



THE SPIRIT

Hospice and Palliative Care of the Wood River Valley Newsletter

October 2022

ROUND AGAIN



Annually, the National Hospice and Palliative Care Organization facilitates a Leadership Conference in the Washington DC area, which provides a place for leaders in the industry to network and learn from experts in the field. This year the conference was held in-person for the first time in two years. I found myself in a sea of faces from all

over the country meeting near the banks of the Potomac River for three days. The location was a large hotel with conference facilities that viewed the National Harbor which had a large amusement park sized Ferris wheel that sat at the end of a pier. Fare for a ride was complimentary with the hotel stay, so I spent one chilly, windy, and rainy evening winding my way through a maze of concentric chains leading me to the head of a non-existent line. Apparently, no one else wanted to go for a Capital Wheel Ride in the inclement weather on a Wednesday, although the enclosed heated gondola cars were made for rain or shine.

The ride itself provided a panoramic view of the shoreline and the boat traffic of the Potomac. There were several times the cart halted and swung back and forth suspended in the sky as new patrons loaded onto the ride. Once everyone was on board, the wheel proceeded to revolve uninhibited for approximately fifteen minutes, each full rotation taking two minutes of time. I found myself reveling in the somewhat methodical, expected, and yet slowly changing scenery: the location of the river taxi varying ever so slightly based on my on-going shift in place.

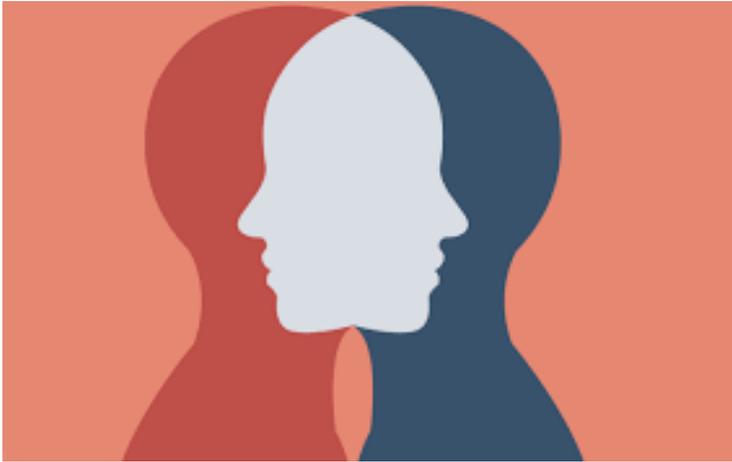
Thinking of our unique space we each fill during life, I am reminded what we visualize and experience, comes from our very specific vantage point in a specific moment of time. While riding the Ferris wheel I was constantly aware of where my gondola was hanging in comparison to the others. At one point slightly below the gondola I followed, and in a matter of seconds, I was sitting above the very same cart, each of us seeing a slightly different scene. Up and down, round and round. How unsettling this can be in our normal daily lives and yet we will purchase tickets to celebrate this experience in a neon lit apparatus on the end of a pier.

Our own unique space in time cannot ever be exactly repeated even in an enclosed circular fair ride that's trajectory seems to be repetitive. How amazing for our patients and families who are processing their lives and their journey. How humbling for each of us as we realize even the banal aspects of our lives are actually quite extraordinary when considered in this light. Perhaps we can learn from the Ferris wheel's rhythm, to relish each moment and enjoy the scenery as we go round again because at some point, our ride will end.



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Changing Faces

We continue to add some new faces to our team and are pleased to welcome **Taylor Keen, RN**. Taylor has recently moved from Colorado with her husband and two large dogs. They have been eyeing the Wood River Valley for a few years and Taylor recently worked a travel stint at St. Luke's Wood River to give this area a try before committing to a permanent job. We are thrilled she chose to bring her experience to our team!

Christine Peterson, RN, is another addition to our hospice. Christine has also moved here most recently from Colorado as she found herself desiring to be closer to family during the COVID isolation period. She has been working at the St. Luke's Hailey Clinic for over a year and is joining us to go back to her original field of home-based nursing care. She and her cat are making the move from Bellevue to Ketchum for a change in scenery. Christine and Taylor are joining us as **Adali Paccheco, RN**, is leaving. Adali will be working on the medical surgical floor at St. Luke's. She has been a wonderful asset to our team, and we wish her the best in this venture.

Mary McGonigal, RN, is also planning on retiring the end of October. If you gasped and bemoaned this fact immediately after reading it, that's exactly how we feel. Mary plans to enjoy retirement to the fullest: working in the garden with her husband, who is also retired; watching her youngest son compete in his last year of college cross country races; continuing her voracious reading; playing with her grandson; and going on dog walks with her elderly lab. We are indebted to Mary for all her years of service for HPCWRV and in this community. Mary has a calm, approachable, and empathetic presence which has served many patients and families in her time with our organization as well as in precepting many of our new staff. Her teamwork, humor, and can-do attitude will be missed immensely by each of us!

We are happy to announce that **Al Stevenson** will be rejoining our board. Al worked for the President of the old hospital in our Valley, so his healthcare knowledge and leadership skillset will be a welcome addition to our board.

Special Volunteer

Needs:

- ◆ We are always looking for some snacks and baked good for our fall bereavement support group that will be meeting once a week in October. General items that are enjoyed are sweet treats, breads, or a savory appetizer. Please call the office if you feel you would like to put your culinary skills to the test.
- ◆ We are looking for a few good sewists. 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 COVID a few of those blankets have not been returned 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 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 also trying to initiate a group of volunteers who are trained to interview and formally capture patient stories. We will be using a media kit provided by Story Center, to record the individual stories patients want to share with us over the course of one or two interviews. If you aren't intimidated to learn technology for editing and are interested in this unique form of volunteering, please call the office.



Important Dates

Mailers. Can you help?

Help Us! Sign Up!

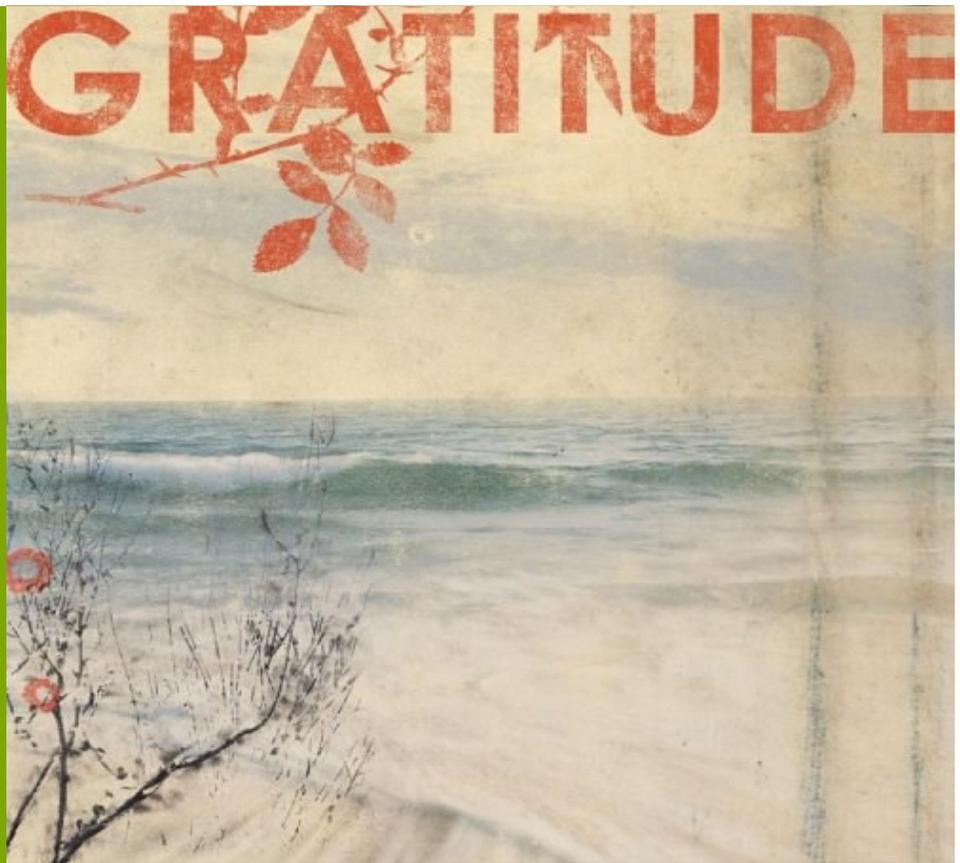
1. Help with the Tree Mailer on Monday, October 31st. 10:00. We need (12) people. You will pick your package up at the office and do the stuffing of envelopes at your home to put in the mail on Monday, November 7th.
2. For National Hospice Month we need (12) bakers to bake (6) SMALL loaves of sweet bread. Drop off at the office November 7th, before 11:00 AM
3. We need (3) people to bake 1 dozen Christmas cookies or bars for Coping with the Holidays~bring to the office November 17th 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 5th before 1:00.

Groups

Fall Bereavement Support Group begins Oct 6 If you know of anyone that may be interested, call the office.

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

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 meeting on the fourth Thursday of the month from 4:30-5:30pm.



Looking Forward

In-Services-RSVP 208.726.8464

The Social Worker's Role in Hospice: October 25th 11-12:30pm.

Come learn from our new Social Worker, Jini Wilson, LCSW, about what a social worker can provide to our patients, team, and community. We are thrilled to have this new addition to our team.

Death with Dignity: November 17th 2-3:30pm. Ever wonder what this term means? This topic has been sweeping the country as many states have legislation passed or in process. We will discuss the term, how it is defined in different states, and what this means for hospices.



Maple leaves turn black in the courtyard.
Light drivers lower and on bluejay crams
our cold memories out past the sun,

each time your traces come past the shadow
and visit under my looking-glass fingers
that lift and block out the sun.

Come-I'll trace you one final autumn,
and you can trace your last homecoming
into the snow or the sun.

Annie Finch, "Final Autumn"

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