

HOSPICE AND PALLIATIVE CARE OF KODIAK

Quarterly Newsletter - October 2020

HOSPICE AND PALLIATIVE CARE OF KODIAK
P.O. BOX 8682 | 1915 REZANOF DRIVE EAST | (907) 512-0600

VISIT US AT: WWW.HOSPICEANDPALLIATIVECAREOFKODIAK.ORG
FOLLOW US ON FACEBOOK: WWW.FACEBOOK.COM/HOSPICEPALLIATIVECAREOFKODIAK

COMMUNITY SUPPORT

Community Support goes a long way! When you donate to HPCCK, you are helping offer comfort and support to our clients & their family members during their end of life and grief experience. You are also helping the Kodiak Community with resources and preparing one's advance planning documents, which can include advance directives and a will.

2020-Q3: *Thank you* to our donors and grantors this quarter: Alex & Patti Shin, Angela Graham, Arthur & Nancy Bors, Bryan & Katrina Ferris, City of Kodiak, Dan & Randy Busch, Dennis & Jocelyn Zwiefelhofer, Gilbert & Janet Bane, Harborside / Flyby Coffee | Sam & Doreece Mutch, Jerry & Betty Bongen, Kodiak Island Borough, Kodiak Island Borough CARES, Kodiak Island Medical Associates | Dr. Mark Withrow & Dr. Carol Juergens, Malayna Halvorsen, Melissa Witteveen, Nick & Pat Szabo, Tim & Mary Jane Longrich, Wayne A. Murphy. **Pick Click Give donors:** Andrew North, Ann Barker, Anonymous, Barb Bundy, Diana Fogler, Dr. Elise Pletnikoff, Elana White, Jamie Newsom Eaton, Jennifer King, Kelley Hutcherson, Kelly Fitzgerald-Bennett, Kevin Bundy, Kristen Kangas, Lindsey Cassidy, Mary Forbes, Melayna Halvorsen, Mike Fitzgerald, Mike Sirofchuck, Raejean Blaschka, Richard Ross, Robenett Sagalkin, Valorie Miller.

If you would like to contribute to HPCCK, please go to www.hospiceandpalliativecareofkodiak.org, call our staff at (907) 512-0600, or send a check to Hospice and Palliative Care of Kodiak P.O. Box 8682 Kodiak, AK 99615.

Thank you for your support!

THANK YOU TO ALL OF OUR VOLUNTEERS

DIRECT CARE VOLUNTEERS

ANN BARKER, BONNIE DILLARD, CLAUDIA ANDERSON, DEB HOULDEN-ENGVALL, DUANE DVORAK, JEAN DICKSON, KATRINA NEFF, MARILYN DAVIDSON, MARY RIETZE, PATRICIA KOZAK, ROSE WOLF, TOM SOLENBERGER, VERONICA COSTA-BOLTON

INDIRECT CARE VOLUNTEERS

NIRA GIVON, NATALEE MARTIN, SHELBY PRUITT, MICHELLE WEEKLY, MARCI STELZER

AND ALL OF OUR AMAZING GENERAL VOLUNTEERS!

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OUR CLIENTS



"For human beings, life is meaningful because it is a story, and in stories, endings matter."

-Dr. Atul Gawande

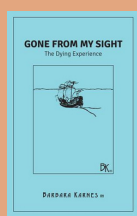
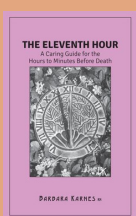
From January 2020 thru September 2020, we have provided support services to 25 direct care clients and their family members.



Don't forget to check in with the elders in your life. A simple phone call can make their day!

"Where hospice does it's best work is helping people LIVE. To help the patient and the family live the best that they can within the confines of their body and disease has put them in."

-American Hospice Pioneer
Barbara Karnes, RN
www.bkbooks.com



RECOMMENDED READS

- *Being Mortal* by Atul Gawande
- *The 36-Hour Day* by Nancy L. Mace, MA & Peter V. Rabins, MD, MPH
- *End of Life Guideline Series* by Barbara Karnes, RN

HPCK has a wide variety of books to lend out to the Kodiak Community. Please contact us for more information.



"A kind gesture can reach a wound that only compassion can heal."

- Steve Maraboli

"Simplify, slow down, be kind. And don't forget to have art in your life - music, paintings, theater, dance, and sunsets."

- Eric Carle

MAINSTAY DONORS

PROVIDENCE ALASKA FOUNDATION | KODIAK AREA NATIVE ASSOCIATION | WAYNE A. MURPHY

COVID-19 UPDATE

HPCK takes COVID-19 very seriously and have developed a tier guide with precautionary measures to follow. Our precautionary measures include items such as asking screening questions prior to visits, wearing a face mask and taking other safeguards prior to, during and after entering a home.

HPCK staff and volunteers also continue to complete monthly COVID-19 testing.

We hope the Kodiak Community continues to stay safe and healthy.

Please reach out if you or anyone you know would benefit from our services or if you have any questions.

COVID-19 (the disease caused by the novel coronavirus) What you can do



Avoid close contact with people who are sick



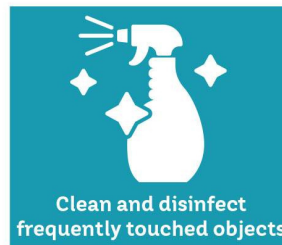
Avoid touching your eyes, nose, and mouth



Stay home when you are sick



Cover your cough or sneeze with a tissue



Clean and disinfect frequently touched objects



Wash your hands often with soap and water for at least 20 seconds

<https://www.gillettechildrens.org/khm/covid-19-what-you-need-to-know>

UPCOMING EVENTS

Community Memorial Tree

We will be holding our 2nd Annual Community Memorial Tree at the Kodiak Island Brewing Company. Between November 13, 2020 and January 4, 2021 for any donation, you can purchase an ornament to decorate and hang on our tree to celebrate your loved one's beautiful life. If you are uncomfortable going out in public due to COVID-19, please reach out to HPCK staff and we can help assist in providing you an ornament to decorate.



Hearts for Hospice Ball

Our annual Hearts for Hospice Ball is scheduled for Saturday, February 13, 2021, however, as we continue to navigate through these unprecedented times, we may be postponing this event. Please visit our website, call HPCK staff and/or follow us on Facebook for continued updates.



5 TIPS FOR GRIEF & THE HOLIDAYS



Tip One: Be prepared for grief triggers.

Let's be honest, triggers are particularly evident during the holidays. Preparing for these triggers and having a plan to cope with them can make the triggers more manageable if you encounter them.

Tip Two: It's okay to take a break from togetherness.

Plan to get some space from the holiday chaos if you need it. Being surrounded by family and friends is great, but everything all at once can be emotionally overwhelming and hard to overcome. Don't feel guilty about your grief. It is important to be conscious of your limits and take some time to collect yourself.

Tip Three: Seek gratitude.

The holidays are a time to gather together, eat good food, and share what we're thankful for. If you've recently lost a loved one, grief can make it difficult to feel thankful. Although you may be focusing on the loss, try and remember the good things that relationship brought into your life. Search for that gratitude.

Tip Four: Decide which traditions you want to change or keep.

Acknowledge that things will be different this year. Some holiday traditions will remind you of your lost loved one, but it is okay to limit which of these you allow yourself to practice or not. Take time to determine which traditions will make you happy and which will overwhelm you.

Tip Five: Say yes to help.

Although you may typically play host during the holidays, this year may be too much to take on alone after losing your loved one. Accept help when it's offered. Remember there is no shame in saying yes. Those who love you want to help.

Please contact HPCK Staff for information regarding grief and bereavement support.

<https://hospiceofnorthalabama.com/5-tips-grief-the-holidays/>

Mission.

To join the journey of those facing life-threatening illness or loss; meeting needs, reducing fears, and offering comfort.

Vision.

An organization of neighbors helping each other finish life's journey with dignity and compassion.