OCTOBER 2018

SEASONS OF HOPE
2018 FUNDRAISING LUNCHEON

Date: Thursday, November 8
Time: 11:30 a.m. – 1:30 p.m.
Location: Redmond Marriott (please note change of venue)

To register for the 10th Annual Seasons of Hope Luncheon, please go to:
https://www.evergreenhealthfoundation.com/events/seasons-of-hope-luncheon/register/
If you have any questions please contact Jenny at 425.899.1908 or jedreyfuss@evergreenhealth.com.

Anyone who plans to attend, please notify Volunteer Coordinator Melissa Lubatti, as she will be Table Captain for the Hospice Volunteer table and she wants to be sure all those interested are seated together!

Note: Volunteers are needed to help with the luncheon. Please contact Melissa. (Lunch not included)

The Keynote Speaker this year will be Tamura Arthun – Counselor and author of Blind Awakening.
(See below for information on Tamura’s workshops, offered on Friday, November 9.)
SELF-CARE FOR THE CARING - WITH TAMURA ARTHUN
On Friday, November 9, Tamura will lead two 2-hour FREE workshops at EvergreenHealth in the Red Auditorium, geared towards healthcare workers in Hospice or related fields.

- 9:00 a.m. - 11:00 a.m.
- 11:30 a.m. - 1:30 p.m.

Tamura will provide tools and ideas on how to take care of yourself while caring for others at work and home. Her personal and professional experiences give her unique insight to the many challenges healthcare workers may face.

Tamura is a counselor, author, caretaker and former Hospice and CCU social worker. Her book, Blind Awakening, is a true story about her brother’s journey with cancer and how it changed his life – and hers. It reminds us that life is not measured by the days we are alive, but rather the days we truly live.

“My two greatest passions are to help others learn how live the authentic life they were meant to have, and to help people who have been diagnosed with a life-threatening illness face it with honesty, openness, and dignity.”

To register, please call 425.899.3000.

For more information or to read Tamura’s book or blog, visit www.tamuraarthun.com

FROM OUR BEREAVEMENT COORDINATORS
MONICA CAGAYAT & MICHAEL LUSK

WHAT TO SAY IN A CONDOLENCE CARD
After the death of a loved one, it is still tradition to send a card with your thoughts as a way to let your family or friends know you are thinking of them. However, even the most seasoned professionals (including us in the Bereavement Department) can struggle with what to say. While there is no perfect thing to say, there are some guidelines you can follow to help determine what to write.
A previous article written in the New York Times, called the Art of Condolence by Bruce Feiler, is given to new staff members when they are in orientation here at Hospice. After a patient dies, the team members who served them (our Nurses, Social Workers, CNA’s, Chaplains) all have the opportunity to write a sentiment in a condolence card. As you can imagine, this means we write A LOT (approximately 3,000 a year) of cards. We hope the article helps them determine what may be important for them to include in a card. As well, we hope the article may be of interest to you. We welcome any conversation around this, and please feel free to contact us with thoughts or questions. – Monica Cagayat and Michael Lusk, Bereavement Coordinators

The Art of Condolence

Recently a teenage boy in my community committed suicide. I immediately sat down to write the parents a sympathy note. I pulled out a monogrammed card, placed it on the desk in front of me, and proceeded to stare at it blankly for the next two hours.

Though I have been a professional writer for almost 30 years, I could think of absolutely nothing to say.

Offering a written expression of condolence (from the Latin word condolere, to grieve or to suffer with someone) used to be a staple of polite society. “A letter of condolence may be abrupt, badly constructed, ungrammatical — never mind,” advised the 1960 edition of Emily Post. “Grace of expression counts for nothing; sincerity alone is of value.”

But these days, as Facebooking, Snapchatting or simply ignoring friends has become fashionable, the rules of expressing sympathy have become muddied at best and concealed in an onslaught of emoji at worst. “Sorry about Mom. Sad face, sad face, crying face, heart, heart, unicorn.”

One mark of this change is in the card industry. Just over two and a half million Americans die every year, according to the National Center for Health Statistics, and we buy 90 million sympathy cards annually, a spokeswoman for Hallmark said. But 90 percent of those cards are bought by people over 40.

For those who are inexperienced or out of practice in comforting someone in grief, what are some tips for mastering (or at least not humiliating yourself in) the lost art of condolence?

1. BEING TONGUE-TIED IS O.K. When I solicited advice from friends on social media, the one overwhelming thing I heard was it’s perfectly acceptable to admit you don’t know what to say. One rabbi said, “Admitting you’re at a loss for words is far more caring and helpful than writing pithy statements like ‘he’s in a better place’ or ‘your child was so perfect, God wanted her to sit beside him.’”

Chanel Reynolds’s 43-year-old husband was killed in a biking accident, leaving her a single mother of their 5-year-old son. Ms. Reynolds was so destabilized she started a website now called GYST.com, shorthand for the off-color version of “Get Your Stuff Together.” Her advice: “Zero platitudes. If you’re feeling the urge to panic-talk and fill the air with clichés, don’t.”

She singled out two expressions that particularly grated. The first was, “At least he died doing what he loved.”
“Getting hit and run over by a van was not his love,” she said. “Riding a bike was.”

The other expression, “At least you weren’t married for so long that you can’t live without him.”

“Thank God we were only married for nine years,” she said dryly. “Dodged a bullet there.”

2. SHARE A POSITIVE MEMORY Instead of falling back on a shopworn phrase, savvy condolers often share a warm or uplifting memory of the deceased.

Kevin Young is a poet and creative writing professor at Emory University whose father died more than a decade ago. He channeled his grief into words, first publishing an anthology of poems about mourning called “The Art of Losing” and later a collection of his own work on the subject called “Book of Hours.”

The condolence notes that moved him most, he said, were from strangers who shared a recollection of his father. “That was important for me because I realized his place in the world,” he said. “At the time, you’re only thinking of your own relation to the loved one. You realize this person had impact beyond you. That was comforting.”

3. NO COMPARISONS One bit of quicksand worth avoiding is the temptation to say you know what the other person is going through. Everyone experiences grief differently. While you may have felt angry or overwhelmed when your loved one died, the person you’re writing to may have channeled her grief into work or hyper-efficient house purging.

“The temptation is to bring it back to yourself, but this is not about you,” Ms. Reynolds said. “I heard things like, ‘I was at my friend’s house when I heard,’ ‘I couldn’t sleep all night long,’ ‘I cried so hard.’ Really? Because I think I’m sadder.” A better approach, she said, is to be neutral. “You can absolutely express your sadness and sorrow,” she said, “but remove yourself from the conversation.”

4. DON’T DODGE THE ‘D’ WORDS Death in our culture has become so sanitized, we have become afraid to mention it by name. While this instinct may come from a good place, it often lands in a bad one, the treacly territory of euphemism and happy talk. Loved ones don’t “die” anymore; they’re “carried away” or “resting peacefully.”

“When did people become so squeamish,” one friend griped. “All the euphemisms make my skin crawl.”

To avoid this tendency, consider following the lead of the police support website officer.com, which advises law enforcement officials doing death notification to use “simple, straightforward language.”

“Don’t’ be afraid to use the ‘D’ words — dead, died or death. Terms such as ‘expired,’ ‘passed on’ or ‘lost’ are words of denial. ‘Expired’ can be used on a driver’s license but not in person — it’s not respectful.”

5. GET REAL By contrast, grievers hear so many vacuous phrases that a little straight talk can often be a welcome relief. A little bluntness goes a long way.

The food writer and editor Jane Lear has collected etiquette books for many years and studied how condolence notes have evolved. She prefers the model outlined by Millicent Fenwick in “Vogue’s Book
of Etiquette,” published in 1948. First, an expression of sympathy (“I was so sorry to hear…”). Second, a word about the deceased. Finally, an expression of comfort.

“This all makes perfect sense,” she said, “but I think my favorite note upon the death of my brother was from one of my closest friends. ‘My dear Jane,’ he wrote. ‘IT STINKS.’”

6. FACEBOOK IS NOT ENOUGH These days many people first learn of the death of a friend’s loved one via social media. The instinct to post a comment or dash off an email is understandable.

But everyone I spoke with agreed on one point: Even heartfelt gestures like these do not replace a condolence note. A stern reminder from Ms. Fenwick still seems apt: “A letter of condolence to a friend is one of the obligations of friendship.”

The current iteration of Emily Post, emilypost.com, agrees, saying that commenting in public forums or sending an email is an acceptable first gesture, as long as you follow “with a handwritten note and, whenever possible, attendance at the funeral or visitation.”

7. THERE’S NO TIME LIMIT ON SYMPATHY While writing immediately is comforting, it’s not necessary. Many mourners are overwhelmed in the immediate aftermath, and a number told me they especially appreciated cards that arrived weeks or even months after the death.

One friend told me, “I personally back off from doing anything right away and offer to take the griever out for lunch, coffee or dinner a month or so later when everyone has returned to their lives and the person is left alone to deal with the pieces.”

Ms. Reynolds said: “Even three or four months later, touching base can help. I would encourage people to send notes on the deceased’s birthday, on the couple’s anniversary, or some other meaningful occasion.”

Even with these tips, many people may still feel daunted with the pressure to come up with the right words. In that case, send someone else’s words. Mr. Young recommended three poems: “Clearances” by Seamus Heaney, “Funeral Blues” by W. H. Auden or “Infirm” by Gwendolyn Brooks.

Or, do something: Take the deceased’s pet for a walk, run an errand, offer to pick up a relative from the airport.

Or, fall back on what loving supporters have been doing for generations: Send food, even if it’s by mail. Citing his own experience, Mr. Young said: “Cookies are great. You’ve got to eat.”

KUDOS
FROM FAMILY
“On behalf of our entire family, we would like to express our deepest gratitude and appreciation for the loving, compassionate and dignified care our Mom received. Her two weeks in hospice were peaceful and loving. Both my sister and I felt so incredibly fortunate that our Mother received such kind and attentive
care during such a stressful and emotional time. Each staff member, volunteer visitor and medical team all provided such extraordinary care to our Mom. We are truly blessed to have been by her side during this difficult time with all your thoughtful and extraordinary care. Although we grieve, we feel so incredibly blessed by the outstanding care Mom received in her final 2 weeks.”

“To the staff and volunteers, we wish to thank you for the great care and compassion that you all showed to our uncle and to us. With all that you did for him he was able to pass with dignity. All the information you shared with us was very comforting and invaluable.”

FROM STAFF
“Hi Tuck-In Volunteers: I am consistently amazed at how passionate, dedicated, and skilled you all are. I can’t even begin to thank you enough for your work to support hospice patients and their families. As evidenced by the letters we receive and by the gratitude you receive during your calls, your work is meaningful and so very much appreciated by patients, families, and staff. Thank you for being part of the team!”
-Cynthia Tomik, LICSW, Manager – Palliative Care & Hospice, EHMC Liaisons, Spiritual Care, Bereavement, Volunteer Services and Honoring Choices

“I HAVE to chime in here. Our volunteers are the backbone of Hospice Care. I love the Tuck-in program and am inspired by what is provided within one weekly check-in phone call. Thank you all so much for giving of your time to be a part of this Hospice village. Together miracles happen every day.”
-Christine Clement, MSW, LICSW, Central Team Manager

SPECIAL FEATURES

A NOTE FROM YOUR HUMMINGBIRD LADY
It’s that time of year again! The time when those of us that use wall calendars are needing to look ahead to 2019. Might I tempt you with a Hummingbird-themed beauty? Local photographer Cara Freeberne has created a beautiful 2019 calendar from her breathtaking shots of our local hummers. Please take a look at her webpage and order soon. Time flies!

https://www.freebernephotography.com/
This is PK being brushed before her volunteer shift at the HCC and the mound of fur that came off her.

UPDATES AND ANNOUNCEMENTS

VOLUNTEER COORDINATOR CRISS EAST IS RETIRING

Yes, it’s true: Criss East, Volunteer Coordinator, will be retiring. Her last day with EvergreenHealth will be November 15th. Criss started with EvergreenHealth on December 18th, 2006. How lucky we have been to have worked with Criss for 12 years. Many staff and volunteers who currently work in hospice can’t remember a time without Criss. She has offered her skills, energy, and efforts to help grow and shape the Volunteer Program into the amazing program we have today. If you have spent even one second with Criss, you know how warm, fun, creative, skilled, and wonderful she is. We are going to miss her!

As we get closer to her retirement date, we will celebrate Criss. If you have ideas and a desire to help, please reach out to me directly. But for now, feel free to express your sentiments to Criss. For those of you I have not yet met, I am one of the hospice managers and I consider myself the luckiest manager because the Hospice Volunteer Program has been part of my responsibilities for the past 15 months. What a joy it has been to work directly with Criss, and we want to send her off filled to the brim with appreciation and love.

In Criss’s own words:

It is with very mixed emotions that I write this resignation email to you. After almost 12 years with Evergreen, I plan to retire this fall and my last day of work will be November 15, 2018. Although I am excited for the next chapter of my life, I will deeply miss my work and my colleagues. Other than raising my children, this has been the most rewarding work of my life.

-Cynthia Tomik, LICSW, Manager – Palliative Care & Hospice, EHMC Liaisons, Spiritual Care, Bereavement, Volunteer Services and Honoring Choices
RETIREMENT PARTY FOR CRISS EAST!

**Date:** Thursday, November 15  
**Time:** 3 - 6 p.m.  
**Location:** HCC Conference Room

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NEW HIRE ANNOUNCEMENT

Hi Hospice Colleagues:  
I am very pleased to announce that we have hired the Volunteer Coordinator who will fill the position that our wonderful Criss East will be vacating when she retires.

Alicia Robinson comes to us from Volunteers of America where she was the Volunteer Coordinator with the Dispute Resolution Center. Prior to becoming the Volunteer Coordinator there, she served as a Volunteer Mediator helping clients resolve conflicts. She also has been a Volunteer with EvergreenHealth Hospice since May 2013, serving in several different roles over the years, most recently as a Tuck-in volunteer and Honoring Choices volunteer.

Alicia will join EvergreenHealth as an employee on November 26th. Please join me in congratulating Alicia on her new role!

-Cynthia Tomik, LICSW, Manager – Palliative Care & Hospice EHMC Liaisons, Spiritual Care, Bereavement, Volunteer Services and Honoring Choices

MAKE SURE YOU GET A FLU SHOT

If you already got your flu shot - thank you!  
If not, you can still get a free flu shot at Employee Health, Monday thru Friday, 7:30 a.m. – 4:00 p.m.  
If you don’t get your flu shot at Evergreen, remember to send us the documentation, which needs to include:

- Your name  
- Date  
- Clinic or lab

-Sheri Standley, Volunteer Coordinator
PALLIATIVE CARE OUTPATIENT CLINIC

I want to make sure that you have the most current information about the Palliative Care Clinic:

Dr. Hope Wechkin sees patients in the clinic on Tuesdays and Wednesdays. Our Palliative Care Clinic is embedded within the Pulmonary Clinic located in the Coral building, Suite 550 on the main hospital campus. The Coral building is the one that has the large gift shop and the pharmacy in it.

The address is 12303 NE 130th Lane, Suite 550, Kirkland 98034. The Palliative Care phone number is 425-899-3224.

Here are directions you can provide to any patient who calls in looking for the location:

1. Park in Central Parking Garage.
2. Walk through the main doors, you will pass the gift shop.
3. Take the elevator in-between the gift shop and pharmacy to the 5th floor and head to Suite 550. We share a check-in desk with the pulmonary department. You will see Dr. Wechkin’s name on the list of providers outside Suite 550.
4. Check in at the front desk.
5. If you need a wheelchair, the volunteers at the volunteer desk across from the gift shop can assist you.

We give these directions to all patients when we schedule the appointment, but occasionally, patients call in because they are lost or confused about the location. Sometimes, patients end up at the Hospice Care Center so a re-direct is needed.

Dr. Wechkin has a separate office located in the Hospice Care Center. This is where she works when she is not seeing patients in the clinic. Sometimes if Dr. Wechkin has a meeting with a colleague (not a patient), she will meet them in her office at the HCC. I wanted to mention that because it has caused some confusion.

Please let me know if you have any questions and please forward if you think someone else needs to know. Thanks!
-Cynthia Tomik, LICSW, Manager – Palliative Care & Hospice EHMC Liaisons, Spiritual Care, Bereavement, Volunteer Services and Honoring Choices

DOH ADDS REQUIREMENT FOR HOME CARE (FIELD) VOLUNTEERS

On April 6, 2018, the Washington State Department of Health (DOH) in-home services licensing rules were updated with new revised requirements. The new rules now require hospice agencies to submit criminal history background checks and disclosure statements for all volunteers with direct patient contact every two years.

If we haven’t run a WSP background check on you in more than a year, we will be sending you the required forms via email. Please print, complete the forms, sign, and send them back to us via snail mail, fax, or email.
-Sheri Standley, Volunteer Coordinator

CARING ABOUT CULTURE

We have a new addition to the Caring About Culture series of spotlights – this one on India. And a reminder: you can find all the spotlight articles on VIC from your computer, tablet, or phone!
-Sheri Standley, Volunteer Coordinator
(NEW!) HOSPICE CENTER TREASURE BOX FOR KIDS
Hospice Care Center Volunteers:
Recently our HCC had an abundance of families in our halls. Among the families were many (bored) children - kids that may be too old for a beanie baby, and whose boredom caused extra worry for the patient families. Starting in November, we will have a small “treasure box” of toys for these kids. These toys won’t be stickers or temporary tattoos like they may have gotten in a doctor’s office. Rather, the gift will be something special the child can keep, something that will help them stay occupied for a bit, and something to make them feel seen and cared for during what is often an overwhelming time. Should you see a child in our hallways or in our patient rooms - a child that might really like to have something special - please lead them to our front desk Reception volunteers. The volunteer will bring out the treasure box and allow the child to pick one or two special treats just for them.

In the past we’ve had holiday-themed small toys on the front desk. But, as our desk volunteers know, those were taken by adults - which is fun and fine. But the treasure box will be just for kids, filled with great care with special small items meant to be loved.

This treasure box will be stocked by volunteers. If you would like to contribute, please visit the wishlist. Your contribution will be greatly appreciated.

HCC Treasure Box Wishlist:  http://a.co/47gXv4N

Thank you so much fellow volunteers,
Julia Guderian, hospice volunteer

CALENDAR OF EVENTS

ADVANCE CARE PLANNING OPPORTUNITY FOR YOU!
Dear Hospice Staff and Volunteers,
There is a group of staff and volunteers working to promote Advance Care Planning (ACP) here at EvergreenHealth. Our group of certified ACP Facilitators will be offering ACP groups to community members in November, December, January and February on the EvergreenHealth main campus. These groups will be advertised in the EvergreenHealth Monitor Fall edition that will come out soon (along-side an article about ACP). In preparation for working with the community, our team would like to do a run-through of our process with our colleagues (you!) It’s your chance to:

1. Attend to one of your “To-Dos” (get your Advance Directive completed)
2. Learn about this valuable process so that you can tell family and friends about it
3. Give feedback to us to help us improve our process
The group for Hospice staff and volunteers will be held on:
Saturday, October 20th from 10 a.m. - noon in the HCC conference room.
If you are interested, please email me to RSVP - CATomik@evergreenhealthcare.org
We have limited space as we are aiming for about 15 participants. Bringing your healthcare agent would be a fabulous idea!

Hope to see you there -
Cynthia Tomik, LICSW, Manager – Palliative Care & Hospice EHMC Liaisons, Spiritual Care, Bereavement, Volunteer Services and Honoring Choices

COMFORT TOUCH DINNERS
Comfort Touch Volunteers, please join us for an evening of reflection, support and clarity, attended by one of our outstanding volunteer coordinators. We warmly welcome all Healing Touch, Massage, Reiki, Craniosacral Therapy and Reflexology volunteers to join us. We hope to address the ongoing, unique needs and challenges that Touch volunteers may face. We meet the second Monday of every other month (dates below) at 6:00 p.m. at PF Chang’s in Bellevue. If you have joined us in the past but fell out of the habit, or if you are one of our new volunteers with questions, looking for support, please join us. We are a friendly group and you will be warmly welcomed. Please contact Julia at J@guderian.net by the day of the dinner so that a reservation can be made, and to add yourself to the reminder list. We look forward to seeing you soon!

Upcoming Dates:
November 12

WASHINGTON STATE HOSPICE AND PALLIATIVE CARE ORGANIZATION (WSHPCO)
FALL CONFERENCE REGISTRATION IS NOW OPEN!
Dates: Mon./Tues., Oct. 29-30
Location: Campbell’s Resort, Lake Chelan
For information, and to register, go to https://wshpco.org/ or contact:
Meg McCauley, Director – Association Management
Washington State Hospice & Palliative Care Organization
P. O. Box 361 – Camas, WA 98607
503.890.7027 (direct/cell)
(Remember to make your reservations at Campbell’s Resort soon and mention the WSHPCO room block (800.553.8225). The resort tends to fill up fast; make your reservations now. Conference registration fee does not include lodging.)

VOLUNTEER SUPPORT MEETINGS
All volunteer support meeting information is listed in the monthly calendars at the back of the newsletter.
Please RSVP with a volunteer coordinator or VIC online (but walk-ins still welcome!)
EDUCATIONAL OFFERING

“The Longest Loss: Alzheimer's Disease and Dementia”
The link below will lead you to an abridged version of Hospice Foundation of America’s Webinar. This program explores the numerous and nearly constant losses both before and after death, associated with Alzheimer’s Disease and dementia. First-hand testimonials by family caregivers and by people with early stage Alzheimer's combine with panel discussion by recognized experts in grief, loss and dementia care, to provide insight, coping strategies and caregiving tips useful for anyone whose life is touched by Alzheimer's disease or dementia.
https://www.youtube.com/watch?v=o2A_yf4OGCg&feature=player_embedded

Note: Volunteer Coordinator Sheri Standley has ordered the accompanying book for the library in the volunteer coordinator’s office.

Passion and Compassion: Facing Change, Loss and Death Without Fear
Date: Sunday, Oct. 21
Time: 10 a.m. – 5 p.m.
Location: Bodhi Center, 6717 Marshall Road, Bainbridge Island, WA
Presenter: Dale Borglum, founder and Executive Director of the Living/Dying Project. He is a pioneer in the conscious dying movement and has worked directly with thousands of people with life-threatening illness and their families for over 30 years.
Cost: $80
(From the Bainbridge Bodhi Center): “Using life threatening illness as an opportunity for spiritual awakening, and approaching the unknown with an open heart, through music, lecture, meditation and questions, Dale will provide a day to help participants apply the mission statement to their own lives.”
To register: mbarbarahoggatt@gmail.com
Brought to you by the Living/Dying Project (see Helpful Hospice Links for more information about the organization).

2018 Washington End-of-Life Coalition Annual Meeting
Date: Friday, Nov. 16
Time: 8 a.m. – 3:30 p.m.
Location: Seattle Airport Marriott
Keynote speaker: Marie Eaton, Palliative Care Institute in Whatcom County – “End of Life Choice Comes of Age: Living and Dying by Your Values"

This 2018 Washington End-of-Life Coalition Annual Meeting will check-in on two milestones in end-of-life care, both marking their tenth anniversary this year: the start of board certification for palliative care nationally; and in Washington state, voter approval of our physician aid-in-dying law.
The day-long meeting will feature a mix of speakers, panels, music and two short theater pieces. Our last panel will highlight the growing trend to reflect our values after death through green burials, in-home funerals and other unique approaches to honoring our loved ones.
Visit the meeting webpage for the entire agenda and more information:
https://wsma.org/WSMA/Events/End-of-Life_Coalition_Annual_Meeting/WSMA/Events/End_of_Life_Coalition_Annual_Meeting.aspx?hkey=b2622d3f-d47a-4a5a-975c-4ab94e13548a

ZEN HOSPICE PROJECT PROGRAMMING COMING TO OREGON IN NOVEMBER

Open Death Conversation
Date: Thurs., Nov. 15
Time: 7 - 8:30 p.m.
Location: Contact education@zenhospice.org
Cost: $25
The Oregon Hospice & Palliative Care Association has partnered with The Bloom Project to bring San Francisco’s groundbreaking Zen Hospice Project programming to Portland, Oregon. The three organizations will together host a series of events this Fall: an Open Death Conversation and two Mindful Caregiver Education daylong immersions. The Open Death Conversation is a forum for discussing the many aspects of death and dying. The goal of the conversation is to generate meaningful, energetic conversation free from judgment, drawing inspiration from the thousands of heartfelt conversations that Zen Hospice Project has had throughout its years of caring for dying persons and their families.

Mindful Caregiver Education – for Volunteers and Family Caregivers
Date: Sat., Nov. 17
Time: 9:30 a.m. – 5:00 p.m.
Location: The Community at Marquis, 19805 SW Boones Ferry Road, Tualatin, 97062
Cost: $125
For caregivers, the Mindful Caregiver Education daylong immersions will introduce Zen Hospice Project’s model of care, where participants will be provided with tools for developing a more mindful approach to caregiving. Through expert instruction, group discussion and engaging exercises, participants explore inspiration, loss, compassion and other elements of the caregiving experience, including mindfulness meditation, a cornerstone of conscientious caregiving. Subjects covered include:

- Integrating Mindfulness Into the Delivery of Care
- Mindful Communications
- Therapeutic Use of Self in Caregiving
- Cultivating Compassion in the Context of Caregiving
- The Territory of Loss in Caregiving
- Looking at How We Grieve

HOSPICE VOLUNTEER TRAINING DATES 2018 – TELL A FRIEND!
Oct. 27, Nov. 3 (Sat., Sat.)
2019:
Jan 23, 30
Mar 27, Apr 3
**IDT TIMES AND LOCATIONS**

*Note: All IDTs are scheduled at the Hospice Center unless there’s a room conflict. Please let us know if you plan to come, so we can save you a place and verify the location.*

- **Central Two** (Criss)  
  Mondays, 1:00 – 3:30 p.m.
- **North Team** (Sheri)  
  Tuesdays, 8:15 - 10:30 a.m.
- **Central One Team** (Sheri)  
  Thursdays, 8:15 – 10:30 a.m.
- **Inpatient Team** (Melissa)  
  Thursdays, 11:30-12:30 p.m.
- **South Team** (Criss)  
  Fridays, 8:30-10:30 a.m.

**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)*

**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 CONTACTS**

- Melissa Lubatti, Volunteer Coordinator  
  Hospice Care Center  
  Animal Assisted Therapy  
  MRLubatti@EvergreenHealth.com  
  425.899.1028  
  425-899.1080 - Fax

- Criss East, Volunteer Coordinator  
  Home Hospice South and Central Two Teams  
  CMEast@EvergreenHealth.com  
  425.899.1049  
  425-899.1080 - Fax
Sheri Standley, Volunteer Coordinator
Home Hospice North and Central One Teams
SJStandley@EvergreenHealth.com
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 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)**

**HELPFUL HOSPICE LINKS**
EvergreenHealth Hospice Volunteer Information and Application Forms

Hospice Foundation of America
*Helping a Grieving Employee*
*Helping a Grieving Co-Worker*
*Helping a Friend Who is Grieving*

National Hospice Foundation
[www.hospiceinfo.org](http://www.hospiceinfo.org)

National Hospice and Palliative Care Organization
[www.nhpco.org](http://www.nhpco.org)

**NEW!**
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/](https://www.livingdying.org/intro/)
Caregiving site:
https://dailycaring.com/

Multiple subjects, including “Living to the End of Life” and Caregiving
https://www.nextavenue.org/special-report/living-end-life/

The Sacred Art of Living Center (providers of “Heal the Healers” workshop series)
Co-Founder, Richard Groves, 2016 Seasons of Hope Keynote Speaker
https://sacredartofliving.org/

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

**REFLECTIONS**

...if you have endured a great despair, then you did it alone, getting a transfusion from the fire, picking the scabs off your heart, then wringing it out like a sock.

Next, my kinsman, you powdered your sorrow, you gave it a back rub and then you covered it with a blanket and after it had slept a while it woke to the wings of the roses and was transformed.

-From “Courage” by Anne Sexton
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**OCTOBER 2018**

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<td>11 a.m. – noon, Panera Bread, Renton</td>
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<td>11:30 a.m. – 1:30 p.m. Marriott Hotel, Redmond</td>
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