



# THE SPIRIT

Hospice and Palliative Care of the Wood River Valley Newsletter

February 2023

## SWAN SONG

Last winter I sat in the Argyros Performing Arts Center listening to the music of International Guitar Night. I sat enraptured by the melodies from various parts of the world as the skillful guitar players moved their fingers across the neck of their uniquely shaped guitars. The four artists on stage were each experts in different styles of guitar playing. Many times, the styles were not obvious fits with some of the other performers' styles, yet they creatively played in different configurations throughout the night, at times playing in various duos, performing as an entire group, or playing as soloists while engaging the audience and interacting with each other on stage.

One of the performers had come from a European Gypsy heritage and brought this style of guitar playing to the stage. Before one of his songs, he shared about his family and about writing this song in remembrance of his grandmother. As I sat listening to him and another guitarist playing the music, tears came into my eyes as each tone rang through the hall. I thought of my own grandmothers, my grandfathers, and for a brief moment I was overcome with a sense of wonder at the connectivity of each of us that seemed so apparent in this melody. In what seemed suspended time, a deceased gypsy stranger and I were experiencing an unexpected encounter in that auditorium seat amid other whispers and presences. I was reminded not just of my family, but the artists' families, of heritage, of our origins, along with our continuation. In some mystical way, I heard the tune of each of us and all of us represented in the different notes of the song.

As I am writing this final newsletter, the board is busily working on finding my replacement. As many of you have heard by now, I will be stepping down from my role as Executive Director with Hospice and Palliative Care of the Wood River Valley this April. I plan to go on to graduate school to pursue my Master's in Nursing Education. As I prepare for my departure, I am reminded of the emotional moment listening to that tune in the Argyros and of the version of 'music' that I have been able to create here alongside some amazing individuals both concurrently, as well as successively. My time with this organization has served as an important refresher for me of the grass root efforts of hospices past. That was a time when all hospices focused on meeting the needs of their clientele versus on health insurance reimbursements or non-profit versus for-profit debates. It's a reminder of the heritage of the sweet melody line that I inherited and it is a song that will continue past my departure and past each of us.

I will miss the beautiful souls that I have interfaced with while having the honor to sit in this position. I have no doubt that the next Executive Director will be able to carry on our strong legacy and heritage while making our organization even more impactful. Just as I was openly welcomed by each of you, I know our hospice organization will be quick to help and bring a sense of familial welcoming to my successor, which will provide start to success for whomever will eventually step into this position.

Thank you to each of you for your commitment to our mission, for working alongside me, for attending my trainings, for sitting with me in boardrooms, but most of all, thank you for making this work the highest level it can be for our community. Thank you for the opportunity I had to contribute to the musical line of the Hospice and Palliative Care of the Wood River Valley, and I look forward to continuing to listen for our organization's expanding melody in the years to come.



## In This Issue

- Year Review
- Grief Giving Back
- Need & Opportunities
- Important Dates
- Inservices
- Special Volunteer Needs





## YEAR IN REVIEW

We thought you may be interested in what happened at Hospice and Palliative Care of the Wood River Valley in 2022

- 2,622 RN visits
- Three new RNs joined our team, while two RNs left our team
- A full-time Social Work was added to our interdisciplinary team
- Two volunteer chaplains are part of our interdisciplinary team
- Every patient has received a hand-made (by a volunteer) birthday card
- Over 100 flower bouquets arranged by a volunteer have been passed out to patients
- We added one new board member
- Two new volunteer classes, adding 5 new volunteers
- 1,396 Volunteer hours
- Our support groups are now meeting in person
- F.R.O.G.S children's grief group was restarted. F.R.O.G.S. (Finding Real Options for Grief Support) is for six to twelve-year-olds who had a parent die.
- 1,638 individuals our organization assisted in 2022

### Grief Giving Back

If you haven't had a chance to see the article in the Eye on Sun Valley, we were the recipients of an individual's creative generosity. [https://eyeonsunvalley.com/Story\\_Reader/10044/Grieving-Mother-Finds-Way-to-Say-Thanks/](https://eyeonsunvalley.com/Story_Reader/10044/Grieving-Mother-Finds-Way-to-Say-Thanks/)



### Needs and Opportunities:

We could use some *twin sheet sets* for our hospice patients who are in a hospital bed. If anybody has some used sheets that are in nice enough shape and would like to donate them, or if you would like to purchase some new sets for us, it would be appreciated.

We are also looking for some volunteers who could help with our bereavement support groups. We want to incorporate creative grief work into our classes and are looking for some music therapists, art therapists, or trained yoga instructors. If you, or anyone you know possesses these skillsets, would you talk with them about becoming a volunteer with our organization? And if it is you, well, give us a call! 208.726.8464



## Important Dates

### Mailers. Can you help?

Help with the Annual Report Mailer on **Friday, Feb. 24th 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, March 3rd**.

Help with the Annual Funding Letter Mailer on **Tuesday, May 23rd 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 **Tuesday, May 30th**.

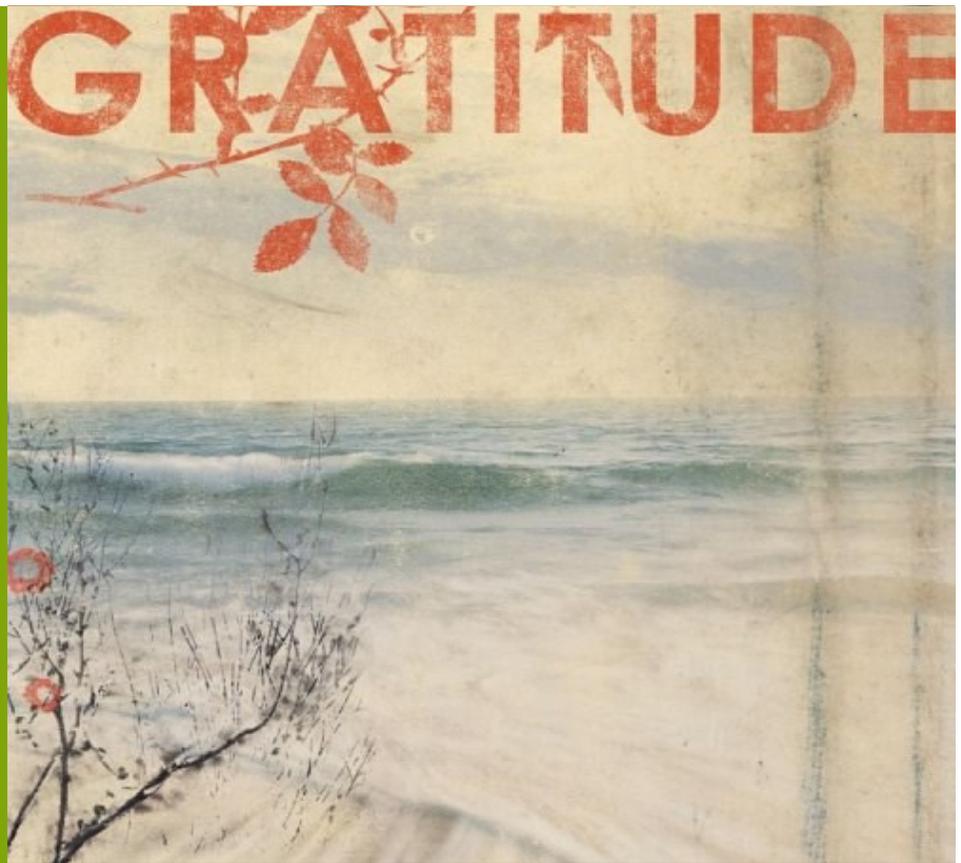
### Groups

**Drop-in Winter Bereavement Support Group** begins February 7<sup>th</sup>. This will be offered over the course of five weeks.

**Spring Bereavement Support Group** begins **April 4** 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. **208.726.8464**

**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. **208.726.8464**

**F.R.O.G.S.** Support group is meeting the third Thursday of every month from 4:30-5:30 pm at the office for children between the ages of 6-12 who have lost a parent or close relative. **208.726.8464**



## Looking Forward

### In-Services-RSVP 208.726.8464

**February 13<sup>th</sup>: 1-2:30pm: *Little bit of Love*.** Come decorate sugar cookie hearts to distribute to our patients for Valentine's Day. Get your creative juices flowing as you beautify the cookies. And don't worry we will share a little of the love with you too as you taste test your masterpieces.

**March 8<sup>th</sup> 10:30-12: *Boundaries*.** This is one you won't want to miss as we will go through examples to discuss how to navigate living in a small town, your caring heart, while also protecting the privacy of your hospice patient. We encourage ALL hospice volunteers to join us on this one. And if you think that you don't feel this is applicable to you, then you may be the one who especially should sign up.

**April 18<sup>th</sup>: 2:30-4pm: *The Latest Hospice Information*:** Tina Beerger, RN, and Jini Wilson, LCSW, plan to share what they learned at this past Fall's National Hospice and Palliative Care Organization's Annual Conference. This is a great opportunity to hear about the most recent research, care and treatment of hospice patients.

### National Health Care Decision Day

is April 16. Host a dinner party, talk to your book club, or just phone a family member, but pass the word to others about the importance of giving thought to Advance Healthcare Directives. Advanced HealthCare Forms are at the office.

## Special Volunteer Needs



We are always looking for some snacks and baked good for our spring bereavement support group that will be meeting once a week in April. 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.



## Contact Us

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PLACE  
STAMP  
HERE