## MADRONE HOSPICE, INC.

Quality, Compassionate Care



JANUARY -MARCH 2022

## ABrilliant Mind...A Listening Ear... AKind and Caring Heart...A Beautiful Soul...

The Madrone Hospice Family, along with our entire community, is grieving the loss of our beloved Executive Director, Lauri Hunner, LCSW. Lauri left us in December after a courageous battle with cancer. Our loss is enormous... We have lost our leader, our counselor, our inspiration, and most importantly, our friend.

Lauri's contributions to Madrone Hospice were vast and far reaching. Her love for hospice and her belief in our mission were immense. As a grief counselor, she helped and supported countless family members after the loss of their loved

ones. Lauri also acted in this capacity to our nurses and staff members while they performed the mentally and emotionally taxing responsibilities of their profession. After assuming the position of Executive Director in 2018, Lauri added her talents as an administrator and leader to guide our organization in continuing its mission to provide quality, compassionate care to all in the community. With her devoted therapy dog Trenton always at her side, she was an icon of leadership, kindness, and compassion.

Thank you, Lauri, for your wisdom, your leadership, your benevolence, and your commitment to Madrone Hospice. Most of all, we thank you for your friendship. We will miss you.

P.S. Lauri's beloved dog Trenton has a new home and family with one of our hospice nurses who has been madly in love with him for years. He has two new sisters to play with and will be lovingly cared for by his new "mom and dad."

34TH ANNUAL



11 MAKCH 2022

Our Annual Art Auction has been a highlight of the year in our area since 1986, with the exception of the last two years. It is also one of our biggest fundraisers to support our mission here at Madrone Hospice. We feel this event can be a success and can be done safely. We have all the beautiful art ready. We just need you!

Doors will open at 5pm at the Yreka Community Center 810 N. Oregon St., Yreka

Champagne Art Preview & Opening of the Silent Auction ~ 5-6pm

Dinner ~ 6-7pm Live Auction ~ 7pm

Tickets will be \$35 each and available February 1st at the Madrone Hospice Admin Office, The Hospice Shop & Nature's Kitchen

# Coping with a Terminal Illness

Diagnosis of a terminal illness brings with it an immediate reshuffling of your priorities, as well as a wealth of new challenges and concerns. Here are some practical tasks to help you deal with your diagnosis and the many issues that arise after learning your remaining time is limited.

#### **Empower Yourself Through Knowledge**

We fear most what we understand least, so empower yourself by learning everything you can about how your illness will affect you. Ask your healthcare provider what physical, mental, and emotional changes you should expect as your disease progresses. Search online or at a local library or bookstore for information specific to your illness. Particularly for those with the same diagnosis—to discover how others have coped. Learn to recognize common end-of-life symptoms so you can treat them, if possible, and improve the quality of your remaining time.

#### Forgive Yourself in Advance

There is no right or wrong way to deal with a terminal illness. You will experience a tremendous range of emotions in the weeks or months ahead, from anger and resentment to fear and depression. All of these feeling are normal, but how you react to and handle them will be unique to you. Some days will be better than others, so forgive yourself in advance for the times when you can't handle things as well as you'd like.

#### **Set Your Priorities**

You know yourself best, and only you can determine the things most important to you. Depending upon the nature and extent of your illness, and after discussions with your healthcare provider and loved ones, ask yourself if you wish to pursue all of the treatment options available to prolong your life. Or would you rather focus on enhancing the quality of your remaining time and spending it with your family and friends? Somewhere in between? Making an informed decision about how you wish to live out your remaining time can help alleviate feelings of helplessness and fear.

#### **Make Final Arrangements**

Take the time to create or update your will and insurance paperwork. Make that a priority and then let your family know where those documents are. It may be wise to let a family member know usernames and passwords as well. Consider making an Advance Directive, where your wishes regarding your medical care are put in writing. Decide

who can make medical decisions for you, should you become unable to do so. Preplan your funeral or memorial service to ensure your wishes are met. Let your voice be heard. Doing this, can slightly ease the burden and make it easier on your loved ones.

Take the time to contemplate and plan for a good death-one in which you decide to die on your own terms and as comfortably as possible. Think about where you wish to die. Discuss with your loves ones to make sure which option is best for your unique situation.

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#### Talk Openly About It, Say What Needs to be Said

With so much thought and attention focused on you and your illness, it might be easy to forget that your loved ones will also experience a wide range of emotions as they attempt to cope with the thought of losing you. Your family and friends might also feel awkward or uncertain about what to say or how to act around you as they worry about uttering the wrong thing or reminding you of dying. For both you and your loved ones, it is important to sit down and discuss honestly and openly how you're feeling. Let them know how important their support is to you. Allow them to express their thoughts and emotions as well. Say what needs to be said.

When loved ones die instantly, in perhaps an accident, that sudden loss creates more grief. There is sometimes regret, as we think of what could've, should've been said. You can think of your diagnosis as a blessing in this sense. In the days and weeks ahead, you are able to pause and make a point of telling your loved ones the things you want them to know. Tell them you love them, forgive, apologize, tell them that your proud of them. This can bring closure and peace to both you and your loved ones.

#### Make Everyday Count

Throughout our lives, we are often told to "seize the day" or "make everyday count." Some of our best memories, don't have to be made on some fancy vacation or gathering but in the small moments that we may not see. Holding a loved one's hand, watching a sunset, listen to the birds sing, stopping and smelling the roses as they say. Life in itself can be hectic and overwhelming, let alone dealing with a terminal diagnosis on top of it. Instead of checking off the days, make today the best day possible. Live for every single moment you have left. Do whatever you need to find a simple moment of joy. You may not have the gift of time, but you certainly can make the most of the time that you have.

Condensed and reprinted with modifications from an article by Chris Raymond (2-20-20) as published on www.verywellhealth.com. (https://www.verywellhealth.com/dealing-with-terminal-illness-1132513)

# eght?

## Light Up a Life 2021

Despite the many challenges this year has brought, we at Madrone Hospice once again felt our community's embrace in love and light during our annual **Light Up a Life** event. Although the event was once again held virtually, the importance of this ceremony to pause and reflect on the passing of our loved ones was not diminished and was a true success raising more than \$22,400 to support quality end-of-life care in our beautiful Madrone Hospice House.

We would like to thank everyone involved in this year's **Light Up a Life** event. Our heartfelt thanks to Siskiyou Media Council and the very

talented **Autie Carlisle** for creating and directing the virtual event which truly captured the spirit and beauty of **Light Up a Life**. A huge thank you also to **Sage Sweet** for once again creating our beautiful remembrance ornament despite time constraints and supply chain issues. Lastly, we thank all of our devoted team members here at Madrone Hospice for their dedication in making this annual event a success.

The televised ceremony was broadcast live on December 3<sup>rd</sup> and is now available for viewing by following the link on our website, <u>madronehospice.org</u>. We hope you enjoyed Madrone Hospice-Light Up a Life 2021. We wish everyone in the community a safe, healthy, and prosperous New Year. Thank you all for your continued support of Madrone Hospice.



**Autie Carlisle** 

## Light Up a Life & Memorial Donations

In recognition and appreciation of our donors and in honor of the ones they love-the following list represents donations received between <u>September 16th–December 15th</u>

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## 2021 Facts & Figures

Total Patients Served-139

**Total Volunteer Hours- 11,735** 

Total Shops' Revenue \$185,766

**Total Donations- \$121,000** 

Total Senior Meals Served-24,144

A huge thanks to our wonderful community for making our services possible!



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