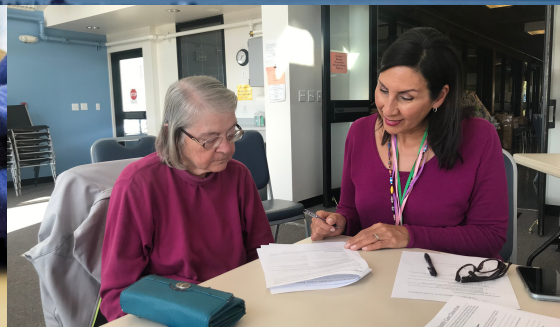


# HOSPICE AND PALLIATIVE CARE OF KODIAK

October 2019  
*Quarterly Newsletter*



## OUR SERVICES

Hospice and Palliative Care of Kodiak (HPCK) offers an array of support services. From end-of-life care and bereavement support to Advance Planning. Read more about our services below.

## ADVANCE PLANNING

Did you know you should start 'advance planning' at the age of 18? Read more about what you should be thinking about in our Advance Planning section in this newsletter.

## BECOME A VOLUNTEER

HPCK is always looking for Volunteers. Our Annual Volunteer Training is scheduled for March 5, 6, and 7, 2020. Why should you Volunteer? Find out more in this newsletter.

## COMMUNITY SUPPORT

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

2019-Q3 - **Thank you** to our donors this quarter: Anonymous, Scott Henry, Tim & Mary Jane Longrich, Kodiak Island Borough, City of Kodiak, Dan & Randy Busch, Wayne A. Murphy, Mark Withrow, Nick & Pat Szabo, Dennis & Jocelyn Zwiefelhofer, Betty Walters, Nicole & Scott Carver. If you would like to help support our Mission, please visit our website at: [www.hospiceandpalliativecareofkodiak.org](http://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!



## OUR SERVICES

From January 2019 to September 2019, HPCK has joined the journey of over 25 clients and their family members in Kodiak with their end-of-life illness. We have helped with respite care, running errands, being present when a client passes, offering companionship, friendship, preparing meals and so much more!

*“Thank you for helping us to prepare for this event. Every step made the events less overwhelming. A huge thank you & hugs to all. ”*  
- HPCK Client's Family Member



*“My Volunteer is the sunshine of my day! ”*  
- HPCK Client

## ADVANCE PLANNING

Advance planning is making decisions about the healthcare you would want to receive if you happen to become unable to speak for yourself. These are your decisions to make based on your personal values, preferences, and discussions with your loved ones.

One of the most valuable gifts you can give your loved ones is letting them know your wishes, end-of-life choices, and where important documents are located.

Advance Planning is something to start thinking about at the age of 18. Please contact HPCK Staff if you would like help filling out your Advance Planning paperwork, or if you would like HPCK Staff to present at your event/facility regarding Advance Planning.

*“ Thank you for reminding me of hope. While family is the beginning of our life, we can turn to others in our community to help us with our journey towards the end of life. ”*  
-HPCK Client's Family Member

## BECOME A VOLUNTEER

As Mahatma Gandhi said "The best way to find yourself is to lose yourself in the service of others."

Hospice and Palliative Care of Kodiak Volunteers are the heart of our organization! We are always looking for new volunteers to help serve the diverse Community of Kodiak. Volunteers are an integral part of our hospice family, filling roles that range from direct contact with clients to providing fundraising support for the organization.

Learn more about how you can be involved by contacting HPCK Staff at (907) 512-0600 or visiting our website at [www.hospiceandpalliativecareofkodiak.org](http://www.hospiceandpalliativecareofkodiak.org).

**Save the date!** Our upcoming Annual Volunteer Training is scheduled for **March 5, 6 and 7, 2020.**



# COMMUNITY OUTREACH & EVENTS



## Hospice Harvest BBQ/5K Run

Thank you all who helped support and/or joined us for our 3rd Annual Hospice Harvest BBQ and 5K Run on August 24, 2019. We had over 120 people attend, and 32 participants for the 5k Run/Walk.

## Healthy Kodiak Summit

HPCK participated in the Healthy Kodiak Summit on September 4th, 2019, hosted by Kodiak Area Native Association. Thank you to everyone who stopped by our table and discussed Advance Planning and other services we provide.

## UPCOMING

### **GIVE THANKS TO HOSPICE QUILT RAFFLE      OCT 15 - DEC 6, 2019**

Feathered Star Quilt 60 x 60 | Pieced by Maggie Schmitt, custom quilting by Martha Branson Compass Rose Quilting. \$10 per ticket, or six for \$50. Only 500 tickets printed. Drawing held Friday, December 6th, 2019 at the HPCK Office. Need not be present to win. HPCK Permit # 132001.

### **COMMUNITY MEMORIAL TREE      NOVEMBER 15 - JANUARY 6, 2020**

Stop by the Kodiak Brewery between November 15, 2019 and January 6, 2020 to purchase an ornament for any donation. Write a loved one's name, memory and/or story on the ornament to hang on our community memorial tree, in memory of a loved one. Kodiak Island Brewing Company, 117 Lower Mill Bay Road.

### **HEARTS FOR HOSPICE BALL      SATURDAY, FEBRUARY 15, 2020**

Come join us for an evening of conversations, dinner, dancing, silent/live auctions and a dedicated ceremony to an individual or couple who have made significant contributions to our community! This evening is also about taking a moment to honor our clients, and recognize our volunteers. This year, the theme is 'The Great Gatsby.' \$75/each, \$700/Table of 8, \$850/Table of 10. Tickets go on sale December 1, 2019. ONLY 200 TICKETS AVAILABLE.

### **ANNUAL VOLUNTEER TRAINING      MARCH 5, 6, 7, 2020**

This training introduces the art of hospice and palliative care. HPCK offers an array of services to the Kodiak Community, such as friendship, companionship, respite care, and cooking meals to running errands, going for drives, and just being present. Participants will gain the necessary knowledge to become a companion or offer other indirect support to those facing their end of life illness or loss. There are different ways to provide support, and not all are 'direct care.' Please reach out to HPCK Staff with any questions or to sign up.

VISIT US AT: [HOSPICEANDPALLIATIVECAREOFKODIAK.ORG](http://HOSPICEANDPALLIATIVECAREOFKODIAK.ORG)

FOLLOW US ON FACEBOOK:

[WWW.FACEBOOK.COM/HOSPICEPALLIATIVECAREOFKODIAK](http://WWW.FACEBOOK.COM/HOSPICEPALLIATIVECAREOFKODIAK)