



WINTER 2017

**HOSPICE CARE  
PALLIATIVE CARE  
GRIEF CARE  
BEHAVIORAL HEALTH**

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Expert  
*guidance*

**Me and My Angels**

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# ME AND MY ANGELS

## Excerpts from the story shared by Cody Spanner at the 2017 Lighting the Path Breakfast.



Cody's father, Byron Burns.

*Have you ever been with a loved one when the doctor said there is nothing more we can do?*

Dad had a major heart attack, we were told he would not survive surgery and would probably die of a heart attack within the next few months.

As I prepared for the worst, God had other plans: a blessing. Dad

bounced back and it was a few years later that Dad declined to the point that he couldn't live on his own. You know the stories...he drove his truck through the garage wall into the bedroom mistaking the gas for the brake. The police ringing the doorbell at 4 a.m. "Is this your Dad? He couldn't remember how to get home." We got him moved and he began enjoying independent living at a nice facility.

At this point I felt perhaps The Chaplaincy might be of some service.

The first Chaplaincy service that was integrated into Dad's service plan was Palliative Care.

Dad's physical health was monitored by a wonderful nurse practitioner, who came to visit Dad once each month. Through our discussions I began to learn that researching his medical condition and probable outcomes was really just a small part of the big picture.

A big part of this story is my dad. Oh my gosh, he was a sweetheart!

This is how I would describe my dad in one phrase: he would go out to coffee at 4 a.m. and have met five new best friends.

He was a true old cowboy that grew up in Jackson Hole, Wyoming, in a dirt floor cabin. He would herd cattle, repair fences, rodeo, race dog sleds in the

winter, and in summer sell fish that he had caught.

Dad enlisted in the Air Force at age 17 and was sent to Germany. He loved the Air Force experience and was proud to be a World War II veteran. The last years of his life he wouldn't leave the house without his veteran's hat on.

He met my mom at an Air Force base dance. She was doing the swing and he did the Texas Two Step. They started dating. He tasted my mom's homemade apple pie, and that was it—he was in love. They were married, moved back to Wyoming where Dad was a dude at the Dude Ranch and then a big game guide. My parents had my brother and I, then moved to Kelso, my mom's hometown, and my dad got a job at the Fibre paper mill.

These experiences were what shaped his character and his outlook on life. As I would often hear, "Cody, I have led such a wonderful life filled with great experiences. I thank the Lord every day."

One memory that I often reflect on this time of year is when my mom sent my dad to the grocery store the day before Thanksgiving to buy a turkey and some other groceries. Dad came home with the groceries, but no turkey. My mom was upset. "Byron where is the turkey?" To which Dad replied, "I gave it to the family standing behind me in line. They looked like they needed more than we did." We ate meatloaf for Thanksgiving dinner. It never tasted so good.

While in independent living my dad suffered what is called a "long lie." He had fallen and was on the ground for over 15 hours. The hospital doctors cleared Dad, on the condition that he be moved into assisted living.

At this point it became more apparent that Dad's decline had taken quite a big dip, and it was time for a higher level of care. The Chaplaincy promptly assigned a Hospice team consisting of an RN, a Social Worker, a Certified Nursing Assistant, and a Chaplain. The Chaplaincy Team were my Angels.



Byron during his time of service in the Air Force.

The RN, Kristi, was checking in on and assessing my dad's condition each week. If there was an incident or emergency, Kristi or another RN would immediately come over. They would educate me on what was happening with Dad, took care of Dad, followed up with the assisted living facility, and explained to me what care changes would need to look like moving forward. As Dad declined, these incidents would occur more frequently and many times more severe.

Amy was our Social Worker. She, along with Kristi, became my primary support team. In fact, when I would text or email them, my salutation was always, "Hi, Angels."

Maria was my dad's Certified Nursing Assistant. She was my eyes and ears for monitoring my dad's physical and emotional well-being. She would report to me how she thought Dad was doing. Perhaps she would see bruising from a fall, pressure sores, or alert me to a care issue that was not being done or that I might have missed.

As Dad's condition worsened, Kristi, Amy and Maria were my support team, helping me navigate through the challenges and providing emotional support. But most importantly, they were my dad's advocates.

My dad was moved into the Hospice House for a planned respite stay. I thank God and The Chaplaincy for allowing in-home patients brief stays at the Hospice House so that caregivers can take a break and let Hospice take over.

It was such a compassionate, caring and soothing environment. I brought my dad's favorite cowboy music and a few of his favorite pictures. At this point I felt as though I was living through a war and my Angels were there to support me.

Entering the Hospice House my angels grew ten-fold. The staff were so loving with my dad, and to me. Honestly, it was like experiencing a huge hug. The hospice house took a tremendous weight off my shoulders so that I could use my energies for my last moments with my dad. The timing was such that my sweet dad died while he was there.

I had experienced loss in my life—the loss of my dear mom was unexpected and difficult to experience. But losing my sweet dad after six years of caregiving was a different level of grief.

After Dad passed, I thought my Chaplaincy experience was over. Then came a call from Wanda. I was hesitant, and thought, *I'm okay, I don't need to talk about this.* And then she said "Cody, tell me about your dad. What was he like?" Well, the floodgates opened and tears were falling. Wanda was a wonderful support and a welcome new Angel in my life as a Grief Counselor.

As you can see I have had quite the full Chaplaincy experience. From Palliative Care, Hospice Care and Grief Counseling. When the journey started I had no idea that The Chaplaincy would become such an important component of my dad's care plan, and such a tremendous support to me as we walked this journey together. Me and my Angels. 🌿

# Lighting the Path Breakfast

We are grateful to the sponsors, table hosts, and guests of our annual community breakfast.

## Title Sponsors

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## Additional Sponsors

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Jill Adcock  
Zach Baggenstos, Bellevue Healthcare  
JoAnn Bengtson  
Peter Bengtson, Washington River Protection Solutions  
Wendy Bennett  
Kathy Botu  
Heather Breymeyer  
Angie Brotherton, Gesa Credit Union  
Sandra Brown  
Steve Buckingham & Kay Ottem, West Highlands United Methodist Church  
Susan Campbell, CBC & WSU Nursing  
Gary Castillo, Chaplaincy Health Care  
Michelle Chunn  
Columbia Community Church  
Josh Chittenden, Petersen Hastings Investment Management  
Amy Coffman, Mueller's Funeral Homes  
John & JoAnn Deichman  
Marilou DeWoody, Bethlehem Lutheran Church  
Merrienne Door  
Greta Dority, Repeat Boutique  
Jim & Kathy Dyson, Shalom United Church of Christ  
Jim & Nancy Edgar  
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Emily Volland, Kadlec Regional Medical Center  
Jannette & Ray Weber  
Johannah Weeks, Chinook Home Health Care  
Valerie Wicks  
Jim Willis  
Roy Wu, Home Instead Senior Care

## WISH LISTS

Donated items are important to our programs and are an easy way to support the families and patients in our care. If you can help, we would be grateful. These “little things” can help a lot!

### Hospice Wish List

- Extra-long velour twin blankets from J.C. Penney's (order online)
- Wall clocks with second hand (noiseless, no tick-tock)
- Patient gowns for men and women
- Dark colored, twin, extra-long sheet sets in Jersey or t-shirt material
- Large Rubik's cubes or other large tactile items for restless patients to work with

### Hospice Kitchen Wish List

- Coffee – regular or decaf
- Individual liquid French vanilla creamers
- Hot chocolate packets (regular & sugar free)
- Bottled apple, cran-apple or grape juice (2 qt)
- Herbal teas (individual bags)
- Cake mixes
- Cans of frosting
- Albacore Tuna
- Gift cards for perishable foods
- Laundry detergent (liquid, fragrance-free, HP)
- Terry kitchen towels
- Silicone pot holders
- Small to medium microwave (1 needed)
- Magic Bullets
- Skillet (12 – 14 inch deep, non-stick, with lid)

### Cork's Place Wish List

- Art canvases (any size)
- Unopened Polyfil stuffing
- Large bottles of Tempera washable paint with pump
- Molding clay
- New Beanie Babies
- Mod Podge
- Glitter
- Gift cards for art supplies (Joann's, Hobby Lobby, or Craft Warehouse)

### Repeat Boutique Hospice Thrift Store

- Repairs for furniture truck:
  - Brakes, tune-up, engine repair
  - Hydraulic lift service
  - Tires
  - Paint job
  - Signage
- Furniture dolly
- Items to sell, such as:
  - Furniture – home, office or patio
  - Home décor
  - Gently used & new clothing
  - Antiques & collectibles

### Bereavement Support Groups Wish List

(Please identify donation as for Bereavement.)

- 1 *Tear Soup* book and DVD in Spanish
- 1 DVD *Hope for the Holidays* by Paul Alexander from [www.compassionbooks.com](http://www.compassionbooks.com)
- 1 DVD *Grieving through the Holidays* by James E. Miller
- 7 mandala coloring books for adults
- 2 carousels of variety of gel pens
- 2 large packages of color pencils
- 7 stacking stone Zen gardens for desktop
- Several sets of play dough
- Set of small tools for use with play dough or modeling clay
- 5 copies of the book – *The Four Things that Matter Most* by Ira Byock



## VOLUNTEER NEEDS

We are always looking for committed volunteers to serve at the Hospice House (especially evenings and weekends). We also need volunteers who want to encourage patients in their homes. Repeat Boutique (our beautiful thrift store) needs volunteers between the hours of 10 am and 6 pm Monday through Saturday and to help with furniture pick up and delivery.

**Contact us at (509) 783-7416 to learn how to join the Chaplaincy Health Care Volunteer Staff!**

### Cork's Place Volunteer Facilitator Training

Training is a total of 30 hours and is scheduled for Wednesdays and Fridays, Jan. 3, 5, 17, 19, 31 and Feb. 2. Please contact Heather Babler 783-7416 by December 20 for more information or to register.



December 2017

Dear Friends,

As we approach the holiday season, it is especially appropriate to give thanks to people like you who make our work possible. Through your generosity, you make thousands of hours of care possible to families in our community that are going through times of illness, crisis and loss. We thank you.

Whether it be caring for someone in our hospice program, treating a home-bound patient with a chronic or terminal illness through palliative care, or helping children and families dealing with the loss of a loved one, together we are here to be by the side of those in need.

Our work is not easy. It takes having staff who are experts in dealing with terminal illnesses and compassionate end-of-life care. It means opening our arms to embrace families to help lift and share the burden of loss and grief.

It truly is a “calling”—and your gifts throughout the year help us to meet this very special call.

As you consider your year-end giving, we hope that you again will join us with a gift that helps others in our community during times of need.

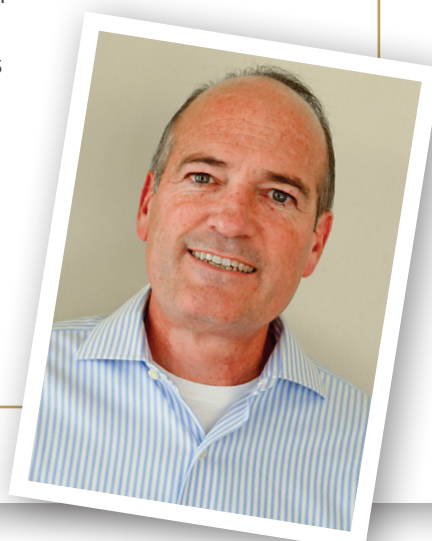
Whether it be a gift toward an item on our “wish list” or a donation to our Repeat Boutique thrift store, your support truly makes a difference.

Many of our services are not fully covered by insurance – or are offered at no charge to those in need. Together we can continue to meet their call for compassion, expert guidance and care – regardless of ability to pay.

Thank you again for your loyal and continued partnership in this special work. May the coming year bring you many blessings as you continue to walk with us in serving families in our community.

Sincerely,

Gary Castillo  
Executive Director





# GIFTS RECEIVED IN *Loving Memory & in Honor*

Thank you for remembering and honoring loved ones with gifts to Chaplaincy Health Care. Your loved ones, and the names of those who generously donated in their memory, are very important to us. If we have made any errors, please accept our sincere apology.

## Dixie Abernathy

Dale & Dorothy Hansen  
Sandra Schoen

## Dupie L. Abernathy

Joyce Loparco

## Lettie Bell

Lettie Bell Family

## Rebecca Sue Blosser

Wayne & Carol Miller

## Lori Brinkman

Carole Lehfeldt

## Larry Brockman

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## JoAnn Brown

Lori & Larry Wilkerson

## Ellen Bruggeman

Rambling Rover Travel  
Assoc.

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Phil Hostetler

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## Wayne Hurt

Roberta Kinney  
Joe & Judy Mosebar

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Dave & Ann Brandes

## Robert (Papa Bob)

Irwin & Ivy Families

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Family of Joseph Jorgenson  
Carla Frimodt

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Art Klinginsmith

## Harold Lee Kniveton

Sharon & Dennis Wildfang

## David Krohn

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Rusty & Doris Burruss  
J. R. Eychaner  
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Barbara & Don Pack  
David & Julianne Turner

## Mabel LaFollette

Gore & Davis Families

## Donn Lehfeldt

Carole Lehfeldt

## Hal Lindberg

Denise Conner  
Barry Moravek

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Mathias Lardy  
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Frank & Lindell Smith  
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Wayne & Carol Miller

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Lynn Crawford

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Terry and Debbie Sarsland  
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Sid & Kelly Wavrin



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Terminello  
Friends of Todd

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Lavina Winsor  
**Erma J. Winz**  
Anne Meeker  
Beatrice Stokes

**Adam Zeigler**  
Glenna Moulthrop  
**Christine Ziegler**  
Carlos & Judi Smith

## IN HONOR

**Kennewick Fire Department, Station 6, A Shift**  
Roy & Nancy McLean

*For your convenience,*  
memorials and donations may be  
made on our secure website:

**chaplaincyhealthcare.org**

## GRIEF SUPPORT GROUPS AND CLASSES

Coping with the death of a loved one can be difficult. Some people seek the individual assistance of a Grief Care Specialist. Others prefer spending time with a small group of people working together through their grief. Whatever you choose, we are here to help...*you are not alone*. Groups and classes are free and open to the public.

### Understanding Grief Class

Thursday, December 14, Noon-2 pm or 6-8 pm  
Call Wanda (783-6243) to register.

This one-time, two-hour session is open to grieving adults. It covers common grief reactions, uniqueness of each person's grief, as well as healthy coping strategies. Includes a 30-minute DVD.

### Coming to Terms with Loss

Tuesdays, January 9-March 13, 6-7:30 pm  
Call Cheryl (572-0593) or Wanda (783-6243) to register.

This group is open to adults experiencing grief due to the death of a loved one. It is educational as well as supportive. Books available to borrow. May be purchased for \$27.

### Widowed Support Group

Tuesdays, January 9-March 13, Noon-1:30 pm or  
Wednesdays, Jan. 10-Mar. 14, Noon-1:30 pm or 6-7:30 pm  
Call Cheryl (572-0593) or Wanda (783-6243) to register.

This group welcomes widows, widowers and partners who are experiencing grief due to the death of their loved one. Books available to borrow. May be purchased for \$27.

### Cork's Place Support Groups for Grieving Children, Teens, and their Families

Call Heather B. for information at 783-7416 or 378-4898.

Sessions are specifically for children and adolescents ages 3-17 years. Ongoing groups meet regularly following the school year calendar. A separate support group for parents and guardians meets at the same time the children or teens are in their session.

### Grieving Parent's Support Group

2nd and 4th Wednesdays of every month, 6-7:30 pm  
Spaulding Facility: 1480 Fowler St., Richland  
Call Craig at 572-8349 for more info or to register.

This group is available to adults experiencing grief due to the death of a child of any age.

### First Year and Beyond: Drop-in Support Group

1st Thursday of the month, Noon - 1:30 pm  
3rd Monday of the month, 6:00 pm - 7:30 p.m.  
Call Cheryl (572-0593) or Wanda (783-6243) for location.

This drop-in format provides support to those who have experienced the death of a spouse or partner without the commitment of a 10-week group. Come share a cup of coffee, tea and refreshments while remembering your loved one and learning about grief. Feel free to invite a grieving friend or family member who has also experienced the death of a spouse or partner.

### Survivors of Suicide Support Group

1st and 3rd Wednesdays of every month, 6-7:30 pm  
Entiat Facility: 2108 W. Entiat Ave., Kennewick  
Call Cheryl (572-0593) or Wanda (783-6243) to register.

The loss of a loved one by suicide can be especially traumatic and affects individuals differently. Some choose to attend a group soon after the loss, while others may wait years. Wherever you are in the healing process, we invite you to come and join others who are on the same journey. Books available to borrow. May be purchased for \$27.



1480 FOWLER STREET  
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### Please Help

If you wish to change, delete, add names or  
receive this newsletter electronically, please call  
(509) 783-7416 or email [info@chaplaincyhealthcare.org](mailto:info@chaplaincyhealthcare.org)



Connect with us on Facebook

# Year End Gratitude

*As this year draws to its end,  
We give thanks for the gifts it brought  
And how they became inlaid within  
Where neither time nor tide can touch them.*

*We bless this year for all we learned,  
For all we loved and lost  
And for the quiet way it brought us  
Nearer to our invisible destination.*

An excerpt from the blessing "At the End of the Year" by John O'Donohue

