



*"I am so grateful to have had the support of Hospice in our home for the last days of my husband's life. With Hospice's involvement, he was able to die at home the way he wanted. Hospice has been there with caring support for my daughter and me as we move through the grieving process. There are not enough thanks on the planet to adequately express our gratitude."*

~ WIFE OF BENTON  
HOSPICE SERVICE  
PATIENT

## Navigating Grief; A story of a Wife and Daughter

Pam Wald and her developmentally disabled adult daughter, Bonnie, are doing very well these days. They spent a recent weekend at the coast doing what they love; walking on the beach and enjoying each other's company.



BEN, BONNIE AND PAM WALD ENJOYING A DAY AT THE COAST.

A year and a half earlier their world was turned upside down. Ben Wald, Pam's husband and Bonnie's father, learned his cancer from six years prior had returned and spread. He chose to forgo chemotherapy and radiation treatments that would likely provide little benefit, and elected instead to live the time he had left free from the side effects of treatment. Both Ben and Pam believed strongly that they would need support through this, so they reached out to hospice.

Ben was admitted to Benton Hospice Service on April 3, 2012. While Ben was on hospice, Pam was concerned about how to support Bonnie through her father's

illness and impending death. Bonnie lives in a supported group home with several other developmentally disabled adults, and has a job with a supported work group through Cornerstone Associates. Bonnie had a difficult time processing her father's illness, and it rekindled some trauma from her childhood. Dana, the hospice team's social worker, and Joelle, Benton Hospice Bereavement Coordinator, met with Bonnie's group home and work staff to coach them on how to support Bonnie during this painful experience.

Ben died on May 4, 2013. Pam recalled, "It was the most beautiful and peaceful death. We were surrounded by people Ben loved and who loved him."

Soon after, Pam began meeting individually with Joelle to work through her grief, weekly at first, then less often over time. Pam also arranged for Bonnie to meet with Joelle to help her navigate her own unique grief. Pam was impressed with Joelle's ability to listen, empathize and respect each of their individual grief timelines. Pam was also impressed with Joelle's patience and her understanding of how to work within the limitations of Bonnie's disability.

After several months of working with Joelle, Pam enrolled in the six-week Grief Education and Support Group offered by Benton Hospice Service. Pam found the group "absolutely wonderful." She found the structured group process and optional homework extremely helpful. Everyone attending had a shared

# Announcing New Website for Benton Hospice Service

Our new website went live in July. The new site completes the refreshing of our logo, look and colors, a project we started last year. The site is easy to navigate and has new features such as contact forms that visitors can use to inquire about services or ask questions. Also featured is a new online donation form that is not only secure but quick and easy to use. Thank you to ProWorks in Corvallis who built the new site, and Peak Internet who is hosting; both have been great to work with. When you get a chance, please visit the site and take a look around. You can find us at [www.bentonhospice.org](http://www.bentonhospice.org). Let us know what you think!

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## Light Up A Life

### Honor a loved one with a gift of remembrance

Light Up A Life represents a time to celebrate life as well as support the mission of Benton Hospice by dedicating your donation in memory of someone who died. Honoree names will be read aloud at our Service of Remembrance. They need not have been in hospice care. Visit [www.bentonhospice.org](http://www.bentonhospice.org) to make a secure donation online or call 541-757-9616 to donate by phone. A card will be sent to the person's family acknowledging your gift.



## Grief,

CONT. FROM PG 1

experience of loss, and as she put it, “People were just there for you while you worked through your own grief. They were not trying to clean it up for you.” Pam formed friendships with a few of the participants who continue getting together to support each other, even though their formal group has ended.

Pam explains, “Grief is a process, everyone goes through on their own timeline. Grief can feel like waves of peaks and valleys; peaks of feeling normal and enjoying life, and valleys of feeling lost and sad. At first the valleys are deep and wide while the peaks are short and narrow. As time goes on the peaks grow taller and wider and the valleys shrink and narrow. The valleys never go away completely but the peaks do gradually become the norm.”

Pam emphasized that the grief program offers support while on grief's path and, “most people don't know, but it's open to the entire community.” The program is important “because,” Pam states, “It [grief] is going to be there. People need to recognize how important it is to go through it, rather than suppress it.”

Pam and Bonnie worked with Joelle and the bereavement program for over a year. While their journey still continues, the support helped Bonnie and Pam get to a place where they are able to continue down the path on their own—together.

# Grant from Spirit Mountain Community Fund

Benton Hospice Service is pleased to announce it has received a \$20,000 grant from the Spirit Mountain Community Fund to support its Family Grief Program.

The Family Grief Support Program at Benton Hospice Service provides trained counseling staff in homes, schools, and at Camp Compass in order to create safe places where grief can be expressed, processed and understood. Parents are informed and equipped to support their children in their long-term grief journeys; and connections between bereaved children and families are fostered to de-isolate them and normalize the process of grief.

“One out of every 20 children age 15 and younger in the United States will lose one or both parents,” stated Joelle Osterhaus, Bereavement Coordinator at Benton Hospice, “Both children and their adults benefit from this program’s counseling, activities and education.”

The Spirit Mountain Community Fund is a charitable foundation of The Confederated Tribes of Grand Ronde that awards grants through a competitive application and review process. Spirit Mountain Community Fund was founded in 1997 when the Tribes of Grand Ronde dedicated 6% of the profits from Spirit Mountain Casino to support community organizations. The Fund has given over \$60 million since its formation.

SPIRIT MOUNTAIN  
COMMUNITY FUND



The Confederated Tribes  
of Grand Ronde

## Service of Remembrance

You are warmly invited to join us for our Service of Remembrance on December 3rd at 6:00 pm in Dennis Hall at First Presbyterian Church, 114 SW 8th Street in Corvallis.\*

Names of those who died in the past year and those still remembered from prior years will be read at the Service of Remembrance followed by a candlelight tribute.

You may submit a picture to be shared in the slide show if you wish.

You can email the picture (along with name and date of death) to [bhs@bentonhospice.org](mailto:bhs@bentonhospice.org) or call 541-757-9616 for more information.

\*This event is not endorsed or sponsored by First Presbyterian Church



## 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.



VOLUNTEER CURT, STAFF EMILY AND DANA POSE WITH A FEW OF THE 'LITTLES' AT CAMP COMPASS, A CAMP FOR GRIEVING FAMILIES HELD IN AUGUST.



BEAUTIFUL WEATHER GREETED CAMPERS AT CAMP COMPASS IN AUGUST. HERE STAFF BOB AND EMILY SHARE AN ACTIVITY WITH CHILDREN BY THE LAKE.

## THANK YOU

Sincere thanks to all donors. We are extremely grateful for every gift of any size. Your donation improves the end-of-life experience for someone in our community. Watch for a list of 2013 donors in our spring 2014 Caring Times.

# Don't Wait to Talk About Hospice

It's an all-too-common situation. A family is at the bedside of a loved one who is seriously ill and nearing the end of life. Each member of the family has a different idea of what should be done and what the patient would have wanted. Far too many people wait until they are in the midst of a health care crisis before thinking about what options are available or what care they or their loved ones would have wanted.

When a family is coping with a serious illness and a cure is no longer possible, hospice provides the type of care most people say they want at the end of life, focusing on comfort and dignity. Considered to be the model for high-quality, compassionate care for people with a life-limiting illness, hospice care includes expert medical care, pain management, and emotional and spiritual support. Care is provided by an inter-disciplinary team of professionals and trained volunteers. The wishes of the patient and family are always at the center of care.

Most hospice care is provided in the home – where the majority of Americans have said they would want to be at this time. Home is wherever the person lives including assisted living and skilled nursing facilities. Respite rooms are available at partnering facilities for when families need a break, or when a patient needs to have symptoms brought back under control so they can return home.

Hospice care is paid for by Medicare, Medicaid, and most private insurance plans and HMOs.

Benton Hospice can help with information about care options and choices and ensure you live as fully as possible throughout your life. Hospice makes sure your loved ones receive support as well.

One of the best ways to make sure you and your loved ones benefit fully from hospice, should you ever need this care, is to talk about your wishes with family or friends beforehand.

# EVENTS CALENDAR

## HOPE FOR THE HOLIDAYS

A special workshop that addresses the challenges of grief during the holidays, and helpful ways to cope.

November 22; 3:30-5:00 pm

## SERVICE OF REMEMBRANCE

See detailed information on page 3.

## YOGA THROUGH GRIEF

Explore ways to cope with grief through gentle movement. No experience necessary. Held at the Yoga Center, 111 NW 2nd Street in downtown Corvallis.

Tues. and Thurs., December 17 and 19 from 5:30 until 7:30pm

## ADULT GRIEF EDUCATION AND SUPPORT GROUPS

Six-week sessions open to anyone who has experienced a loss.

Pre-registration is required. Choice of four sessions:

Thursday evenings, 5:30 to 7:30 pm beginning January 9

Thursday evenings, 5:30 to 7:30 pm beginning April 10

Friday mornings from 11 am to 1 pm beginning January 10

Friday mornings from 11 am to 1 pm beginning April 11

## VOLUNTEER TRAINING

Quarterly two-day training, 8:30 am to 4:30 pm each day  
Pre-registration is required.

Tuesday and Thursday, February 18 and 20, 2014

## CAREGIVER SUPPORT GROUPS

For family caregivers to share and learn from each other.  
Drop-ins are welcome.

*In Corvallis* the second & last Tuesday of each month, 1:30-3 pm

*In Lebanon* the second Thursday of each month,

10-11:30am; 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. Call for dates and locations.

## COMFORT CRAFTING CIRCLE

Make items for hospice patients and families. Any knitters, crocheters, and crafters from the community are welcome.  
First and third Wednesday of every month from 1 to 2 pm

All events held in the Benton Hospice Service meeting room unless otherwise noted.

For more information: **541.757.9616** or **[bentonhospice.org](http://bentonhospice.org)**

*A Life Well Lived*

*Oh, how to write to recover a life*

*The end of a loved one cuts like a knife*

*How to recount great adventures with him*

*Some memories bright but others are dim*

*I, partner in business, adventure; wife*

*Yes, a life well-lived and fully alive*

*Oh, how to write to recover a life*

*He was champion athlete, strong and lithe*

*But his best attribute was a fine mind*

*Though perhaps that his heart was gentle and kind*

*His will and ability to survive*

*Yes, a life well-lived and fully alive*

*Oh, how to write to recover a life*

*He gave of his craft, helped others to thrive*

*Some came to tell of their respect,*

*Made a journey to recall and reflect*

*He inspired others, taught them to strive*

*Yes, a life well-lived and fully alive!*

~ RUTH MCCrackEN, WIFE OF BENTON HOSPICE PATIENT

MONTY MCCrackEN

BENTON  
HOSPICE  
SERVICE



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CORVALLIS, OR 97330

[WWW.BENTONHOSPICE.ORG](http://WWW.BENTONHOSPICE.ORG)

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## Find us on Facebook!

Benton Hospice Service wants to be your friend. Facebook is a great place to keep up-to-date on Benton Hospice events, and to show your support or share your experience.

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

*"It is such a joy to be a part of a hospice that in all situations puts the patient first, is always respectful of not only patients, but volunteers and staff. At Benton Hospice Service, kindness and compassion rule. Having been with other hospices, this one is definitely above the cut. Thank you for having me."*

~ BENTON HOSPICE SERVICE VOLUNTEER