

205 Wasco Loop, Suite 202
Hood River, OR 97031
Phone: 541.386.1942
Fax: 541.386.1728

508 Washington Street
The Dalles, OR 97058
Phone: 541.296.2289

Toll Free: 888.882.1942
www.heartofhospice.org
www.heartofhospicefoundation.org

Heart of Hospice Newsletter

Fall
2011

Heart. It's in our name. It's in our care.

Heart of Hospice Opens Second Office in The Dalles, Oregon

Heart of Hospice (HoH) is very pleased to announce the opening of our satellite office located at 508 Washington Street in The Dalles, Oregon. Heart of Hospice has been serving Wasco and Sherman counties since it opened in 2007. According to Jodi Goatcher, Executive Director, "We're incredibly excited about the potential for this new office. All of our charting is electronic and we haven't had the need for a second office. We have grown enough now that we need the extra workstations for our staff but most importantly we wanted to be more

present in The Dalles. Giving back to the communities we serve is important to us (i.e., the Butterfly Release Memorial service) and this office cements the fact that we really are part of this community. We always have been." The office is not staffed full time and will be open by appointment. It is one more place for our team members to go to meet privately with patients, families, volunteers, or other members of the community. **Join us Thursday, September 8 for our new office open house. Come check it out, meet the staff, and help us celebrate!**



From the Desk of: JODI GOATCHER Executive Director

I have a book that sits on a table, front and center in my office. It is called: *Cowboy Values*; by James P. Owen. One might wonder why a book about cowboys holds such a visible place in a Hospice office. To me, it is a daily reminder of what we are striving to be, both as individuals and as a company. This book outlines seven core values to be used as a "reference point... regardless of our religion, origins, or politics." They are: COURAGE; OPTIMISM; AUTHENTICITY; SELF RELIANCE; HONOR; DUTY; and *HEART—the quality that enfolds all other values.*

At Heart of Hospice these seven core values drive every decision we make. We work hard to "do the right thing" in every aspect of our care and to put our Hearts in everything we do. I hope you get a glimpse of our *Heart* as you read the newsletter.

With Love,

2011 Nominations for the Governor's Volunteer Awards

Outstanding Senior Volunteer — Peter Frothingham

Peter, the first Heart of Hospice volunteer, is a licensed massage therapist. His technique consists of the lightest kind of touch—often Peter's hands simply hover in the air above the patient, working with energy. Nurses and aides have reported patients display noticeable changes for the better in their attitudes, emotions, and overall states of mind after massage. Offering patients something positive, such as unconditional affection and comforting, gives them something to look forward to. But Peter doesn't stop at just treating our patients; he comes to the office every Tuesday and offers treatments to staff members. Peter is also very interested in pet therapy and looks for opportunities to introduce it to others through his dog, Rascal. Rascal, is a small, well-mannered schnoodle and is Peter's constant companion. Peter is proof that interacting with animals is good for one's physical state of health... happy minds release good hormones to help boost the immune systems.



Outstanding Adult Volunteer — Theresa Perry

Theresa embodies the best qualities of volunteerism—true selfless service, without seeking personal acclaim or acknowledgement. She always seems to be available when and where she is needed most. This was particularly true when she was battling cancer. We fully expected her to discontinue her volunteer service. Instead she put her experiences to good use and was able to empathize with patients and their families with greater understanding. Her message of, "I can still be a volunteer," created awareness and demonstrated her conviction that the needs of the terminally ill should be taken care of. Theresa is dedicated to helping those individuals who are in need, not only in our Hospice families, but in the community. She demonstrates compassion and empathy and makes everyone feel comfortable. She provides constant and consistent service despite personal difficulty. Her willingness to provide her time, energy, and life skills in order to make sure our Hospice services meet the needs of our patients and their families is admirable.



Outstanding Youth Volunteer Program — YoHoH's

Youth Heart of Hospice. These caring, compassionate teens from Hood River Valley High School serve Hood River, Wasco, Skamania, and Klickitat counties. They meet the first Monday of every month to decide what their activities will be. Examples of projects they've done in the past include: helping facilities and/or patients decorate for the holidays, installing batteries in smoke detectors, changing lightbulbs, cleaning gutters, weeding, delivering flowers and gifts, and creating homemade cards. These teens have a unique sense of kindness and compassion and it shows in their commitment to be there when we need them; giving up evenings, Saturdays, and even family time on holidays.



New This Fall...

Youth of Heart of Hospice (YoHoH) is coming to The Dalles high school (TDHS). We are very honored and blessed to have a second Youth Heart of Hospice Volunteer program start up this



fall in The Dalles, Oregon. These local high school teens will share their smiles and youthful enthusiasm with our patients and families on special occasions ranging from birthdays and holidays to yard cleanup. Paul Duus, retired counselor at TDHS, and a Heart of Hospice volunteer, will be their advisor and is excited to work with TDHS students once again. Jill Casey and Jeremiah Noonan are both seniors and will be co-Presidents for the 2011-2012 school year. Jill is active in the Oregon Battle of Books, band, ASB leadership, varsity tennis, Youth in Government, drama, Honor Society, AP classes and youth group leadership in the LDS church. Jeremiah plays baseball, is an AP student, will be taking classes at CGCC as part of the Expanded Options Program, and enjoys snowboarding, running, reading, and painting. Also pictured are Kristal Casey and Alyson Vennewitz from TDHS and Jayne Mederios, Volunteer Coordinator at Heart of Hospice.



Calling All Photographers!

It's calendar photo time—in addition to our traditional landscape photos of the Pacific NW, we're adding a new category. We're looking for photos with a "heart" in them. Clouds, trees, flowers, the hearts we give our families, etc. The photos need to be horizontal layout and Should include location. Contact Clyde Sanda at (541) 386-1942 with questions.

Hood River Echelon Gran Fondo

Dear Friends and Family—we are participating in the Hood River Echelon Gran Fondo on September 24, 2011. It is a European-style cycling event for the benefit of our very own Heart of Hospice Foundation. Please support our participation by registering to ride or by making a contribution to this worthy cause. There are rides for all fitness levels. Every little bit counts from one dollar to one hundred dollars so please don't hesitate to join us. I think this is going to be a very fun day! Anyone can participate! You can ride or just help out. Bring the family and go for it!



I greatly appreciate your time and support of our efforts!

Thank you,

Cathy Carter, Executive Director
Heart of Hospice Foundation Team
To read more about the event visit:
www.echelongranfondo.org

Joint Effort with Murray's Furniture, WINGS, and Heart of Hospice Foundation

OUR MISSION AT Heart of Hospice Foundation is to support the Heart of Hospice philosophy of Heart-to-Heart care by providing emotional and financial support to Hospice patients and families in need. One way we are able to provide support is with lift chairs. We have teamed up with Murray's Furniture/Greg Murray and Give Them Wings, Inc., a non-profit corporation. Greg, very generously, gives us the best price possible for the chairs, provides storage between patient requests, and furnishes free delivery. When Greg is unable to make a delivery (every moment is precious in Hospice) the young men at WINGS deliver for him. It is a win, win, win for all of us but especially for the patients. The WING-men tell us they love to deliver the chairs. They love meeting the patients and their families. One young man said "I didn't get to spend much time with my grandparents and I miss that. I felt like I was visiting my grandpa." Allyson Pate, WINGS director said, "We feel it is an important part of our program for the WING-



men to give back to the community that has done so much for us!"

Murray's is the largest furniture retailer in the Mid-Columbia and it still offers free delivery to the local area, including The Dalles. Visit their website at www.murraysfurniture.com to learn more.

WINGS provides housing, work, education, and wrap-around services for young men who are currently homeless and need support. The program is completely voluntary and free—the only requirement is the desire to make a change. To learn more about WINGS, visit their website at www.getwings.net.

COMING SOON 2012 LAUNCH PARTY



SAVE THE DATE

Tickets are \$10

Purchase tickets at Waucoma Bookstore or at the door.

Please join us for our 2012 Launch Party at
**The Pines Tasting Room on
January 21 at 6 p.m.**

Meet our fabulous hosts and be the first to reserve your place at any of the "My Dinner Party" events.

To have your name added to the premier email list contact peggy@heartofhospice.org.

100% of donations go directly to Hospice patients and families.