

Hospice Friends
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Hospice News

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

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Jessica Dale
1973 - 2003

I Wish You Peace

My desire to be a volunteer for Hospice Friends began as payback for the wonderful compassionate care that my daughter Jessica received. A common introduction to Hospice for many of us who volunteer is gratitude for the understanding and knowledge that hospice workers impart on the often difficult passing of a loved one.

Jessica appeared to be a healthy and beautiful young woman – full of life and spirit. She had a large circle of friends and a wonderful job planning fund raising parties for a Seattle non-profit agency.

After what seemed to be a common cold early in 2002, she developed a cough that she could not shake. Shortly after, she was then diagnosed with stage 4 lung cancer at age 28.

How could this be? I was a faculty member and scientist at the University of Washington doing biomedical research; how could this happen to my daughter?

Hers was a very unusual type of lung cancer that has seen an increase in recent years in young, non-smoking women. It was the same type of cancer that claimed the life of Dana Reeves (Christopher Reeve's wife) several years later.

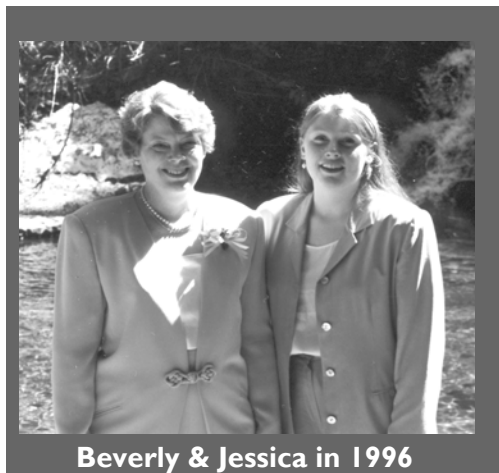
Jessica, her fiancé, Brett, and I sought out the experts. She and Brett combed the internet for treatment options and with the encouragement of her doctor at Group Health she entered into a clinical trial for a new drug chemotherapy combination. That led to a remission for a year.

She took wonderful care of herself, but the cancer had spread to her brain and she was hospitalized following a severe seizure in July 2003. Again there was hope for a remission

through radiation. We were advised that she could become worse before she got better and it was painful to watch as she forgot how to sit up, swallow, talk and walk.

We discussed with her physicians the best opportunities for rehab after the radiation treatment. But, she didn't get better. Another MRI revealed that the brain lesions had become larger and had spread throughout the brain – this cancer wasn't susceptible to radiation. Suddenly we were told that instead of rehab she would need immediate hospice care. It was at this point that we were also informed that we only had two weeks left with Jessica.

I had already relocated to Ellensburg and her apartment in Seattle was not feasible for hospice care. After a month at Virginia Mason Medical Center she moved to Bailey Boushay House in Seattle. When all the nurses and aides came to say goodbye on her last morning at Virginia Mason, she told them in a last spurt of partial clarity that she was going to Nieman Marcus! What a laugh we had with Jessica, the intrepid shopper.



Beverly & Jessica in 1996

Continued on page 2...

I Wish You Peace...continued from page one

“It seems to me that the goal of a Hospice volunteer is to help those who are at this difficult time achieve inner comfort and peace. ”

*Beverly Dale-Crunk
Hospice Friends
Volunteer*



Hospice Friends is a
United Way of
Central Washington
Partner Agency

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There was a bit of a revival for a few days but another seizure soon set her on the final path toward her death in early Sept 2003. She had just turned thirty years old.

I didn't really understand what hospice care meant but the Bailey Boushay House staff did. Their care and kindness was exceptional. They were there for us too as the family struggled over funeral, burial, and remembrances and all of things that go with losing someone we loved so dearly.

A mother and father shouldn't have to bury a child; a young man shouldn't lose his fiancé; nor should a young woman lose her best friend. Yet, we know it happens and we were not alone.

Fast forward several years, I've retired and my husband Fred and I live on ranch property outside Ellensburg. We are blessed with family and friends nearby, a beautiful place in which to live with wonderful horses and faithful, loving dogs.

I have found a way to honor my daughter through volunteering at Hospice Friends. In the beginning I volunteered in the office assisting with administrative duties. After a time, I was finally ready to participate in the training sessions to learn how to help others as they may need hospice assistance and respite. This led to my first patient care assignment with the Harrington family.

Ed Harrington had been a biologist and was a former Vice President at Central Washington University. He had served in that capacity for eighteen years. Roger and Kim at Hospice Friends believed that as fellow "academians", Ed and I might have common interests, making this a suitable first assignment.

Like Jessica, Ed had been diagnosed with late stage cancer. It had spread and was inoperable. Through all of that, however, Ed remained very sharp mentally. My assignment was to visit the home weekly for two to three hours giving his wife, Ruth, an opportunity for respite. It allowed her to remain involved in her beloved community activities, thus balancing care for herself and for Ed.

Ed and I spent the time talking for as long as he was able. Our common academic backgrounds made for an easy and rewarding rapport. It was rewarding for me to have this time to listen. He talked about the high points of his scholastic career that were meaningful to him. He shared recollections of his time as a vice president at San Jose State University in California and his success in defusing student protests against the war in Viet Nam in the sixties.



Beverly Volunteering in Hospice Friends Office 2008

That was interesting to me because at about the same time that Ed was at San Jose State, I was doing graduate work at University of California Berkeley. Later, when I was at the University of Michigan, I remember that student protests against the war were in full swing.

Ed also shared stories about his long and productive career at Central. The no-nonsense attitude that he exhibited as a higher education administrator remained with him as he faced the final days of his life.

One day he began our conversation by saying that he had been thinking about what he wanted included in his obituary. I was slightly taken aback and admired his pride in his accomplishments. I also admired his ability to reflect on things that had been important in his life.

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➡ It was clear that for Ed the small problems of academic bureaucracy faded while the major challenges, overall successes and valued colleagues stood out. By the next week he had become too ill to talk but he knew that I was there and could help if needed.

I also had the opportunity to meet family members. It was lovely for me to be accepted by them as part of the caring Hospice community. Ed had talked very clearly about the wonderful role that Ruth had in his life. In fact one day he said that in the years after his retirement from Central he was known around town as Ruth's husband! Not surprising since Ruth has organized over 70 scholarship lunch groups to benefit Central students and the many people in these groups are a source of comfort to her now that Ed is gone.

My experience with Ed made me realize all the things that my daughter and I didn't have a chance to say to each other. How I admired the passion she had for life; the joy she brought to others; the marriage she was looking forward to; the adventures and challenges; and the grandchildren that might have been. She would not talk about the chance that she might not survive her cancer. Then it was too late.

In the end, all we could do was hold hands and say goodbye; hoping she felt my love. I wished her comfort and peace in a poem written in her honor. I wish that for Ed also.

It seems to me that the goal of a Hospice volunteer is to help those who are at this difficult time achieve inner comfort and peace. I hope I helped the Harringtons. I know that I helped myself. ♥

A Mother's Thoughts

*You were a wonderful young woman
A truly beautiful person
You brought joy to many, so much joy to me as your mother.
You enhanced my life,
You taught me so much about healing
And wellness and taking care.*

*Jessica, forgive me for the times I may have hurt you,
Not knowing what you really needed.
Remember and feel my love for you.
I hope you have found peace, a calm place for your Self.
I wish you comfort and peace.*

Beverly Dale-Crunk

Another Beautiful Quilt

Hospice Friends is once again honored to receive a hand crafted quilt created by Mary Kay McPhillips of Ellensburg.

Now in its sixth year, the annual Quilt Raffle will kick off at the Tree of Love gatherings in Ellensburg and Cle Elum. This quilt is yet another striking piece composed with intricate patterns in lush harvest tones. Rich ambers, warm browns and vibrant cinnamon hues are sure to add a distinctive touch to any home.

Donations for tickets are \$5 each or six for \$25. A full color photo of the quilt appears on our website - www.hospicefriends.net.

Tickets go on sale December 4th. For more information, call 509-962-7379 or email to programs@hospicefriends.net. The drawing will be held at the Hospice Friends office on February 26, 2010, at noon.



**We are grateful
to our
25th Anniversary
Sponsors**



**Look for this
logo and know
that the auto
dealer is
committed to
local
philanthropy.**



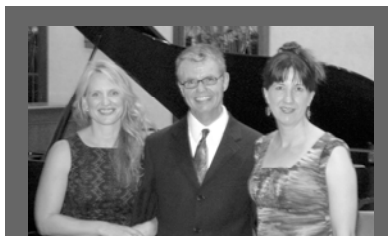
A Celebration of Twenty-Five Years

For over twenty five years, Hospice Friends has served the elderly and anyone facing a life threatening illness in Kittitas County. We celebrated that mile stone on September 14th with a concert at St. Andrew's Catholic Church performed by Dr. John Pickett and Trio Areté. The evening of beautiful music crowned with a traditional ice cream and cake reception was attended by approximately one-hundred-twenty-five of our wonderful friends, volunteers and benefactors.

Our Kittitas County communities have supported Hospice Friends through service and contributions for over twenty-five years, and the Board of Directors determined that this was a proper way to say thank you.

Hospice Friends was founded in 1983 by two local women, Peg Rowbotham and Enid Gage

who saw a need and had a vision. From the beginning there was a close relationship between Kittitas Valley Community Hospital and Hospice Friends. That relationship continues even stronger today as we work together hand in hand with Kittitas Valley Home Health and Hospice providing peace, comfort and care to the elderly and anyone facing a life threatening illness in Kittitas County.



**Trio Areté
Denise Dillenbeck, Violin
John Pickett, Piano
Nancy Ives, Cello**

It's amazing what this vision of two local women has evolved into. According to the Washington State Hospice and Palliative Care Organization, Hospice Friends is the only organization of its kind in all of the state and

perhaps in the entire country.

Thank you for supporting us, supporting your neighbors and being faithful all of these years.

Hospice Friends Receives Gift

The National Automobile Dealers Charitable Foundation (NADCF) awarded Hospice Friends a contribution of \$1,500.00 on September 27, 2009. Roger Hiles, Executive Director of Hospice Friends accepted the gift on behalf of the organization from NADCF Ambassador, Colleen Kelleher of Ellensburg.

In a letter from the foundation, chairman, Robert P. Mallon, said that Mrs. Kelleher has qualified as an Ambassador of the NADCF and as such, she or her designated representative may present a gift every three years to the organization of her choice.

"We are pleased that Mrs. Kelleher has chosen to honor Hospice Friends and the work that we do" said Hiles. "Mrs. Kelleher, her late husband Joe and now their son, Phillip are respected supporters, not only of Hos-

pice Friends, but of many of the deserving organizations in our community".

The NADCF, established in 1975, is devoted to raising and distributing monies to selected emergency medical and economic educational organizations and private-sector colleges and universities. Through its support for community service programs, the Foundation encourages the generosity of franchised dealerships to foster relationships in local communities.

Participating dealerships proudly display the Foundation logo (as seen in the side bar) as evidence of their commitment to local philanthropy. The foundation has made grants for organizations promoting education, emergency health care, private enterprise and personal freedom of mobility.

10th Annual Cruisin' for Hospice

Hospice Friends is grateful to the following businesses, organizations and individuals for their generous sponsorship of the 10th Annual Cruisin' for Hospice Car Show held on June 6, 2009 in downtown Ellensburg.

ABC Donuts
 Affordable Funeral Care
 American Legion
 • Post 8
 • Auxiliary
 AmeriTitle
 Bob's Cabinet Shop
 • Bob & Alice Greenman
 Brian & Kerrie Maybee
 Buzz Inn
 Caring Hands Massage
 Cenex
 City of Ellensburg
 • Lodging Tax Advisory
 • Parks & Recreation
 • Public Works
 Copper Kettle
 Crossfire Farms
 Dan & Jan Farrell
 Dean's Towing
 Don & Donna Morris

Ed & Darlene West
 Ellensburg Cement Products
 Ellensburg
 Chamber of Commerce
 Entertainment Plus
 Fairpoint Communications
 Family Eye Clinic
 Farmers Insurance
 • Jerry Lael
 Gene & Sandy Ketzenberg
 Herbert Snowden Insurance
 Jeff & Betty Nolls
 Johnson's Auto Glass
 Kelleher Motor Co.
 Kittitas County
 Farmer's Market
 Kundson Lumber
 Law Office of Theresa Petrey, PLLC
 Les Schwab Tire Center
 Luft Trailers

McDonalds Restaurant
 McIntosh's Auto Body
 Medical Associates
 Of Yakima L L C
 Mid-State CO-OP Sears
 Napa Auto Parts
 Papa Murphy's Pizza
 Patrick Corporation
 • Gary Starkovich
 Peter & Sally Eberle
 R&M Carpentry
 R&R Auto Body
 Red Horse Drive In
 Ron & Merrily Braucht
 Seven-Eleven
 8th & University
 Shaw's Furniture
 Smitty's Conoco
 Starlight Lounge
 Valley Mist Farms
 Winegar's Dairy

"Thank you so much for all the good work you all do - you are such a blessing to families at such a hard time in their lives."

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

**Thank
 You
 Kittitas
 Valley
 Cruisers
 For
 Another
 Great
 Show!**



Cruisin'



**10th
 Annual**



Hospice



For



Grief - Coping During The Holidays

Grief Groups In Ellensburg

**Thursday,
November 12th
1:30 - 3:00pm
&
Thursday,
November 12th
7-8:30pm**

**Please call for
location and
information
(509)962-7379**

Many people who have lost a loved one experience difficulty during the winter holiday season. Often it is painful, even overwhelming, to be surrounded by the buoyant mood of the season when you are so aware of the hole in your life. This time of traditions and family gatherings can bring an upsurge of your grief.

No one can magically remove or “cure” this particular kind of pain, but there are coping skills that have been discovered by those who have navigated this territory of sorrow. There are things to do that will ease the passage through these upcoming weeks that we call The Holiday Season.



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“Coping with Grief During the Holidays” will be the subject of two free guided workshops in Ellensburg on November 12, 2009. The sessions offer practical coping strategies, and provide a time for individual sharing and questions. The workshops are open to anyone who is experiencing

grief and has a desire to attend. The date and time for the workshops is listed to the left.

You are welcome to attend either of the sessions. Please call the Hospice Friends office for more information and if you are interested in attending.

Remember a Loved One & Support Hospice Friends

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 remembered or 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 Hos-



pice 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 keepsake ornament.

This year’s ornament features a holiday tree pewter ornament hand cast by House of Morgan

Pewter in North Carolina. 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

2009

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

ELLENSBURG

**Friday, December 4th
6:00 PM**

Corner of Third & Pine

(Outside Cone Gilreath Law Office)

Reception to follow at
Hal Holmes Center

CLE ELUM

**Saturday, December 5th
6:30 PM**

South Cle Elum Depot

(801 Milwaukee Avenue - South Cle Elum)

Reception to follow inside
The Depot

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 memorial. This gathering to remember loved ones who have passed away and to honor individuals currently in need is meaningful for many in our communities. The event is a short tree lighting memorial ceremony followed by a casual reception 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.

