This year’s hospice quilt theme from NHPCO, “Seasons of Caring,” reminds us that hospice and palliative care professionals and volunteers work in concert with the rhythms of the seasons, helping people recall, retell, reflect, remember, and celebrate all of the seasons of their lives.
Executive Message:

November was National Hospice and Palliative Care Month. Last year, 1.56 million Americans were served by our nation’s hospice providers. Here, at Klamath Hospice, we are proud to have provided hospice services to our community for over 28 years. We are committed to supporting our community. This includes support to those who have life-limiting illnesses, their families, their caregivers, their health care providers, and support to those who want to prepare for the future.

Part of how we support our community is through public education: providing knowledge about hospice, palliative care, pain and symptom relief, grief and bereavement, advance care planning, caregiving, organizing your affairs for the future, and accessing needed resources. These are just some of the topics that our team of experts in end-of-life care (doctors, nurses, social workers, spiritual counselor, aides, and bereavement personnel) can offer our Klamath Basin community. We can and do make presentations, meet with local businesses, community centers, and health care providers. We also meet with individuals to answer their questions about illness, bereavement, caregiving, and planning for end-of-life wishes and needs. These educational services are part of our mission and are free to all.

If you or anyone you know, have questions or are facing a life-limiting illness, please call us at 541-882-2902; we would be honored to answer questions or schedule a visit or a presentation. The following are some online resources that you can share with your family and friends: our website, www.klamathhospice.org; Caring Connections at www.caringinfo.org; or, the National Hospice & Palliative Care Organization at www.nhpco.org. Please accept our best wishes for this holiday season.

Paula Penn, Executive Director
Meet Sandy Frailey, Klamath Hospice Aide. She averages over 1,000 miles every month traveling in and around Klamath Falls. She even sees patients and their families as far out as Chiloquin, Fort Klamath, Dorris, and Macdoel!

Sandy says the best part of her job is “being able to make somebody feel better and taking the time to do what’s important to them.” Sandy says she believes one of the biggest misconceptions people have about hospice is that they think a person just comes on to hospice to die. She knows it is so much more; it’s about making the person’s life meaningful right up to their final day by showing compassion, understanding, and helping the person maintain their dignity. Some people even get better and no longer need hospice. The most rewarding for Sandy: seeing her patient smile. Recently she had a patient tell her “I want to give you a tip” and Sandy responded “You already did, you smiled.”

Sandy grew up in Washington State and has been living in Klamath Falls, close to her family, for six years. She loves to go camping, fishing, do embroidery, and travel. She has been taking care of people since the mid 70’s and says it’s her passion- “It’s about taking the time for somebody and it’s what I love to do!”

You are invited to attend the
Widows & Widowers Social Group
Held every Saturday morning at 10:00 a.m.
Find new friendships...chat...have coffee.
4745 South 6th Street
Did you know Klamath Hospice has an endowment fund? It was established in 1993 with the purpose of providing a current and future financial investment base. Any donations received for the endowment fund are permanently restricted and invested to generate additional funds.

**All donations to the endowment fund are 100% tax-deductible.**

If you want to make a donation to the Klamath Hospice Endowment Fund, please mark “Endowment Fund” on your check or let someone know when submitting your credit card information. We can also accept gifts of stocks.

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**Drop In Holiday Grief Support Groups**

December 6th  
December 20th  
5:30 p.m. - 7:00 p.m.

**Caring. Listening. Support.**

4745 S. 6th Street  
Come to one or come to all. No registration or fees required.  
Call 541-882-2902 for more details!

*Support groups are facilitated by qualified and caring professionals and provide avenues for learning and coping with the loss of a loved one.*
Bargains Galore at Treasures!

From saving money to helping out a good cause and finding unique items, thrift stores are the green and cool way to shop. With the holidays coming up and the economy still questionable, why not shop your local thrift store for gifts or yourself? It is a practical and easy way to stretch your dollar and if you keep your eyes open you can get some surprising deals. From hostess gifts to the perfect outfit for that party, here are some tips on why you should be shopping at Treasures.

1. **It’s cheap and fun.** Be patient. Don’t be afraid to dig. Thrift stores by nature are small and crowded so relax and spend some time looking around. Treasures is a bargain hunter’s paradise

2. **The goods are in good condition.** You can often find items still with the tags on them or only worn once. You would be surprised by the amount of well made expensive clothing hiding in thrift stores.

3. **It’s environmentally friendly.** You save an awesome jacket from being thrown away, giving it new life, decreasing demand and therefore production.

4. **You’ll find things there you can’t find anywhere else.** From vintage jewelry to designer name brands, fun trinkets and unusual decorating items, it is all in one place, Treasures.

5. **You are supporting a non-profit organization doing great things in your community.** Treasures, unlike consignment shops or used/resale stores, raises money for Klamath Hospice. Items donated are tax deductible for those who drop them off and obtain a receipt.

6. **You can take advantage of sales and clearance.** Even at a thrift store they have sales and clearance items making things even less expensive. Please take advantage of the coupon in the back of this edition and get 20% of your purchase.

The next time someone asks you about the beautiful cashmere sweater you are wearing, take a moment and be proud of the fact you only paid a few dollars...It’s not cashmere...It’s Treasures.
Camp Evergreen was held August 17 - 22, 2010 at Box R Ranch. The camp was attended by 46 children and 24 were first time attendees ranging in age from 7 to 17. The theme was “Let Your Spirit Soar,” so many activities revolved around birds and flying. The group talked a lot about definitions of “spirit”, ours and those of the loved ones who had died.

Counseling staff consisted of Marcia Hale plus four volunteer adult counselors, three of whom have been actively involved with Camp Evergreen in past years. In addition, Camp Evergreen had 4 volunteer cooks, one full time RN, one certified lifeguard and many other volunteers working at the camp for anywhere from a few hours to two days, providing craft instruction, entertainment, rock climbing direction, clean up, and encouragement to campers and staff alike. The camp was even paid a visit by royalty when Miss Klamath County came by! Other guests who participated were Denis Sigo, a story teller from the Klamath Tribes and Liz Diver of Badger Run Wildlife Rescue. Two Air National Guardsmen came up to volunteer for two days. They were awesome, encouraging, and great sports in all the activities.

Camp Evergreen 2010 was generously supported by the greater Klamath Basin Community, receiving many monetary and in-kind gifts. For the fourth year, Project Linus sewed and hand delivered 50 quilts to our campers and provided individual bath kits. Klamath Sunrise Rotary and Lilly’s Gift Foundation provided major funding again. Some organizations and individuals have contributed for many years and others are new participants. Their interest in Camp Evergreen is vital and greatly appreciated. If you would like more information about Camp Evergreen, would like to volunteer your time or make a donation, please call us at 541-882-2902.
Dealing With Holiday Grief

Behind our holiday cheer and good wishes, many people carry feelings of deep grief. With the holidays being family oriented, if you have experienced the loss of a loved one, the season can be a painful reminder of their death. Here are some ideas to help you cope.

• Don’t let other people’s expectations dictate how your holiday will unfold. If you don’t feel like doing something, don’t let others force you or make you feel guilty. Don’t isolate yourself, but limit your involvement so you are okay.

• Build new holiday traditions. Holiday traditions remind you that someone special who should be there isn’t. Remember that it is okay not to do what you have traditionally done and planning something totally different is not an insult to the memory of your loved one.

• Seek support. Talk to your friends and family about how you feel or join a support group. Talking to people who have experienced similar pain can be comforting. Seek professional help if you need to.

• Plan a special time to celebrate the memories of your loved one. Communities offer special activities like Klamath Hospice’s Light Up A Life Service of Remembrance that helps honor loved ones. Donate to a favorite charity in their memory, decorate a special tree, reminisce about past holidays or sing their favorite song. Symbolic gestures like these can help validate feelings of sadness and help to overcome the guilt of enjoying special occasions.

• Simplify. You do not have to do all the work you always do. You may not have the energy. People will understand if you don’t send out cards or even gifts. Do what feels right for you. Take time for yourself. Exercise, eat a special food, take a bubble bath, get a massage, walk in the park and take in the scenery. You need your own time and doing something that just pleases you. Find some kind of joy.
A Will, A Living Will, A Living Trust...What is the Difference?

Three important legal documents that every adult should have are a will, a living trust and a living will. Each document defines your decisions for the different areas of your estate and will save your loved ones time, money and stress when you are gone. These documents are easy to draw up, or you could have a lawyer prepare the documents for a nominal fee.

**A WILL** dictates how your estate and property is to be distributed after your death and can also designate guardians for children and self should you become incapable or pass away. A regular will must pass through probate court in most states before your estate can be passed on to your heirs. Most state laws do not require that you use a lawyer to prepare your will; you can use a will kit at home. Probate court can take some time if there are any disputes, so make sure your wishes are clear when writing your will.

**A LIVING WILL** defines your wish to be kept or not kept alive by artificial life support in the event of terminal illness or injury. A living will also gives you the ability to set limits on your hospital, medical and funeral costs that can easily drain your estate and leave your loved ones with the bills. If you express your wishes beforehand, it will make the process much less stressful for those involved in your care and the execution of your final wishes.

*Continued on Page 9*
A LIVING TRUST is quite similar to a regular will, but they are different at the core. Unlike a regular will that cannot be changed after it is written, a living trust can be amended at any time. A living trust takes effect while you are alive, whereas a will takes effect after you pass. You can put property into your living trust at any time before your death and afterward your estate goes directly to your heirs without passing through probate court. If you ever change your mind about the definitions of your will, you can change or revoke how your estate will be divided at any time by using a living trust. A living trust, will also save money and time later on because your loved ones won’t have to go through probate first.
We apologize...

Due to unforeseen circumstances beyond our control, the invitations for Light Up A Life and our Service of Remembrance were never mailed by the printing company. Although we publicized in a variety of ways, we realize that some people wait for their invitation before participating. We apologize to those of you who had been looking forward to attending and lighting a light for your loved ones. We did enjoy seeing those who were able to make it to our Service of Remembrance on December 11. Please mark your calendars for early December 2011 for our next Light Up A Life and Service of Remembrance.

Dear Angel:

I really think my father needs care, but I can’t get his doctor to refer him. Is there any way I can get hospice for him?

-- Frustrated and needing help

Dear Frustrated:

Anyone can refer a patient to hospice; however, your father must meet certain medical criteria before he can be accepted to hospice. We would be happy to initiate the conversation with your father’s doctor to find out if he is eligible for hospice.

-- Angel

Dear Angel:

My sister has been diagnosed with end stage cancer but she does not qualify for Medicare and has no insurance. Is there any hope for getting help and care for her?

-- Looking for Hope

Dear Hope:

Thanks to the generous donations from our local community, we are able to offer care no matter what your sister’s financial circumstances are as long as your sister is hospice eligible. Hope this helps.

-- Angel

Submit your questions to 4745 S. 6th St., KFO 97603. We will respond immediately and may print your question in future newsletters.
**TREASURES THRIFT STORE COUPON**

**KLAMATH HOSPICE, INC.**

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**Save 20%**

**Treasures**

*A Unique Thrift Store*

SHOP. DONATE. VOLUNTEER.

Treasures Thrift Store
1229 East Main Street
541-880-0596
Hours: Monday-Saturday 10:00 a.m. to 4:00

Expires: December 31, 2010

-Must present coupon to receive discount-

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**Thank you for your support!**

I would like to make a donation of $ ____________________________

In Memory/Honor of: ____________________________

Please acknowledge my donation to: ____________________________

Address: ____________________________________________

☐ I’ve enclosed a check made out to Klamath Hospice

*Please clip and mail your tax deductible donation to:*

Klamath Hospice, Inc.
4745 South 6th Street
Klamath Falls, OR 97603

You may also make a donation online at www.klamathhospice.org.

We accept Visa, MC, American Express and Discover.
The following supporters have generously donated the funds for the printing and distribution of this newsletter:

Davenport’s Chapel of the Good Shepherd - 883-3458
D’Hair & Riggs Funeral Chapel - 884-3456
Ward’s Funeral Home - 882-4404

Your support is greatly appreciated!