



In Sickness and In Health

Mission

To provide compassion, comfort, and support through your end-of-life experience

Values

- Excellence
- Integrity
- Compassion
- Stewardship
- Relationship-centered care

Vision

To help you live out the rest of your life, on your own terms, among people who care

In mid-sentence the alarm went off on Dani's phone alerting her that her husband was due for his 5:00 pm medications. Dani was in the middle of sharing her story as a caregiver while her husband James rested in their living room on his hospital bed. About four years ago, just before Dani and James were to celebrate their 10th wedding anniversary by having the "wedding" they never had, James was diagnosed with a rare form of bone cancer. So began Dani's journey of caregiving. As Dani put it, "It has been an up and down battle." At first, Dani's caregiving was on and off, as needed. As James' condition worsened over the first couple of years, he couldn't work and went on disability. Dani had to reduce her hours at her job at Oregon State University as James needed more and more help.

James had his first surgery in 2013 followed by complications including a pulmonary embolus. More surgery followed with additional complications. As James declined it became harder for her to help him get around. In September of 2015 doctors told James the tumor on his hip was inoperable. Dani went on FMLA leave and, since they could not afford paid caregivers, she became exhausted.

Amidst the struggle of 24/7 caregiving Dani looked for community resources to help: social services, available aid, disability, food stamps, applying for Veteran services and medical equipment. She pulled in favors, counted her blessings, and looked to her church community and friends for help. She found support in those groups, but the day to day caregiving was taking a toll on her health. She wasn't sleeping. She was losing weight. She couldn't take time for a walk. She could not be more than 15 minutes away or gone for more than two hours, without having her cellphone by her



JAMES AND DANI WARREN AT THEIR 10 YEAR WEDDING VOW RENEWAL CEREMONY

side in case James needed her. It was not unheard of for her to leave a full cart of groceries in the aisle so she could rush home to help him.

The side effects from the chemotherapy for James' type of cancer would have been brutal. He decided to forego treatment and to live his remaining life as comfortably as possible. Eventually Dani's protected family leave ran out. She lost her job earlier this year, and with it lost her health insurance. So in addition to full time caregiving for James, Dani needed to figure out how to get them onto the Oregon Health Plan, as well as apply for other programs.

Early this year James had a complication that sent him to the emergency room and then to the hospital for five days. The hospital was so crowded there was no place for Dani to stay. The silver lining: Dani got to sleep...for five nights in a row!

Family Caregiver Appreciation Day on November 9th

November is National Family Caregivers Month. It is a time to celebrate family caregivers; a time to thank, support, educate and empower family caregivers.

Caregiving can have harmful mental health effects for caregivers, as well as serious physical health consequences. Caregivers need a range of support services to gain caregiving skills, manage financial resources and to remain healthy themselves.

This event is designed to help. Whether you are a fulltime, live-in, family caregiver or caring for someone from a distance, or anywhere in between, you are invited to join us at the 8th annual Caregiver Appreciation Day. Have lunch and camaraderie in celebration of you!

Family Caregiver Appreciation Day Wednesday, November 9, 2016

11:00 am to 2:00 pm (doors open at 10:30 am)

Held at the First United Methodist Church in the Fellowship Hall located at 1115 28th Avenue SW in Albany at the corner of Umatilla

At this free event you will meet other caregivers from Linn and Benton counties, enjoy lunch and refreshments, and learn about resources. Representatives from agencies that offer support and resources for caregivers will be present to provide information and to answer questions.

Guest speaker, Joyce Beedle, RN, BSN, is the President of Alzheimer's Consulting Services and the author of *The Carebook: A Workbook for Caregiver Peace of Mind*. Joyce loves helping families with what to do when nothing else seems to work.

Everyone interested in the needs of family caregivers is invited to attend.

For more information contact the Benton Hospice Service office at 541-757-9616.



Introducing MUSIC & MEMORY® at Benton Hospice Service

As a MUSIC & MEMORY certified care organization, Benton Hospice Service is proud to offer the powerful benefits of personalized music as part of our commitment to provide the highest quality care. Grounded in extensive research, MUSIC & MEMORY helps people living with a wide range of cognitive and physical challenges to find renewed joy in life through musical favorites. Our team is trained to develop personalized playlists, delivered through iPod shuffles. MUSIC & MEMORY is often effective for a variety of impairments and disorders including:

- People with Alzheimer's and other forms of dementia
- Individuals who are bed-bound, on dialysis or ventilators
- People with chronic pain
- Those receiving hospice care

You can help! We are now accepting donations of iTunes gift cards to grow our Music & Memory Program.

No matter how much you choose to give, your donation to Benton Hospice Service makes an impact on families in our community. You become a part of making our community the caring, compassionate place it is. Your gift gives a family needed support during a very trying time. Thank you!

Visit www.bentonhospice.org/donate to learn more.



Dr. Helen Kao Joins Benton Hospice Service Care Team



For the past three months Benton Hospice Service has benefited from Dr. Helen Kao's expertise in Geriatrics as well as her passion for home-based palliative care. She joined Benton Hospice Service after 9 years at the University of California San Francisco. Helen is board certified in Internal Medicine, Geriatrics, and Hospice

& Palliative Care. She studied English and East Asian Studies at Harvard University and subsequently worked for 3 years in public health before starting her medical training at UCSF.

Helen completed both her residency in Internal Medicine and fellowship in Geriatrics at UCSF. She is dedicated to working with vulnerable older adults in both her clinical practice and through her leadership in implementing health systems change. From 2007-2016 she served on the faculty of UCSF's Division of Geriatrics where she was the Medical Director of UCSF Geriatrics Clinical Programs. While at UCSF she helped co-found the Over 60 Bridge program with a local community health center in Berkeley, California. The Over 60 Bridge program provided palliative care to patients with advanced illness who were not yet eligible or ready for hospice.

Since moving to Oregon, Helen has joined the team at Benton Hospice Service and also serves as adjunct Associate Professor of Medicine and Geriatrics at Oregon Health and Sciences University. She has special interests in house calls, dementia care, reducing polypharmacy in health care, supporting adults who experience physical and cognitive decline, and advocating for comprehensive advanced care planning. Helen has been recognized with awards of distinction not only for her clinical care but also for her teaching and leadership. In May 2016, she was inducted into the UCSF Council of Master Clinicians (UCSF's top clinical honor) for her work in geriatrics and palliative care.

We are so grateful to have Dr. Helen Kao on staff at Benton Hospice Service. Outside of medicine, she enjoys trail running, biking, cooking, and exploring her new Oregon home with her husband and dog.

Free Public Screening of 'Being Mortal' on October 13

Benton Hospice Service is holding a free, community screening of the documentary "Being Mortal" on Thursday, October 13, 2016 from noon to 2:00 pm at the First Presbyterian Church, 114 SW 8th Street, Corvallis, Oregon. Light refreshments will be served. Attendees are encouraged to bring a lunch. After the screening, audience members can participate in a guided conversation lead by physicians David Grube and Stephen Neville on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences.

"Being Mortal" delves into the hopes of patients and families facing terminal illness. The film investigates the practice of caring for the dying and explores the relationships between patients and their doctors.

It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawande's own father gets cancer, his search for answers about how best to care for the dying becomes a personal quest. The film sheds light on how a medical system focused on a cure often leaves out the sensitive conversations that need to happen so a patient's true wishes can be known and honored at the end.



"Being Mortal" underscores the importance of people planning ahead and talking with family members about end-of-life decisions. Seventy percent of Americans say they would prefer to die at home, but nearly 70 percent die in hospitals and institutions. Ninety percent of Americans know they should have conversations about end-of-life care, yet only 30 percent have done so.

In February 2015, "Being Mortal" aired nationally on the PBS program "Frontline." For more information about the film, visit pbs.org. The film is adapted from Dr. Gawande's 2014 nationally best selling book of the same name. More information about the book is at atulgawande.com.

The free screening is made possible by a grant from The John and Wauna Harman Foundation in partnership with the Hospice Foundation of America and Benton Hospice Service. For more information about the free screening, contact the Benton Hospice Service office at 541-757-9616.

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It was sometime after that hospitalization that a friend told her about the Transitions program run by Bob Daley at Benton Hospice Service. As Dani put it, “I called Bob and just dumped on him. He listened to my whole story!” Dani lamented that she wished she had found Transitions sooner. She struggled so hard to find all of the services when Transitions could have saved her so much research and time. Bob had the information at his fingertips. He also suggested Dani check out the Caregiver Connections support group to network with other caregivers. She started attending. The caregiver group helped immensely. Dani recalls, “I found I was not alone. So many others had the same struggles with relationships, loss, anticipatory grief, sleep, guilt. Caregiving is an emotional rollercoaster. Friends who haven’t gone through it can’t understand.”

Another struggle that Dani started to go through was her relationship with her husband. James had been incredibly independent but then had to become dependent on Dani. It was very hard for him. He suffered loss by becoming a care receiver. Dani added, “I didn’t realize how much loss I was going through. The shift in relationship confuses and messes up the husband-wife relationship.” His limitations in providing emotional support and contributing to household chores triggered some childhood stuff for him. “Our relationship became more like a parent-child relationship than a husband-wife relationship.” The Caregiver Connections group, along with help from a counselor at the Cancer Center helped Dani and James work through relationship issues, fears about terminal illness, and confusion in roles. Dani said, “I realized I need to take care of myself or I can’t take care of James. Taking care of myself IS taking care of James.”

Friends urged Dani to bring in hospice and to take advantage of everything hospice offers. But it was difficult to talk about hospice. It felt like giving up.

From their involvement with the Transitions program, Dani and James learned of the Palliative Care pilot program at Benton Hospice Service. They enrolled for about a month and began getting the support of a registered nurse and a medical social worker – a fore-taste of hospice. A friend suggested to Dani that maybe the Palliative Care staff could help her have the difficult conversation with James about switching to hospice care. Then one day James looked at Dani and said, “You know I’m dying, right?” She replied, “We need to talk to hospice.” They enrolled

in hospice and within a day the manual hospital bed that they had been using and renting from Dani’s old insurance provider, was replaced with a much better, hospice-provided hospital bed – electric! As James became more comfortable with people from the hospice team coming in to help, Dani was finally able to go for a run or a walk while the hospice aid helped James with personal care. Dani reported that the support from their hospice team was saving her. She also reported that it was wonderful to learn that hospice would have supplies and medications delivered to them. “I loved that!”



A PAINTING OF JAMES READING TO CHILDREN

The hospice team not only kept James comfortable, but also helped him identify goals for his remaining life. One such goal was to read one last time to his loyal following of children during storytime at Corvallis’ Imagine Coffee.

Another goal was to have all of his children and grandchildren together one more time. Two of his children and their children live in Oregon. The Dream Foundation helped him with part of this dream by flying one of his daughters and her children from Chicago to Oregon for an August visit. James and Dani wanted to take one last family trip to the coast, which they were able to do! Dani made the hotel reservations and worked with Nancy, their hospice social worker, on logistics. Nancy helped facilitate wheelchair transportation for James. She also worked with a hospice provider on the coast to provide James with a hospital bed in a handicapped room at the Shilo Inn and to be on-call for hospice care during his stay. It was a great family trip!

Dani said she would never have been able to make it without all of the help hospice has to offer. She feels blessed to have an amazing husband to work with through the challenges. “Things are peaceful and loving between us now. James is spending time with friends and family. He is able to tell people how much they have meant to him. To say his goodbyes.”

The Transitions and Caregiver Support programs are funded through gifts from our generous community, as are the extras such as the transportation to the coast and the hospital bed at the hotel. Thank you supporters!



Light Up A Life & Service of Remembrance

Light Up A Life represents a time to celebrate life as well as support the mission of Benton Hospice by remembering the people who have died. Celebrate those who have died by dedicating your donation in memory of someone. Honoree names will be read aloud at our Service of Remembrance. They need not have been in hospice care.

You are warmly invited to join us for our Service of Remembrance on December 6th at 6:00 pm to be held in Dennis Hall at First Presbyterian Church, 114 SW 8th Street in Corvallis. Names of those who died will be read at the Service of Remembrance followed by a candlelight tribute. A note will be sent acknowledging your gift. You may submit a picture to be shared at the Service of Remembrance if you wish. Call 541-757-9616 for more information.

We Honor Veterans

In June 2016 Benton Hospice Service was nationally recognized as a "We Honor Veterans" hospice partner. We Honor Veterans is a hospice awareness campaign conducted by the National Hospice

and Palliative Care Organization in collaboration with the Department of Veterans Affairs. By becoming a We Honor Veterans partner, VA staff and Veterans can easily identify hospices like Benton Hospice Service that have made a commitment to offer veteran-specific care and services provided by a competent and highly skilled workforce.

Veteran specific services now offered at Benton Hospice Service include a pinning ceremony for Veterans on our service along with a presentation of a certificate that thanks each Veteran for their branch of military service. Also, Veterans on Benton Hospice Service are presented with a patriotic wall hanging, which is made possible thanks to quilt donations from the local Mary's River Quilt Guild.



EVENTS CALENDAR

For a complete list of Benton Hospice Service events visit www.bentonhospice.org/events

ADULT GRIEF EDUCATION AND SUPPORT GROUPS

Eight-week sessions open to anyone who has experienced a loss. Pre-registration required. Groups held at Benton Hospice Service meeting room.

Eight-week session offerings for Fall and Winter 2016:

- Thursdays 5:30 to 7:30 pm October 6 to Dec 1
- Fridays 11:00 am to 1:00 pm October 7 to Dec 2
- Thursdays 5:30 to 7:30 pm January 5 to February 23
- Fridays 11:00 am to 1:00 pm January 6 to February 24

VOLUNTEER TRAINING Two-day training, 8:30 am to 4:30 pm each day. Pre-registration required. Tuesday and Thursday, October 18 and 20, 2016.

POWERFUL TOOLS FOR CAREGIVERS A six-week educational program designed to help family caregivers. Held quarterly. Pre-registration required. Series location rotates between Corvallis, Albany, Philomath and Lebanon throughout the year. Next class in Corvallis on Tuesdays from 10:30 am - 1:00 pm beginning October 11 to November 15 at the Willamette Springs Memory Care Community, 6055 SW Philomath Blvd.

HOPE FOR THE HOLIDAYS A special drop-in workshop that addresses the challenges of grief during the holidays. All welcome. Benton Hospice Service meeting room. Monday, November 7, 11:30 am to 1:00 pm or 5:30 pm to 7 pm.

SERVICE OF REMEMBRANCE December 6th (*see adjacent story "Light Up A Life & Service of Remembrance" for details*)

CAREGIVER CONNECTIONS For family caregivers to share and learn from each other. Drop-ins welcome. In Corvallis the second & last Tuesday of each month, 1:30 to 3:00pm; Benton Hospice Service meeting room. In Lebanon the third Tuesday of each month, 1:30 to 3:00pm; Lebanon Senior Center; 80 Tangent St.

COMMUNITY GRIEF SUPPORT GROUP A drop-in group for anyone grieving a death of someone they care about. Explore a new topic each month. Held the second Monday of the month, 11:30 am to 1:00 pm or 5:30 to 7:00 pm at Benton Hospice Service. Topics: October (Grief Triggers); November (Grief During the Holidays); December (New Normal, New Self?)

FAMILY GRIEF SUPPORT GROUP Ongoing support group for families with children and teens ages 4-18 who have experienced loss. First Wednesday of each month 5:30 to 7:00 pm. Must register and complete a brief questionnaire before attending. Call 541.757.9616 to register.

BENTON
HOSPICE
SERVICE



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Yoga Through Grief

*Explore ways to cope with grief through gentle movement.
Free class on Saturday, October 29 from 9:00am to noon at the
Yoga Center in Corvallis. Call 541-757-9616 to register.*

Learn more at www.bentonhospice.org

The grief journey is not linear, but scattered. This series gave me more self-confidence and self-knowledge based on sharing and listening to grief experiences. The facilitator was knowledgeable, empathetic, respectful and good at pacing. To me, this group meant—survival! A window on sanity. Hope for the future. It defined the grief process for me.

~ Grief Education Support Group Attendee