

HOSPICE AND PALLIATIVE CARE OF KODIAK

Quarterly Newsletter - January 2021



HOSPICE AND PALLIATIVE CARE OF KODIAK
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COMMUNITY SUPPORT

Community Support goes a long way! When you donate to HPCK, you are helping offer comfort and support to our clients & their family members during their end of life and grief experience. You are also helping the Kodiak Community with resources and preparing one's advance planning documents, which can include advance directives and a will.

2020-04: *Thank you* to our donors and grantors this quarter: American Seafoods Group, LLC., Anonymous, Dan & Randy Busch; In loving memory of Margaret Hall, Scott & Nicole Carver, Ed Coe, Deb Houlden-Engvall & Eric Engvall, Wallace Fields, Mike & Kelly Fitzgerald, Duane & Nancy Freeman, Alan Schmitt & Linda Freed, Futura Fisheries, Inc., Jim Graham, Vern & Deb Hall, Jim & Edwina Horn; In memory of Margaret Hall, Donald Zimmerman & Carol Hult, Chad Pysher & Holly Hunter, Craig & Terrie Johnson, Kodiak Area Native Association (KANA), Kodiak Community Foundation, Kodiak Lions Club, Rebecca Mahle, Curtis & Ashley Mortenson, Carroll 'Mort' & Sonya Mortenson, Meesha Murphy, Patrick & Deana Pikus, Providence Alaska Foundation, Cindy Trussell, Arnold & Donene Tweten, Betty Walters, Melissa Witteveen; In honor of Karen Data, Victoria Woodward.

If you would like to contribute to HPCK, please go to www.hospiceandpalliativecareofkodiak.org, call our staff at (907) 512-0600, or send a check to Hospice and Palliative Care of Kodiak P.O. Box 8682 Kodiak, AK 99615.

Thank you for your support!

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THANK YOU TO ALL OF OUR AMAZING VOLUNTEERS



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AND ALL OF OUR AMAZING GENERAL VOLUNTEERS!



Executive Director's Letter



People tell us, at Hospice, that we have one of the hardest jobs in the world. The thing is, I don't think they quite understand. Yes, It's hard. It's emotional. It's heartbreaking. It's driving home more times than you can count with your eyes welled up from tears because you've witnessed so much.

But it's also rewarding. It's illuminating. It's enlightening.

It's indescribable beyond words.

I can describe to you what we do... we offer comfort, we offer respite care, we offer light housekeeping and running errands. We offer friendship and companionship, listening, giving advice, being present when a client takes their final breath and what to expect at the end of life. Pretty much anything that our clients and their family members need during that time, we are there for them.

What I can't describe is the emotional attachment that you get, and how much of a gift it is being welcomed into a home and being able to share so many personal moments with a family during their most vulnerable hours.

A wife sitting at the bedside, leaning over her husband, telling him "It's ok. You can go now. We'll be ok without you." when he's unresponsive and she knows that hearing is the last to go. You witness the comfort in her voice, hoping he'll listen so that he no longer has to suffer with his end of life illness.

A daughter telling her father "It's time to go, Dad. We'll be ok." yet choking back her tears because she's losing her first role model.

It's indescribable bringing a birthday cake to someone, and as you're leaving their home, they say to you "You made my day" - and you can't help but smile inside, because it's actually them, that made yours.

It's the simple things that really matter. You see, hospice isn't about dying. Hospice is about living. Hospice is about living those final days in comfort, in love, and in the way each individual wants to live.

Hospice is about learning how to take a breath. Hospice is about learning that having patience for others can make a huge difference in someone else's life.

As Steve Maraboli once said "*A kind gesture can reach a wound that only compassion can heal.*" So, next time you're aggravated at the tax exempt shopper, who is writing a check or digging for the exact change at the bottom of their purse in the express lane in front of you, think about what they might be going through. They could have just been diagnosed with cancer and they're just trying to get through the day without breaking. The person who is driving 10 miles under the speed limit when you're already late for work, could be in a daze because they just lost a loved one.

Slow down. Check in. Not just with others, but with yourself.

In my opinion, we all need to slow down because I'll tell you what... every single one of us has at least one thing in common after we are born. We will all leave this earth one day. And, as you are processing and reviewing your life in your final days, think about (just for a second) what is going to come to your mind. What are you going to be thinking? What will you be thankful for, and what are you going to wish you did or didn't do.

With Gratitude,

Amy Durand

COVID-19 Update

HPCK takes COVID-19 very seriously and continues to serve clients, by following guidelines and precautionary measures. We hope the Kodiak Community continues to stay safe and healthy. Please reach out if you or anyone you know would benefit from our services or if you have any questions.

Volunteer Coordinator's Letter



Happy New Year!

A few words that one might use to describe 2020, are change and challenges. During these challenging, unprecedented times we may all be experiencing change. Life looks somewhat different for many of us. How one connects with others, how one reaches out and shows compassion, and the way services are provided has changed.

Although things look different, we are resilient and have the ability to adapt and move forward. We each have the power to improve the lives of those around us. Writing a letter, sending a card, or calling a family member or friend may be more meaningful now than ever. Thankfully, Hospice and Palliative Care of Kodiak (HPCK) is able to meet these challenges and continues serving clients by offering support. HPCK is taking the necessary precautionary measures to continue offering compassionate care to our clients and their family members.

Our mission is: "to join the journey of those facing a life-threatening illness or loss; meeting needs, reducing fears, and offering comfort."

As the Volunteer Coordinator, I work closely with the Executive Director, and also train, oversee, and work as a team with all of our volunteers, who are the 'heart' of our organization.

HPCK Staff and Volunteers can help navigate through uncharted waters by being the 'calm in the storm.' We can be present and sit quietly, holding a client's hand, we can provide resources, run errands, offer meals, help collaborate with medical professionals, and reach out to clergy if requested. In addition, we offer many other services, such as assistance with filling out the Advance Health Care Directive, which is a legal document stating one's wishes if you are unable to speak for yourself.

It's a humbling experience working at HPCK, and an honor and a privilege serving our clients and their family members.

Blessings,

Barb Bundy

Hearts for Hospice Ball

Our annual Hearts for Hospice Ball has been postponed until the Fall of 2021. No official date has been set, but we will continue to keep you updated.

UPCOMING EVENTS

Holding your hand was an honor, when you took your final breath.

As Hospice Staff and Volunteers, we learn a lot sitting with someone who is actively dying, especially in moments of peaceful silence. Time almost seems to stand still. At the end of life, it's normal for people to become unresponsive, their breathing slows and heart rate starts to fade. Our goal is to keep them comfortable and at peace, by maintaining a calm atmosphere filled with love.

Your final hours are about your wishes, and the comforting care and love that fills the room. It's about fulfilling your final requests. It's about your quality of life. It's about you.

“ Life is an opportunity, benefit from it.
Life is a beauty, admire it.
Life is bliss, taste it.
Life is a dream, realize it.
Life is a challenge, meet it.
Life is a duty, complete it.
Life is a game, play it.
Life is costly, care for it.
Life is wealth, keep it.
Life is love, enjoy it.
Life is mystery, know it.
Life is a promise, fulfill it.
Life is a sorrow, overcome it.
Life is a song, sing it.
Life is a struggle, accept it.
Life is a tragedy, confront it.
Life is an adventure, dare it.
Life is luck, make it.
Life is too precious, do not destroy it.
Life is Life, fight for it!”

-Mother Teresa



Our Clients

From January 2020 thru December 2020, we have provided support services to 31 direct care clients and their family members.



To join the journey of those facing life-threatening illness or loss; meeting needs, reducing fears, and offering comfort.

An organization of neighbors helping each other finish life's journey with dignity and compassion.

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