



*I will forever be grateful for the love and the care and huge amount of support you gave to my brother and to us. Thank you and know that your help is deeply appreciated. If I get ANY extra money, ever, Benton Hospice is where it will go. I have always heard such nice things about hospice, but I had no clue just how incredible you all are. Thank you so much for caring for our family and for working "magic" so fast. You are all angels in my book.*

~ ANONYMOUS SISTER  
OF A BENTON HOSPICE  
PATIENT

## Journey of a Wife & Caregiver

It has been almost ten years now since Jerry Ward was diagnosed with Parkinson's disease. At that time he and his wife, Dale, made a conscious decision to do as much as possible together...to make the most of each day. Dale thinned out her own activities so she had time to learn as much as possible about Parkinson's. She did this to help them cope with the major changes in their lives, as well as to help bring understanding to family and friends. They attended Parkinson's Symposiums and the local Parkinson's Resource of Oregon support group. Dale soon became one of the facilitators of the group. They focused their lives on learning about Parkinson's, spending time with family and friends, and simply enjoying each other.

Fast forward a few years... Jerry's health continued to decline; he experienced serious falls; and it was becoming more difficult to get out and about. Their outings became less frequent. Dale began to feel somewhat isolated and realized that it was important to stay healthy, not only for herself, but also for Jerry. There were so very many needs. As sole caregiver she felt she was on call, ready to spring into action 24 hours a day, seven days a week. She likened it to being a fireman who has his boots next to the bed so that he can jump into them any time of the day or night to go fight fire; except, for the caregiver there are no days off. Slowly she began to realize she needed help. Although she felt a bit humbled and guilty at first, she reached out. She and Jerry hired a private caregiver to come in once a week; this gave Dale some much-needed time and gave Jerry

someone else with whom to share his time and interests.

Dale began attending a brand new caregiver support group offered by Benton Hospice Service. Through this group she learned of the Transitions program at Benton Hospice. This free, non-medical program serves people



JERRY AND DALE WARD ENJOY SOME TIME TOGETHER AT THE OREGON COAST

who are living with a serious or chronic illness but are not under hospice care. Jerry enrolled in Transitions and was provided a volunteer, Mel, who offers companionship for Jerry and respite for Dale. Mel and Jerry have come to trust and care about each other. Mel accompanies Jerry to a Parkinson's Speech Communication Class and helps with Jerry's ongoing exercises. They also play cribbage and take walks together.

Before long, Jerry became eligible for Veteran's benefits that provide additional caregiving services. Grateful for the extra help, Dale was

*Continued on page 2*

## Second Annual Camp Compass: A Place for Families to Share & Learn About Grief

The second annual Camp Compass will be held in the same peaceful forest setting on August 24, 2013 from 8:30 am to 5:00 pm. Camp Compass has something for the whole family – adults, teens, and young children. Families with children ages 5-17 who are grieving a death are invited to attend.

Loss rocks the entire family. Camp Compass is about supporting the entire grieving family through education and connecting both parents and kids to other grieving families. A team of Benton Hospice Service professional social workers and specially-trained volunteers will lead small groups through a day of healing-focused and traditional camp activities in nature through play, art, rest, and food!

“Too often, society is shy about acknowledging grief and helping those responding to loss – especially grieving children,” says Bereavement Coordinator, Joelle Osterhaus, “so we are offering a time and space for parents, teens and young children to connect with each other, share their story, and receive support from each other. Right now, the nearest grief programs for families with children are an hour away - so it’s an honor to bring something to our community.”

Participants must register and complete a brief orientation by August 1, 2013. There is a fee of \$25 per family to help offset the costs of food and supplies. The fee can be waived based on need.

To inquire about participation or to learn more contact Joelle Osterhaus, Bereavement Coordinator, at 541-757-9616 or by email at [Joelle.Osterhaus@bentonhospice.org](mailto:Joelle.Osterhaus@bentonhospice.org).



CAMP COMPASS AND BENTON HOSPICE STAFF MEMBER BOB DALEY ENGAGES IN THE PIPELINE CHALLENGE WITH CAMPERS LAST SUMMER.

## Journey,

CONT. FROM PG I

able to attend a six-week class called Powerful Tools for Caregivers offered by Benton Hospice Service. She learned more about taking care of herself so she could be a better caregiver. She also acquired tools to help manage their affairs and received, as she says, “lots of encouragement.” Dale and Jerry have since increased private caregiver help to three or four days a week.

When asked about the benefits of participating in the caregiver support group and Powerful Tools class, Dale said both groups provide camaraderie, new friends and sharing of practical, useful information. In addition, the facilitators provide a wealth of information about helpful resources in the community, and most importantly encouragement and reminders for people to take care of themselves without feeling guilty.

As Jerry’s illness progresses his caregiving needs will too. Dale will have more responsibilities even as she has more help; she will continue to let go of things that used to seem important to her. However, she will also continue to be surrounded by a loving family, friends and blessed by an extremely supportive community that understands and lends a hand. This extended caring network will not only help her be the best caregiver possible for Jerry; it will also help her make the most of each day with her husband.

*With this issue we are starting a new process for recognizing our supporters in print. Names of those who donated in the previous year will now be printed once a year in our spring newsletter. The following list represents donations received*

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## THANK YOU

We also thank all of the individuals and businesses who donate items for our office, our programs and our patients. All donations are very much appreciated.

## EVENTS CALENDAR

### 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 Oct. 10, 2013 **OR**

Fri. mornings, 11 am - 1 pm, beginning Oct. 11, 2013

### COMMUNITY GRIEF SUPPORT

For anyone grieving a death of someone they care about.

Drop-ins welcome. BHS meeting room.

2nd and 4th Fridays of the month, 3:30-5 pm.

### CAREGIVER SUPPORT GROUPS

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:* 2nd Thurs. of each month, 10 - 11:30 am

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. Next class will be held in the fall. Call for dates and locations.

### 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.

### CAMP COMPASS

One-day camp for grieving families with children 5 – 17. \$25 per family is requested.

Sat., Aug. 24, 2013, 8:30 am - 5 pm. Register by Aug. 1.

### VOLUNTEER TRAINING

Quarterly two-day training. Pre-registration required.

Tuesday and Thursday, 8:30 am - 4:30 pm each day

July 23 & 25 **OR** October 22 & 24

For more information: **541.757.9616** or **bentonhospice.org**

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Find us at [www.facebook.com/bentonhospice](http://www.facebook.com/bentonhospice).

*“This class is awesome! You will soon realize that you are not alone in what you’re experiencing. To hear the challenges, ideas, and solutions that other folks just like you are going through will give you comfort, shared relief, and give you new ways and tools for coping. I just loved this class. It was so incredibly helpful. Thank you!!”*

~ ANONYMOUS PARTICIPANT OF POWERFUL TOOLS FOR CAREGIVERS