

## National Volunteer Month

**High Desert Hospice** has 23 **volunteers** signed up and another 10 who help out occasionally. These individuals' abilities are varied and they are used throughout the organization.

Regulations require that we do a 5% match in volunteer hours of all paid care hours. For 2014, HDH had a 22.26% match with 809.75 total hours which is valued as a \$17,175 savings.

**Volunteers** are people who give of their time to help others without expectation of rewards or recognition. Simple acts such as taking a meal to a neighbor who is ill or plowing the snow from someone else's driveway without being asked to do so are examples of volunteerism.

This great country is filled with people who give selflessly of themselves and their acts are often taken for granted. Erma Bombeck characterized volunteers as very special people when she said....

*Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another. ~Erma Bombeck*

Please take time this month to observe those who are always giving of themselves and thank them for their time, even though they are not expecting your thanks.

Find ways you can share in this noble endeavor of volunteering. If you are interested, you can find opportunities for volunteering in the Klamath Falls area by doing a quick web search.

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See the *Volunteer Corner* in this issue for information about how High Desert Hospice will recognize its volunteers.

## On Being an Anamcara Companioning The Dying

### *An Ancient Celtic Prayer* (adapted)

*I pray that you will have the blessing of being consoled and sure about your own death. May you know in your soul that there is no need to be afraid. When your time comes, may you be given every blessing and shelter that you need. May there be a beautiful welcome for you in the home where you are going. You are not going somewhere strange. You are going back to the home you never left. May you have a wonderful urgency to live your life to the full. May you live compassionately to transfigure everything that is negative within and about you. When you come to die, may it be after a long life. May you be peaceful and happy in the presence of those who care for you. May your going be sheltered and your welcome assured.*

*May your soul smile in the embrace of your anamcara*

*Choosing to be truly present with one who is approaching their final weeks or days of life here is one of life's greatest privileges. It takes courage to commit to such a role as companioning another who is facing death. But, if we can trust the wisdom of the sages of the past, we will come to understand that it is the dying who will become our greatest teachers.*

*Those who journey with the dying have been referred to as spiritual midwives, spiritual companions or death coaches. The ancient Gaelic term anamcara is used in the Celtic tradition to refer to one who is a soul friend. This simple translation can encourage any and all to take up the mantle of being a compassionate supporter and companion to those who are undergoing life's most important transition.*

*Richard Groves, author of *The American Book of Living and Dying* and founder of the *Sacred Art of Living and Dying* education series, offers what he termed the "Ten Commandments of the Anamcara."*

*Due to considerations with the length of this article we will review five of the ten.*

*(continued on next page)*

## On Being an Anamcara Companioning The Dying (Continued)

**<sup>1</sup>BE PRESENT** - This being the first and most important "rule." This involves making a commitment to be available to the one who is terminally ill. This refers to being "present" and attentive to the one who you are companioning. It is important to be emotionally available as well as physically there. Take the time to "gather yourself" and connect to your source of peace and well-being within so that you can offer that to the one you're caring for.

**<sup>2</sup>TRUST THAT WHO YOU ARE IS ENOUGH** - It is normal to feel inadequate at times like this. But remember, it is your "being with" that matters more than your "doing for." Try to be honest and authentic with yourself. You cannot go wrong when you offer simple gestures of kindness and casual conversations

**<sup>3</sup>SHARE WITH YOUR LOVED ONE AS AN EQUAL** - One of the main complaints from people who are chronically or terminally ill is that friends and family treat them differently. Their illness can take on an identity of its own, and they themselves can feel lost to who they are. They may be sick, but they are still the people you have known and loved. Continue to cherish their own uniqueness and individuality

**<sup>4</sup>LISTEN RATHER THAN BEING CONCERNED ABOUT DOING** - Often, when uncomfortable with the moment, we seek to "busy ourselves" with activity. . You're not there as a counselor, but a companion. Trust that their "soul knows the journey" and take your cues from them. Don't presume that you know what is needed. Be listening and attentive

**<sup>5</sup>PAY ATTENTION TO CHANGING PRIORITIES** - Changes in personality and priorities can be somewhat uncomfortable to friends and family. But such changes are a natural part of the dying process. A person may become more withdrawn and contemplative. Remember, they are feeling their way through this process and they themselves may not always discern what is going on within the deeper recesses of their being. Again, try to take your cues from them and keep your relationship current to the moment you are in together.

Adapted from: Groves, Richard F. The American Book of Living and Dying ; Celestial Arts, Berkley 2005



Patrick Stroup  
(Chaplain/Bereavement  
Coordinator)

## New Faces at HDH

**Liz Tidwell** was born and raised in Klamath Falls. She and her husband of almost two years, spend the majority of their time with family and friends. Liz has been working in healthcare since 2012 mainly with geriatric patients which is her passion. She became a Licensed Practical Nurse in December of 2013, and joined High Desert Hospice February 16, 2015. Liz is "proud to be involved in the compassionate care that is provided to our patients and their families" and feels she is definitely in the right place.



Liz has just been accepted in the OHSU RN program at OIT and will begin her classes this fall. Congratulations Liz!



**Linda Thomas** joined the staff at High Desert Hospice August 25, 2014 after a lengthy career in the medical arena. Linda began her career as a volunteer for Klamath Falls City Fire Department as an EMT and firefighter for about 7 years. Wanting to expand her knowledge and capabilities, Linda enrolled at OIT, graduated with a BSN, and began working in the Emergency Room. She also continued to work as a firefighter/paramedic for Klamath County for the next 13 years. She maintained this energetic schedule until her retirement in early 2012. As many of us realize, retirement is a time when we reevaluate our lives and then find something we feel is worthwhile to do. For Linda, this was as a supplemental RN at

High Desert Hospice.

**Elena "Nena" Herrera** became a member of High Desert Hospice January 5, 2015 and comes to us by way of Wyoming, Colorado, New Mexico, South Dakota, and Alaska. Each stop along her journey to High Desert Hospice has equipped Nena with knowledge and experience that will be invaluable to our patients and their families. Nena has a BSN, is a Family Nurse Practitioner, and a trained Hospice Nurse specializing in caring for children. Her experience includes working as a Nurse's Aide in Colorado; Indian Health Services and Pediatric ICU in New Mexico; Hospice care in South Dakota; and Health Aide training, Well Child programs, and clinic work in Alaska. In addition to her services at High Desert Hospice, Nena works at Klamath Walk-In Center.



## New Faces at HDH

**Teresa Stroup**, Social Worker, joined our team September 2014. She comes from Lutheran Services where she worked as part of the management team for the past 8 years. She has been active in the field for over 30 years and brings expertise in group facilitation, teaching, counseling and international training. Teresa is known for her straight forward approach combined with her love and compassion for those needing care.



**High Desert Hospice welcomes each of these extraordinary individuals and looks forward to a long, caring and prosperous relationship!**

## Family Comments

Thank you from the bottom of my heart for allowing my dad to die the way he wanted - in his own home. There are no words.

To everyone involved in this wonderful organization, thank you all for the services you provide to families in their time of grief.

## Save The Date



High Desert Hospice is celebrating ten years of service to the Klamath Basin on Saturday, June 20, 2015. We have been privileged to serve 1,288 patient and families since 2005. We are combining our 10th Anniversary celebration with our annual Foundation fundraiser - our parking lot sale. In addition to the great items for sale, we will have a barbecue and raffle drawings for prizes throughout the day. Please join us in celebrating and honoring the lives of those we served.

10 Year Celebration

## Foundation News

### Annual Parking Lot Sale

The High Desert Hospice Foundation will hold our third annual sale on Saturday, June 20, 2015. Currently this is the only fundraiser HDH conducts. Last year's sale was such a rousing success and we would like to make this year's even more so. The Foundation uses the money made from this sale to help our patients and families with necessities that insurance does not cover.



We will be looking for donations to help make this year's sale a success. So, put aside those clothes and household items you have been meaning to donate and help us help those in need at a critical time in their lives. Please remember that any donations should be clean and usable. We will need volunteers to help get ready for the sale and to work the day of the sale. Please contact Karen Little, Volunteer Coordinator, 541-882-1636.

### Donations



Just a reminder that when you donate to High Desert Hospice, these donations go to our nonprofit foundation. High Desert Hospice Foundation is a 501(c)(3) nonprofit organization and 100% of the money donated to the foundation goes directly to patients and family needs. Administrative costs are donated by High Desert Hospice. Your contribution is tax deductible to the extent allowed by law.

High Desert Hospice LLC  
2210 Shallock Avenue  
Klamath Falls, OR 97601

## Volunteer Corner

April is volunteer appreciation month. Our appreciation dinner was April 21, 2015. The theme this year was the 10th anniversary celebration of High Desert Hospice. Several of you have been giving of your time and talent almost the whole time. I so appreciate all of you and it was great to see you at the dinner.

Frederick Keonig once said, "We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have." I agree with Mr. Keonig. I can't say often enough or loudly enough or eloquently enough how great High Desert Hospice Volunteers are.

***You are the best!***  
***Karen Little,***  
***Vol. Coordinator***



~Call to Volunteer with  
***Karen Little,***  
***Volunteer Coordinator~***  
**(541) 882-1636**