

April 9, 2015



Newsletter Highlights:

- ***New HOK Director***
- **Volunteer Team meeting April 21**
 - ***Volunteer Kudos***
- **Perspectives from Alaska Native Tribal Health Consortium**
 - **“Making a Will” Seminar April 29 (see attachment)**

HOK welcomes new Executive Director.

The Board of Directors of Hospice and Palliative Care (HOK) is pleased to announce the hiring of an Executive Director. Margaret Kavanaugh began working for HOK on February 16. Margaret is already taking the lead to keep our organization financially stable, in compliance with regulations, and to keeping our organization ready to assist clients and families. Margaret joins Beth Sindorf, Volunteer Coordinator to complete the HOK staff needed to support our clients and family members as they navigate the end-of-life journey.

Margaret introduces herself:

Hello, my name is Margaret Kavanaugh. I am the new Executive Director of **Hospice and Palliative Care of Kodiak**. I am so happy to be working with such an amazing organization! My professional background is in education. I worked 26 years primarily as an early childhood educator; 23 years with KIBSD, 2 years with Infant Learning Program and 1 year with Head Start. I received my Bachelor's degree from Carroll College in Helena Montana and my Master's degree in ECSE (Early Childhood Special Education) from UAA.

I am a local gal, born and raised in Kodiak, and am proud to call Kodiak home for (almost) the past 50 years! I am married to an amazing man, Dan Kavanaugh who works as a mechanic at Petro Star Inc. We have two adult sons, Christopher and Dylan who both live in Kodiak. We enjoy Kodiak's outdoors; hiking, camping, kayaking, fishing, berry picking, etc.

I love Hospice and Palliative Care of Kodiak's Mission and Vision statements:

Mission: To join the journey of those facing life threatening illness or loss, meeting needs, reducing fears, offering comfort

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

If you would like to find out more about Hospice of Kodiak services or would like to get involved please feel free to contact our office at 481-2450. You may also reach me at Margaret.Kavanaugh@providence.org.



Margaret and Beth in the HOK office

Margaret has been busy getting the business side of the organization running smoothly. One of the things she has been working on is seeing to the updating of the HOK website. Take a minute to check out the website at www.HospiceofKodiak.org.

Photos of guests having a ball at the Hearts for Hospice Ball are posted on the website. You can scroll through the lovely portraits of guests that were taken by Simply Lovette Photography. What a great evening that was!

Volunteer Kudos

Speaking of the Ball, we would like to give a “hats off” to some of the outstanding Hearts for Hospice 2015 Committee volunteers!

- **Cami Mahoney**, the talented decorating chairman helped make the banquet hall dazzle and shimmer with thousands of lights, flowing tulle and gorgeous table décor.
- **Michelle Bell** created the stunning programs for the table. She also was an incredible fundraiser, doing a marvelous job soliciting businesses to sponsor the Ball.
- **Rose Leonard** enlisted her whole family to help with decorating, and worked hard for the successful silent auction.
- **Angela McFarland** did an awesome job coordinating the sweet and beautiful confections for the Dessert Auction!
- **Jacque Jones, Jenny Stevens** and **Deb Houlden-Engvall** provided entertainment support for the evening.
- **Katie Alwert** and friends put together the fabulous, elegant floral arrangements that enhanced the tables and the convention center.
- **Ann Barker** put her heart into producing the heart-warming video presentation shown during the Ball, promoting our successful Society of a Thousand fund-raising effort.
- **Ted and Kathy Nussbaum** used the gorgeous photos taken by Marion Owen and compiled them into the lovely slide show presentation we enjoyed during the Ball.
- **Chaplain Eldon Simonson** provided heartfelt greetings to arriving guests, and escorted our honoree of the evening: Margaret Hall.
- **Countless other volunteers** helped in ways big and small. We couldn't have put on the event without you! Thank you so much!

Currently Serving:

HOK is currently serving five clients and their families in the Kodiak community.

We would like to recognize these volunteers who have provided direct services for clients in the past several months: **Deb Houlden-Engvall, Mary Rietze, Claudia Anderson, Betty Bongen, Kelly Harris, Bree Witteveen, Tina Mills, Bibiana Christman, Sonya Mortenson and Joel Kincaid.**

Thank you for your generosity and the loving attention provided to our neighbors in need.

We love our Office volunteers!

A big thank you goes out to these ladies who have been so helpful doing office tasks recently: **Linda Jackson, Mary Rietze, Jacque Jones, Claudia Anderson and her granddaughter.**

Current Volunteer Opportunities:

- Library Volunteer (inventory and label books, place list on website, etc.)
- Internet Support Volunteer (website, Facebook)
- *Call Beth for more information*

Volunteer Team Meeting

April 21 at 12:30

In the Pyramid Room at PKIMC

Education Topic: Bed transfers

Bring your lunch and join your volunteer peers.

This is our chance to connect with each other, share our successes and challenges, and learn from one another.

Hope to see you there!

Perspectives from Alaska Native Tribal Health Consortium

Hospice and Palliative Care volunteers are committed to respecting cultural differences regarding end of life views and expectations. The following excerpts describe an Alaska Native perspective. This information is taken from:

Palliative Care, Easing the Journey with Care, Comfort and Choices, by Alaska Native Tribal Health Consortium Cancer Program, 2009.

“I do not want to die a death of a thousand needles. There is no death – only a change of worlds. The goal is not to prevent death but to prevent unkindly and untimely death. Let me die with dignity, not pity.” – Tribal Chief

- When someone learns that there are no treatments to make their disease go away or help them get better, it takes time to accept this fact. Just like when getting a disease diagnosis, a person may go through many emotions like anger, sadness, depression or guilt.
- It is time to think about emotional and spiritual healing. It is time to reconnect with family and friends. It is important to think about many things including how and where to spend the remaining days. It is time to think about what is possible. It is important to identify resources to help make personal choices happen.
- As a person gets sicker and less able to move around, they may speak or talk about having spoken to a loved one or friend who has already passed

to the other side. The person is detaching from this life and is being prepared for the transition to the other side. This experience is real to the dying person and is normal and common.

“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” – Pierre Teilhard Dechardin

What family and friends can do:

1. Listen, comfort and be present. Words are not always needed.
2. The power of touch is comforting and healing. Learn what kind of touch is comforting to the patient, whether it is touching a shoulder or hand or giving a foot or back rub.
3. Do chores such as laundry, or help with child care.
4. Visit the patient if they are in the hospital. If the patient is in another community you can also ask family or friends who live there to visit.
5. Help the patient to do as many things in as normal a way as possible.
6. Honor rituals and traditions.
7. Try not to feel guilty that you are living and they are dying.
8. Take care of yourself—if you don't take care of yourself, you can't take care of someone else for very long.
9. Support the main person providing care. Offer to let them go for a walk while you sit with the patient, or just give them a chance to talk.

*“Over there, our spirit is going. It is good. I am going over there. I am happy to go over there. The sun is going down. It is good. Over there, I will be reborn. From the hoot of the owl I will fly.”
– Rupert Encinas, Tohono O’odham*



“Making a Will”

(see the attachment)

The Kodiak College in partnership with the University of Alaska Foundation are hosting a “Making a Will” seminar.

You are invited to attend.

Please register in advance if you plan on attending.

Blessings to you, our HOK supporters!

Special recognition to:
Society of a Thousand Donors

Pat Branson and Gordon Gould

Cliff and Marsha Farley

Alan and Rose Wolf

Jim and Lynn Devlin

Kelly Young

Alan and Jacque Jones

Ted and Kathy Nussbaum
Marilyn Kreta and Darcy Stielstra
Duncan and Leslie Fields
Robert Hatcher
Nicholas and Robenett Sagalkin
Larry & Madene Ellsworth
Linda Freed and Alan Schmitt
Bill and Ann Barker
Anonymous

Margaret Kavanaugh, Executive Director
Beth Sindorf, Volunteer Coordinator
Hospice and Palliative Care of Kodiak

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