



CARING TIMES

Benton Hospice Service Introduces Its New Name

By **Kelly Beard**, Executive Director

Dearest friends, family and staff,

We have some very exciting news! Perhaps you've already heard. But if not, we at Benton Hospice Service want to be the first to share it with you. Now before we tell you everything, we should say that we continue our commitment to providing the highest quality responsive care in the Mid-Willamette Valley. Our leadership, our staff, and our board remain firmly rooted. Our commitment to service and comfort for patients and their caregivers will only continue to blossom. And our network of specialists will grow, as it always has, with every season. Together, these are the people who deliver the very best quality of care and respond to the needs of our neighbors. Each and every day. In fact, nearly everything that you know about us will remain exactly the same as it has always been.

But (drum roll, please)... we have a new name! And with it, a new logo.

We'll get to the details in a minute, and we recognize that at this point you may be asking yourself, "Why?" So I'll do my best to explain.

As a part of this community for nearly 40 years, you and your neighbors have become familiar with Benton Hospice Service and our commitment to responsive care for local residents nearing the end of life. Since 1980 we have worked to ensure in-home comfort, compassion and control for every patient throughout their remaining days.

But what you may not know is that many in the community told us they were confused about Benton Hospice Service. It seemed that as a direct result of our name, nearly half of all area residents thought that we only served Benton County.

We wanted to know "Why?" We addressed that question by hiring a research partner and conducting a poll of about 600 local residents. Of those, 46% of the respondents from Benton and Linn counties thought we were Benton "County" Hospice. We knew that some folks had this perception. After all, over our many years as a non-profit organization we have received a few checks made out to *Benton County Hospice*. At times the press even referred to us that way. In response, we would shrug it off, offer a friendly correction and then go about our daily job in helping patients.

However, the semantics of the name wasn't the most troubling issue. It seemed that our service offering simply wasn't clear to many. During that same research effort 61% of people polled believed that "where you live determines which hospice provider you may use". While our service area is limited by geographic area, that understanding isn't entirely accurate, either. As Benton Hospice Service

there was a perception that only residents of Benton County could rely upon the knowledge and service we provide. That was also revealed in the research: Only 25% of those polled in Benton and Linn Counties

were even aware that we served Linn County. In fact, we serve not only Benton and Linn Counties, but also Polk, Lincoln, Marion and Lane counties. It was clear that misperception needed some attention.

While it meant that our name – which was near and dear to us – had to change, we also felt it was the perfect opportunity to shine a brighter light on our legacy. And to provide further clarity about our comprehensive approach to hospice and palliative care for every member of the community. To deliver care illuminated.

"Hope is being able to see that there is light despite all of the darkness."

Desmond Tutu

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Benton Hospice Service Introduces Its New Name

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We are now Lumina Hospice & Palliative Care.

You might ask, what does Lumina mean? The term Lumina is derived from the Latin word *lumen* meaning *light*. For us, it conveys the warmth, guidance and optimism that we provide our patients and their families. Its plurality represents us working together as a team to serve and comfort our Mid-Willamette neighbors during the time in life that may feel dark or without hope. Luminosity is about providing clarity and brightness. We feel that is what we do.



The new Lumina Hospice & Palliative Care logo represents a shining purple star, an emanating source of light. It is directional, with its paths leading two ways: reaching out to everyone in our community and inward to serve all of the counties within our region.

You probably also noticed another small change in the way we describe ourselves. Our new name pairs palliative care along with hospice. Why? Because we believe a comprehensive approach to care improves the quality of life of patients with life-threatening illnesses and provides greater peace of mind for families and caregivers. Among other things, palliative care focuses on much earlier prevention and relief of suffering and focused treatment of pain and other physical, psychosocial and spiritual challenges.

Hospice remains (and always will remain) at the center of everything we do. We will always be committed to providing end-of-life care that emphasizes control of pain and other symptoms; offering emotional, spiritual, and psychological support, so that patients may spend their remaining days in dignity and comfort. So yes, change is hard. But it is also illuminating.

As I mentioned earlier, most things will remain the same. From the earliest days of our founding we will passionately remain what we have always been - an independent, non-profit 501(c)3 source for responsive community hospice care and support. As a charitable organization, Lumina Hospice & Palliative Care is funded, in part, by the generous support of our Mid-Willamette Valley community. Thank you. In turn, this enables us to provide the highest possible support and care for our neighbors, exceeding the levels required by Medicare and private insurance. And that is so very important.

We hope you like our name as well as we do. If you have any questions, please email us at info@luminahospice.org or call 541.757.9616. We look forward to serving you and everyone else in this wonderful part of Oregon for the next 40 years.

Thank you for your support. ✨

Kelly Beard
Executive Director, Lumina Hospice & Palliative Care

**We changed
our name to
illuminate
how much
we care.**



Finding Hope, Humor & Heart in Caregiving

By **Bob Daley**, Caregiver Support & Transitions Program Coordinator

November is National Family Caregivers Month. It is a time to celebrate family caregivers; a time to thank, support, educate and empower them. 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 skills, manage financial resources and to remain healthy themselves.

This event is designed to help - whether you are a full-time 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 on November 16, 2017. Have lunch and camaraderie in celebration of you!

At this free event you will meet other caregivers from the Mid-Willamette Valley, enjoy lunch and refreshments, and learn about resources. Representatives from agencies that offer support for caregivers will be present to provide information and to answer questions. Guest speaker, Elaine K. Sanchez, is the author of the unflinchingly honest and uproariously funny book, *Letters from Madelyn, Chronicles of a Caregiver*. She will share stories that touch the heart



and tickle the funny bone, and you will discover that it is possible to experience mental and spiritual growth even in the very worst end-of-life situations. Everyone interested in the needs of family caregivers is invited to attend. ✨

YOU'RE INVITED

Family Caregiver Appreciation Day on

November 16, 2017 from 10:30 am to 2:30 pm
(doors open at 10:00 am).

At Phoenix Inn, 3410 Spicer Dr. SE, Albany, Oregon

A Message from the Lumina Board of Directors

By **Kay Schaffer**, Board Chair

This is an exciting time for board members and staff as we work together to create and implement new initiatives that will enhance and expand the outstanding services that have always been provided through Benton Hospice Service.

As a board member and as a member of the Steering Committee that worked closely with the OVO agency, I can assure you that the process that resulted in our name change to Lumina was thorough, professional, thoughtful and also emotional.

Staff members, volunteers and board members worked together to make the best decision for our patients and families as well as for our entire community, both now and for the future.

Thank you to the staff and volunteers for the support you have provided for Benton Hospice Service, Corvallis, and the surrounding counties we serve.

And on behalf of the Board of Directors, I especially want to thank Executive Director Kelly Beard for her outstanding vision and leadership skills that are encouraging and enabling us to move forward and accomplish the major goals that will ensure continuation of the highest levels of care and services. ✨



New Pet Peace of Mind Hospice Program Keeps Pets and Families Together During Hospice Care

By **Naomi Hirsch, Volunteer Coordinator**

We all know the bond between people and their pets can lower stress and bring happiness to their owners. That's why Lumina staff and volunteers are committed to helping hospice patients care for their pets. We are very excited to introduce a new program this year called Pet Peace of Mind.

Pet Peace of Mind recognizes and actively supports the unique bond between hospice patients and their pets, which aligns with Lumina's mission to help you live out the rest of your life on your own terms among people who care.

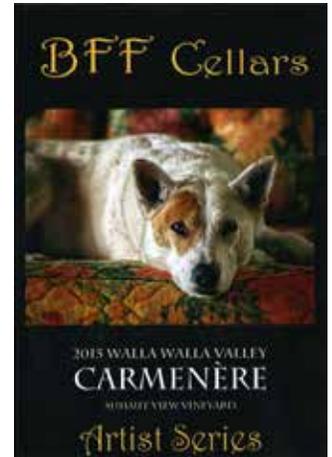
Depending on the need of the patients, trained volunteer will provide services which include care chores, such as walking dogs and changing cat litter, financial assistance with routine veterinary care, transporting the



pet to veterinary appointments, pet sitting, and providing placement for pets after their owner's death.

We are grateful to partner with Willamette Veterinary Hospital and have doctors Dan Lewer and Emily Kalenius as our consulting veterinarians. Additionally, we are blessed with donated dog and cat food from the OSU College of Veterinary Medicine.

Our program also receives support from Pheasant Court Winery. A portion of the proceeds from every sale of BFF Cellars 2015 Walla Walla Valley Carmenerewine is donated to Pet Peace of Mind. The wine is available for sale at the Wine Vault in Philomath. Luca, a much loved and missed dog, is featured on the BFF Cellars Artist Series wine label. Loretta Robinson is the artist. Luca was her dog.



You can help support this effort by donating to Lumina's Pet Peace of Mind program. Or become a Pet Peace of Mind volunteer! Call 541.757.9616 for information on volunteering. Pet Peace of Mind is a registered trademark of Senior Pet Care Resource Network and a national program offered to nonprofit hospices by Senior Pet Care Resource Network (SPCRN). ❖

Light Up A Life & Service of Remembrance

By **Laurie Russell, Director of Community Engagement**

Light Up A Life represents a time to remember those who have died. It is also an opportunity to support the mission of hospice through a gift to Lumina in memory of someone who has died. Celebrate those who have died by dedicating your donation in memory of someone. A note will be sent to the person of your choice acknowledging your gift. Honoree names will be read aloud at our Service of Remembrance. They need not have been in hospice care.

PLEASE JOIN US

For our annual **Service of Remembrance** on Saturday, November 4, 2017 at 2:00 pm. Chintimini Senior & Community Center, 2601 NW Tyler Ave, Corvallis.

Names of those who died will be read at the Service of Remembrance followed by a candlelight tribute. You may submit a picture to be shared at the Service of Remembrance. Email your photo to laurie.russell@luminahospice.org or drop off at the Lumina office. Call 541.757.9616 for more information. ❖



About Lumina

Lumina Hospice & Palliative Care is an independent, non-profit community resource providing responsive care for local residents nearing the end of life. Serving the mid-Willamette Valley since 1980, we ensure in-home comfort, compassion and control for every patient throughout their remaining days. Wherever home is. For nearly 40 years, you have known us as Benton Hospice Service. It was where we began. Now it is time to illuminate our legacy not only in Benton County, but also in Linn, Polk, Lincoln, Marion and Lane counties. *We are Lumina.* ✨

Your gift makes a difference

No matter how much you choose to give, your donation to Lumina 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. Your gift provides extras not covered by Medicare or other insurance such as massage, caregiver education and support, age-appropriate grief support for the entire family and Transitions, a program for those not under hospice care but living with serious illness. You offer hope and connection so families do not face this time alone. *Thank you!*

Visit luminahospice.org/donate ✨

CALENDAR OF EVENTS, 2017

GRIEF SUPPORT

Individual Sessions (Weekly, Open Enrollment)

Eight-week sessions open to adults who have experienced a loss. Pre-registration required. Location: Lumina office

- Thursdays 5:30 to 7:30 pm October 5 to November 30
- Fridays 11:00 am to 1:00 pm October 6 to December 1
- Thursdays 5:30 to 7:30 pm January 4 to February 22
- Fridays 11:00 am to 1:00 pm January 5 to February 23

Family Grief 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.

Community Grief Support

A drop-in group for anyone grieving a death of someone they care about. Explore a new topic each month. Held the 2nd Monday of the month, 11:30 am to 1:00 pm or 5:30 to 7:00 pm at Lumina.

Yoga Through Grief

Explore ways to cope with grief through gentle movement. Free class on Saturday, December 2nd, from 9:00 am to noon at the Yoga Center in Corvallis. Call 541.757.9616 to register.

VOLUNTEER TRAINING

Patient care two-day training, Tuesday and Thursday, October 10th and 12th, 8:30 am to 4:30 pm each day. Pre-registration is required. Applications must be received by October 6th. Call Naomi Hirsch at 541.757.9616 for more information.

CAREGIVER CONNECTIONS

For family caregivers to share and learn from each other. Drop-ins welcome. **In Corvallis:** 2nd and 4th Tuesday of each month, 1:30 to 3 pm, Lumina meeting room. **In Lebanon:** 1st and 3rd Tuesday of each month, 1:30 to 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 annually between Corvallis, Albany, Philomath and Lebanon. Next class in **Corvallis** on Thursdays from October 19 - November 30, 10:00 am to 12:30 pm, at the Grace Center for Adult Day Services, 980 NW Spruce Ave. Call 541.757.9616 to register.





Founded as **Benton Hospice Service** in 1980

2350 NW Professional Dr.
Corvallis, OR 97330

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We changed our name to illuminate how much we care.

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Call us 541.757.9616
Toll Free 800.898.9616
info@luminahospice.org
luminahospice.org

