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 hospiceofcentralpeninsula.com
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 Fall 2020

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From the Director



“Courage and willingness to just go for it, whether it is a conversation or a spontaneous trip or trying new things that are scary – it is a really attractive quality.” — Alanis Morissette

It was a dark and stormy night...

Actually, it was a cold and foggy morning when I ventured off for my first crack at kayaking under the supervision a good friend. “Thelma” is a seasoned kayaker. I don’t know that for sure. She said she and her husband own kayaks so for me that gives her the qualifications.

Two days earlier my friend and I made a quick decision for an overnight adventure. It’s great, and necessary, to have that one friend you trust with making plans like this. We showed up at Summit Lake Lodge -shameless plug- the next day. She introduced us as “Thelma and Louise”. I’ll just go with that. Unlike the movie, there was no rowdiness, mayhem, or murder. Some of you may have to watch the movie. But I digress.

I navigated new waters. I kayaked, usually with one oar in the water. I really enjoyed it. The water was smooth.

These last several months at Hospice we also navigated new waters. Sometimes the water is smooth, sometimes it’s a little choppy. Sometimes I wonder if I’m even holding onto the paddle!

...continued on page 3



Bereavement

We are falling gently into autumn with cooler nights and shorter days. We've all been impacted in some way due to the virus, and Hospice is no different. This summer we canceled Camp Mend-A-Heart, first time for me in my six years as Camp Director.

Doing camp is a lot of planning, organizing, and work; it all comes to a climax with four amazing days at Solid Rock Bible Camp. In that short time, wonderful bonds are established between the campers and each other, as well as with the adult volunteer staff. At the end we are all tired, but the memories and good

feelings follow us home.

I missed that wonderful experience this year, but used that time to update and organize the CMAH paperwork and camp supplies. We will be better prepared to provide quality service to the community next year with Camp Mend-A-Heart.

I have had grief clients all summer. I am using the phone, mailings, and walks outside. It is not our normal program, but we are continuing to provide service - and that is what is important.

As we move through the fall season, it is also a time to offer our Grief Support Groups. With our small office space, it's hard to do physical distancing, so we are considering other options to provide this important service; check our Facebook page and our website for updates.

This is also the time when I usually begin outreach and presentations on topics like Holiday Grief. Unfortunately many of the places I would go to are not open for gatherings at this time. So the challenge comes back to us, we hope to have more information soon.

The good thing I have noticed in the community and on many media outlets is people looking for positives in spite of all the limitations and loss created by the virus. This lifts my spirits and I hope it helps you too.

Lee Coray-Ludden, Bereavement Coordinator

Needing Grief Support?

Due to Covid-19 we are unable to meet face to face at this time, however you can always contact Lee in the office for a one on one telephonic appointment. Several clients have really benefitted from weekly check-ins with Lee. Call the office to schedule an appointment.

907.262.0453

David Kessler has offered an online grief support group via a facebook group, this is specifically for adults who have suffered the loss of a loved one.

[Facebook.com/groups/DavidKessler](https://www.facebook.com/groups/DavidKessler)



Mark It On the Calendar

October 10 is World Mental Health Day
October 15 is Miscarriage & Infant Loss Day
November 4 is Stress Awareness Day
November 13 is World Kindness Day
November 26 is National Day of Listening
December 1 is #GivingTuesday

October is Emotional Wellness Month
November is National Family Caregivers Month
November is Bereaved Siblings Month
November is Hospice & Palliative Care Month

...continued "From the Director" on page 1.

This summer we were happy to be a distribution point for Farmers to Families produce boxes, a program offered through the Kenai Peninsula Food Bank. We met many wonderful community members. I am grateful to our landlord for allowing KP Food Bank to park their BIG truck in the parking lot once a week. Our mall neighbors were awesome. Some days they would even help hand out boxes on their lunch hours. I do have to give a shout out to Susie and Hal Smalley and Karen Monell; these three were weekly volunteers, rain or shine, here to set up and distribute the boxes.

Our Third Annual Root Beer Family Fun Run was held September 12, 2020. We asked families to "run" in family groups. That was new, uncharted water. Everyone was a great sport about the changes we had to make due to Covid-19. Many said they preferred it! If you missed the run, we have mugs left we can fill with root beer barrel candies for a donation. (Not as good as Kenai River Brewery Root Beer, sorry you missed it.)

Hospice is here to help you navigate what may be uncharted waters for you and your loved ones. We can help you with those hard or scary conversations you may not know how to begin.

Janice Nightingale, Executive Director



Current Loan Closet Needs

Here's a list of what the HCP Loan Closet is in need of most. Stop by and we can get you a receipt for your tax records.

Wheelchairs

Knee Scooters

4-Wheel Walkers

Bath Benches

Bedside Commodes

Wipes (Adult size preferred)*

Lysol Brand All-Purpose Cleaner Spray

Rubber Gloves sizes Medium and Large*

*Packages of incontinence supplies, wipes, and gloves need to be unopened.



Many thanks to the Kenai Peninsula Foundation, an affiliate of the Alaska Community Foundation, for their generous grant to fund replacement of our commode pails. We would also like to thank Soldotna Pharmacy for finding us the best deal!



**KENAI RIVER
BREWING CO.**
SOLDOTNA, ALASKA



3rd Annual Root Beer Fun Run *Sponsored by Central Peninsula Hospital* September 12, 2020

It was a brisk fall morning for a fun run that ended with a mug of delicious Kenai River Brewing Company's Root Beer for nearly 60 runners earlier in September. We are thankful to everyone who came out and participated. It was a different structured event and we hope to be back to usual next year. It's always so much fun to see everyone having a great time, especially the littlest runners.

Many thanks to our headline sponsor Central Peninsula Hospital and to Kenai River Brewing Co. for the donation of that tasty root beer.

View more photos of the run on our facebook page:
<https://rb.gy/hmna9> (yes the link works)



Volunteer Corner

So, what are we Binge Watching these days? Come on, don't tell me that you haven't taken the time during this pandemic to not find some tv show or another to stream. I've recently started a "re-watch" of the TV show ER from the 90s. Okay, re-watch might not be the right term as I don't know that I ever truly watched it while mom had it playing on the TV, but you get my point.

I just finished an episode this morning where a mother of a terminally ill child is trying to "do it all". It's her duty as the mother, she tells the nurse, and while she's right she also does not hear what the nurse is saying: "you can't do your duty if you aren't taking care of yourself."

So often we hear at Hospice from the family that they "don't need" Hospice because "this is what family is for", and they aren't wrong; family is the main support at end-of-life. Hospice comes in to give support to those giving support. With Respite the family caregiver(s) can give themselves a little bit of self-care, you cannot give your loved one your very best if you aren't taking care of yourself. Our Hospice Volunteers come in for 2-4 hours a week to give you a breather so that you can take care of you so that you can take care of your loved one.

Due to the pandemic, our volunteer numbers are low, typically at this time of the year I'm finishing up the agenda for our fall training. We have a lot of new recruits itching to get involved, but until they can go through the state mandated 22 hours of training we're stuck in a waiting pattern. Fall training has to be postponed, and so now we're looking at a winter training in January. The one positive about this is there's still time to sign up! Contact me via email or call the office and we'll get you signed up! You can also register online through our website.

Instead of putting together training manuals, I've finished the re-organization of our loan closet. Thanks to a generous grant we received earlier this year we are going to "go digital" with how we process loaned equipment, and installation should happen in early October. We are very excited and cannot wait to unveil this new streamlined system!

As we head towards the end of the year, take time to take care of you. Breathe in that crisp fall air and let's head into this next season with renewed hope and energy.

Toni Reitter, Volunteer Coordinator & Administrative Assistant

SAVE THE DATE! VOLUNTEER TRAINING 2021

January 8-9, 15-16 2021

Location to be announced

Fridays 6pm-9pm

Saturdays 8:30am-5:30pm

Lunch and Snacks Provided

\$20 Supply fee / scholarships available
Direct Care Volunteers must be 18 years of age
and be able to pass a background check.

Pick.Click.Give.

A very big THANK YOU to those that chose Hospice of the Central Peninsula as one of your Pick.Click.Give. organizations. We received \$3125 in generous donations!

50 picked. 50 clicked. 50 gave.

\$3125 for Hospice of the Central Peninsula

2020 Recognition Donations July 1 through September 21, 2020

In Memory of

Ken Cormie.....	From: Jean Cormie
Joseph Dilley.....	From: Barbara Dilley
John & Audrey Garvin.....	From: Rafie R. Wilson
Doreen Harmon.....	From: Bernadine Atchison
Don Hatch.....	From: Kathryn Hatch
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Kathleen Miller.....	From: Lynnda Kahn
Matt Morrison.....	From: Pat Morrison
Bill Reeder.....	From: RoseMary Reeder
Jane Stein.....	From: Anonymous

In Honor of

Kevin Rainey.....	From Cindy Rainey-Bell
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SELECTING A HOME CARE PROVIDER

When facing a terminal diagnosis there will likely come a time when you or a loved one can no longer care for themselves and you need to consider bringing in professional assistance. With that said, it is important to distinguish between the common types of professional assistance: Certified Nurse Assistant (CNA), Personal Care Aids (PCA), or Home Health Aids (HHA). The main differences are in the levels of education and license obtained. By knowing this you can make the best choice in selecting a home care provider.

Personal Care Aides

When everyday tasks grow too strenuous for you or a loved one to handle, a personal care aide (PCA) can step in to help. PCAs are ready to assist with personal-care issues, including bathing, toileting, dressing, and grooming. They help to manage household duties such as cleaning, laundry, shopping, running errands, and meal preparation. They also provide companionship and would escort you or a loved one to medical appointments, monitor the patient overnight, remind the patient to take their medication, and aid in simple exercises like daily walks.

A PCA is an excellent choice for a patient who can no longer live independently, but does not require regular in-home hands-on medical care.

Home Health Aides

For patients with slightly more complex needs, a home health aide (HHA) might be the right choice. The main difference in HHA vs PCA is that an HHA has training, usually from a vocational school or community college, and then must pass a state certification exam.

In addition to assisting with the same everyday tasks that a PCA can provide, an HHA can help with dressing, toileting, and the checking of vital signs. HHA also assists with the administration of medication, assisting with braces and artificial limbs, caring for the patient's skin, and attending to diet regimens.

Certified Nursing Assistants

If you or a loved one requires intensive medical care, a Certified Nursing Assistant (CNA) may be more appropriate. The main difference between a CNA and the PCA or HHA is the extensive training a CNA must go through. In most U.S. states, CNAs must receive training and a certification from an authorized program, undergo supervised clinical experience, and pass a state examination.

In addition to the services provided by an HHA or PCA, a CNA is responsible for setting up medical equipment such as drips and oxygen supplies, measuring vital signs, observing changes in the patient's condition. CNAs are certified to work in hospitals, rehabilitation facilities, and day care centers.

Donations Made Easy

I wish to make a gift:

In memory of In honor of

Name of Honoree

Your Name

Address

City, State, Zipcode

Enclosed is my contribution payable to
Hospice of the Central Peninsula in the
amount of \$ _____.

PO Box 2584 Soldotna, AK 99669

Please visit our secured website to make
a donation by credit card.

www.hospiceofcentralpeninsula.com

November is national Hospice and Palliative Care Month



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