

Volunteer

NEWSLETTER

July 2010

GRIEF AND CHILDREN

(Editor’s note: Mary has a very special way with children, most especially with those children who are trying to deal with the loss of a loved one. Therefore, we are extremely fortunate, and very grateful, to Mary for writing this series, to help us understand what children are going through when they grieve, as well as offering us tools to help them through the process of their grieving.)

UNDERSTANDING AND SUPPORTING THE GRIEVING CHILD

By Mary Hejnal, Community Bereavement Specialist

There is a storm at sea. The waves are high and rocky, knocking any sailing vessel about relentlessly. There is a tiny boat out in the stormy sea holding a family. Though the storm rages, the members of the family in the tiny boat stay close to each other in the center of the hull. They are warm in the lamplight there, feeling each other’s presence and love. Somehow, here, in each other’s loving presence, the storm seems more distant. Later what the children remember most about the storm are the caring faces of the family.” A Tiny Boat at Sea by Izetta Smith.*

*(family defined as “one who matters”)

UNDERSTANDING THE GRIEVING CHILD

The death of someone loved, especially through the eyes and heart of a child, can feel like an emotional storm with swirling squalls, huge crashing waves, sudden unexpected downpours, and even unpredictable peace and calm. I offer this series in order to share with you insights about grieving children that I have gathered over the years from working with the greatest teachers of a lifetime: children, adolescents, teens, and their parents.

First of all, grief is not an illness, it is not a disease; it is not something to get over or eventually recover from. “There is a beginning and an ending for everything that is alive. In between is living...this is true for all living things...nothing that is alive goes on living forever.” (Lifetimes by Mellonie and Ingpen). Grief is a very natural response, regardless of age, to loss. It has been over thirty years since Elisabeth Kubler-Ross began her great journey and legacy by introducing us to stages of

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dying and then translating them into the phases and stages of grief and mourning. Many theories have followed since and yet there continues to remain discomfort in talking with and guiding children through the dying, death, and mourning of a loved one. EKR speaks poignantly about this in her book, *Death Is of Vital Importance*: “Because we are uncomfortable with the subject, we tend to “protect” children from what may well be the single most important learning experience of their lives. In shielding the children we deny them the richness and openness that is unique to this occasion and also deny them the opportunity to express their honest feelings.” She goes on to say, in all of her wisdom, “Should you shield the canyons from the windstorms, you would never see the beauty of their carvings. You should not protect them...because you cannot protect them. The only thing you will achieve is to protect yourself while you prevent your children from having an opportunity to grow and prepare themselves for life.” *The best way to protect a child is to educate a child.*

One in twenty children will experience the death of a parent before age twelve. This number is even greater as loss and grief also manifests following the death of grandparents, siblings, friends, neighbors, pets, not to mention children whose parents have divorced, are ill, or have moved. Picture a classroom of 18 to 25 children and come to understand the presence of loss and grief. Grief comes out of our capacity to attach – it is the thoughts and feelings inside resulting from the loss. Mourning is how we express grief – it is how we “get the grief outside of ourselves”. It is how we “do” grief. Grief theorist, Alan Wolfelt states that “if a child is old enough to love, a child is old enough to grieve.”

I will often tell parents that it takes tremendous courage to stop and acknowledge the pain of profound loss for themselves and for their children. I share with them that my experience has shown me that individuals (both adults and children) find strength they did not know they possessed as a result of the process of looking within and sharing with others the pain that comes with loss. I think of Izetta Smith’s, “Principles to Live By” when supporting the parents of grieving children. When I sit with families I am witness to the energy of fear, the dread of facing the days ahead, and the pain parents experience when they think of their child growing up without the deceased loved one.

Izetta reminds me that:

- **Your children will be okay.** In generations past, parents have attempted to protect children from difficult events because parents did not want children to hurt. We see now that children can make their way through hard times and turn out fine. Just these words bring relief.

- **Each child has a powerful drive to figure out how to be okay.** Children have strong appetites for finding out about the world they live in, including the hard things. They are given boundless energy in childhood to support their courageous explorations.

- **Each child has his/her own unique way of figuring out how to be okay.** One child’s journey through a hard time will look different from other children’s. It will look different from an adult’s as well.

As families set sail to live life on the stormy seas of change they begin to see evidences in their children of the above principles.

SUPPORTING THE GRIEVING CHILD

It is critical that parents and caregivers be aware of the primary needs behind two critical processes that support the grieving child: the need for safety and the need for ongoing, long-term support. Emotional security is a huge task when the surviving parent is also grieving. Consistency, structure, and routine are essential for the safety and stability of the child. Consideration for the child’s developmental understanding of death, knowledge of how children express their grief and the importance of adult stabilizers in their life long after the death are needs that will help ensure a healthy environment in which children will learn to live with their loss.

Children of all ages may need to be reminded that nothing that they did or did not do caused someone to die. They need reassurance that it was not their fault, that they are not that powerful, and that sometimes things happen for reasons that cannot be explained. It is important when telling a child that a special person has died or is expected to die soon, that you use age appropriate language and that you are honest and consistent with the information surrounding the circumstances. Children may ask detailed and complex questions about illness and death. Before giving an answer, it is always helpful to find out what the child knows first. Parents need to give themselves permission to say they do not know the answer (if they don’t) or to tell the child they are not

ready to talk about it yet. With either scenario it is important to assure the child that they will find the information and let them know or that they will answer their questions as soon as they feel more comfortable talking about it. Recently I met with a father of two children, ages five and seven, whose very close uncle had died suddenly. The father was seeking reassurance that the information he had given to his children surrounding the circumstances of the death was healthy and helpful. Telling the children the truth will enable them to begin grieving along with other family members, rather than later (i.e. “We just learned that Uncle Brian has died very suddenly. We are not certain about all the details yet and as soon as we know more, we will let you know. We are all very sad because we loved Uncle Brian very much”). The children may have questions and that is okay. More “spaces” can be filled in later. I frequently use the phrase, *truth with compassion*, when parents are choosing to “dose” the truth to their children.

Once children have information about the death, they begin to understand how they feel. Feelings unfold in response to the many ways in which the death changes a child’s life and children need to have a way of expressing the thoughts and feelings inside of them. Adults are able to talk about their feelings as a way of processing their

experience while children grieve through their behavior. Children tend to show their feelings through play, make believe, art, games, etc. Playing helps the child find a voice for anger, a face for fear, a laugh for joy and an outlet for tears. Listening is also a vital part of a child’s process. When a child feels seen and heard, regardless of the question or thought, a sense of validation enters them. This acknowledgement helps children feel safe and gives them permission to work through their grief in a way that is uniquely their own. Children need to know that some behaviors are not acceptable, and actually crave limits and boundaries at a time when life’s changes have created a “not so sure” environment.

As children are working to understand what it means to have a parent or loved one die, and as they are showing their feelings about this, they will also take breaks from concentrating on their loss. They can play hard, laugh, and temporarily lose awareness of the hard things in their lives. This gives them a chance to restore their energy as well as a chance to accept the difficult information and feelings in their own time. Living fully in the present and opening up to the future are part of a child’s natural impulses for growth. Kids need to know from the people in their lives that they trust the most, that they are going to be okay.

HELPING YOUR GRIEVING ADOLESCENT TEEN

Parenting teenagers...it’s a tough job under the best of circumstances. But when a teenager is grieving as well, four dynamics place additional stress on the situation:

First, grieving families often feel a need to pull together for support. Since adolescence is increasingly a time for breaking away and relying on peer support, these conflicting needs can place parents and teens at odds with one another.

Second, adolescents are keenly aware of parental reactions, and when they see parents are grieving, often try to protect them from further pain. Most commonly, this takes the form of not talking about it.

Third, simply because they’ve experienced the death of a loved one, grieving teens tend to feel different from their peers. In an attempt to fit in, they may try to ignore their own grief reactions. Nevertheless, their normal grief reactions seethe beneath the surface, waiting for expression – healthy or unhealthy, at appropriate or inappropriate times.

Fourth, the stress of bereavement adds to the physical and emotional swings already common in adolescence.

continued

Parents and caregivers frequently ask for guidance in supporting their grieving teen. Here are four strategies for helping an adolescent teen through bereavement:

1. Provide an environment the adolescent perceives as safe. Like children, if they don't feel safe, young people have difficulty doing the necessary work of grief. Teens need to know their grief reactions are normal, that their peers and adults will be supportive, and that their parents are a dependable safety net.

Structure, discipline, and education are the vitamins.

Structure and maintaining routines provide adolescents with a subtle, daily sense of continuity and permanence at a time when everything else seems up for grabs.

Discipline is necessary and needs to be reasonable and caring but consistent and firm. This reassures the adolescent that his caregiver is capable, even with all the changes, of keeping him safe in a world that, at the present, doesn't feel so safe.

Education can transform a neutral environment into a healing one for the grieving teen. Make sure, with the teen's input and permission, that the adults in the teen's world – school personnel, teachers, coaches, bosses, clergy, etc. – know that the death has occurred. Share, as needed, educational materials about normal grief responses and needs of grieving teens. It is important to educate the teen about normal reactions to grief so that he recognizes the typical grief responses in himself and begins to trust the way his body, mind and emotions are responding to the loss. If he pulls back from discussion, books or movies that illustrate normal grieving can link the teen to his own experience.

2. Encourage the teen to express what the grief experience is like for him or her. Recognize and affirm that her experience is likely to be different from other members in the family. Provide "emotional coaching" for the teen by modeling appropriate emotional reactions to loss.

If the teenager is a quiet or private person, encourage other methods of expression. Helpful ways of expressing emotion include playing or listening to music, writing songs, poetry, journaling, letters to the person who died, participating in sports including the martial arts and punching bags, skate and snowboarding, riding a bike, art and photography.

3. Facilitate an ongoing connection with the person who died. Tell stories about the person. Give the adolescent a photo of him or her with the person. Support the teen in visiting the gravesite or memorial, if that is meaningful to him. Make sure the teen has a chosen memento of the person who died – a favorite tool or sports or hobby item, a piece of jewelry, a book, an article of clothing or any item that will help the teen feel connected to their loved one.

4. Encourage the teenager to participate in normal adolescent activities as she feels able. Grieving takes enormous energy, so there may be a need to slow down the pace of life a bit while the teen adjusts to the changes in her life. It is vitally important for the teen to know, especially following the death of a parent, that he or she is not expected to take on an adult role. The teen needs to know that she is loved and accepted and supported – just as she is now, with all the normal living and loving and learning she has yet to do.

A Parent/Teen Workshop will be held on Saturday, July 17, 2010, from 10:00 a.m. until 12:30 p.m. at the Hospice Center. The purpose of the workshop is to provide a supportive environment for teens and their parents to experience how loss and grief influence behavior, growth and change at a heart level. If you know of anyone who may be interested, please have them call 425.899.1044.

Next month I will focus on the typical responses that children have to grief, how the developmental stages for children create the recycling of their grief throughout their lifetime, and more ways to support children as they grow through grief. – Mary



FOR THE TOOLBOX

*This was given to me by volunteer Barbara Baugh
– Carol Kummet, Bereavement Coordinator*

BEING A CONTAINER - HOLDING SPACE FOR OTHERS

We have all been called upon at one time or another to help a loved one through a difficult time. When the help required consists of concrete actions, such as running errands or making phone calls, we know what to do. But sometimes we are called simply to hold space for the person as they go through whatever they need to go through. They may need to express anger or grief; they may need to talk or be silent. They may need us to hold their hand; they may need us to give them time alone. Whatever the case, when we hold space for someone, we offer ourselves up as a container for the overwhelming feelings they may be encountering due to their circumstances.

When we offer ourselves in this way, the more centered and grounded we are, the better. Our steadiness allows our companion to lean into us for support, as our presence provides an environment in which they can be free to move. We can also help by being responsive, allowing them to dictate the flow of action from talking to not talking, from anger to grief, and back again. By being aware and open, we can help them confront their feelings when that feels right, and back off from them when they need a break. Holding space requires humility, conscientiousness, and the ability to step out of the way; to honestly understand that this is not about us.

When we love someone in this way, we provide a space in which they can simply be. Able to feel what they need to feel without worrying about how they are being perceived. We can provide this offering in person, over the phone, or even from a distance, through meditation. However we do it, when we hold space for someone in need, we are offering a gift of the highest nature.

-From www.dailyom.com

USEFUL WEBSITE

This website is a place to visit for peace and contemplation: www.gratefulness.org

-Criss East, Volunteer Coordinator

FAMILY SURVEYS

“Evergreen is simply the best. I had lost hope and was handed your brochure. You rescued not only my mom but me as well. Thank you from the bottom of my heart.”

“Everyone was exceptionally supportive, knowledgeable and kind. I particularly responded to David, the MSW, and the nurse who saw my mom for the last time 13 hours prior to her death...I have no concerns or complaints, only respect and gratitude.”

“While under hospice, the care given Mom at Evergreen Hospital and especially Evergreen Hospice unit was absolutely excellent. Mom’s mind was sharp to the end and she and I and her family were very pleased. Thank you to all the caregivers. We were all truly blessed by them.”

EVERGREEN HOSPICE OPEN HOUSE

Date: Wednesday, Aug. 4

Time: 10 a.m.-12:00 p.m.

Location: Evergreen Hospice Center, Kirkland

This is for anyone who is interested in volunteering at hospice. Please feel free to bring or invite someone you know, who might be interested. This is a wonderful chance to see what we’re all about, and to provide information about volunteering opportunities at hospice.

There’s no need to register; the Open House starts at 10:00 a.m.



“You cannot do a kindness too soon,
for you never know how soon it will be
too late.”

-Ralph Waldo Emerson



UPDATES & ANNOUNCEMENTS

EVERGREEN HOSPICE AND PALLIATIVE CARE NOW ON FACEBOOK!

Evergreen Hospice and Palliative Care Volunteers now have a Facebook Fan Page. We will be posting upcoming events, links to hospice organizations and education. Click on this link to see the Fan Page: <http://www.facebook.com/pages/Evergreen-Hospice-and-Palliative-Care-Volunteers/107897265904255>

TOWN HALL MEETINGS WITH NEW EVERGREEN CEO

Join Evergreen's new CEO Robert Malte for scheduled town meetings. He is holding these meetings quarterly, as forums for all employees and volunteers to communicate their ideas and opinions.

"We're doing them at various times of the day and in the evening in order to accommodate all the different work shifts at the hospital," explains Malte. "They're good opportunities to listen and learn, not only for me, but for everyone else involved." Contact Melissa, Criss, or Sheri for details.

DISCOUNT TICKETS TO SEATTLE STORM BASKETBALL GAMES

All Evergreen employees and volunteers are being offered a 40% discount on all Storm tickets. For more information contact Storm account executive Sean McInain at: smclain@stormbasketball.com or 206.272.2742.

ROSE GARDEN CEREMONY

Date: Wednesday, July 21
Time: 6:30-8:30 p.m.

This is our hospice's annual summer memorial service. It is a half hour program of songs and words of comfort followed by a reception. All families who have had a loved one die on hospice in the past two years are invited. Donna Oiland, the Community Outreach Coordinator for the hospital, also invites families who have had the death of a loved one in the hospital during the past year.

Volunteers are needed to help with set-up, greeting the bereaved as they arrive and helping them find seats, assisting with food and beverages, being there for support for bereaved who want to talk, and least glamorous but much needed, help with clean up.

If you can help please email me at: cmkummet@evergreenhealthcare.org and let me know which job you are interested in and I'll let you know the particulars such as time, location, and duties.

And, if you cannot promise to help but would like to be there that evening picking up odd-jobs, please email me at: cmkummet@evergreenhealthcare.org and let me know.

Finally, if you cannot promise to help or do odd jobs, you are still very welcome to attend the ceremony! You are free to invite and welcome anyone in your circle of family or friends who have had a death (hospice or not). Let your community know that this beautiful ceremony is open to all.

If you do not have email, my phone number is 425.899.1040 (ask for Carol Kummet.) Thank you and I hope to see you all there!



NEW SEWING PROJECTS – CAN YOU HELP?

Comfort Pillows – Fidget Aprons – Pillowcases

- We have an abundance of dignity bags at the current time so we have come up with a new item to offer our hospice and palliative care patients: COMFORT PILLOWS. Use fabrics that are comforting to the touch (fleece, microfibers, soft cotton, or washable velvet). Finished size should be 7" x 16" long.
- Another new item for our sewing volunteers to make is the FIDGET APRON. These aprons have items sewn to them that will keep hands busy. Things such as scarves, zippers, buttons, ribbons, lace, etc.
- For patients in the field, we need soft, comfortable pillowcases (standard size) in washable fabrics, that they can keep.

Thank you for your help with these!

For questions and comfort pillow pattern, contact Criss East at cmeast@evergreenhealthcare.org.

TWIN-SIZE AND LAP BLANKETS NEEDED

The hospice care center needs larger blankets (the size of a twin bed) to cover patients from their feet up to their chin.

We also still need lap blankets for the hospice and palliative care patients. These blankets can be knit, crocheted, sewn, or hand-tied (fleece). The approximate size is 3 feet x 4 feet. Please drop them off at the hospice center marked “lap blankets for hospice.”

FLEECE AVAILABLE FOR BLANKETS

Fleece is available if you are interested in making a hand-tied blanket for a hospice patient. The fabric is at the hospice center if you would like to participate in this project. Contact Janlee for fabric availability

AND...FABRIC DONATIONS WELCOME

We can always use donations of new fleece fabric to give to our crafters to sew into hats, mittens, and lap blankets. If you are not a seamstress but would like to contribute, this is a good way to do it. You can drop off donations at the hospice center. Please include your name and address so we may thank you properly!

GET SOAKED AT WILD WAVES THIS SUMMER

The Human Resources Department has discounted Wild Waves/Enchanted Village tickets available for employees to purchase.

The cost of tickets at the door is \$39.96, but Evergreen employees can purchase them for \$26 each. For the most up-to-date operating times and schedule, please go to www.wildwaves.com. All tickets may be purchased in the HR Department. The hours are Monday-Friday, 7:30 a.m.-4:30 p.m. Personal checks, money orders and cashier's checks only; sorry, no cash.

If you have questions, please contact Melissa Kullmann at 425.899.2532.

MOVIE TICKET DISCOUNT FOR EVERGREEN TEAM

Movie discount tickets are available in Human Resources for \$7.50 each, and are good for the following theaters: AMC Lowes, Cineplex Odeon & Magic Johnson. Volunteers need to wear their badge when they pick up tickets. Call 425.899.2511 for more information. These make great holiday gifts!

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.

REMINDER: IN-SERVICES AVAILABLE ON VIDEO AT HOSPICE

Making End of Life Decisions presented by Cynthia Tomik, MSW and Janet Kuller, MSW

Pain and Symptom Management: Signs and Symptoms of Approaching Death presented by Patty Wiltz, RN

Spirituality in End of Life Care presented by Carol Kummet, MSW

Working with Alzheimer's Patients and in Skilled Nursing Facilities presented by Sue Bartels, MSW

Understanding and Responding to Requests for a Hastened Death, presented by Helene Starks (NEW)

These are available for viewing at hospice at any time; just call Janlee to reserve viewing space.

CALENDAR OF EVENTS



HOSPICE AND PALLIATIVE CARE VOLUNTEER SUPPORT MEETING – FIRST WEDNESDAY OF EACH MONTH

Date: Wednesday, July 7

Time: 7:00-9:00 p.m.

Location: Hospice Center Conference Room, Kirkland

All hospice and palliative care volunteers are invited to join us for the monthly evening volunteer in-service and support meeting. We meet the first Wednesday of each month. Volunteers share the journey of end-of-life with the families we serve. It can be joyful as well as sad. Coming together in community with other volunteers who share your experience is good self-care. The first hour of the meeting is education and the second hour is a time for sharing ideas and support. Ask questions and gather ideas from your peers! You will also have the opportunity to participate in the ritual of remembrance for loved ones who have passed.

JULY 7 – Books, We Love Books, Favorite Book Discussion

Join us in discussing books you have read lately that relate to your work as a hospice and palliative care volunteer. These can be fiction or nonfiction books. If you are not able to attend the meeting but have a book you would like to recommend to the group, please e-mail the information to Criss East prior to July 7th.

NEW! HOSPICE CARE CENTER VOLUNTEER MEETING – SECOND THURSDAY

This is for those folks who volunteer specifically at the center. It is an opportunity to come together and support each other and also get updates on the program, the inpatient center, share what is working, what is not. We hope you'll attend, whether you're able to come for part or all of the meeting.

Date: Thursday, July 8

Time: 12-1:30 p.m.

Location: Hospice Reflection Room

“JOURNALING FOR SELF-CARE” LUNCH TIME VOLUNTEER SUPPORT MEETING – FIRST FRIDAY

Date: Friday, July 2

Time: Noon-1:30 p.m.

Location: Hospice Center

Facilitator: Carol Kummet, Bereavement Coordinator

To meet the needs of more volunteers, we are offering a daytime volunteer support meeting. Bring your own lunch!

Providing compassionate care to the dying and the bereaved requires the ability to give of yourself on three levels: the **physical** or “being there,” conveyed by being present, by showing up; the **emotional** or “being with,” conveyed through connections, communicating, caring, and accepting the person as they are, where they are; and the **spiritual** or “being attentive” to all the person’s concerns, joys, successes, and fears.

Please join us at the new daytime volunteer sharing and support group where you will have a chance to share with other volunteers your stories of being there, being with, and being attentive to the dying and the bereaved.

ANIMAL ASSISTED THERAPY QUARTERLY MEETING

Date: To be announced

Location: Hospice Center Conference Room

HOSPICE MEDITATION GROUP

Date: Last Friday of every month

Time: 7:00 p.m.

Location: Hospice Center

Rotating Leader

****AUGUST INSERVICE WITH CHARLANN BACHMEIER****

“Neurological Conditions”

Charlann will be presenting another inservice in August, on the topic of neurological conditions, including Parkinson’s, Alzheimer’s, ALS, dementia, etc. There will be two sessions, one morning, one evening. Details to come in the August newsletter.

REIKI CIRCLE – THIRD FRIDAY *AND* FIRST SATURDAY OF EACH MONTH

Time: 7-9 p.m. Fridays and 8:30-10:30 a.m. Saturdays

Location: Hospice Reflection Room

A Reiki Circle is a time for Reiki practitioners to get together and share stories and support one another. We also exchange treatments. We would like to extend an invitation to any staff or volunteers who may want to get more information about or experience Reiki. These circles are being led by Compassionate Touch volunteer Narmin Halani and Hospice RN Therese Thomas.

UPCOMING VOLUNTEER TRAINING DATES

As the Evergreen Hospice and Palliative Care program grows, so does our need for volunteers. If you know of someone who has expressed interest in becoming a hospice and palliative care volunteer, please tell them about our upcoming volunteer trainings:

July 14, 15, and 22

Sept. 17, 18, and 22

Oct. 22, 23, and 27



EDUCATION OPPORTUNITIES

2010 WSHPCO CONFERENCE/ WORKSHOP

For information about registration, visit: www.wshpc.org/cde.cfm?event=296536

Oct. 4 & 5, 2010, Expanding Dimensions Annual Conference

Keynote Speakers: Thomas McCormick, DMin, Univ. of WA,
Don Schumacher, PhD, CEO, NHPCO

Location: Campbell's Resort, Chelan, WA

Registration available

ON DEATH AND GRIEVING

FEATURING DAVID KESSLER, AUTHOR AND RENOWNED EXPERT ON DEATH AND GRIEF

Date: Aug. 2, 2010

Time: 8:00 a.m. to 4:00 p.m.

Location: Crowne Plaza Hotel, Seattle

Cost: \$189.00

Register at: www.cmieducation.org or call
1.800.726.3888.

WHEN DEATH COMES: THE REFUGE OF COMPASSIONATE PRESENCE

A workshop with Frank Ostaseski, Founder of the Zen Hospice in San Francisco

Date: Friday, Oct. 15, 2010

Time: 10:00 a.m. to 4:00 p.m.

Cost: \$125.00; \$75.00 for students and volunteers

CEUs available

Location: Chateau on the Landing Auditorium, 17543 102nd Ave NE, Bothell, WA 98011

Compassion is integral to all healing. It is an innate capacity that enables us to sensitively open to suffering. Part of the beauty and function of compassion is that it establishes a trustworthy connection, supports mutual well-being, companions what we fear is intolerable and allows us to stay present in the territory of unanswerable questions. Without the presence of compassion, caregiving becomes a series of mechanical or technological efforts that exhaust everyone and heal no one. Frank discusses how to sustain the fearless receptivity of compassion and draw on his experience as both patient and caregiver to illustrate its impact on those facing life-threatening illness and loss.

Specifically, he will focus on the three essential qualities needed by those accompanying the dying: compassionate presence in the face of suffering, freedom from the limitations of roles, and an abiding trust in the dying process. When these are present we become a trustworthy refuge for our self and those we serve.

Weaving together moving stories, Buddhist practices, and good common sense developed over 20 years at the bedside, Frank helps us to see that accompanying the dying is much more than providing appropriate medical care. This workshop is open to all and may be of particular interest to professionals or those anticipating caring for family members or friends facing life-threatening illness.

HAPPY JULY BIRTHDAY

Khoi Nguyen, Field, 7/1
Beth Dietrich, Field, 7/8
Marge Iverson, Reception, 7/9
Laura D'Urso, Field, CT, 7/12
Dana Jacobson, Inpatient, 7/12
Simeon Cran, Inpatient, 7/15
Tina Ellenbogen, Reception, 7/15
George Janecke, Field, 7/15
Debi Franklin, Field, 7/22
Rita McMahon, Reception, CT, 7/22
Lori Leonard, Field, 7/30
Priscilla Wiest, Field, Inpatient, 7/31

HAPPY AUGUST BIRTHDAY

Ken Reynolds, Bereavement Group Facilitator, 8/2
Roseanne Turner, Field, 8/2
Dillon Nishimoto, Field, 8/4
Claudette Granahan, Reception, 8/5
Denette Sinclair, Field, CT, 8/5
Millie Rickey, Bereavement Group Facilitator, 8/6
Barbara Fitzgerald, Field, 8/14
Kate Casey, Animal Assisted Therapy, 8/16
Jenna Grauman, Field, 8/20
Lynn Reed, Inpatient, 8/22
Kathy Guilbert, Field, 8/25
Donka Poparova, Inpatient, 8/25
Margaret Campbell, Field, 8/26
Sally Rockwell, Reception, 8/26
Jon Randolph, Field, 8/31



Poetry Corner

When I Am Among the Trees

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness,
I would almost say that they save me, and daily.

I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.

Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.

And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."

~ Mary Oliver ~

(Thirst)

A Note About Submissions: We welcome and greatly appreciate any submissions (recipes, book reviews, stories etc.) and comments you care to make. You have my promise that I will always acknowledge receipt of anything anyone sends me. Please send your submissions and comments to me at: 1_loba@hotmail.com. Or, you can leave a typed version in Melissa's folder in Reception or call 425.899.1040 and leave a message.

Thank you!

– Linda Loba, Editor

IDT TIMES AND LOCATIONS:

South Team

Location: 2600 S.W. Holden St., Seattle 98106

Day: Fridays

Time: 8:30-10 a.m.

North and Central One & Two Teams

Location: Evergreen Plaza, 11800 NE 128th St., Kirkland, Room 204

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

Central Two: Thursdays, 8:30 - 10:30 a.m.

Central One: Thursdays, 10:45 a.m. - 12:45 p.m.

Inpatient

Location: Kirkland

12822 124th Lane NE, Kirkland 98034

Day: Tuesdays

Time: 11:30 a.m.-12:30 p.m.

Inpatient volunteers: This meeting is especially helpful to the team; your input regarding patients on the wings is greatly appreciated.

If you have questions please feel free to contact Melissa, Criss, or Sheri. Thank you.

– Evergreen Hospice Volunteer Department

HELPFUL HOSPICE CONTACTS

Melissa Lubatti

Inpatient Volunteer Coordinator

Animal Assisted Therapy Volunteer Coordinator

MRLubatti@evergreenhealthcare.org

425.899.1028

Criss East

Field Volunteer Coordinator, Central Two and South Teams

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425.899.1049

Sheri Standley

Palliative Care, Central One and North Teams

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425.899.3290

Janlee Lewis

Office Assistant –

Bereavement & Volunteer Depts.

JNLewis@evergreenhealthcare.org

425.899.1076

Celia Harper

Hospice Infection Control Nurse

206.730.6288

Hospice Main Telephone Line

M-F, 8a.m.-5 p.m.

425.899.1040 or 425.899.1070

Both numbers will be answered 24 hours and 7 days/week

Hospice Toll Free Number

1.800.442.4546

Hospice Fax

425.899.1099

Sheri & Criss Fax

425.899.1033

Melissa & Janlee Fax

425.899.1052

Hospice Bereavement

425.899.1040

Employee Health:

425.899.2282 (Sokhon: Admin assistant) or

425.899.2278 (Teri Brunswick, RN).

(Employee Health is located in Blue 1-164 in Evergreen Hospital. Hours: 8 a.m.-12 p.m. and 1-4 p.m. M-F)

HELPFUL HOSPICE LINKS

- **Evergreen Hospice Volunteer Information and Application Forms**

www.evergreenhealthcare.org/services/hospice/hospicevols/default.htm

- **National Hospice Foundation**

www.hospiceinfo.org

- **National Hospice and Palliative Care Organization**

www.nhpco.org

- **Hospice Foundation of America**

www.hospicefoundation.org

- **Hospice Web**

www.hospiceweb.com

- **Delta Society (Dog therapy training/certification)**

www.deltasociety.org

- **Four Seasons Oasis Bookstore and Gallery**

(Very extensive collection of books on bereavement; especially miscarriage), www.fourseasonsoasis.com

- **Free Workbook on Advance Care Planning**

A workbook called "Your Life, Your Choices" to help people do advance care planning.) ,

www.hsrdr.research.va.gov/publications/internal/ylyc.pdf

- **The Center for Living and Dying**

www.centerforlivinganddying.org

- **The Sacred Art of Living Center**

www.sacredartofliving.org