



Hospice and Palliative Care of Kodiak: An organization of neighbors helping each other finish life's journey with dignity and compassion.

Dear Friends and supporters of Hospice of Kodiak (HOK):

We are sending you this update to help keep you informed of some of the things happening at HOK. During the past three months our wonderful volunteers have provided end-of-life care and companionship to ten clients and their family members, along with ongoing bereavement support activities.

This newsletter highlights these topics:

- 1. Annual training planned for September 23-26**
- 2. Volunteers Received Training in Bed Mobility**
- 3. Alzheimer's Training was Much Appreciated**
- 4. You are Invited to a Forum with Dr. Ira Byock**
- 5. Bereavement Support Group is scheduled to begin September 22**

1. Annual Hospice Volunteer Training Coming September 23-26

Have you considered becoming a Hospice Volunteer? Are you a caring, supportive person? Are you someone who can be a friend; a good listener? Are you dependable and able to give a few hours a week to volunteer service?

HOK currently has twelve dedicated, hard-working, big-hearted volunteers who are trained and available for in-home client services. These twelve volunteers have been working hard, and have provided care for fourteen clients in the past nine months. We have a need to add more volunteers to our team! Could you be one of them?

The special people known as **Volunteers** form the heart and soul of Hospice of Kodiak. If you make the commitment to give of your time and efforts to become a Hospice Volunteer, the gifts you receive will be even greater than the gifts you give. The comprehensive annual volunteer training will be held for three evenings and one Saturday daytime session, from September 23 through September 26th.

Contact Beth Sindorf, Volunteer Coordinator at 481-2450 for more information about becoming a Hospice Volunteer.

2. Volunteers Learn Bed Mobility Skills.



How can I help a client sit up in bed? How can I help my client stay comfortable in bed? How can I keep myself safe while helping a weak and tired client move in bed? HOK volunteers Linda Jackson, Deb Houlden-Engvall, and Jacque Jones learned answers to these questions and practiced skills needed to increase their ease in assisting clients move comfortably in bed. Our volunteers appreciate the opportunity to learn new skills to help their clients, and are enthusiastic learners!

Thanks to Carlie at Providence Island Medical Center and Kim at Printmasters for helping us design and print new HOK business cards!

3. Volunteers Learn Skills for Dementia Care

HOK volunteers Linda Jackson, Mary Rietze, Betty Bongon, along with staff member Beth Sindorf, had the recent opportunity to participate in training and education to learn skills for working with people who have Alzheimer's or other dementia. Volunteers participated in a "Virtual Dementia Tour" in which they experienced a bit of what it is like to have dementia. Participants had their vision and hearing dampened. They were then directed to perform tasks, but the directions they received were garbled and muddled, simulating the distorted way a person with dementia may perceive the world. The virtual simulation offered a good insight to the confusion and distress often experienced by persons with dementia. Some people responded with humor, some with fear and anxiety, while others didn't attempt to follow the instructions at all.

The Virtual Dementia tour was followed by an education session. Participants learned to have a greater understanding of the challenges faced daily by those with dementia and how behaviors can be viewed as coping strategies. Participants reported that the training was very helpful and enlightening.

HOK would like to give

*special thanks to
Robert Rang, Administrator at the Elder House
for allowing us to participate in this dementia training.*

4. Invitation to attend a Public Forum with Dr. Ira Byock

You are invited to attend an open forum with **Ira Byock, MD**, a leading palliative care physician, author, and public advocate for improving care through the end of life.

"To Maximize the Quality of Life of the People We Serve"



Join us:

Open forum with Ira Byock, M.D.

Getting "The Best Care Possible" for You and Your Family

We prepare for life's most important events – education, career, weddings, birthdays and vacations – with careful planning. Yet, when it comes to serious illnesses and death, Americans don't want to talk about them.



Providence Health & Services Alaska presents a free open forum with Ira Byock, M.D., author and one of the nation's leading experts in palliative care, and director of Providence Institute of Human Caring.

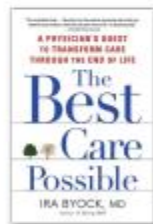
Friday, June 19

4 - 5 p.m.

Dr. Ira Byock: Getting "The Best Care Possible" for You and Your Family

Koniag Building Meeting Room
Near Island - 194 Alimaq Dr.
Kodiak Island, AK 99615

Dr. Byock argues everyone deserves to "die well" but the way most Americans die represents a national crisis. He will discuss how we can transform the way our society cares for seriously ill people to allow patients to maintain their dignity, comfort and quality of life up until their last moments.



Check out Dr. Byock's book,
"The Best Care Possible."

alaska.providence.org

5. Bereavement Support Group is scheduled to begin September 22

Grief and bereavement support is an important part of HOK services, and we reach out to the community in a variety of ways:

- Volunteers and staff stay in contact with family members after the death of a client, with phone calls, cards and personal support.
- We have a large library of books and other resources to help people understand and learn ways to manage grief.
- We have a volunteer chaplain who is eager to talk with persons needing spiritual support with grieving.
- We have a list of local counseling resources for referrals.
- We sponsor periodic grief support groups for community members. These support groups offer amazing comfort and healing potential to individuals who are hurting.

The next seven week grief support group is scheduled to begin in September 22

Please help us refer people to HOK for use of our grief services.

Blessings to supporters of Hospice and Palliative Care of Kodiak.

With gratitude for your support, from the staff and Board of Directors at Hospice and Palliative Care of Kodiak

Hospice and Palliative Care of Kodiak Board of Directors: Jessica Skonberg, President; Cliff Farley, Vice President; Alan Schmitt, Secretary; Kathrynn Hollis-Buchanan, Treasurer; Danae McKinney, Robenett Sagalkin; Roberta Blondin; Dr. Elise Pletnikoff. Volunteer Chaplain: Elden Simonsen. Executive Director: Margaret Kavanaugh. Volunteer Coordinator: Beth Sindorf.

"I shall know why, when time is over." Emily Dickinson

Hospice and Palliative Care of Kodiak

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



Hospice and Palliative Care of Kodiak