

Hospice Friends
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Hospice News

Providing Peace, Comfort, & Care to the People of Kittitas County

“The people with hospice were Earth Angels. I couldn’t have done it without them.”
 Beth Gordon

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His Hat in My Hands.....

At first impression you would never know that Beth Gordon lost her husband, Earl, less than three months ago. "She is a cheerleader for everyone that lives here", says Caroline Onstot, a Hospice Friends' volunteer that has become a close friend to Beth through Earl's sickness, eventual death, and now as Beth grieves the loss of her husband. To watch Beth make her way through the hallways of the assisted living facility where she now lives, you would think it was her official job to encourage and support others. In many ways, Beth does feel like it is her job, even if she isn't paid for it. After raising 5 kids of her own and caring for another 17 foster children, Beth knows what it means to give. From the moment she steps outside her room she is greeting and encouraging other residents. Despite suffering from polio, which makes walking painful, Beth does everything from making quilts for newborns at the hospital to delivering the newspaper to her neighbors to visiting residents who are sick or discouraged. "I grew up in a community of givers. My parents were always good to others." Beth obviously learned from her parents and as one of the charter members at the assisted living facility, she has been instrumental in creating a true sense of community there. "I love everyone here...even those that are difficult at times," she says.

Despite her constant encouragement of others, Beth's personal grief is still raw and is

only a thought or a smell away. Earl died one day before their 61st anniversary. Their first date was to a Grange Hall Dance in Thorp. Beth was just 16. Earl's older brother, Albert, had asked Beth to the dance first, but Beth's father vetoed the date due to Albert's age. Earl, not to be outdone by his older brother, stepped up to the plate and asked Beth out instead. Two years later, as soon as Beth turned 18, they were married. In talking about her life she says, "It has had its ups and downs to be sure, but through it all you learn to forgive." In 2003 Beth was diagnosed with cancer and had to stay in a skilled



Caroline Onstot (l) & Beth Gordon (r)

nursing facility for over a month. "Earl took very good care of me during that time," she says. She laughs when she remembers the time he fixed one of her favorites, rice pudding, but forgot to add the rice! When Beth came home from the nursing facility she knew something was wrong with Earl. Earl insisted that he was fine and even a checkup did not reveal any problems. Beth insisted though, and the doctor did some blood work, which led to a colonoscopy and eventually a colon cancer diagnosis. By the time of the diagnosis, however, the cancer had already spread to other parts of his body. After a five-year

Continued on page 4...

“Many thanks for your helpful letters. I appreciate the messages and your support.”

- A grateful recipient of Hospice Friends Bereavement Support Services



Hospice Friends is a United Way of Kittitas County Partner Agency

Quilt Drawing

Mary Kay McPhillips has once again created and donated an artistically designed quilt to be raffled off this holiday season. Donations for tickets will be \$5 apiece or six for \$25. Don't miss out on this chance to take home an exquisite new quilt from an award-winning and generous quilt master. This year's quilt features four large holiday stars ensconced within a muted

red and green patchwork and will be unveiled at the Tree of Love events both in Cle Elum and Ellensburg. Watch for a photo of it on our website at www.hospicefriends.net.

For tickets: Call: 509-962-7379 or E-mail: hospicefriends@eburg.com. The drawing will be held at the Hospice Friends office on February 27, 2009, at noon.

From the Director

From the moment that I became familiar with Hospice Friends in 2005, I knew that I wanted to be involved. I spent some time as a volunteer, and that has transitioned into a full-time position. I'm eager about this new challenge.

I want to take this moment to say thank you to each of you who contribute to Hospice Friends with your time, your financial resources and your friendship. Without each of

you, we would not be able to provide the services that are essential to many in our community.

The upcoming Tree of Love Ceremony is an opportunity for us all to come together to reflect and remember, but it is also a time to celebrate the good work that Hospice Friends does. I hope to see you there.

- Roger Hiles

Your Chance to Honor & Support

Tree of Love is the annual signature fundraising event for Hospice Friends. Your donation in tribute of a loved one helps ensure the continuation of Hospice Friends services for those in need. Suggested donations of \$10 or more per person honored go a long way in providing needed supplies, equipment, and friendship for the elderly and those facing a life-threatening illness. Please use the enclosed remittance envelope to indicate whomever you wish to honor with your contribution. Remember that **Hospice Friends also accepts online donations.** To make a

donation online go to the Hospice Friends website at www.hospicefriends.net and click on the "Donate Now" button. All donations

are forwarded to Hospice Friends through a secure nonprofit website at Groundspring.org.



Donate a minimum of \$50 to receive a beautiful artisan fashioned glass ornament. Each ornament is uniquely hand-crafted by Leone Glass Studios of Cedar, Michigan, using old world glass blowing techniques. This year's ornament features a rich green base color enhanced with a spectrum of shades ranging from purples to amber. Supplies are limited; please send your donation in soon to assure

your commemorative gift. Ornaments and receipts for donations will be available for pick up at either of the Tree of Love Receptions.

Tree of Love

2008

Hospice Friends cordially invites you to attend one or both of the following free tree lighting ceremonies & receptions.

ELLENSBURG

Friday, December 5th

6:00 PM

Corner of Third & Pine

(Outside Cone Gilreath Law Office)

Reception to follow at
Hal Holmes Center

CLE ELUM

Saturday, December 6th

6:30 PM

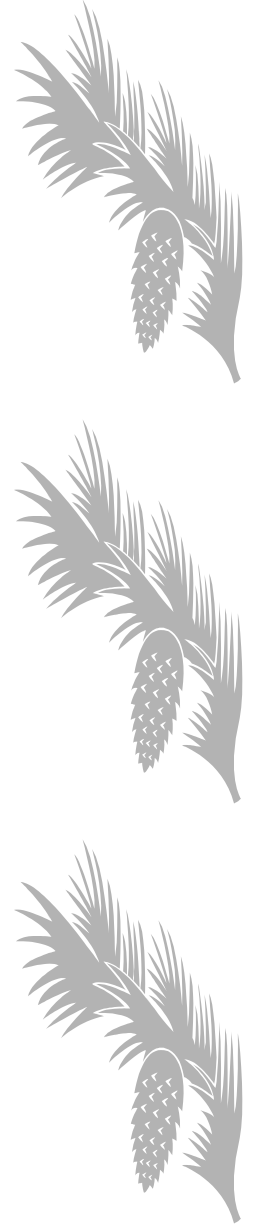
Upper County Senior Center

(719 East 3rd Street)

Reception to follow inside
Senior Center

The lights on the Tree of Love represent the lives of those dear to us, both living and deceased. Each light is a sign of love, affection and appreciation for precious moments, days, and years shared with a family member or friend.

Remembering and honoring the special people in our lives at the holidays is a tradition in our culture. Hospice Friends, in 1996, celebrated the first Tree of Love gathering to recall those individuals who have passed away and to honor those currently in need. The event is a short tree lighting ceremony followed by a gathering with food, music and fellowship. Please join us to continue the tradition of bringing friends and families together for this special time. If you need transportation, we're happy to arrange it.



Grief - Coping During The Holidays

Grief Groups

ELLENSBURG

Hospitality
House
1403 N. Vista
Ellensburg

Thursday,
November 20th
7-8:30pm
&
Thursday,
December 11th
7-8:30pm

Please call if interested in attending

If you know of someone like Beth who has lost a loved one, please invite them to one of the Tree of Love Ceremonies and/or put them in contact with Hospice Friends to see what additional bereavement support we can offer.

"Coping with Grief During the Holidays" will be the subject of two free workshops in Ellensburg and one in Cle Elum. The holidays can be a difficult time for people grieving the loss of a loved one. The sessions will



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offer practical coping strategies and provide a time for individual sharing and questions. The workshops are open to anyone who is experiencing grief. Individuals may attend one or all of the sessions. For additional information, call Hospice Friends at (509) 962-7379.

Send Us Photos of Your Loved Ones

Like last year, we want to make the Tree of Love Ceremony special by having a picture slide show of honored loved ones who are no longer with us. If you have pictures that you are willing to share with us, please let us know.

Email photos to hospicefriends@eburg.com or you can bring photos by the office and we will scan them into the computer and return them to you. Please submit your photos before November 28th.

His Hat in My Hands...Continued from page 1

battle, both Beth and Earl agreed that it was time for hospice. "I wish we had decided to involve hospice earlier on," Beth admits. "I was totally exhausted when we finally decided to refer him." Although Earl was only on hospice for five days Beth is very grateful for the assistance she received during that time. "We were so blessed by God having you (hospice workers) there to help us help Earl on his way home to God."

Beth takes one day at a time these days. "Every day when I wake up I give myself to Christ, to do with me as He wishes." Beth has found a number of different things to help her find comfort and healing during this difficult time. First and foremost is her ongoing effort to reach out and encourage others. "It allows me to feel useful and having now gone through this experience (Earl's sickness and death), I can empathize with what others are going through." Beth continues to rely upon her family, whom she feels were drawn closer together by Earl's death. Her daughter, who lives

locally, takes her shopping on a regular basis and she communicates often via phone with her other children. Beth also is extremely thankful to Caroline, her Hospice Friends volunteer. "Caroline was adopted by the family," says Beth. "There were many times when I wished Caroline would be there to help us and I would turn around, and there she was. It was like she was reading my mind. I couldn't have made it without her."

She admits that she often feels alone. "The hardest thing is thinking that he will come in the room at any moment, and I can tell him everything that I'm thinking about. I have felt his presence at different times, but I still sometimes find myself sleeping in the chair at night. The thought of going to bed without him there is too much for me." Beth's wall is covered with photos of Earl, but dearest to her heart is Earl's favorite hat that she keeps next to her chair. "Sometimes when I am feeling lonely and sad, I simply take his hat in my hands and smell it, and he's...well...with me."

Cruisin' For Hospice - At Its Best

Hospice Friends thanks the following individuals, businesses and organizations for sponsoring the 9th Annual Cruisin' for Hospice Car Show. Their generosity made this year's show the most successful ever, raising \$8,300 for Hospice Friends.

American Legion Aux
7-11 at 8th & University
ABC Donuts
Affordable Funeral Care
Am. Legion Aux
America Legion
AmeriTitle
Anderson Hay & Grain
Arnold's Ranch & Home
ASAP Electric
Auto Zone
Bar 14 Restaurant
Baskins Robbins
Blue Ridge Insurance
Bob's Cabinet Shop
Brad & Burke
Ron & Merrily Braucht
Burger King
Buzz Inn
Car Quest Auto Parts
Caring Hands Massage
Central Washington Truss
City of Ellensburg
Peggy & James Coble
Crossfire Farms
CV Auto Works
D&M Coffee
D&M Motors & Towing
Dairy Queen
Dean's Towing
Dry Creek Retirement
Center

Peter & Sally Eberle
Ellensburg Cement
Products
Ellensburg Chamber of
Commerce
Ellensburg Exhaust
Ellensburg Radio Shack
Entertainment Plus
Fairpoint Communications
Fairway Properties
Family Eye Clinic
Farmer's Insurance
- Jerry Lael
Dan & Jan Farrell
Fosseen's Home &
Hearth
Fred Meyer

A special thank you to the Ketzenberg's and Kittitas Valley Cruisers for their work in organizing the car show as a benefit for Hospice Friends.

Fred's Tractor Barn
Grant's Pizza
Hearthstone Cottage
Herbert Snowden
Insurance

Hillcrest Inn
Independent Auto
Instant Cash
Jenikka's Coffee House
Sheila Johnson
Steve & Kathy Johnson
Dave Johnson
Johnson's Auto Glass
Joyner Construction
Kelleher Motor Co.
Gene & Sandy
Ketzenberg
Kittitas Valley Cruisers
Knudson Lumber Co.
Kvalley Computers &
Internet
KXLE
Les Schwab
Liberty Farm & Lawn Ltd.
Luft Trailer Sales
Lutheran Women
McDonalds
McIntosh Auto Body
Medical Associates of
Yakima
Molly Morrow
Photography
Don & Donna Morris
Mrs. Striker
Napa Auto Parts
New View Windows
Jeff & Betty Nolls

NRA
Oak Rail
Papa Murphy's Pizza
Patrick Corporation
Pautzke Bait Company
Perkin's Restaurant
Quizno's Sub
R&M Carpentry
R&R Auto Body
Red Horse Drive-Inn
Schucks Auto
Sears
Shaw's Furniture
Keith & Sharon
Shoemaker
Schuck's Auto Supply
Sign Dog Graphics
Smith Ex.
Smitty's Conoco
Mike Sparling
Larry Standish
Subway
The Copy Shop
Tire Smith
University Auto Center
Valley Clinic
Valley Espresso
Valley Mist Farms
Bob Wagner
Ed West
Winegar's Dairy

"Thanks to the wonderful support from Hospice, we were able to keep dad at home, where he died peacefully in his own bed with his family around him. Words can never express our gratitude."

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

A Tribute to Don Schaake

"An icon," "a man of his word," "good-hearted" and "a great man" are but a few descriptions from Kittitas Valley residents upon hearing of the death of Don Schaake in August of this year. Schaake, who was 85, along with his wife Peggy have, for years, been avid supporters of many organizations in our valley, both with their time and financial resources. Hospice Friends was fortunate a few years ago to have received a sizeable gift from the Scha-

akes. Their generosity has allowed this organization to continue supporting the people of Kittitas County facing end of life.

We owe a special debt of gratitude to Don and Peggy for their belief in, and support of, the mission of Hospice Friends and for their gift to us. We wish Peggy peace and comfort in the loss of her husband, her friend and constant companion.



Don Schaake

**Hospice
Friends**



Peace Comfort Care

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*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 Kittitas Valley Home Health & Hospice, 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.*

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

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