

HOSPICE HAPPENINGS



Winter/Spring 2015

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



Marilyn Nelsen, PhD

Excerpts from an Interview by George Beier

As VHOC's Volunteer Service Manager, Marilyn Nelsen says that she feels privileged to work with so many volunteers who are drawn to hospice service. The gifts of volunteering are numerous, she says. "Most notable is the satisfaction that comes with knowing that you have made a difference in the lives of patients and their families.

She goes on to say that this is why so many volunteers describe their work as a blessing, and adds, "To be invited into the last months, weeks, and days of a person's life is truly a privilege and an honor."

Marilyn became involved with hospice as a volunteer in 2012, about the time that VHOC was undergoing a major reorganization. When the part-time staff position of Volunteer Services Manager was announced, she applied for and was hired to fill the position. Meanwhile, her husband, Myron, became the "volunteers' volunteer" – the helper who is always there, setting up, cleaning up, filling in anywhere and everywhere.

The couple moved to Sequim over eight years ago, after traveling across the country in an RV for a year in search of the ideal place to settle. They had lived and worked in California most of their lives, with the exception of a three-year hiatus in North Carolina after Myron's semi-retirement, and were feeling the call to find a new home. As a licensed marriage and family therapist, Marilyn continued to do phone consultations while traveling. She says she already knew she wasn't ready to retire, feeling there were still too many things she wanted to do.

Marilyn's interest in hospice grew out of her personal experience while in private practice in California. During that time she facilitated a support group for women over 60, and while members came and went over its twelve-year history, six core members remained constant within the group. During its final years, two of these members were diagnosed with terminal cancer a year apart. In each instance, they continued to come to the group with the aid of other members, and when they became too ill to attend, both went into hospice care in their homes. Because the women had become "family" to each other over the years, Marilyn says they unanimously decided to take the group to the homes of their "sisters." This proved to be a special blessing for everyone. Members were able to process their feelings of grief and loss together and share their love for one another. She says that this shared experience of grief and love was deeply healing. A few years later, Marilyn's mother went into hospice care in their home, where, once again, she learned firsthand the gifts that hospice provides to patients and their families. (see page 2)

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 (Dark in June & July)

Grief Support Series

@ Port Angeles Hospice House (Behind 8th Street office) - 6-wk. series.

*Monday 6:30-8:00 PM

@ Sequim Trinity United Methodist Church -5-wk. series.

*Monday 1 to 3 PM

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 PM

Sequim Support Group

3rd Monday @ 1 PM

Trinity United Methodist Church

One-on One

Bereavement Support

Call office for details

(Cont. from page 1)

Marilyn describes herself as a life-long learner, and says that she has returned to school about once a decade throughout her lifetime. She has a BA in English literature and an MS in Counseling, both from California State University, Fullerton, and a PhD in depth psychology (think Carl Jung and the Myers-Briggs typology test) from Pacifica Graduate Institute. In addition to being a marriage and family therapist, she worked as a community educator specializing in gerontology for 11 years, teaching a full academic program in nursing homes and convalescent hospitals.

In addition to her other duties, Marilyn coordinates bereavement services, sees individual clients for one-on-one bereavement support, and acts as co-chair of community outreach. Wearing many hats, she has truly become the "All Purpose Manager!"



HOSPICE HUGS . . .

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

To our Volunteers of the Month: Jan. 2015 (Jan Canale), Feb. (Connie West), Mar. (Charles "Chuck" Sheaffer).

To Angeles Furniture, Port Angeles, for their generous donation (see p. 3).

To Jim's Pharmacy, Port Angeles, for their continuing support.

~ COMING EVENTS ~

Community & Volunteer Education Series (CVES), Trinity United Methodist Church, 100 S. Blake Ave., Sequim. April, 10, 17, 24 & May 1, 8, & 15, from 1 pm to 3 pm.

Volunteer Appreciation Month - April.

Louella Gebhardt Memorial Golf Classic, Bellevue. May 2015.

Esprit Gala, Port Angeles, May 10 - 17.

Survivor's 4-Week Workshop, Holy Trinity Lutheran Church, Port Angeles, July (TBA).

BOARD OF DIRECTORS

President	Ed Hopfner, M.D.
Vice-President	Dave Gilbert, PE
Secretary	Ann Thomas
Treasurer	Nancy Bargar
IT	Ken Brown
Personnel	Mary Sherwood, RN
At large	Gary Smith
At large	Lyn Gilbert
At large	Bette Wood, RN
At large	Marilyn Nelsen, PhD

STAFF

Office Service Manager	Lyn Gilbert
Patient Care Manager	Bette Wood, RN
Vol. Services Manager	Marilyn Nelsen, PhD

Another Hospice Friend! Donation From Angeles Furniture



Jon and Jack Gray, co-owners of Angeles Furniture, present a check for \$1,760 to Bette Wood, RN, patient care manager at VHOCC. Angeles Furniture partnered with hospice during the Ekornes Stressless Charity promotion. Ekornes and Angeles Furniture offered special pricing on their Stressless furnishings when customers made a donation of \$50 to the charity.

(Photo courtesy of Susan Roaf, Marketing Representative, Port Angeles)

A Loving Tribute

Jim Fisher authored a number of books, including *You Can Never Have Too Much Love*, *Genesis of Love*, *Granny May Have Been a Vampire*, *Around the World on a Metaphor*, *The Adventures of J.R. Engels*, *See Spot Smile*, and *The Party is Over – and Just Begun!* The following poem was published in his last book, *The Big Casino*, written shortly before his death. Thanks to his widow, Ann, for giving us permission to print this lovely tribute to his memory.

“Final Poem”

I will not live
to write the final poem
for this book

but it will be on my lips,

so perhaps you can do it
for me? It will
probably rhyme, use words
like light and night,

sigh and die, hopefully
ending on a resounding, Yes,
not some pitiful, No.

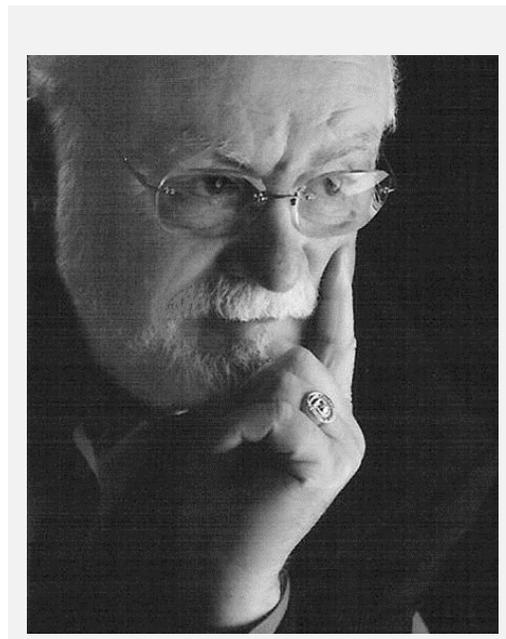
It will be what it will be.

Am I content? Yes.

Am I satisfied? Yes.

Is there more to be done?

Always



Jim Fisher

July 27, 1942 - November 2, 2014

Photo courtesy of Ruth Marcus, Wide Awake Publishing



SUPPORT VHOCC . . .

Join the fun at the Pickleball Marathon!

Pickle Primavera

MMXV

3rd EVER

24 Hour Pickleball Marathon

Saturday, May 9 to Sunday, May 10
9 am - 9 am



**Fundraiser for
Volunteer Hospice
of Clallam County**

**24 Hours of PICKLEBALL at
Vern Burton Community Center!**

Registration: Adult \$10
13-17 \$5

Under 13 FREE when accompanied by an adult

Embroidered Patch & 2015 Pin
available for purchase

Contact:
360.457.7004



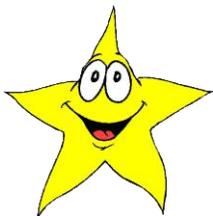
Wow! Middle of the Night Pickleball!



With friends like this...



24 hours of pickleball fun for all!



We'll look for you there!