

Reflections

Raring to return

Hospice patient plans his next stay at the respite 'resort'



Hospice patient Vincent Schile relaxes with the newspaper in one of the family rooms at the Elaine and Don Heimbigner Hospice Care Center.

Staff at the Elaine and Don Heimbigner Hospice Care Center in Vancouver were startled when 82-year-old Vincent Schile breezed in the front door, his red suitcase and walker in tow, and asked, "Where do I check in?"

The three surprised employees inquired, "How did you get here? Did someone drop you at the entrance?"

Vincent thought these were odd questions until he learned that most hospice patients arrive in an ambulance.

"No," he replied. "I drove myself and parked in your front lot."

An "international road warrior," Vincent traveled frequently throughout his career so he didn't think twice about driving himself for a five-day respite stay at the care center.

For patients like Vincent who receive hospice care at home, most of the caregiving is provided by a family member. In Vincent's case, his wife of 50 years, Joyce, takes care of him.

Around-the-clock caregiving can be exhausting, and caregivers often need a rest — that's where respite comes in. End-of-life patients receiving hospice services are eligible for "respite care" which is covered by the Medicare hospice benefit and most private insurance plans. Hospice respite care allows a family caregiver to get a break from caregiving duties while the patient is cared for in a Medicare-certified inpatient facility.

When Vincent learned that respite was really a benefit for Joyce, he thought that sounded pretty good. "Sign me up," he told his provider. Joyce was thrilled to visit family in Seattle, and Vincent said he'd "never been in a nicer place." He described his room as "lovely and spectacular" although the large walk-in shower was intimidating. But that didn't bother him because he "wasn't working up a sweat to need a shower."

Vincent set up shop in one of the center's cozy family rooms where he read, watched television, and ate his meals. He explained, "I didn't need room service and it was fun to custom order my food. It was very much like eating at home."

When his doctor first discussed respite with him, Vincent thought it sounded like a resort. After spending five days in our care center, he's eagerly planning his next stay at the respite "resort."

CALENDAR OF UPCOMING EVENTS

Death Café Longview

3 - 5 pm, Sunday, February 9
at Community Home Health & Hospice, Conference Rooms, 1035
11th Avenue, Longview

Vancouver

3 - 5 pm, Sunday, April 19 at
Seasons of Hope Grief Center, 3102
NE 134th St., Vancouver

*Join us as we drink coffee, eat cake,
and dive into the topic of death. For
information, contact Erin.Orren@
chhh.org, 360.703.0336.*

Spring Bereavement Classes

Various dates, times and locations.
Next sessions begin in late March.
*Join these closed-group, recurring
sessions led by experienced grief
counselors. Sessions are Survivors of
Suicide Loss, Grief Recovery Method
and Walk Through Grief. To register,
contact Erin.Orren@chhh.org,
360.703.0336.*

Find us online!



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Learn & share with us



On January 12th, Death Café participants enjoyed lively conversation about creative ways to celebrate a wake and other related topics. Don't worry if you missed out—four more cafés are planned in 2020!

You are invited to attend one (or all) of the 12 community-based events we have planned this year including an educational series titled Living Fully. We're also collaborating with SW Washington Death Café to host five Death Cafés in 2020 (which included a January 12th event held in Vancouver).

The next scheduled Death Café is Sunday, February 9th from 3 - 5 pm at Community Home Health & Hospice in Longview. Following the Longview Death Café, we're heading back to our Seasons of Hope Grief Center for three more on April 19th, July 19th, and October 4th, all starting at 3 pm.

For our Living Fully series, we're scheduling speakers for eight educational events focused on end of life care and preparation. Scheduled topics include new rules for end of life, estate planning, honoring choices and alternative burials. Each topic will be covered in both Longview and Vancouver as its own separate event.

Times and dates for our Living Fully series will appear in future newsletters, and on our website and social media outlets. Keep your eyes peeled!



VOLUNTEER MARGARET TRENCHARD SHOWS THE LIGHT SHE MADE IN MEMORY OF HER MOTHER AT THE LIGHT UP YOUR NIGHT EVENT.

RED CANOE CREDIT UNION DONATED STUFFED ANIMALS TO OUR CHILDREN'S BEREAVEMENT PROGRAM!

Caring for future generations



Carol McRae

Longtime Longview resident Carol McRae was married nearly 62 years to Dr. Larry McRae until his death in 2016.

Dr. McRae left Community Home Health & Hospice in his will, and Carol has done the same.

In Carol's words, "Leaving Community in my will is a wonderful opportunity to help hospice help others. You don't need to have a lot of money to leave some to hospice."

After you've taken care of loved ones, consider leaving Community in your will to pass on something wonderful to future generations. With your will in place, you'll have peace of mind knowing your loved ones are taken

care of, your assets are distributed accurately, and your gift to Community reflects your personal values. Find a lawyer to carry out your wishes, and please let us know of your plans. Whether your gift is small or large, it will make a big difference! Questions? Contact 360.597.0717 or give@chhh.org.



Dormalee Earl, MSW

Grateful Hearts

'My job is my calling'

Growing up, Dormalee Earl, MSW, always wanted to be a social worker. Her life was wrought with tragedy through the loss of her brother, father and husband, but it wasn't until her mother was diagnosed with pancreatic cancer and became a patient with Community that she finally answered her calling. At age 50, Dormalee returned to school to become a Medical Social Worker.

"It all fell into place as if it was totally meant to be," Dormalee said of her dream come true.

In her 16 years at Community, Dormalee has touched the lives of countless families. In 2019 she was named twice through the Grateful Hearts program. Mr. William Morvee, a Grateful donor, spoke of Dormalee's ability to foster deep connection.

"I love Dormi. She's such a good listener and has a unique way of getting things out of me that I wouldn't have expected to share," he said with a laugh. Dormalee has been working with Mr. Morvee and his wife Sharon at their Longview home for 19 months.

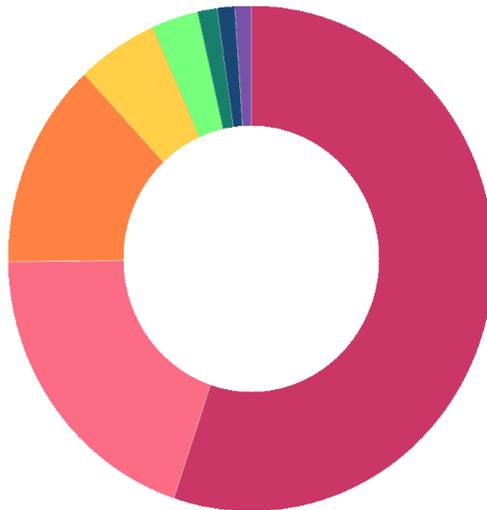
"It's rewarding to assist families and patients with end of life care including community resources ... and emotional support in a difficult time," she said.

Are you grateful for the service of a particular Community staff member? Call 360.597.0717 or email give@chhh.org.

2019 Gratitude Report

For fiscal year 2019, you helped raise **\$1,178,780** to support the following programs*:

- Area of Greatest Need:** \$639,534
- Charity Care:** \$227,683
- Vancouver Building:** \$152,412
- Specific Purchase:** \$62,170
- Continuing Ed:** \$35,825
- Memorial Gardens:** \$14,875
- Care Centers:** \$13,539
- Children's Bereavement:** \$12,734



If you would like to see the full 2019 Gratitude Report, call 360.597.0717 or email give@chhh.org.

*only top eight programs shown



It takes a Community

PO Box 2067

Longview, WA 98632

Join us at the

DEATH CAFÉ

where we drink coffee, eat cake, & talk all things death

Death Café is a growing international movement working at eliminating the taboo topic of death.

Come join others in a safe and relaxing environment where we sit together, drink coffee and tea, nosh on finger food*, and dive right into the topic of death.

The event is free and open for all to attend, so be sure to stop by and check it out!

**Please consider contributing to our finger food potluck. Gluten free and other alternatives are always welcome. To protect those with food allergies and sensitivities, be sure to label your dish.*

SAVE THE DATE

**Community Home
Health & Hospice**

1035 11th Avenue

Longview

3 - 5 pm, Feb. 9

**Seasons of Hope
Grief Center**

3102 NE 134th Street

Vancouver

3 - 5 pm

Apr. 19, July 19 & Oct. 4

Send your RSVP to
bit.ly/DeathCafeatCHHH.

Email griefsupport@chhh.org
for more information