events. It's an opportunity to find ways to continue to live and often, live more fully and freely. We continue the work, with your unwavering support, and our community is better for it!

I look forward to continuing to get to know each of you as you help us get ready for bread making, cookie baking and the momentous Tree Ceremony. From all of us at Hospice and Palliative Care of the Wood River Valley, be well, and have a glorious Autumn!

Gratefully,

Alli C



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Benefits of Hospice



Working for a community organization that focuses on helping people maximize their quality of life has many rewards. It is an honor and privilege to “be present” with folks as they face ongoing challenges of chronic and or terminal illnesses. We can not take the suffering away and we are not asked to “take on” their pain but hopefully our nurses

and medical providers help minimize some of the pain and we offer compassion, care and the comfort of knowing our patients and families are not facing this process alone. I am in awe of how our volunteers and staff give of themselves when spending time with our patients and their families. We all come to this work with our own experiences of loss and grief and the knowledge that we will all one day face our own end of life.

As I make bereavement calls, I am privileged to hear words of appreciation and thanks for the work of our nurses, chaplains and volunteers and Hospice team. We do make a difference in the lives of our patients, families and community we serve.

One of the benefits of Hospice is that by giving people the care they need and the permission to accept the end of their lives we help them focus on how they want to live their lives.

“According to the NHPCO researchers, hospice patients are more likely to: Avoid the risks of over-treatment. Receive additional monitoring and treatments only available through hospice. Increase their desire to continue living due to the constant attention to their emotional wellbeing and physical health”

I share this at a time when we all face challenges in the health care industry and know that our team of Hospice staff and volunteers makes a conscious choice every day to do this meaningful work and want to say THANK – YOU!!!



Thanks to the New Patient Care Volunteers

They are busy at work with our patients. Thank you for joining our team:

Marcia Pillon

Carol Jasaitis

Becquel Smith

Roland Lane



Thank to the Board

We are happy to announce that **Sheila Fryberger and Linda Hatzenbuehler** has joined our board as new members. We are so grateful for your commitment to our important work. A huge thank you to all of our board for all you do for our organization. **Bob Elgee, Lynn Campion, Bruce Collier, Peter LaFleur, Micki Chapin, Al Stevenson and Erin Pafaeffe.**



“Always find opportunities to make someone smile and to offer random acts of kindness in everyday life.”

—Roy T. Bennett

Important Dates

Mailers. Can you help?

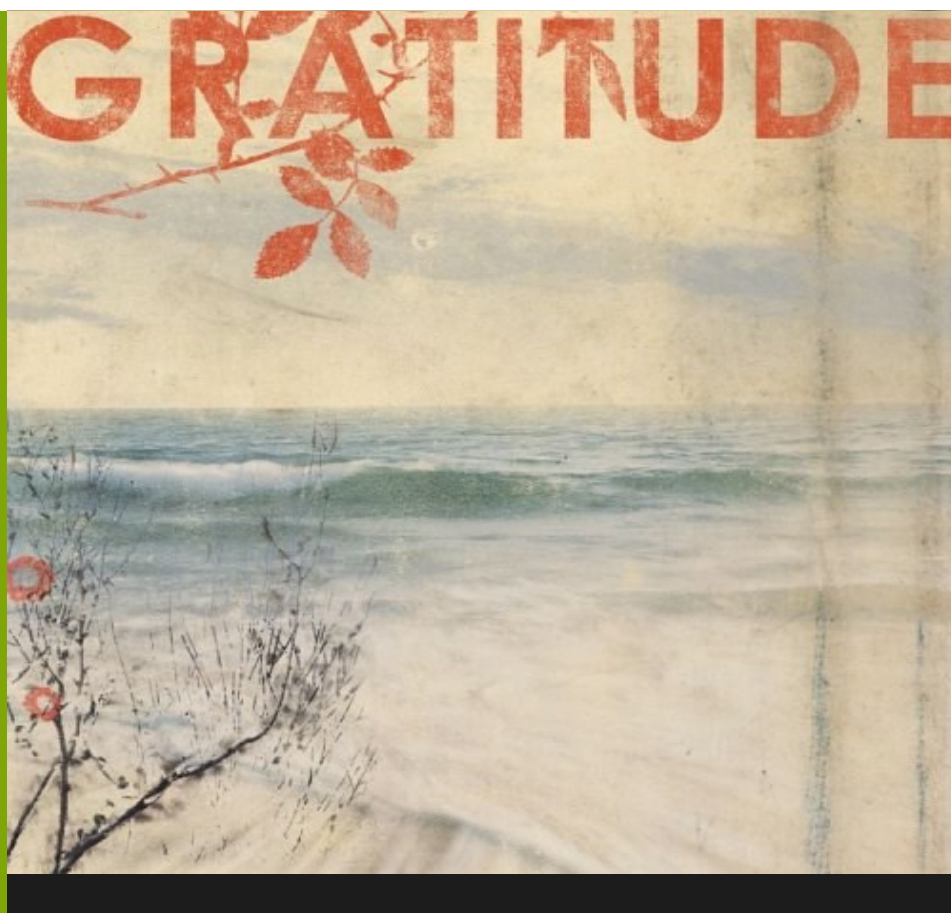
Help Us! Sign Up!

1. Help with the Tree Mailer on Friday, Nov. 3rd, 10:00. We need (12) people. You will pick your package up at the office and do the stuffing of envelopes at your home to put in the mail on Friday, November 10th.
2. For National Hospice Month we need (14) bakers to each bake (6) SMALL loaves of sweet bread. Drop off at the office November 7th, before 11:00 AM
3. We need (3) people to each bake 1 dozen Christmas cookies or bars for Coping with the Holidays~bring to the office November 14th before 5:00.
4. We need (14) people to bake 2 dozen Christmas cookies for the Memorial Tree. Please bring to the office on December 4th before 1:00.

Groups

Caregivers' Support Group meets twice a month....the first Thursday of each month at 11am at the Senior Connection in Hailey and the third Monday of each month at 4pm. At the hospice office.

Fall Bereavement Support Group begins Sept 12. If you know of anyone that may be interested, call the office. 208.726.8464



Looking Forward

In-Services-RSVP 208.726.8464

Open Forum with Alli Collins our Executive Director: October 19th 3:30-5:00pm. Come share your experiences, ask questions, learn more about how we serve our community over wine and cheese.

Assessing Cognition & Improving Communication—Carol Stevens: November 6th 3:00-4:30pm. Learn simple questions to ask to help guide conversations with patients with memory issues. Refreshments served.



**Nothing Gold Can Stay
—Robert Frost**

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.

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