

Holiday Greetings from our Staff

The staff and volunteers of High Desert Hospice and the High Desert Hospice Foundation wish you a holiday season filled with peace and love.



Front row – Shadow and Pete

Second row – Kayla Hampson-Office Assistant, Teresa Pastorius-Administrator, Jan Florez-Office Manager

Third row – Yolanda Suarez MD, Virginia Hughes-Hospice Aide, Kathy Smith LPN, Karen Little-Chaplain, Volunteer Coordinator & Bereavement Coordinator, Louise Leshner-Chaplain, Cindy Archuleta-Moran RN, Barbara Bryson RN-Owner

Back row – Ed Mason-Owner, Karla Cossette RN, Debbie Bennett-Massage Therapist, Daryl Cooper LCSW-Social Worker, Bob Mabou-Social Services Coordinator

Not Shown: Denise Roskos RN, Lana Gentry-Hospice Aide, Steve Eddy FNP, Brandon Chase MD, Lynda Bryson-Co-Owner.

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New Staff Members



Kathy Smith LPN joined High Desert Hospice in February, 2011. With 5 years hospice experience, Kathy is a real asset to our hospice team. Kathy is also a Certified Hospice and Palliative Licensed Nurse. Here is a little more about Kathy in her own words:

I have lived in Klamath County for 16 years. I have 4 grown sons and 1 grown daughter and ten grandchildren.

I graduated from practical nursing school in 1980. I was a single mom with 2 small sons at that time and had no help so I always tell people who think they can't go back to school that if I could do it so can they. I have experiences in most aspects of nursing to include ER, OB, and med-surg.

In my 40's, I decided to return to school and graduated in 2006 with a bachelor's degree in Applied Psychology. Mental Health work is my second love with Hospice being my first.

I have been doing Hospice nursing for about 5 years. I feel that being invited into someone's life at such a difficult time is an honor and privilege. Caring for Hospice patients is as personal and private as being present when someone is born.

It has been a joy to work with High Desert Hospice and I look forward to many years of doing what I love at the agency that has won my heart.



Karla Cossette RN BSN is our newest registered nurse having joined us in July, 2011. Prior to joining us as a staff member, Karla was a student nurse and did a rotation through High Desert Hospice. After working with our wonderful patients and families, Karla knew that she wanted to be a hospice nurse.

I moved to Klamath Falls from Bismarck, North Dakota, 21 years ago with my husband and our five children. I was born and raised in North Dakota and was the 2nd oldest of 9 siblings. As a teenager, my first 'real job' after working on the family farm, was as a nurses' aide in a long term care facility; I admired the aides and nurses and it was my intent to become an RN. I loved nursing and I loved the residents. It was the first time I realized that death was a process and not something to fear. One of my sisters died of cancer in 1995 after a 4 year battle. Within 8 months of her death, two friends in Klamath Falls also died of cancer. I saw the value of Hospice in their care and I greatly admired the Hospice nurses. I love my job at High Desert Hospice and am proud to be included in the ranks of Hospice Nurses.

High Desert Foundation Receives Tax-Exempt Status

The High Desert Hospice Foundation is pleased to announce that we have received our 501(c)(3) tax exempt status from the IRS. All donations to High Desert Hospice go into the Foundation and are only used for hospice patients and families. After the end of the year, donors will receive a letter showing their donations are tax exempt.

Once again, we thank all of our generous supporters who make the lives of our patients and families easier in this difficult time.



Candle Memorial

The candle lighting ceremony is a way to honor and remember your loved one any time, but is especially meaningful during the holidays.

You will need 4 candles.

This **first** candle represents our grief.

The pain of losing you is intense.

It reminds us of the depth of our love for you.

This **second** candle represents our courage.

To confront our sorrow,
To comfort each other,
To change our lives.

This **third** candle we light in your memory.
For the times we laughed,
The times we cried,
The times we were angry with each other,
The silly things you did,
The caring and joy you gave us.

This **fourth** candle we light for our love.
We light this candle that your light will always shine.
We cherish the special place in our hearts
that will always be reserved for you.

We thank you for the gift
your living brought to each of us.
We love you.
We remember you.



Coping With the Holidays

Grief is a uniquely individual response to loss. Getting through the first few months is hard work and our hearts are with you.

With good reason, holiday seasons are often among the most emotionally difficult of times for people who have experienced the death of a loved one. Holidays are intended to be a time of great joy, family togetherness, gift giving and thankfulness. Yet, if someone in your life has recently died, holidays can evoke extreme sadness, loneliness and emptiness. Here are a few suggestions which may help you deal with your loss.

- Start thinking of what you will do now – don't wait. Preplanning any changes can be less stressful than doing everything the same way which highlights your loss.
- When the family is together, you might think of some ritual which might be to light a candle, or prepare his/her favorite foods, or make an ornament in his or her honor.
- Give yourself permission to choose to do as little or as much as you want.
- Tell your stories again. And again. And again. You may not think it will help but it will.

If there is anything we can do to help, please give us a call or drop us a note. And remember, our support group meets every Wednesday from 5:30 p.m. to 7:00 p.m. at 4200 Summers lane in Klamath Falls (Alpine Meadows Mobile Home Park Community Center). We also have a second group that meets on the 2nd and 4th Saturday of each month from 11:00 am to 12:30 pm at our office at 2894 Greensprings Drive. This is a module type group covering specific topics on grief, but you can start at any time. Sometimes just attending a few meetings gives us that extra help we need at this time of year.

Davenport's Chapel of the Good Shepherd—541-883-3458
O'Hair & Riggs Funeral Chapel—541-884-3456
Shasta Litho—541-882-0178

Special Thanks to our Sponsors:

High Desert Hospice LLC
2894 Greensprings Drive
Klamath Falls, OR 97601

Volunteer Corner

Nearly 25% of all deaths in the United States are Veterans. These Veterans deserve our very best care and support. You can help by becoming a volunteer.

We are ready to start our training for Veteran to Veteran volunteers. If you have a military background and can spare a few hours per month to talk with a veteran facing the end of life, please call Karen at 541-882-1636.



WE HONOR VETERANS

Death leaves a heartache no
one can heal, love leaves a
memory no one can steal.
~From a headstone in Ireland