



# THE SPIRIT

Hospice and Palliative Care of the Wood River Valley Newsletter

September 2020

## CROWNS

Once upon a time, I wrote in this publication about a different corona, a halo around the sun. Perhaps you remember reading that article in a past Spirit, in the Fall of 2017 entitled "Here comes the Sun". Can you remember the anticipation, the moment that we were all looking at the unusual event of the solar eclipse with amazement? A time when the definitions of "corona" were limited to two charming options: an anomaly during an eclipse and a type of beer served with a lime? Sometimes I wish that we could go back there and unlearn about this specific crown-covered coronavirus.

The definition of corona is a "part of the body resembling or likened to a crown." The reason that this specific dreaded virus has been granted such a regal title has nothing to do with its dictatorial behaviors, but rather with its appearance under a microscope. It has protrusions standing up from its round body mimicking a crown on a head. Names can be powerful, the words we ascribe to things can become self-prophecy, and the use of language can be either malicious or benevolent. In the words of my predecessor, Carolyn Nystrom in her February 2012 Spirit article "Using Words": "Words and how we use language are powerful tools. They can create calm, irritate, exacerbate, reassure, excite, diffuse, clarify, confuse, depress, uplift or empower among other emotions."

So, as I ponder the name of this virus, I keep attempting to alter my viewpoint and framework and adjust the words I use to describe this time period as I think of what this specific "corona" has brought into my everyday life. For just like the eclipse it is its own natural phenomena, regal in its own right, with an ability to cause disruption, reprioritization, fear, and/or refocusing. Similar to how earlier cultures feared an eclipse because they didn't understand it, or expect it, we have been caught off guard. Although we had some warning about COVID-19, we hoped we would not have to change or be affected for too long. Since those initial few weeks, we have been left with numerous losses: illnesses and deaths of friends and family, changing social norms, a precarious economy, no summer Olympics, changes to school schedules, and the list goes on. But alongside this there have been numerous gains for many in our community: more focused time with our immediate families and significant others, opportunities to work remotely, having more motivation to enjoy the great outdoors in new ways socially distanced, cooking a variety of different foods as restaurants were closed, time to spend on DIY projects, and the list goes on.

Therefore, some days as I try to reimagine this time through a different lens than the disappointment and anxiety that I can feel, I imagine a 'crown' as a kind of costume prop. I think of our family dress up box as a child. I keep going back to the bin trying to pick out the perfect outfit/costume for that particular moment. Sometimes it can feel more like this crown is made of paper, a cheap, temporary, flimsy version that doesn't really want to stay on my head. Other times, the tiara can seem powerful and shiny and bejeweled. The key is that I can pick how I view and describe this corona, the crown. Give it a try. Maybe the crown is a half-torn paper model, a party hat, or a heavy diadem in your life right now. Re-imagine the crown and perhaps the situation will seem different. After all, isn't that why dress up was so fun as a child? We can reinvent ourselves into a new version of privately-imagined beauty just as I did as a 6-year-old when donning my mother's glamorous (if ill-fitting) dress, a discarded gold purse, and large heels, feeling very accomplished and beautiful: to my mind, a perfect imitation of my mother. So much of how we experience a situation is about the stories we tell ourselves. This process may look absurd and clumsy to others, perhaps even to ourselves at times, but as the adage goes: "Beauty is in the eye of the beholder". I'm trying to refocus my eyes to be quick to behold beauty.



## In This Issue

- A Life well Lived
- Little Red House's Makeover
- Direct Patient Care Volunteers
- New Faces
- In-Services
- Important Dates
- Join in Securing Our Future



## A life well lived



A fix-it man and a caroler, Lynn Bockemohle will be deeply missed by our organization. It seems almost everyone in town knows Lynn and Sharon due to their vast array of volunteering roles, but around the hospice office we will miss the guy whose charming smile, helpful demeanor, melodic vocal register, and knowledge of Christmas carol lyrics will leave a void in our caroling group. One of the last projects we had Lynn's help with was putting together our standing desks and adjustable desks for the staff. I *stand* here typing this newsletter today thanks to him! Although deeply missed, in some small way I feel that he is remembered daily around the office in his photography that adorns our wall, the desks he assembled, and in the on-going giving, thoughtful, and caring work HPCWRV brings to our community - characteristics Lynn embodied in each of his volunteering roles.

## Little Red House's Makeover

One thing that COVID did not impede was progress on finishing our landscaping and irrigation on the west side of our building. Thanks to our garden volunteers, the Betsys: Betsy Ashton and Betsy Reniers, we have beautiful annuals and perennials surrounding our quaint abode. The Reniers' gift has allowed our backyard to become an oasis for the staff to sit outside with some chairs and umbrella to enjoy lunch shielded from the sun. As Criss shared, she's grateful to not be lugging a sprinkler around our lawn and getting her work clothes dirty.



## Direct Patient Care Volunteers

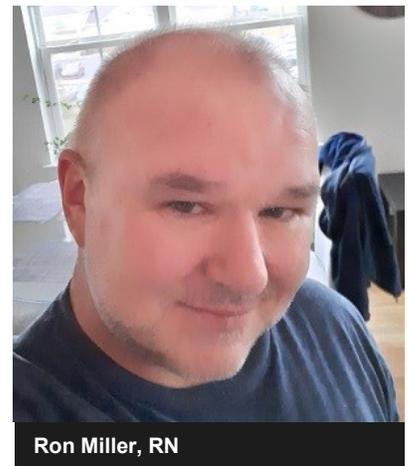
We have heard from many of you with offers to help. We are so appreciative of your patience during these times. We remain anxious to get you each back into our patients' homes, but we are very aware that there is still inherent risk in that close of proximity. As we try to balance these families' needs both practically and socially, we continue to offer financial assistance through our Caregiver Respite Program for those who have been unable to find the caregiving support a volunteer had been previously providing them. We plan to continue to assess the situation and the experts' opinions on the spread of COVID-19 and will reinstate this program when we feel it is safe to do so. Thank you for all that you do for this organization, your impact has been felt tremendously in your absence.



## New Faces in Hospice:

The youngest addition to our hospice team is Bergen Yarrow Graham who joined Hayley Rosen, our staff nurse, and family in June. Bergen is growing and doing well and the rest of our team has missed Hayley's presence as she has taken time to focus on her new mother role. Hayley still plans to fill in and help cover other nurses' absences, but her inability to work part-time as before has allowed us to welcome Ron Miller to our team. Ron has moved here from Pennsylvania so that he can enjoy all the mountains offer: mountain biking, skiing, small town living, and the vast outdoor spaces. A recent empty nester, Ron's two adult children are serving in the military and attending college respectfully respectively. Nursing is a second career for Ron, and we are excited to welcome him into the HPCWRV family.

We also have a new board member, Robert Elgee, who has joined our board after Deborah Mello's term ended. Bob has served as a district judge for many years in Blaine County and we are grateful to have his legal expertise and experience join our board.



Ron Miller, RN



Robert Elgee, Board Member

## Important Dates- Help!

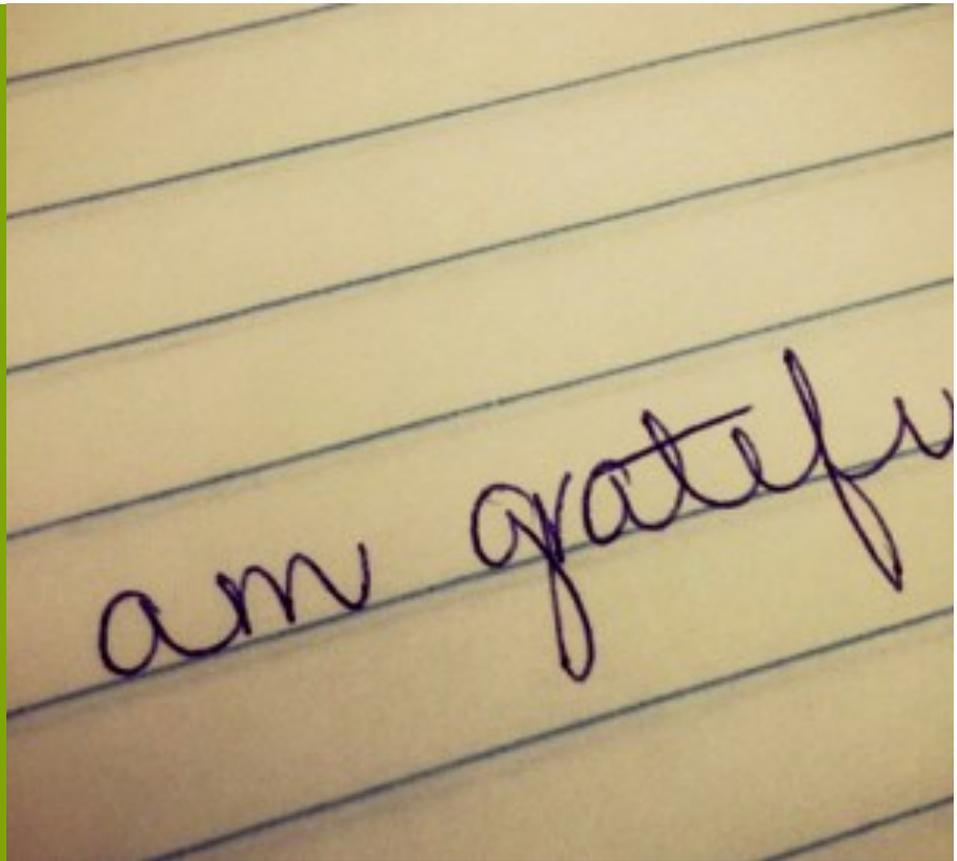
If you know someone who is grieving, please let them know about our **Fall Bereavement Support Group-October 7th ,14th, 21st and 28th~6-8 pm**. Ask them to call the office to sign up.208.726.8464

**Help with the Tree Mailer on Tues, October 30th. 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 November 6th.

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

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

Our **F.R.O.G.S.** Support group for children between the ages of 6-12 who have lost a parent or close relative is currently on hold.



## In-Services-RSVP 208.726.8464

The staff are using this time apart to read some books related to end of life and dying. We would love for you to join us as we start a **virtual** hospice book club this fall. Sign up to attend one or all of the following book discussions led by various staff. Grab the book from a local library or order it from a bookstore and come prepared to share your own thoughts about the book with other participants. We think you should estimate for an hour to an hour and a half, so grab a snack and beverage and let's congregate in a safe way online!

**September 22<sup>nd</sup>: 7:30-9pm:** *When Breath Becomes Air* by Paul Kalanithi. Chelan Keeter, RN will facilitate the discussion.

**October 22<sup>nd</sup>: 12-1:30pm:** *Being Mortal: Medicine and What Matters at the End* by Atul Gawande. Mary McGonigal, RN will facilitate the discussion.

**November 9<sup>th</sup>: 3-4:30pm.** *The Beauty in Breaking: A Memoir* by Michele Harper. Amber Sela, RN will facilitate the discussion.

**December 9: 11-12:30.** *Just Medicine: A Cure for Racial Inequality in American Healthcare* by Dayna Bowen Matthew. Lisa Wild will facilitate the discussion.

**January 7<sup>th</sup>: 10-11:30am.** *The Caregiver's Guide to Dementia: Practical Advice for Caring for Yourself and Your Loved One* by Gail Weatherill. Susan Woodruff, RN will facilitate the discussion.

**October 9th: 1-2:30pm.** *The Latest Coronavirus Information and HPCWRV:* Dr. Kathy Woods, our hospice medical director, is providing a virtual learning opportunity about COVID-19. Listen to the basics about the virus, what we currently know about vaccines and treatment, how our community is responding, how to best stay safe and prevent being sick, social responsibility for those who have already had the virus, and how COVID -19 is impacting HPCWRV.

## A Legacy Approach

Hospice and Palliative Care of the Wood River Valley operates entirely on individual donations and receives not governments funding. This allow us to provide service when, where and how it is needed, without the restraint of mandate or program restriction.

Join these people to insure our future, consider becoming part of our Legacy Program. Funding our future...believing in our tomorrow.

*As of 9/17/2020*

Emmy Blechmann

Janet & Roger\* DeBard

Karen Detwiler

Rory Donald

Criss Fallowfield \*

Robert Gwinner

Susie King

Ruth Lieder\*

Wilson McElhinny

Adrian Norris

\*Present & Past Hospice Volunteer

## Contact Us

**HPCWRV**

PO Box 4320

Ketchum ID 83340

208.726.8464

[hospice@hpcwrv.org](mailto:hospice@hpcwrv.org)

Visit us on the web at

[www.hpcwrv.org](http://www.hpcwrv.org)

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

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

PO Box 4320

Ketchum ID 83340

PLACE  
STAMP  
HERE