

August, 2021



WHAT KEEPS ME DEDICATED

This spring we asked you to please take a minute to send us an email with the subject line “what keeps me dedicated” and in the body of the email to please describe what keeps you dedicated. Many of you responded, and it was WONDERFUL and inspiring to read your answers.

[If you didn’t answer in the Spring, or if your answer has evolved or changed, please drop me a line. We would love to share more of your words among the group. Send your email to me at:

arobinson@evergreenhealthcare.org Thanks, Alicia]

(We’ll be running 1-2 of these responses in future editions also, as they come in, -Editor)

Below, are 2 of the responses we’ve received:



NAME: Priscilla Wiest

HOSPICE POSITION and CURRENT VOLUNTEER ROLE: Bereavement Phone Caller, Caregiver Phone Caller, Tuck in Volunteer, Office Work Volunteer. If able, Field and Inpatient Volunteer.

WHERE ARE YOU FROM/WHERE HAVE YOU LIVED? WHAT AREA DO YOU LIVE IN NOW? I am from Rochester, NY. My parents moved to Amelia Island, Florida when I was in college. I have lived in Boston, Washington DC, Tokyo, and Seattle. My in-laws moved to Amelia Island 25 years ago, so we go there often.

WHAT KIND OF THINGS FLOAT YOUR BOAT? Yoga, walking, and of course volunteering for hospice. I also love to get together with friends and family.

IF YOU ARE COMFORTABLE, SHARE A LITTLE ABOUT YOUR CURRENT FAMILY? PETS ? I have a very groovy husband named Tim. We have a son and daughter-in-law with 2 kids (3 ½ and 2) that live in Seattle. We take care of the kids at least 1 day a week. We also have a daughter and son-in-law who are moving from Atlanta to Denver (so guess where I will be some of the time?)

WHAT ARE A COUPLE OF THINGS PEOPLE MIGHT BE SURPRISED TO LEARN ABOUT YOU? I used to be an oncology CNS and hospice RN until I suffered a stroke in 1993.

WHAT OTHER TYPES OF JOBS/WORK/VOLUNTEERING HAVE YOU DONE, BEFORE YOUR CURRENT POSITION AT EVERGREENHEALTH? I was a volunteer tutor in Brookside Elementary School from 2001-2016.

WHAT BROUGHT YOU TO HOSPICE? I started out in adolescent medicine and bone marrow transplant (and other oncology research). Being short on cash I picked up a weekend on-call position at the brand new Hospice of Cambridge in 1985. I was hooked. I had seen so many people die long arduous deaths in the research setting. Hospice was so refreshing.

WHAT DO YOU FIND THE MOST REWARDING? Helping people learn and grow through the process of death and dying as well as bereavement and grief. I LOVE the group of people I work with. The staff and volunteers are fabulous. The Volunteer Coordinators are such amazing people and their support of us is heartwarming.

WHAT ARE YOUR FAVORITE FOODS AND BEVERAGES? Strawberry Rhubarb Pie and Diet Coke

WHERE IS YOUR FANTASY RETIREMENT LOCATION? I'm in it!!

ADD ANYTHING ELSE...I love feeling part of the team, and the staff always make the volunteers feel that way.



NAME: Megan Weersma

HOSPICE POSITION and CURRENT TEAM (WITH LENGTH OF TIME): Social Work Case Manager on South Team, 1.5 years as CM, about 4.5 years with EHCS Hospice in total.

WHERE ARE YOU FROM/WHERE HAVE YOU LIVED? WHAT AREA DO YOU LIVE IN NOW? I'm originally from Northern Nevada, a small town outside of Carson City. I went to college in Reno, Nevada and moved up to Seattle in 2008. I now live in beautiful West Seattle.

WHAT KIND OF THINGS FLOAT YOUR BOAT? I enjoy reading, especially fiction, although some occasional nonfiction as well. I watch a lot of movies with my husband and I'm watching all the Oscar Best Picture Nominees. I'm currently working through the 1970s on that project. I also do cross-stitch projects from time to time and used to do organized fun runs, when that was a thing...

IF YOU ARE COMFORTABLE, SHARE A LITTLE ABOUT YOUR CURRENT FAMILY? PETS? My husband, Paul, is from Minnesota originally and works in a warehouse for outdoor and camping equipment. We have a son, Harper, who is about a year old and is just the sweetest little guy 😊

WHAT ARE A COUPLE OF THINGS PEOPLE MIGHT BE SURPRISED TO LEARN ABOUT YOU? I used to speak pretty fluent Spanish, having studied abroad in Spain, and even read the Harry Potter, Hunger Games, and Narnia series in Spanish. I'm not as good as I once was though, because if you don't use it, you lose it.

WHAT OTHER TYPES OF JOBS/WORK HAVE YOU DONE, BEFORE YOUR CURRENT POSITION AT EVERGREENHEALTH? I worked for 5 years at Crisis Connections, both on the 2-1-1 information line and as the Caregiver Specialist, supporting unpaid family caregivers. I also was an AmeriCorps volunteer through King County Housing Authority, placed in a family center in SeaTac, where I worked with both middle school children and seniors.

WHAT BROUGHT YOU TO HOSPICE? I was very close to my grandparents who were very hospice oriented in philosophy although they sadly were never connected to it as a support. I've always wanted to work in aging because of my close relationship to them. In my previous job, I had many Hospice social workers refer families to me for support. When I started my MSW program I knew I wanted to have one of my practicums at Evergreen Hospice to see if it was the right path for me. It's been a great fit for me!

WHAT DO YOU FIND THE MOST REWARDING? This is a journey that can be so daunting, overwhelming, and confusing. Any bit of support and guidance I can provide is a privilege.

WHAT ARE YOUR FAVORITE FOODS AND BEVERAGES? I could eat Mexican food every day for the rest of my life and be completely happy. Enchiladas, huevos rancheros, chile relleno, all delicious!

WHERE IS YOUR FANTASY RETIREMENT LOCATION? I'd love to travel the globe for retirement. Discovering amazing new things about cultures is such a great experience, if only I could do that full time! One can dream...



KUDOS

FAMILY

"I am very satisfied with Evergreen Hospice, have already recommended you to a couple of people at work and will continue to do so."

"Excellent care in all respects. The spiritual aspect especially impressive."

"I am very glad hospice care was available to [patient] and it was also a great comfort to me to have that support as I definitely wanted him to stay at home as he wished."

STAFF

"To all those who volunteer with Evergreen Hospice but especially those at the Hospice Care Center- Please know how much you are missed! The love, dedication and support that you have offered to our patients and their families, to the HCC itself - the care you have provided to the gardens, nurses stations and the building itself - and to the clinicians at the bedside, cannot be replaced and I feel your absence. I work nights so I rarely have direct interactions with most of you but I long for the day when we can be together again in person."

Hoping we all may soon have immunity and with gratitude-

-Kate RN, HCC

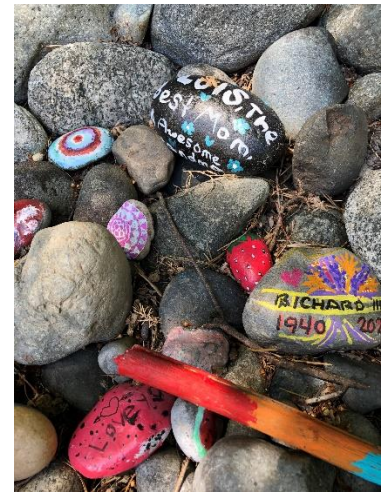
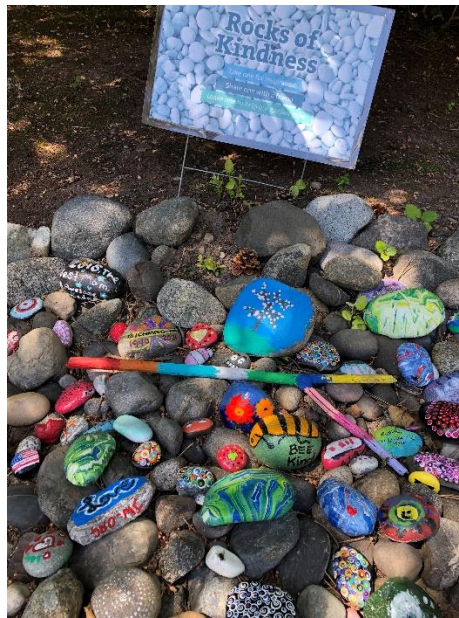
VOLUNTEER COORDINATORS

“Melissa, Sheri, and I are deeply moved by our volunteers sticking with us, trying new things (some outside of your comfort zones – far outside, in some cases!), supporting each other (and us), and patiently waiting to return to in-person volunteering.”

-Alicia

SPECIAL FEATURES

**SPECIAL THANKS FOR DONATIONS TO THE ROCK GARDEN –
KEEP THEM COMING!**



UPDATES AND ANNOUNCEMENTS

LAVENDER LEGACY KITS

Thank you to everyone who has helped so far with the ongoing project of making washcloths. That is an evolving task it seems, as we figure out patterns, yarn, and needle size, just so we have some consistency. We were able to put our first batch in some of the kits, so they will start to go out very soon. If you are interested in helping with this piece, please contact Melissa.

Also, thank you to those volunteers who came in for our first Lavender Legacy Kit assembly day. We were able to put 165 kits together in just 1.5 hours! If you were not able to make it, but expressed interest in future kit making, we will be in touch!



TUCK-IN CALLERS NEEDED!

We would love to have you join team Tuck-in! Tuck-in calls are made every Thursday, between the hours of 9a.m. and 7p.m. You can make them from home or, if you have all your paperwork in order, **FROM THE HCC!** You read that right! Tuck-in volunteers are now allowed back in the building! We are very excited!!!

Tuck-in calls are a failsafe for the amazing teams who serve our patients in family homes. Your job is to call the patient or caregiver to make sure that they have all the medications they need for the weekend, and to assess for comfort, pain, or anything else that their team or triage might need to know before the patient is “tucked in.” The call can also be a lovely opportunity for a little visit. As you typically call the same patients every week, you have a chance to form a relationship.

There is some extra training involved, which I am delighted to provide. If you’re interested, please send me an email (arobinson@evergreenhealthcare.org) for more information. I will send you an electronic copy of the manual so that you can get the full measure of the position before you decide.

Thanks! Alicia

CALENDAR OF EVENTS

HAPPY HOBBY HOUR

2nd Tuesday of every month

5:30-6:30 p.m.

Using: MS Teams

Bring your coloring books, rock painting, card making, doodling, knitting, painting, whatever you are working on, as we set aside an hour of our week to connect.

This is a time to just get together and connect with people that fill you up - your hospice peeps. Last month was a lot of fun and we hope you will consider joining us.

VIRTUAL YOGA CLASS FOR ALL LEVELS!

2nd Friday of the month (Beth)

4th Friday of the month (Kate)

9:00-10:00 a.m.

Microsoft Teams

PLEASE RSVP with Melissa Lubatti at mrlubatti@evergreenhealthcare.org

There is a registration form to fill out before you attend your first class.

NEWS AND INFORMATION FROM EVERGREENHEALTH

NEW: WE CONDUCT INTERNAL PHISHING TESTS – FOR ABSOLUTE SAFETY

Thank you for being vigilant, always. Please forward suspicious emails to the Help Desk. Do not open them! Delete them afterward.

Most security breaches of corporate networks originate with “phishing” emails. These are fake emails which entice a user to click on a link which may activate malware or may lead to a bogus website where a user’s login credentials can be captured. Thank you for being vigilant, always. Please forward suspicious emails to the Help Desk. Do not open them! Delete them afterward.

At EvergreenHealth, we employ systems that block most spam emails, but these systems are not perfect, and some will always get through to the user inbox. Therefore, we must be vigilant when using email and refrain from clicking on these links or entering our EvergreenHealth credentials on illegitimate websites.

/To help staff be “spam-aware,” EvergreenHealth periodically conducts internal phishing tests. Those who fail an internal test are required to complete corrective training to help ensure absolute safety at EvergreenHealth. We have partnered with a company called Knowbe4 for our phishing tests and education. If you click a link in one of our internal tests, you will receive an email from KnowBe4 within an hour or two with instructions for completing the training module. The email will look similar to this:

Dear [<user email>](#),

As [you](#) failed a Phishing test, you must complete this training by [<completion date>](#).

The assignments you've been enrolled in are displayed below:

- [<Name of Training Course>](#)

Please use this link to start your training:
https://training.knowbe4.com/ui/users/signup/passless_user_details/9287d02ab96535/82bad0ab89c486

Note: This is genuine, not a test. You can check authenticity with Shahid Rashid, by emailing srashid@evergreenhealthcare.org.

[Regards](#)

COVID VACCINE NEWS

For the latest information on vaccines, testing, and visitor policies visit our COVID-19 INFORMATION HUB AT [COVID-19 Information Hub | Kirkland, WA | EvergreenHealth](#)

IDT TIMES AND LOCATIONS*

**Note: All IDTs are done remotely through Microsoft Teams*

North Team (Sheri)

Tuesdays, 8:15 -10:30 a.m.

Central Two (Alicia)

Tuesdays, 12:30 – 3:30 p.m.

Central One Team (Sheri)

Thursdays, 8:15 – 10:30 a.m.

Inpatient Team (Melissa)

Thursdays, 11:30-12:30 p.m.

South Team (Alicia)

Fridays, 8:30-10:30 a.m.

HOSPICE VOLUNTEER FACEBOOK PAGE – STAY IN TOUCH!

Did you know that the Evergreen Hospice Volunteers have their very own Facebook page? It's a great place to see pictures of your fellow volunteers, celebrate them, learn more about various hospice related topics, and generally stay in touch. Please visit and like our page at:

<https://www.facebook.com/EvergreenHospiceVolunteers>

SAFETY AND SECURITY NUMBERS

Campus Emergencies – 425-899-1199 (ext. 1199)

For emergency codes, security STAT, suspicious behavior, etc.

Campus Security Non-Emergencies – 425-899-1300 (ext. 1300)

Can also be used for requesting an escort to your car.

Reporting Off-Campus Emergencies – (9)911

Note: (the Hospice Center is considered Off-Campus)

HELPFUL HOSPICE CONTACTS

Melissa Lubatti, Volunteer Coordinator

Hospice Care Center

Animal Assisted Therapy

MRLubatti@evergreenhealthcare.org

425.899.1028

425-899.1080 - Fax

Alicia Robinson, Volunteer Coordinator

Home Hospice South and Central Two Teams

ARobinson@evergreenhealthcare.org

425.899.1049

425-899.1080 – Fax

Sheri Standley, Volunteer Coordinator
Home Hospice North and Central One Teams
SJStandley@evergreenhealthcare.org
425.899.3290
425-899.1080 – Fax

Hospice Main Telephone Line

425.899.1040 or 425.899.1070
1-800- 442-4546

All are answered 24 hrs. a day/7 days a week

Hospice Toll Free Number

1-800- 442-4546

Both numbers are answered 24 hrs. a day/7 days a week

Hospice Volunteer Coordinator Fax

425.899.1080

Hospice Bereavement

425-899-1077

Employee Health:

425.899.2282 - Reception

Hours: Monday through Friday, 7:30 a.m. – 4 p.m. **(M,T,W for TB test placement)**

Check VIC for scheduled closures.

PROTECTING YOUR PRIVACY WHEN CALLING FAMILIES FROM HOME

Using our home phone risks our own privacy. If you do not have Call Blocking as the default on your home phone, you can dial *67 + number you are dialing. This will block your number from showing up on patients/families' caller ID for that specific call.

HELPFUL HOSPICE LINKS

EvergreenHealth Hospice Volunteer Information and Application Forms

<https://www.EvergreenHealth.com/hospice-volunteer-positions>

Hospice Foundation of America

<http://hospicefoundation.org/>

[Helping a Grieving Employee](#)

[Helping a Grieving Co-Worker](#)

[Helping a Friend Who is Grieving](#)

National Hospice Foundation

www.hospiceinfo.org

National Hospice and Palliative Care Organization

www.nhpco.org

Willowgreen

Books, videos, newsletters, notecards, and electronic resources for Caregiving, Grief and Loss, Transition and Aging, Illness and Dying, Spirituality and Life Meaning.

<https://shop.willowgreen.com/>

The Living/Dying Project

Offers conscious and compassionate support in the spirit of mutual exploration to those facing life-threatening illness, to their caregivers, to those facing life's most difficult situations, and to anyone committed to spiritual transformation.

<https://www.livingdying.org/intro/>

Caregiving site:

<https://dailycaring.com/>

Video link for Hospice

A link to a music video with photos of our hospice center gardens taken by Volunteer Coordinator Criss East with music composed by Cathy Scarcello, and sung by Cathy and her sister Chris Clement, one of our hospice managers. Cathy wrote these songs for the Rose Garden Ceremony, and they sing them each year.

<http://www.youtube.com/watch?v=yC1TliBe7to&feature=youtube>

Presencing – For Compassionate Touch Volunteers: www.presencingsource.com

EvergreenHealth Relaxation Methods Link: <https://www.EvergreenHealth.com/relaxation>

EthnoMed

Contains information about cultural beliefs, medical issues, and related topics pertinent to the health care of immigrants to Seattle. <https://ethnomed.org/>

Today's Voice for Dementia, Making a Difference One Mind at a Time:

<http://www.teepasnow.com>

How to talk to your kids about death and grief

https://www.huffpost.com/entry/how-to-talk-to-kids-about-death_b_2324546

What is a death café?

<https://www.atlasobscura.com/articles/what-is-a-death-cafe>

REFLECTIONS

From the book “The Art of Racing in the Rain” by Garth Stein

“Here’s why I will be a good person. Because I listen. I cannot speak, so I listen very well. I never interrupt, I never deflect the course of the conversation with a comment of my own.

People, if you pay attention to them, change the direction of one another’s conversations constantly. It’s like having a passenger in your car who suddenly grabs the steering wheel and turns you down a side street...Learn to listen! I beg of you. Pretend you are a dog like me and listen to other people rather than steal their stories.”