The release of the Mister Rogers documentary, “Won’t You Be My Neighbor?” calls to mind the essential message of Rogers’ long-running children’s program, “Mister Rogers’ Neighborhood.” Fred McFeely Rogers, who died in 2003, was also an ordained Presbyterian minister. Over the course of three decades on public broadcasting, he brought to millions of children what his faith’s General Assembly referred to as “unconditional love.”

In preaching love, Rogers wasn’t just attending to the moral character of his youthful audience. He believed that he was also promoting their health. As he said in 1979, “My whole approach in broadcasting has always been, ‘You are an important person just the way you are. You can make healthy decisions.’ Maybe I’m going on too long, but I just feel that anything that allows a person to be more active in the control of his or her life, in a healthy way, is important.”

Since Rogers’ death, evidence has mounted that he was on to something – namely, that love and kindness truly are healthful, and that people who express them regularly really do lead healthier lives. Simply put, people who are generous and volunteer their time for the benefit of others seem to be happier than those who don’t, and happy people tend to have fewer health complaints and live longer than those who are unhappy.
Love gave rise to a calling

Born in Pennsylvania in 1928, as a young minister Rogers regretted the messages television was conveying to children in the 1960s. He said, “I went into television because I hated it so, and I thought there’s some way of using this fabulous instrument to nurture those who would watch and listen.” “Mr. Rogers’ Neighborhood” debuted nationally in 1968 and won its creator and host many accolades, including a Presidential Medal of Freedom, two Peabody Awards, and over 40 honorary degrees.

Fred Rogers with Pres. George W. Bush, who is about to place the Presidential Medal of Freedom on Rogers in a July 9, 2002 ceremony. Kenneth Lambert/AP Photo

Rogers believed that the need to love and be loved was universal, and he sought to cultivate these capacities through every program, saying in a 2004 documentary hosted by actor Michael Keaton, one of his former stagehands, “You know, I think everybody longs to be loved, and longs to know that he or she is lovable. And consequently, the greatest thing we can do is to help somebody know they’re loved and capable of loving.”

Love and health

As it turns out, there are many ways in which love and kindness are good for health. For one thing, they tend to reduce factors that undermine it. Doing something nice for someone causes the release of endorphins, which help to relieve pain. People who make kindness a habit have lower levels of stress hormones such as cortisol. Intentionally helping others can even lower levels of anxiety in individuals who normally avoid social situations.

Carrying out acts of kindness, or even merely witnessing them, also increases levels of oxytocin, a hormone with health benefits as diverse as lowering blood pressure, promoting good sleep and reducing cravings for drugs such as cocaine and alcohol. That oxytocin should have so many health benefits is not so surprising
when we recall its central role in stimulating uterine contractions during birth, the letdown of milk during lactation, the pleasure associated with orgasm and pair bonding.

Acts of generosity and compassion also appear to be good for mood. A 2010 study showed that while people with money tend to be somewhat happier than those without it, people who spend money on others report even greater levels of happiness, an effect that can be detected even in toddlers. When people give money to others, areas of the brain associated with pleasure are activated, and this response is greater when the transfer is voluntary rather than mandatory.

Such happiness can have big benefits in longevity. For example, a review of 160 published studies concluded that there is compelling evidence that life satisfaction and optimism are associated with better health and enhanced longevity. Another study of older people showed that, even after correcting for other factors such as age, disease and health habits, those who rated their happiness highest were 35 percent less likely to die in five years than those who were least content.

**What would Mister Rogers say?**

Of course, Rogers would remind us that there are reasons to be committed to love and kindness that extend far beyond their health benefits. Rogers was, after all, not a physician but a minister, and ultimately he was ministering to an aspect of human wholeness that cannot be analyzed by blood tests or visualized with CT scans. In a commencement address at Dartmouth College in 2002, he focused less on the body than what he might have called the spirit:

“When I say it’s you I like, I’m talking about that part of you that knows that life is far more than anything you can ever see or hear or touch. That deep part of you that allows you to stand for those things without which humankind cannot survive. Love that conquers hate, peace that rises triumphant over war, and justice that proves more powerful than greed.”

A pair of Mister Rogers’ sneakers at the LBJ Library exhibition to celebrate the 50th anniversary of Pres. Johnson signing the public broadcasting act in 1967.

Jay Godwin/LBJ Foundation
When Rogers encouraged children to be kinder and more loving, he believed that he was not only promoting public health but also nurturing the most important part of a human being – the part that exhibits a divine spark. As Rogers indicated in another commencement speech the year before at Middlebury College, “I believe that appreciation is a holy thing, that when we look for what’s best in the person we happen to be with at the moment, we’re doing what God does; so in appreciating our neighbor, we’re participating in something truly sacred.”

In expressing such deeply religious sentiments, Rogers was not trying to undermine a concern with bodily health. In fact, he regularly encouraged his viewers to adopt healthy life habits, and Rogers himself was a committed vegetarian and lifelong swimmer who maintained a low body weight his entire life. Yet he also believed that health alone does not a full life make, and he regarded the soundness of the body as but part of the wellness of whole persons and communities, which may explain why he was able to face his own mortality with such equanimity.

Just a few months before he died, Rogers recorded a message for the many adult fans who had grown up watching “Mister Rogers’ Neighborhood.” In it, he practiced what he preached, saying:

“I would like to tell you what I often told you when you were much younger. I like you just the way you are. And what’s more, I’m so grateful to you for helping the children in your life to know that you’ll do everything you can to keep them safe. And to help them express their feelings in ways that will bring healing in many different neighborhoods. It’s such a good feeling to know that we’re lifelong friends.”

-From TheConversation.com, with permission

SEASONS OF HOPE
2018 FUNDRAISING LUNCHEON
Date: Thursday, Nov. 8
Time: 11:30 a.m. – 1:30 p.m.
Location (please note change of venue):
Redmond Marriott
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!
The Keynote Speaker this year will be Tamura Arthun – Counselor and author of Blind Awakening.

Note: Volunteers are needed to help with the luncheon. Please contact Melissa. (Lunch not included)
KUDOS
FROM FAMILY
“Dear Evergreen Hospice Care Center Staff: Our family wants to thank you for making our mom’s end of life journey such a light-filled experience. We felt that she left this world truly at peace. You treated her with such care, love and dignity that not only was a comfort for her but us, her family, as well. We are truly grateful for everything that you did for us at a difficult time.”

“To the Hospice Care Staff: My daughter and I want to thank you for the care and support you gave us during [patient’s] final days…I wanted to mention some of your staff for exemplary care and then realized everyone was so kind and caring. We’re grateful to you for making his transition bearable.”

“To the wonderful Hospice staff, Thank you from the bottom of our hearts for your angelic care of my mother while she was in your care.”

FROM STAFF
“Lindsay Holden did an amazing job with creating a legacy book for our patient MW. Lindsay’s handwriting is beautiful and added elegance to the book. As MW was dying her family took turns reading aloud the pages of the Legacy book - it was a lovely tribute.”

-Comments from the team at the IDT meeting

SPECIAL FEATURES
PHOTOS FROM THE STAFF/VOLUNTEER PICNIC, AUGUST 18
AT THE HOME OF MEREDITH BRASS, M.D., HOSPICE ASSOCIATE MEDICAL DIRECTOR

Lisa Siefried with a friend

Pam Girsh and friends
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

2018 FLU CLINIC
This year the Flu Clinic will be open on October 2nd, 3rd, & 4th, from 7:15am-7:30pm.
-MaryRose Surridge, Volunteer Coordinator, Volunteer Services, EvergreenHealth

COSMETOLOGY VOLUNTEERS NEEDED!
Please help us spread the word about our need for Cosmetology volunteers. We have a waitlist of patients who would like a haircut. Often it is in their homes, as they are no longer able to get out, and occasionally we
have a request at the Hospice Care Center, too. If you know of anyone (perhaps your own hairstylists or barbers?) who may be interested in helping with this, or if you know of a place where we could advertise to this profession, please contact Melissa at MRLubatti@evergreenhealthcare.org or 425-899-1028. We really need help with this!

WE NEED YOUR HELP!
Volunteers – We need your help to recruit more applicants. If you are on Facebook, please “like” our hospice volunteer page and scroll down to the REVIEWS section and tell the world what you like about volunteering with EvergreenHealth Hospice. https://www.facebook.com/EvergreenHospiceVolunteers/
We also need touching stories for Facebook, to help recruit more volunteers.
We looking for:

• An inspirational or touching experience with a patient or family member
• What brought you to hospice
• What hospice volunteering means to you or adds to your life.

FLYERS: Our current hospice flyer is available, and I ask that you share this information with your contacts in the community, your work, or your church. Ask if they would put this information in newsletters or post on bulletin boards. Please let me know where you have posted our volunteer opportunity, so I can record that in our database (we are required by Joint Commission to show proof of our volunteer recruitment).
Please email me if you would like me to send you a few flyers to post in your local library, coffee shops, church/synagogue/temple, or anywhere else you know that has a community bulletin board.
-Thank you! Criss East, Hospice Volunteer Coordinator

WHAT YOU CAN FIND ON VIC (VOLUNTEER INFORMATION CENTER)

• Provide or update your emergency contact information
• Add your picture!
• Volunteer Contact List (those who have agreed to share their contact info), including:
  o City (for carpooling, support, meeting for coffee, etc.)
  o Email address
  o Current Positions
  o Start date for volunteering
• Annual Paperwork
• Position Descriptions
• Home Care (Field) Resources (including Visit Note Template)
• Caring About Culture
• Social Media and Patients: A Dangerous Interaction

-Sheri Standley, Volunteer Coordinator
UNIT THREE OF “HEALING THE HEALERS” - HEALING SPIRITUAL PAIN

Dates: Friday, September 21, and Saturday, September 22
Time: 9:00 a.m. - 5:00 p.m.
Location: EvergreenHealth Red Auditorium
Cost: $125 (per unit) - a $270 discount for EvergreenHealth staff and volunteers (contact Sheri Standley for discount code). Included in the cost, and highly recommended, is participation in facilitated small groups that meet monthly for study and reflection to reinforce the learning that occurs during the two-day workshop. Participants experience and are mentored in a wide range of creative and effective psychospiritual tools for end of life care. The spectrum of practices includes art and music therapies, guided imagery, principles of “coma work” and prescriptive ritual tailored to the spiritual belief of each patient. Holistic therapies are drawn from the world’s great spiritual traditions and applied with contemporary scientific skills.

What you can expect from this program:
- Experience with three different styles of guided imagery which have a proven clinical track record for alleviating spiritual pain
- Practice with the principles of Coma Therapy for use with patients in states of altered consciousness
- Experimentation with one of several art therapy projects which can be applied for bed bound patients
- Study of the acclaimed science-based research of Drs. Larry Dossey and Joan Borysenko on the effectiveness of ‘non-local’ prayer on healing
- Development of a practical ritual to be used in end-of-life care based on traditional and contemporary models
- Reflection on a Bereavement Model for ‘reconciling grief’ based on the work of Dr. Alan Wolfelt’s Center for Loss and Transition in Boulder, Colorado
- Walking the labyrinth and reflection on its unique history as a symbol of spiritual pilgrimage

“I am amazed at how the Universe works. I have found, with each unit of Healing the Healers, seeing families on video, hearing stories from the presenters, and walking through traditions, how they then play out in my experience as a Field Volunteer. I feel I am tested and get to use what I have learned. It is AMAZING and follows closely to what we are learning. In the Circle of Trust, we learn even more how life (our life) and what we do as volunteers pave the way for us to be better people for the dying and do it with Gratitude. I am looking forward to seeing what the next unit provides me with. It has also taught me to "stay open and truly listen." I call it, "Holy Listening." **What a Blessing we receive by being a part of these units and then seeing them unfold before us.**

~Sue McCormick, EvergreenHealth Hospice volunteer

To Register go to: [www.sacredartofliving.org](http://www.sacredartofliving.org) or Call 541-383-4179

Space is limited so register early! Although this is the third unit of four, you do not need to have attended the first two units. If you have questions specific to the program, please call 541-383-4179.

**Save the Date:**
- Unit 4, Transforming Spiritual Pain – March 15-16, 2019
HOSPICE STAFF AND VOLUNTEER HAPPY HOUR
WEDNESDAY, SEPTEMBER 19, 2018
5:00 – 7:00 PM
ROANOKE INN
1825 72nd Ave SE
Mercer Island, WA 98040
Brought to you by the ConneX Committee
RSVP – cmeast@evergreenhealthcare.org

HOSPICE LUNCH AND LEARN – BRING YOUR OWN LUNCH
Date: Tuesday, Sept. 25
Time: 11:45 a.m. – 12:30 p.m.
Location: Hospice Center Conference Room
Subject: Aquamation (water cremation)
An alternative to flame cremation, aquamation is a water-based process that returns the same result (“ashes”) but at a fraction of the carbon footprint.
Jeff Jorgenson of Elemental Cremation and Burial is joining us for another Lunch and Learn, this time focusing on alternative options to traditional burial.
RSVP – cmeast@evergreenhealthcare.org
Brought to you by the Hospice Employee ConneX Committee

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

NHPCO WEBINAR
WHEN THE WORLD REALLY DOES REVOLVE AROUND THEM:
LISTENING AND PRESENCE WITH PATIENTS AND FAMILIES
Date: Wed., Oct. 10
Time: 11 a.m. - 12:15 p.m.
Location: TBD

“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 disease and dementia, 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).

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 Volunteer 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.)

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
Rose Garden
Seasons of Hope
MRLubatti@EvergreenHealth.com
425.899.1028
425-899.1080 - Fax
Criss East, Volunteer Coordinator
Home Hospice South and Central Two Teams
Volunteer Recruitment
Tuck-In
CMEast@EvergreenHealth.com
425.899.1049
425-899.1080 - Fax

Sheri Standley, Volunteer Coordinator
Home Hospice North and Central One Teams
Bereavement Phone
Threshold Singers
Honoring Choices
Patient Satisfaction, QAP!
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
http://hospicefoundation.org/
Helping a Grieving Employee
Helping a Grieving Co-Worker
Helping a Friend Who is Grieving
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/

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

“Learn to get in touch with the silence within yourself and know that everything in this life has a purpose; there are no mistakes, no coincidences, all events are blessings given to us to learn from.”

-ELISABETH KUBLER-ROSS
## SEPTEMBER 2018

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>COMMUNITY REIKI CIRCLE 9:30-11:30 a.m.</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>TUCK-IN MEETING 10-11:00 a.m.</td>
<td>LAUGHTER YOGA 6:30-7:30 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>COMFORT TOUCH VOLUNTEER MEETING 6-7:30 p.m.</td>
<td></td>
<td></td>
<td></td>
<td>FREE YOGA CLASS! 10-11:15 a.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Reflection Rm.</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>NO FACTORIA MEETING – JOIN US FOR: HOSPICE STAFF &amp; VOLUNTEER HAPPY HOUR 5-7 p.m.</td>
<td></td>
<td>HEALING THE HEALERS WORKSHOP UNIT 3 LOCATION TBD</td>
<td>BEREA VEMENT VOLUNTEER BROWN BAG MEETING 12 – 1 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>LOCATION TBD</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td></td>
<td>HOSPICE LUNCH &amp; LEARN: AQUAMATION 11:45 a.m. – 12:30 p.m.</td>
<td>REFLECTION AND SUPPORT MEETING 6-7:15 p.m.</td>
<td></td>
<td>FREE YOGA CLASS! 10-11:15 a.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>HCC Conf. Rm.</td>
<td>HCC Reflection Rm.</td>
<td></td>
<td>Reflection Rm.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
<td>Saturday</td>
</tr>
<tr>
<td>--------</td>
<td>--------</td>
<td>---------</td>
<td>-----------</td>
<td>----------</td>
<td>--------</td>
<td>----------</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4 LAUGHTER YOGA 6:30-7:30 p.m. HCC</td>
<td>5</td>
<td>6 COMMUNITY REIKI CIRCLE 9:30-11:30 a.m.</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10 NHPCO WEBINAR – 11 a.m. – 12:15 p.m. Location TBD</td>
<td>11 IN-PATIENT VOL. MEETING 6-7 p.m., HCC</td>
<td>12 FREE YOGA CLASS! 10-11:15 a.m. Reflection Rm.</td>
<td>13 THIRD PLACE BOOKS VOLUNTEER MEETING 10 – 11:30 a.m.</td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24 REFLECTION AND VOLUNTEER SUPPORT MEETING 6-7:15 p.m. HCC Reflection Rm.</td>
<td>25</td>
<td>26 FREE YOGA CLASS! 10-11:15 a.m. Reflection Rm. BEREAVEMENT VOL. BROWN BAG MEETING 12 – 1 p.m. HCC</td>
<td>27 VOLUNTEER TRAINING</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>