

MADRONE HOSPICE, INC.

Quality, Compassionate Care

April ~ June 2022





**Interim Executive
Director**
Lynn Grenvik



A letter from the Executive Director

Numbers can be awe-inspiring. Based upon their meaning, they can be humbling as well. The number 11,735 both inspires and humbles me as it represents the number of volunteer hours contributed to Madrone Hospice during 2021. As we celebrate National Volunteer Month this April, we would like to express our sincere gratitude and thanks to the people we like to call “the Heart of Hospice.” ❤️

Our dedicated group of volunteers spans all areas of Madrone Hospice including The Hospice Shop, Heartisan Boutique, Senior Services, In-Home patient support, and the Madrone Hospice House. Their hard work and commitment provide invaluable support to Madrone Hospice and service to our local community. As we recognize and thank these amazing individuals, we encourage you to “meet” some of them on the following pages. To become a hospice volunteer, please call Diana Starling at 530-842-3160.

A huge thanks to the very talented, Don Hasemeyer for donating his art for this edition’s cover photo. Don has been doing photography for over 10 years. You can check out more of his work at dhasemeyer.com



CELEBRATING VOLUNTEERS

The month of April is set aside as National Volunteer Month. This is a time to honor and recognize the impact of volunteer service to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world. Each year, we shine a light on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities. These helpers are an inspiration to others to find

out how they too can make a difference in their local areas by the examples they set.

Studies have shown that people who volunteer consider themselves to be happier than non-volunteers. Volunteers have a greater sense of purpose and life satisfaction. What is it about lending a hand that helps folks feel so good? The answers vary as much as the volunteers' jobs. We asked our volunteers why they chose to help Madrone Hospice. Here's what they had to say.



Why did you choose to volunteer at Madrone Hospice?

"Hospice was so good to my father and mother-in-law, it only seemed natural to volunteer here. I love the creative aspect the Heartisan Boutique gives me" ~Candy Janssen



"I have the time and I like interacting with all the great people. Besides, it's working toward a good cause."

~Dale Summers



"I like helping the people and to deliver the meals. I enjoy all the staff at the Senior Center and just like being helpful."

~Bob Chiles



"I like working at the Boutique and supporting the hospice ministry. People are astonished at the level of expertise and the quality of the handcrafts."

~Teresa Larson





"Hospice has restored my faith in humanity. There is no greater service in life."

- Catey Olivio

"The camaraderie and social aspect is the most rewarding. Here, I have found some of my best friends"

~Vel Singewald



"My son was at the Hospice House. It was at that time I got to see the great work they do here. I really fell in love with the place. Plus, baking is my love language. I want to spread love." ~Jeri Holleman



"Hospice has helped my family in a crucial time. It is my turn to pay it forward and help others in my community"

~Kathy Perdue



"Hospice is like family. They took care of my dad and this is my way of giving back. Madrone has a good group of people. Everyone is full of heart and beautiful from the inside out "

~Marie Hunter



The Importance of Spiritual Health

The connection between mind, body and spirit is intrinsic to our holistic health. We are whole beings and our whole health requires care and attention to more than just the physical body. When we're spiritually healthy, we feel more connected to not only a higher power, but to those around us. We have more clarity in making everyday choices and our actions become more consistent with our beliefs and values. The benefits of spiritual well-being are numerous, from more compassionate relationships to healing of the physical body to a deeper sense of inner peace. But how do we get there?

Life alone can be chaotic, not to mention a global pandemic that has negatively affected the whole world and dampened our spirit. Even without this tragedy, our normal day to day lives are hectic, filled with long to-do lists that leave us little room for downtime and reflection. Our minds are constantly buzzing with thoughts, worries and responsibilities. As we move from task to task, we can become consumed by the craziness of our lives and begin to lose focus, slipping into feelings of apathy and hopelessness. So how do we refocus and handle daily ups and downs with optimism?

Including spiritual practices into your daily routine causes inward reflection which can increase awareness, compassion, empathy, and spiritual connection. Spirituality is different for everyone and there is no right or wrong way. Find whatever works for you. Some ways to care for your spirit include:

Religion & Prayer—Some find meaning in life through ritual and the practice of religion. Praying helps us to stay connected and rooted in our faith. Through prayer, we are able to gain insight on our gifts and develop skills such as gratitude and compassion. It can bring a sense of calm and release, handing our worries over to our higher power.

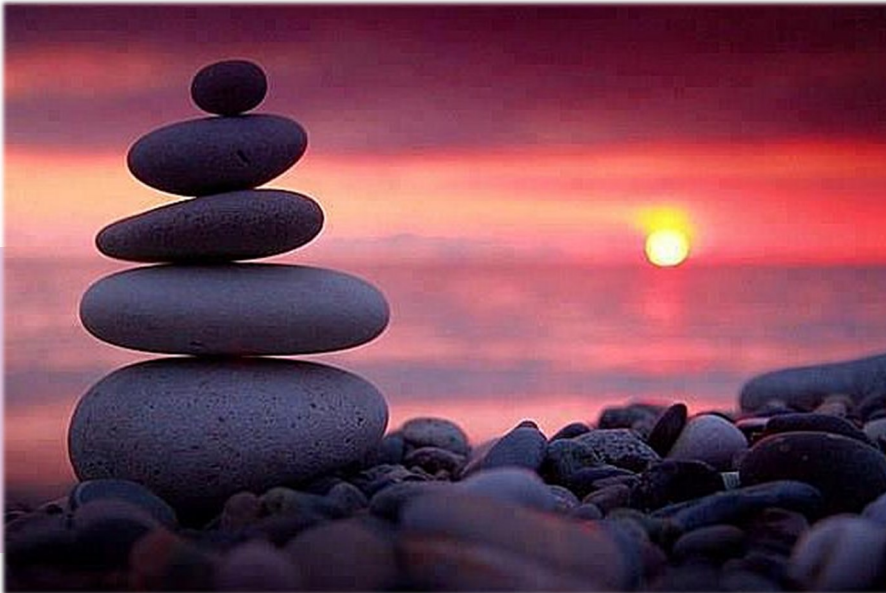
- ◆ **Being in Nature-** Connecting to the beauty of nature around us provides many healing properties. Just a daily walk can bring peace and tranquility to our minds.
- ◆ **Helping Others-** Being of service can bring a sense of purpose and fulfillment. Giving something to uplift others or just doing good deeds can have karmic effects on our lives, bringing us happiness as well as a sense of pride, esteem, and self-confidence.
- ◆ **Reading and Reflection-** Select a daily reading book— a book of quotes, daily affirmations, tarot, the Bible. Whichever you choose, take your time to connect with the words and reflect on them.
- ◆ **Meditation-** Through meditation practices, we are able to view ourselves from the inside out, gaining a greater sense of self. In that quiet moment of being present, we are able to pause, reflect and mindfully harness our thoughts. We become in tune with our energy and release all that is not good for us. We walk away feeling calmer and ready to take on whatever comes our way.



◆ **Gratitude**– We are able to recognize peace by remaining grateful. Make a list of all the things you are grateful for or say a thank you out loud for all that you are blessed with. Focus on the good. Focus on what builds you up and makes you happy.

Anything that helps to bring hope for the future can serve to keep us spiritually healthy; filling our cup. Keep a positive outlook on life. Each of us is a work in progress, but it takes work to stay on the journey to self-improvement. Tapping into our greatest potential, becoming aware of our choices

and how those choices shape who we are and those around us is vital. Attention to spiritual health inspires us to become who we were meant to be. It makes us complete.



Condensed and reprinted with modifications from an August 15, 2018 blog published by www.adventhealth.com www.adventhealth.com/blog/importance-maintaining-your-spiritual-well-being

Bill Birch

Tana & Ralph Gliatto
 Jim & Kathy Kutzer
 Florence Wilkins

Betty Bordessa

Joyce Landi
 Jim & Ginny McFadden

Elizabeth Bordessa

Joseph Bordessa

Ron Bortman

Holly Bortman

Devona Brown

Marlene Berry
 Allison West

Jeanne Burrer

Kathy Lindsay
 Marian Whitehouse

Brenda Byrd

Tana & Ralph Gliatto

Darlene Campbell

Jim & Alma Benson

James Casper

Linda Conrad

Kathy Clapham

Matt & Terry Barber

Fred Clark

Jim & Alma Benson

Janet Clifford

Candy & Don Janssen

Jerry Cone

Jim & Alma Benson

Goldman Cothren

Beverly Adams
 Jeff & Candace Andrews
 Ebba Gail Brown
 Warren & Judy Carpenter

Mike & Nancy Corrigan

Joanne Cothren

Kevin & Teri Cothren

Ronald Cothren

Paul & Wilma Fisher

Helen Forbes

Kim & Joe Foster

Harvey & Sheri Hwang

Phillip & Maybel Weeks

Tony Crovelle

Charlene & Robin Broce

Dom & Joan Favero

Tana & Ralph Gliatto

Jim & Kathy Kutzer

Robert Craig Davis

Linda Berry & Bill Deppen

Barbara Deas

Shirley & Ralph Saulsgiver

Gerald Eastlick

Bonnie Eastlick

Suyeko 'Sue' Eto

Tana & Ralph Gliatto

Memorial Donations

In recognition and appreciation of our donors and in honor of the ones they love- the following list represents donations received between

December 16th–March 15th

Les & Jean Fasig

Jim & Alma Benson

Gina Giacomelli

Joyce Landi

Jim & Ginny McFadden

Emiko Goodson

Toshie Unrine

Patricia Gordon

Dom & Joan Favero

Carol Gray

Cathy Quinn

Mary Hanon

Tana & Ralph Gliatto

David Hawks

Lucy Ackerman

Ellen Young

Mason Hullquist

Denise Ford

Kevin Hullquist

Lauri Hunner

Holly Bortman

Wendy Buchanan

Callahan Community Church

Rita Chambers

Lauri Hunner

Dawna & Rex Cozzalio

Trish Cummings

Janice Enos

Dom & Joan Favero

Jim & Judy Finses

Sharon Graves

Erma Hunt

Candy & Don Janssen

Jim & Kathy Kutzer

Mary Lou LaCom

Douglas & Cheryl Langford

George Lemos

Janet Newland

Rhonda Pere

Irene Richards

Bonnie Schuttpelz

Susan Spencer

Shirley & Ted Tsudama

Liz Varney

Patricia Von Alten

Norma Young

Peter Infelise

Sandy & Duane Johnson
Siskiyou Model Railroaders

Allen 'Butch' Iversen

Marsha Pitkin

Rosalie Jorgensen

Audrey DeAvilla

Butch Kellmer

Bonnie Eastlick

Mark Kelso

Seth Lukes

Kathleen Kennedy

Nancy Lee Campbell

Charlotte Kerr

Verlee Paul

Norman Kingshill

Tammy & Ralph Berger

David Krone

Betty Krone Asher

Harold Leal

Charles Cook

Lewis & Calla Lukes**Martha Allen-Lukes****Roger & Bette Lukes**

Seth Lukes

Jack MacGowen

Joan Altemuehle

Phillip Madruga

Dom & Joan Favero

Billy McCulley

Kim & Scott Sumner

Mike Michels

Jane Michels

Jack Morgan

Christopher Brower

Velma Nelson

Dom & Joan Favero

Laura Old

Fritz, Linda, Sadie &
Hannah Mason

Jim Ostrowski

Verlee Paul

Randy Parker

Linda Berry & Bill Deppen

Anne Hillier Perkins

Angela Trotta

Dan Petit

Tana & Ralph Gliatto

Florence Wilkins

Jack Ralston

Dom & Joan Favero

Jane Michels

Ernie & Jeanette Roberts

Dennis & Valerie Roberts

Carolyn Scholz

David Williams & Family

Raymond Shonk

Aaron Shonk

Jennifer Shonk

Freddie Simas

Les & Gloria Bagley

Janie & Haley Boyle

Charlene & Robin Broce

Freddie Simas

Judith Carlson

Dom & Joan Favero

Jean Krueger

Jan Sewright

Siskiyou Retired Public

Employee Association

Carol Strohecker

Florence Wilkins

Bob Smith

Steve & Monica Carter

John & Sheila Dickson

Bette Hawthorne

Bill & Mary Kleaver

Jim & Kathy Kutzer

Fritz, Linda, Sadie &

Hannah Mason

Kelly, Michael & Jon Meiners

Albert & Dorothy Newton

David & Laura Thiebes

Gene Spencer

Susan Spencer

Archie Stumbaugh

Darlene Stumbaugh

Francis, Bert & David Sylva

Mark Powers & Bonnie Sylva

Dr Gerald Wade

Susan Wade

Kelly Whitman

Bill Whitman

Katherine Woodward

Ann Burton

Tana & Ralph Gliatto

Humbog Hollow

Homeowners Assoc.

Martha Tickle

Lorlee Zimmer

Karen Zimmer

IN HONOR:**Jeannie Welch**

Virginia Rea



Individual Donations

Callahan Community Church

David & Kaye Caulkins

Bill & Melissa Davis

James Lesko & Stephen Gliatto

Greater Douglas United Way

Employee Match

Jean Krueger

Kathy Lindsay

Charlene McConnell

Network for Good

Robyn Perry

United Way CA Capital Region

Myna & David Wilson

Shirley Workentine



GRIEF SUPPORT

Our caring grief support counselor provides grief counseling to anyone in our community.

Madrone Hospice has started the new year off by welcoming our new grief counselor, Debbie Maxine, Licensed Therapist. Debbie brings with her a wealth of knowledge from her many years in the field. As a Bay Area native, Debbie started her career as a volunteer for Contra Costa Crisis Center, as well as Crisis Support Services, and now works here for Behavioral Health. Moving her way to Siskiyou County came with a dramatic shift from her norm, but her passion for counseling has remained the same. When asked what encouraged her to get into the field of grief counseling, Debbie remarked, "Working with those who are facing loss is my true calling. Grief has always been something I was interested in. Having experienced deep losses myself, the process of counseling helped me to make sense of things."

As Debbie embarks on her first year with Madrone Hospice, she looks forward to continuing to make connections in our community. Continuing to heal hearts and minds. Our staff is confident that Debbie's

fervor for compassion will transcend through her work and we are thrilled to have her as part of the team. Please join us in welcoming Debbie on board! If you would like to join one of the 6 week grief support groups, or are in need of individual counseling, please give us a call at

530-842-3160.



Debbie Maxine

Grief Support Group

MONDAYS 12PM-1:30PM

April 4th –May 9th

June 6th– July 18th

August 1st - September 12th

October 3rd– November 7th



MADRONE HOSPICE
255 COLLIER CIRCLE
YREKA, CA 96097

Our Board of Directors

Mary Neill

Tana Ghatto

Linda Willems

Catherine Olivolo

Dawna Cozzalio

Bill Davis

Dom Favero

Doug Langford

Nancy Barnes

David Wilson

Kristi Von Tickner

Darrin Mercier

Elizabeth Pimentel

Robert Kaster

~ Quality, Compassionate Care ~