



Spring 2014

Compassionate care for the terminally ill, their caregivers and their family

“IT’S ALWAYS ABOUT THE PATIENT”



Working with Hospice as a per diem nurse, Marca Davies, MSN, says she knows patients primarily through their deaths and emphasizes the importance of not imposing her will on what’s going on with them -- a major tenet of her philosophy.

“It’s all about the patient,” she says, “and it’s about their family and their death . . . and it’s up to us to find that out and facilitate this huge transition in their lives. It’s not about us . . . it’s about them.”

Marca joined VHOCC’s nursing staff in 2010, bringing years of experience as a nurse and an educator to her work. Newly retired from the faculty of the nursing program at Peninsula College, she came with a profound interest in hospice that went back to her early days in home health. During that time she had observed that many of the patients were essentially hospice patients and felt a strong pull to this emerging field. But teaching was also calling her, and she was left in a quandary about which direction to take.

As early as age seven Marca knew that she wanted to be a nurse. Her artistic nature beckoned for a while, but she soon realized that having a job that was service oriented, that made a difference in people’s lives, was her primary goal. She ultimately was able to blend her competing interests in nursing and teaching by working part-time in both fields.

Marca’s career choices have facilitated another of her dreams, which was to travel. Nursing has allowed her to work all over the world, she says. She once worked in a refugee camp in Southeast Asia and just returned from volunteering in Guatemala.

Always aware of the bigger picture, Marca comments on the fact that while visiting patients and families, she often hears stories about how wonderful the men were who delivered the medical equipment. She notes that the delivery team is often the first face of hospice that a patient and family see, “so every person in the organization makes a difference for the families and the patients.”

A nature and animal lover at heart, Marca leads an active life outside of work. Growing up in Oregon, she says that her family always had horses, but it wasn’t until recently that she was able to bring horses back into her life. “Riding my horses is therapy for me,” she muses. She loves walking her dogs too, describing this as a meditative experience. She says that she does her best thinking while out walking. “It’s why I’ve always done exercise – it’s for my brain more than my heart.”

Volunteer Hospice of Clallam County

540 E. 8th St. Port Angeles, WA 98362

360 - 452-1511

Website www.vhocc.org Email office@vhocc.org

Calendar of Events

BOARD MEETING

(open to visitors)

2nd Tues - 10:00 AM

MONTHLY IN-SERVICE

3rd Monday @ 11:00 AM

Alternates monthly in Sequim at Trinity United Methodist Church and Port Angeles Hospice House

Grief Support Series

@ Port Angeles Hospice House (Behind 8th Street office)

*Monday 6:30-8:00 PM

@ Sequim Trinity United Methodist Church

*Monday 1:00 PM 5-week series

*Call office for dates

Grief Support Groups

For those who have completed the Grief Support Series

Port Angeles Support Group

Twice a month @

Hospice House

Wednesday 6:30

Sequim Support Group

3rd Monday @ 1:00 PM

Trinity United Methodist Church

One-on One

Bereavement Support

Call office for details and contact info.



HOSPICE HUGS . . .

To Chestnut Cottage Restaurant in Port Angeles and The Oak Table Café in Sequim for donating gift certificates for our Volunteer of the Month program.

To Our Volunteers of the Month: Oct. 2013, Dee Darst, Nov. 2013, Doug McClary, Dec. (dark), Jan. 2014, Janna Ross, Feb. 2014, Margaret Preston.

To the Port Angeles Community Players Board of Directors for donating use of the Port Angeles Community Playhouse on May 18, Sunday matinee, "Tell Me a Story, Play Me a Tune: An Afternoon of Storytelling and Music." (See "Coming Events")



LETTERS OF GRATITUDE

February 10, 2014

The Volunteer Hospice Grief Support Group that I have been in for five weeks was absolutely the right thing for me to do. My husband, Graham, had been dead for several months, and I was still struggling with many of the early stages of grief. It was time for me to get some help. What a relief it was to hear the stories of others and to know that my feelings were not unusual.

Some of the comments in my group have been "I'm so glad to know that I'm not alone," and "I've been telling friends about these groups," and, especially, "I'm so glad that I came to this." We all seemed to feel some sort of bond as early as the end of the first meeting

The members in the group have been grieving their spouses, adult children, grandchildren, parents, and siblings. Their situations have all been different and their ways of grieving have been different. Yet what we've all shared is the pain of grief, and the help from a leader, Debby Smith, who has been able to guide us through some of the stages of that pain. I feel better prepared for what is yet to come.

Thank you, Hospice, for being there for us when we most needed your help.

Diane C. Reaves
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February 18, 2014

To: Volunteer Hospice Clallam County,

Your people have been very helpful in easing the final days of my wife, Emily Chadwick. She died on November 30, 2013, at Discovery memory Care in Sequim, of complications from Alzheimer's disease.

Since then I have been visited twice by one of your volunteers, Dee Darst. She was very helpful in beginning my grief recovery process. Just having someone to talk to helped.

Also I have attended the five grief recovery sessions facilitated by Debby Smith at Trinity Methodist Church in Sequim in January and February. She is very good at getting people to talk about their losses. In the beginning I couldn't talk about Emily without choking up. By the last session I was talking much more freely. I feel the grief recovery program has really helped me move along.

I showed Debby a book I have written about Emily and her illness. She thought your office could use five copies to loan out to people with similar problems. I would like to donate them along with this check as a token of my appreciation for the help you have given Emily and me. (See page 3 for one of Howard's poems.)

Sincerely,
Howard Chadwick

Walking the Bluff Trail

I walked the bluff trail today for the first time in the ten months you've been gone. I imagined you were there too, taking it all in – a heavy sea running, waves ransacking the beach way below. Everything green after all the rain and dark pools in the meadows.

A pair of marsh hawks gliding then rising then dipping. An orange newt motionless in the trail where it runs through the low spot in tall grass. I picked it up. They move so slowly, what protects them? I set it down off to the side.

An hour, I suppose, to make the loop. I tried to say goodbye when I got back to the truck but you stayed with me, the glue still holding.

(June 1, 2011)

From *Time Out* by Howard Chadwick, a tribute to his wife, Emily.

(Copies of Howard's book are available for loan; contact VHOCC for details)



COMING EVENTS

April is National Volunteer Month. We will be honoring our volunteers with a special lunch on Mon. April 21, from 11 AM to 1 PM, at Trinity United Methodist Church in Sequim. (Details to follow)

May 18 (Sunday Matinee): "Tell Me a Story, Play Me a Tune: An Afternoon of Storytelling and Music," Port Angeles Community Playhouse, 2: 00 PM. 1235 E. Lauridsen Blvd., Port Angeles, WA 98362. (Watch for further details)

June 9, 16, 23 & 30, 3 PM to 5 PM: Survivors' 4-Week Workshop, Holy Trinity Lutheran Church, Port Angeles.

August: VHOCC Clallam County Fair Booth, Aug. 14 through 17. Come visit us!

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VOLUNTEER HOSPICE OF CLALLAM COUNTY

540 East 8th Street
Port Angeles, WA 98362

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