

HOSPICE AND PALLIATIVE CARE OF KODIAK

Quarterly Newsletter - July 2020

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

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

COMMUNITY SUPPORT

Community Support goes a long way! When you donate to HPCK, you are helping offer comfort and support to our clients & their family members during their end of life experience, educating & supporting the Kodiak Community regarding advance planning & offering bereavement support for those who have lost a loved one.

2020-Q2: *Thank you* to our donors and grantors this quarter: Amazon Smile; Alaska Community Foundation; American Seafoods; Bill Murdock & Barbara Rabold; David Heuman & Karen Yashin; Mary & Ed Clark; Ned & Ruth Ellis; Natalee Martin; Pat Branson & Gordon Gould; Sam & Julie Chelmo; Spouses' Association of Kodiak.

If you would like to contribute to HPCK, 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!



HPCK VOLUNTEERS

DIRECT CARE VOLUNTEERS

ANN BARKER; BONNIE DILLARD; CLAUDIA ANDERSON; DEB HOULDEN-ENGVALL; DUANE DVORAK; JEAN DICKSON; KATRINA NEFF; KIM PERRY; 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!

HPCK STAFF

EXECUTIVE DIRECTOR
AMY DURAND

VOLUNTEER COORDINATOR
BARB BUNDY

HPCK BOARD OF DIRECTORS

PRESIDENT
ALAN SCHMITT

VICE PRESIDENT
DR. MARK WITHROW

SECRETARY
MEGHAN KELLY

TREASURER
SCOTT CARVER, CRNA

BOARD MEMBERS
RICK KNIAZIOWSKI
JUDY STARRETT
CAROL AUSTERMAN
VERONICA COSTA-BOLTON
MELISSA HAFFEMAN

RAFFLE FOR A GOOD CAUSE



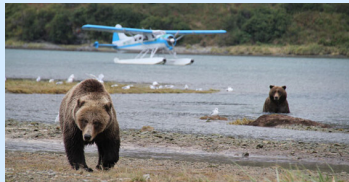
Two Alaska Air round-trip tickets system-wide

Grab a friend or family member and go on a trip to the destination of your choice, system-wide on Alaska Airlines. Transportation is valid on Alaska Airlines and no blackout dates apply. Total value is \$2500! (Valid thru 08/2021)



One year membership for 2 at Kodiak Athletic Club

Grab a friend or family member and hit the gym! This prize is a one year membership for two at Kodiak Athletic Club located at 3689 E Rezanof Drive, Kodiak, AK 99615, valued at \$1118.



One person bear view with Sea Hawk Air

Take a walk on the wild side, and go on an adventure with Sea Hawk Air! Explore Kodiak's nature, viewing bears and other wildlife. (Valid thru 08/2022)



Two one-way seat fares on Island Air

Want to see more of our beautiful Emerald Isle? Take a trip with two one-way seat fares on any scheduled flight on Island Air Service. (Valid thru 06/2021)

For a chance to win, purchase entries at go.rallyup.com/98257e, or visit our website or Facebook page to find and follow the link.

Thank you Alaska Airlines, Kodiak Athletic Club, Sea Hawk Air and Island Air Service for supporting our organization through your generous donations.

COVID-19 UPDATE

HPCK is still offering support to our clients and their family members during this unprecedented time. We are doing more virtual visits, and dropping off items, however we are still able to step into a home if/when a client and their family member(s) need further support.

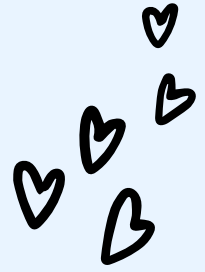
HPCK takes COVID-19 very seriously and have developed precautionary measures such as asking screening questions prior to visits, wearing a face mask and taking other precautions prior to, during and after entering a home. HPCK is also requiring monthly COVID-19 testing for staff and volunteers.

We hope the Kodiak Community continues to stay safe. Please reach out if you or anyone you know would benefit from our services.



OUR CLIENTS

From January 2020 thru June 2020, we have offered support to 20 direct care clients.



"We deeply appreciate your presence, help and support during this difficult time. That was very kind of you and we feel so grateful to have you in our lives." -Client's Family

NEIGHBORS HELPING NEIGHBORS

Is there someone in your life that would benefit from:

- A phone call
- A meal
- A visit

Here at HPCK, we have learned that during this time, many elders are lonely and missing socialization, which can decline ones' health.

Living alone can be challenging for elders, especially during this unprecedented time. Some elders don't have family nearby to visit or check in. If an elder falls or suffers a medical emergency and is unable to get to the phone, no one may know.

We suggest:

- Call and check in with the elders in your life.
- If you have concerns about an elder, HPCK can offer support or discuss other resources.

The best medicine for humans is love.

WHAT IS DEMENTIA

"Dementia" is not a disease, but a term that covers a wide range of symptoms. It is caused by damage to brain cells. These changes in the brain can cause problems with thinking, memory, and behavior.

There is no cure for dementia. It is a terminal illness. Some people don't know this because it can take years for dementia to reach end stage. The most well-known cause of dementia is Alzheimer's disease. Dementia can also be cause by:

- Other diseases of the brain, like Parkinson's or Huntington's
- Stroke, blood clots, tumors, or infections
- Some thyroid, kidney, or liver diseases
- A long history of depression, major sleep problems, or heavy alcohol/drug abuse

As a rule, your doctor should be called if symptoms disrupt daily life.

Remember, the dementia patient is not giving you a hard time. The dementia patient is having a hard time.

Quality of Life Publishing Co. 2017 'Living with Dementia, A Caregiver Guide to Memory Care' www.QOLpublishing.com

MAINSTAY DONORS

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