



## **Mission**

*Benton Hospice Service provides compassionate, patient-centered end-of-life care.*

*We focus on quality of life; to ease suffering, honor dignity, respect choices and support grieving.*

*We provide resources and education for individuals, families and the community dealing with caregiving, serious illness and end-of-life support.*

## It's about how you play the cards... the Thurman Way

When you walk into the room you can feel the deep love and respect that Lester and Sherry have for each other. They met when each was in junior high, and now, retired for 15 years, their love is stronger than ever.

Les and Sherry made plans early in their careers to retire early. They wanted time to enjoy retirement. With this in mind they diligently planned along the way by saving, investing, paying off their home and planning for health care coverage. They even figured out what their retirement income would be and spent some time trying to live within that budget to be sure they could do it. They could. The years of planning paid off and they both retired in 2002 at the age of 55.

Les and Sherry relished their new freedom. They took trips to the timeshare on the island of Kauai in Hawaii that they purchased a few years before retiring, each time visiting the sea turtles that live in an ocean alcove across the way. Soon after retiring, they became active participants in the sport of geocaching which Sherry describes as, "Using million dollar satellites to find Tupperware." They have enjoyed geocaching for over ten years now, both around the Corvallis area and also when traveling to California, Florida and Hawaii. They also enjoyed exploring the neighborhoods around their home on their daily two-mile walks.

It was on the daily walks that Sherry began to notice that Lester's gait was changing. She noticed a step, slide, step, slide as he walked. He was dragging his left side. Les tried concentrating and could walk normally while concentrating. Sherry didn't think a 60

year old should have to concentrate to walk. Something was not right. Soon Lester felt a change in his left arm. It was time to see the doctor.



LES AND SHERRY WITH THEIR SONS AND FAMILIES IN KAUAI IN 2012: SARAH, MATTHEW, JENNIFER, HANNAH, TROY, LES, SHERRY, TANNER (IN FRONT), TRAVIS, KYLEE (IN FRONT), KARLA

His primary doctor suspected Parkinson's Disease but confirming a diagnosis was difficult as Les did not have some of the typical symptoms of Parkinson's. It wasn't until 2012 that Lester's doctor at OHSU was able to confirm that Les had Multiple Systems Atrophy, a particularly aggressive and debilitating type of Parkinson's Disease.

Les and Sherry are quick to tell you how lucky they are, how the stars all seem to align for them. They are blessed with loving and supportive family and friends. They have been able to hire extra caregiving help seven days a week. Sure, Les is in the late stages of Parkinson's Disease, but they are quick to point out that through all of the struggles there are many positives. As Les put it, "It's not something you wish for, but we make the best of it." And they are making the most of the time they have.

## Benton Hospice Service Medical Director Named to Hospice Dream Team

Each fall, the Oregon Hospice Association celebrates individuals who exemplify the best in quality hospice care by naming the Hospice Dream Team which includes a physician, nurse, hospice aide, social worker, chaplain, volunteer and a professional staff member.

Last fall, the Medical Director for Benton Hospice Service, Dr. Shawn Foley, was named 2014 Oregon Hospice Dream Team Physician of the Year. While accepting the award Foley stated, "This is the greatest honor of my career."

Dr. Foley, also a physician at The Corvallis Clinic, began his relationship with Benton Hospice Service as a board member in 2003. In 2008, he became Benton Hospice Service's Medical Director. In 2010, further demonstrating his commitment to providing excellent palliative care to hospice patients, Dr. Foley became a board certified hospice and palliative care physician.

"Dr. Foley is the rare physician who is the perfect combination of knowledgeable expert and compassionate caregiver. An expert in hospice and palliative care medicine, he is also kind, caring, and supportive of our hospice patients as well as a teacher, cheerleader and champion of Benton Hospice staff," said Kelly Beard, Benton Hospice Service Executive Director. Congratulations, Dr. Foley!



DR. SHAWN FOLEY RECEIVES DREAM TEAM AWARD WITH KELLY BEARD ED OF BENTON HOSPICE SERVICE AND DEBORAH WHITING JAQUES CEO OF OREGON HOSPICE ASSOCIATION.

## Thurman Way,

CONT. FROM PG 1

They continue to visit Kauai where Les enjoys visiting the sea turtles in that ocean alcove across from the timeshare. Two years ago, they took a family vacation in Hawaii. Both of their sons and daughters-in-law joined them along with the five grandchildren. Of course, one of the favorite activities was watching the sea turtles.

Les was discharged to Benton Hospice Service after his last stay in the hospital. Bringing in hospice has made life easier. Sherry referred to it as a "double edged sword," meaning that being on hospice means Les is declining, but she said it is wonderful to have the support, and the 24/7 access to a nurse if there is an emergency. Before, when the caregiver went home, Sherry was on her own with no resources to call in.

Sherry said that every person from Benton Hospice Service has been great. "They have it all figured out," Sherry added. They have the support of the hospice team (the medical director, nurses, social worker, physical therapist, respite volunteer), and everything from the medications and medical equipment to supplies are all covered as a part of their hospice Medicare benefit. Les and Sherry even requested a respite volunteer who was familiar with geocaching. That is how they met Curt. Sherry said, "Curt came into our lives in November. While he didn't know much about geocaching, he was very good with puzzles and computers." He caught on quickly and the three of them have been doing puzzle caches (a type of geocache) together. Some days they stay home and solve puzzles. Other days they get in the wheelchair-accessible van to go find the cache.

One of Lester's favorite quotes is from *The Last Lecture* by Randy Pausch. It goes, "We cannot change the cards we are dealt, just how we play the hand." The Thurman's play an amazing hand. Both know the end will come. When that time comes for each of them, their ashes will be spread in the bay in Kauai, Hawaii where they will "swim with the sea turtles for eternity."

*Editor's note: Les died peacefully on March 3, 2015, but not before he gave his stamp of approval for this article. He lived his fullest until the end.*

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## Cynthia Wai-Man Li Fang Memorialized

### IN CONFERENCE ROOM DEDICATION

The main conference room at the Benton Hospice Service building was recently dedicated in memory of Cynthia Wai-Man Li Fang, born in Hong Kong and wife of Dr. Sheng Chung Fang. Mrs. Fang was cared for by Benton Hospice Service and Dr. Fang sought to pay tribute to his late wife with a memorial gift in her memory. A memorial plaque that includes a picture of Mrs. Fang now hangs in the main conference room.

Thank you, Dr. Fang!



DR. SHENG CHUNG FANG AND DAUGHTER, ANNA FANG

*Sincere thanks to all donors. Every gift of any size improves the end-of-life experience for someone in our community. We try hard to list each name correctly; if corrections are needed, please contact us at 541-757-9616.*

**ADULT GRIEF EDUCATION & SUPPORT GROUPS**  
 Six-week sessions open to anyone who has experienced a loss. Pre-registration required. BHS meeting room.  
 Thurs. evenings, 5:30 - 7:30 pm, beginning April 9 or July 9 **OR**  
 Fri. mornings, 11 am - 1 pm, beginning April 10 or July 10

**VOLUNTEER TRAINING**  
 Quarterly two-day training. Pre-registration required.  
 Tuesday and Thursday, 8:30 am - 4:30 pm each day  
 June 18 and 20, 2015

**CAREGIVER CONNECTIONS**  
 For family caregivers to share and learn from each other. Drop-ins welcome.  
*In Corvallis:* 2nd & last Tues. of each month, 1:30 - 3 pm  
 BHS meeting room.  
*In Lebanon:* 3rd Tues. of each month, 1:30 - 3 pm  
 Lebanon Senior Center, 80 Tangent Street.

**POWERFUL TOOLS FOR CAREGIVERS**  
 A six-week educational program designed to help family caregivers. Series location rotates between Corvallis, Albany, Philomath and Lebanon throughout the year. Summer 2015 will be a Benton County location. Call for details and to register.

**COMFORT CRAFTING CIRCLE**  
 An afternoon of knitting, crocheting, and crafting for hospice patients and families.  
 1st & 3rd Wed. of every month, 1 - 2 pm, BHS meeting room.  
 For more information: **541-757-9616** or **bentonhospice.org**

## You are not alone!

### INFORMATIONAL VIDEO RELEASED

Benton Hospice Service recently released a new five-minute video that highlights the compassionate services offered to patients, families and the community so they are not alone while dealing with a serious illness, caregiving or grief. Silverman Studios produced the video with production fully funded by the following generous sponsors: Samantha Alley Home Team at RE/MAX Integrity, Barker-Uerlings Insurance, New Horizons In Home Care, Queen B Organizing and Schupp, Plemmons, Cookwealth management Group of Wells Fargo Advisors, LLC. Thank you, sponsors! To watch the video visit [www.bentonhospice.org/about/watch-our-video](http://www.bentonhospice.org/about/watch-our-video)



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## *Celebrating 35 Years of Compassion!*

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*“Thank you so much for your care and help during Dad’s illness. You helped guide all of us through the time he was in your care. You validated our concerns and answered our questions. You made sure we had the equipment, bedding and personal care items that gave dad dignity and comfort in his last days here on earth. We were blessed to have your caring arms around us.”*

~ SON OF HOSPICE PATIENT