

Hospice Friends
302 E. Second Ave.
Ellensburg, WA 98926
friends@eburg.com
(509) 962-7379 or
1-800-925-8450 x379

Hospice News

Caring in Kittitas County since 1983

Fall 2005

“Living alone is the hardest part. This is the first time I’ve lived alone. I don’t cry all the time, just when it hurts.”

Pat Erickson

IN THIS ISSUE

- Tree of Love
- Grief During the Holiday’s
- Quilt Raffle
- Open House
- Wish List

A Different World

By Elizabeth Luiten

It is a different world, Pat says, but “I’m not different . . . I’m still me.” It’s been almost a year since Pat Erickson’s husband of 62 years passed away last December. Marsh Erickson spent his last days in their home, supported by friends, family, his church family, and the wonderful group of people from Hospice.

“It’s quiet; it’s lonesome,” she confesses as tears spill from her eyes. “Living alone is the hardest part. This is the first time I’ve lived alone.” There have been many changes in Pat’s life since the death of her husband. “The very hardest thing is to go to church because we always went together and it’s a tangible reminder. I don’t sit in the same pew that Marsh and I used to sit. I sit in a different place because it’s just too hard.”

“People have told me after a year I’ll quit crying, so that’s encouraging,” Pat muses as she wipes away her tears. “I don’t cry all the time, just when it hurts.” The emptiness in the house seems big and unmanageable, a huge contrast from the days right after Marsh’s funeral service. “When we came back from the church, the house was wall to wall with relatives,” she says. However, the relatives were gone and Pat was left alone.



“My biggest thing is keeping busy,” Pat says. Pat stays busy by tending to her yard, raking leaves, going to church, quilting with the First Lutheran Church quilters, and going for walks. “The gal across the street lost her husband two years ago. We walk together every evening and sometimes go for drives.” Pat’s neighbor has become a support person for her. “We support each other; we’re both in the same boat,” she says. Pat has noticed that she feels a connection with other widows. “It’s different,” she says, “you really have to make friends with people who understand what you’re going through.”

“People have been overly generous and kind,” says Pat. “One of my neighbors came over and taught me a new game of solitaire and the people from church have been so kind and supportive. I think it’s because of their faith.”

Pat also had much to say about the people from Hospice. “Their service was fabulous. The whole crew was terrific, I can’t say enough positive things about them.” She especially appreciated Hospice’s emotional support and their caring attitude.

“I cry less, but I still cry,” Pat says. Her children, grandchildren, great grandchildren, and numerous cousins keep her

Continued on page 3

ELLENSBURG

**Friday, Dec. 2nd
6:00 PM
Third & Pine
(Outside
Cone Gilreath
Law Office)
Reception to
follow at Hal
Holmes Center**

CLE ELUM

**Friday, Dec. 9th
6:00 PM
Upper County
Senior Center
(719 E. 3rd
Street)
Reception to
follow inside**

**Thank you for
your support
and dedication.**

**We could not
have survived
without you.**

-Family member
touched by
Hospice Friends
and Home Health
& Hospice of
Kittitas Valley



Quilt Raffle

Mary Kay McPhillips has graciously agreed to make another quilt to be raffled off this holiday season. Tickets will be \$5 apiece or six for \$25. Don't miss out on this chance to win an exquisite new quilt from an award-winning quilt maker. Support Hospice Friends and buy your tickets now by calling 962-7379 or emailing friends@eburg.com. The quilt will be on display at both Tree of Love events.

Tree of Love - A Night To Remember

At this special time of year our thoughts turn to our loved ones. Enclosed you will find a personal invitation to this year's Tree of Love Ceremony and Reception. Hospice Friends has held this event every year since 1996 to remember and celebrate the lives of loved ones who have passed away. The tree lighting ceremony, which reminds us of those near and dear to our hearts, will be followed by a reception with food, music, and a time to share with others. This year there will be two ceremonies.

On December 2nd, the ceremony will be held in Ellensburg at a new location outside the Cone Gilreath Law office. The following week, on December 9th, it will be held in Cle Elum at the Upper County Senior Center. With two locations, we hope everyone who wants to will be able to attend. If you do not have transportation, please let us know. We have volunteers who would be more than willing to bring you to the ceremony and/or reception.

A Chance to Honor & Remember

Tree of Love also is the signature fundraising event for Hospice Friends. By sending a donation in memory or honor of a loved one, you will ensure the continuation of Hospice Friends services to those in need for the year to come. Suggested donations of \$10.00 or more per person remembered or honored will go a long way in providing the needed supplies, equipment, and friendship for the elderly and those facing a life-threatening illness.



Please use the enclosed remittance envelope to indicate whom you wish to honor or remember with your contribution. Those donating \$50.00 or more in any one person's name will receive a personalized glass ornament made by Peggy McLean of *Unique Creations* of Millinocket, Maine. This year's ornaments are heart-shaped and hand-painted with deep red and ivory colors to create a marbled effect. We only have a limited number of ornaments, so send your donations in soon to receive one of these special gifts from Hospice Friends.

Grief During The Holidays

Coping with Grief During the Holidays will be the subject of two free workshops in Ellensburg. During the holidays our community is filled with high activity and cheery messages. This can be a difficult time for people grieving the loss of a loved one. The sessions will consider these concerns, offer practical coping strategies, and provide time for



Copyright 1994 John M. Clum

individual questions. The workshops are open to anyone who is experiencing grief. Individuals may attend one or both of the sessions held at the Hospice Friends Hospitality House. For more information see side bar and call Hospice Friends' office at (509) 962-7379. Transportation is available upon request.

A Different World continued...

spirits up. "I'm so lucky to have such a supportive family," she says. It is clear to see that Pat and Marsh had a long, fulfilling, loving life together. Their marriage was certainly a beautiful blessing to their family and friends. Pat dearly misses her beloved husband and her tears are testament to the life they lived together. Her faith and all the supportive people around her keep Pat going as she continues to grieve the loss of the man she loves. But Pat still struggles with her loneliness. "I would like to see or hear from people more

"I would like to see or hear from people more often."
Pat Erickson

often," she says. Her words are a poignant reminder for all of us who know grieving or widowed persons. Maybe we really should stop by for a visit more often.

If you know someone like Pat, who has lost a loved one, please invite them to one of this year's Tree of Love ceremonies or one of the "Grief During the Holidays" workshop. During the coming year Hospice Friends plans to expand its bereavement program to offer a variety of services for those that are grieving the loss of a loved one. If you have specific input into what services should be offered, please contact the Hospice Friends' office.

Open House at the Hospitality House

Many of you will remember the article in our last newsletter that highlighted Caroline Onstot and the Hospitality House she started. The Hospitality House provides out-of-town family members and friends who are visiting loved ones on Hospice Friends services a place to stay. We need your help to get the word out about this service. Caroline has graciously invited the community to come see her home first hand. On Wednesday, November 16th, from 5-7pm she will have an open house for anyone who wants to come and see the Hospitality House. We encourage you to send us any referrals from people who you think might benefit from this service.



Grief Groups

Hospitality House
1403 N. Vista
Ellensburg

Thursday,
November 17th
7-8:30pm

&
Thursday,
December 8th
7-8:30pm



Hospice Friends is a
United Way of
Kittitas County
Partner Agency

Open House

Wednesday
Nov. 16 th
5-7pm
1403 N. Vista
Ellensburg

Wish List for Hospice Friends...We're Moving?

In addition to monetary gifts Hospice Friends gladly accepts in-kind donations. We are hoping to move to a different, larger location in the future. This has been a dream of Hospice Friends for the past five years. With a new, larger space we hope to finally create an atmosphere for our clients that is both welcoming and professional. Among other things, we hope to have an actual space to meet with clients in private, a small room to house our library, and more space for volunteers to work. Currently we have very limited office furniture for this new space.



In anticipation of this hopeful move we plan to set up a gift registry at Fitterer's Furniture in the future. For those donors making a substantial contribution to the purchase of any one item, a plaque acknowledging their donation will be placed near the item in our new office space.

If you are interested in donating and/or assisting in the purchase of the following items please contact Kim or Andrew at (509) 962-7379 for more details on what is needed. Please do not be offended if we do not accept your in-kind donation, our space is very limited and we are looking for specific items that will meet our needs.

Medical Supplies and Equipment

Good quality wheelchairs
 Adult incontinent supplies
 T-Shirt material for short gowns
 women's size S-XL
 Portable Nebulizers
 Oximeters
 Blood pressure monitors
 Wide, padded gait belts
 Leg lifter & Transfer discs
 Weight scales

Tree of Love Supplies & Food

White paper plates, cups, & napkins
 Baked goods (cookies, breads, etc)
 White linen table cloths
 Tea lights candles
 Five gallon jugs of apple cider/juice
 Coffee

Library Books

The 4 Things That Matter the Most
 by Ira Byock

Office Furniture & Supplies

(Check at Fitterer's Furniture if we announce we are moving to see what is on the registry)
 Bookcases
 Love Seat & Couch
 Comfortable Chairs
 Office Chairs and Desks
 Tables
 Storage Shelves
 Rugs & Lamps
 Framed Art Work

Hospice Friends is a non-profit charitable organization that provides peace, comfort, and care to the frail elderly and anyone facing a life-threatening illness in Kittitas County. We work in coordination with Home Health & Hospice of Kittitas Valley, a department of Kittitas Valley Community Hospital, to provide quality care in the home, nursing home, or hospital in a professional, empathetic, and confidential manner. Hospice Friends promotes a caring community without affiliation to any specific religious orientation or political view. All of our services are free of charge.

Hospice Friends Board of Directors

Georgia Henney
 President
Nancy Goodloe
 Vice-President
Julie Kjorsvik
 Secretary/Treasure
Leslie Berry
 Board Member
Shannon Carlson
 Board Member
Dana Cole
 Board Member
Jan Eidson
 Board Member
Polly Florence
 Board Member
Mandy Ricard
 Board Member

If you would no longer like to receive mailings from Hospice Friends, please contact us and we will remove you from our mailing list.