

MADRONE HOSPICE, INC.

Quality, Compassionate Care



October-December 2020



Executive Director

**Lauri Hunner and
Therapy Dog, Trenton**



A letter from the Executive Director

As we head into the Fall, and after six months (and counting) of living in the face of the COVID-19 virus, it is important to acknowledge our community's resilience. There are fires all around us – destroying homes, destroying dreams and displacing our friends and neighbors. Amazingly, we as a community continue to offer support and helping hands during these difficult times. We at Madrone Hospice continue to be humbled by the community support we receive whether through volunteer hours, donations of items or through generous financial donations.

Also, during the changing of the seasons, we remember those we have lost over the years, while at the same time we recognize and grieve that our lives have changed forever with the COVID-19 virus. More than ever, we need to have a ritual to assist us in our grieving process and to acknowledge those we have lost. We hope you will join us for our Virtual Light Up A Life ceremony on Friday evening December 4, 2020. Please "stay tuned" for details to be revealed in the coming weeks.

Be Well, Stay Safe!

Many Blessings, *~Lauri*



LIGHT UP A CELEBRATING *Life* LOVE AND LIGHT

We are planning for Madrone Hospice's Light Up A Life event. Every year, we cherish this special opportunity to come together and celebrate those who have brightened our lives by dedicating a light in their honor. Due to social distancing guidelines, coming together as we have known it, will not be an option this year. We are planning a process to embrace the virtual format so that this heartfelt event will take place. There will be various outlets to access this year's Virtual Light Up A Life Ceremony. Please look for ways to join us. The event will be held on

Friday, December 4th at 5:30pm

The ceremony will commence with introductions, invocation, music, the lighting of candles and the reading of names, followed by closing remarks. A donation of any amount will ensure that your loved one's name will be read during the ceremony. Donors of \$50 or more will also receive a special keepsake in honor of their loved one. There is no obligation to donate. We invite everyone to celebrate life, love and light.

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Hospice Sabbath



November is National Hospice and Palliative Care month. As we do every year, Madrone Hospice, Inc. would like to invite our church community to participate in the Hospice Sabbath any weekend in November. During the Sabbath, if your church has chosen to participate, Madrone Hospice will provide your church with bulletin inserts regarding the services we provide, as well as a decorative white rose. The rose is meant to represent the hope and dignity provided by hospice, as well as a symbol of everlasting, eternal love. A moment of silence will be observed to reflect upon those we have lost and to take that moment to honor their lives that have touched our hearts in so many ways. This is also a great opportunity for people of all faiths to pray for those that are suffering through a terminal illness,

as well as their families.

As the church community joins us in observing the Hospice Sabbath, we recognize the importance of our partnership in providing end-of-life care.

Madrone Hospice has provided services to many individuals who were your family, friends, neighbors and co-workers. We thank you for the opportunities to serve you and our community.

For more information on how your church can participate, please call **842-3160**.



Grieving during a pandemic

Grief, a natural response to loss, can intensify during a crisis like the COVID-19 pandemic. Sometimes, grief-related pain and symptoms—which can be emotional, physical, cognitive, and spiritual—can feel overwhelming, especially for people who are already mourning the death of a loved one.

Keep in mind that grieving during non-crisis times is hard enough. The grieving process is a highly individual experience. There is no right or wrong way to grieve, no “normal” timetable for grieving. Healing happens gradually and cannot be hurried.

In times of crisis, however, key factors and reactions can intensify your grief and hinder your ability to heal and recover from it. Heightened anxiety, sense of loss and increased isolation can intensify grief. Living during this



pandemic has changed so many parts of our societies functions. The level of uncertainty, stay-at-home orders or social distancing measures compromise the critical, valuable support provided by funerals, memorial and religious services.

If you are in mourning, the intensity of your reactions will vary.

These Are Some Common Reactions to Grief

- Profound sadness, loneliness, emptiness (crying at the drop of a hat)
- Fear about getting sick (yourself or loved ones)
- Anger that the death occurred (short temper, irritability with others)
- Guilt (e.g., feeling responsible for the death, regretting things that did/did not happen, survivors' guilt)
- Insomnia or excessive sleeping
- Change in eating behaviors (eating more or less)
- Difficulty being with others
- Difficulty concentrating or forgetfulness
- Re-living or re-experiencing prior losses

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Memorial Donations

In recognition and appreciation of our donors and in honor of the ones they love-The following list represents donations received between June 16th to September 15th

Gary Allen

Larry & Barbara Lee
Steve & Pam Townley

Melba Ashe

Dom & Joan Favero

Bob Berryhill

JoAnn & Randy Eastlick

Roy & Jo Brannon

John & Linda Kufner

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Susan Spencer

Roy Hardy

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Barbara Hardy
Jean Krueger
Steve & Pam Townley

Calming your anxiety begins with learning how to process grief during a crisis. Consider these self-care tips:

- Minimize watching, reading or listening to news that causes you to feel anxious or distressed. Seek information from trusted, reliable sources.
- Avoid risky or destructive behaviors, such as abusing drugs or alcohol, gambling, or ignoring public health recommendations.
- Be careful with “what if” thoughts. Manage your worst-case scenario thinking.
- Use technology to maintain social connections with your friends and loved ones. Consider a regular check-in schedule to give you something to look forward to.
- Engage in personal self-care activities that bring you joy (reading, watching comedy, spending time outdoors, walking).
- Practice relaxation, meditation, self-expression (yoga, mindful meditation, relaxation, writing, music, art, dance).
- Stay in the present. Take one day at a time. Focus your thoughts on the present and things to be grateful for today.
- Lean on your personal beliefs and faith for support.
- Look for ways to give back and help your community.
- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water. Take deep breaths and exercise often.
- Remind yourself how you coped with past life challenges and enact those coping strategies today.

Generally, many grief related symptoms will fade over time. If symptoms do not ease-and you find yourself having a difficult time functioning– it is important to reach out for professional help. Call your physician, a mental health professional, or your faith leader. Madrone Hospice offers **free** grief support and counseling services for any member of the community struggling with grief. With the help of Lauri A Hunner, LCSW, we are able to offer one-on-one in person grief counseling sessions. Sessions are available via Zoom, in person, or telephone.

If you, a friend, or loved one are in need of bereavement services, please reach out to us. You can contact Lauri A. Hunner at 530-842-3160

Memorial Donations

In recognition and appreciation of our donors and in honor of the ones they love-The following list represents donations received between June 16th to September 15th

Ed Harris

Norman & Pat Cooley
Tana & Ralph Gliatto
Bill & Mary Kleaver
Steve & Pam Townley
Florence Wilkins
Yreka Transfer LLC

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Albert & Dorothy Newton

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Charles & Marlene Martin
Sue Maurer

Sandy Maurer

Carol Cameron
Pattie & Nancy Eissler
Dawn Hanna

Virginia Milne

Rob & Millie Dunn

Jack Morgan

Larry & Barbara Lee
Sue Morris
Tom & Mikie Mulvihill
Albert & Dorothy Newton

Vickie Morrison

Jerry Morrison

Tracy Mott

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Karen Clark
Kathryn & Ed Matthews
Norman & Pamela Shaskey

Ed Quigley

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Carol & David Gross

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Pat Smith

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Gene Spencer

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Francis & Bert Sylva

Mark Powers
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Bruce Tucker

James & Margaret
Eichmann

Audrey Wells

Dom & Joan Favero
Jean Krueger
Charlotte & Bob Rice

Individual Donations

The following list represents donations received between
June 16th to September 15th

Michael Bacon

Callahan Community Church

David & Kaye Caulkins

frontstream

**Greater Douglas United Way
Employee Match**

Jeanette Harris

Pamela Monaco

Network for Good

Linda Ann Peck

James & Janell Roseman

Velzora Singewald

Helen Smith

Shirley & Ted Tsudama

Myna & David Wilson

Thank You!

Light Up A Life Donation Form

Donor Name: _____ Phone: _____

Address: _____

In memory of _____

(Use a second sheet for additional memorials if necessary)

Please acknowledge my gift to: _____

Address: _____

I would like to make a gift in the amount of:

\$100 \$75 \$50 \$25 \$10 Other: _____

Credit Card (please call) Money Order Check *(payable to Madrone Hospice, Inc)*

Return Donation Information To:

Madrone Hospice, Inc.- 255 Collier Circle Yreka, CA 96097

530-842-3160

HELP REDUCE OUR COSTS BY SIGNING UP FOR OUR ONLINE NEWSLETTER!

Receive our newsletter and get the latest news, while saving money and helping the environment. If you are interested in receiving your newsletter online, we would very much appreciate it. Please contact the Hospice Office at 842-3160 with your email address, or email us at coreen@madronehospice.org.

SHOP AND YOU CAN WIN!!!

The Hospice Shop takes wearing a mask in a positive direction, and has an event where every shopper that wears a mask gets entered into a drawing to win some great prizes! This fun event is inspired to show how grateful we are and the Shop will continue the fun once a month. Come in, get some amazing finds, while wearing your mask!

**Our new hours are Tuesday-Thursday
from 11:00am– 3:00pm**

UPCOMING EVENTS

**November is National
Hospice & Palliative Care month!**

~HOSPICE SABBATH~
at participating churches
ANY weekend in November

~VIRTUAL LIGHT UP A LIFE 2020~

5:30pm
12/4/20

~ADVANCE DIRECTIVE WORKSHOP~

Fairchild Medical Center
Boardroom

5:00pm-6:00pm

9/24/20 10/29/20 12/31/20

Workshops are subject to cancellation.
Assistance is available via telephone, email or Zoom. Contact Karen at 530-340-1162 or email karen@madronehospice.org



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