

## We Honor Veterans

At Lumina, we are committed to serving the unique needs of each of our patients, including those who have served in the military. Our Veteran patients can often benefit from specialized support at end of life.

We are proud to participate in a special program that supports our Veteran patients and their families: We Honor Veterans. This partnership between the National Hospice and Palliative Care Organization and the Department of Veteran Affairs provides support to Veterans at end of life. Training for staff and volunteers educates them about how to meet the distinctive physical and emotional needs of Veteran patients and their families, and unique ways to honor Veterans' service.

**"One patient was so moved by our Veterans pinning ceremony that he broke into tears and said how much it meant to him ... He also began wearing the Veterans pin each day on his shirt collar."**

- Alison Roffman, Lumina Social Worker

### HONORING VETERANS

Lumina offers each Veteran on our service the opportunity to be honored with a Veteran pinning ceremony. The Veteran's hospice team presents a framed certificate acknowledging their service, a patriotic pin, as well as a lap quilt made by our partners at Marys River Quilt Guild. Often, the Veteran invites family members and friends to witness the honoring ceremony.

To recognize the important service Veterans provided to our nation, Lumina celebrates Armed Forces Day, Independence Day, and Veterans Day by bringing our Veteran patients a special gift on these holidays. The Veteran's team may bring flowers, or a decorative wall hanging to recognize the Veteran's contribution and offer some beauty to their surroundings.

### VETERAN-TO-VETERAN VOLUNTEERISM

Some Veterans have never been able to tell their story and share their experiences. At Lumina, we create a



safe environment that fosters conversation about their military service—for those who wish to share—by pairing our Veteran patients with a Veteran volunteer. Our Veteran-to-Veteran Volunteer Program allows Veteran patients the opportunity to relate to the Veteran volunteer through their common experiences. This can provide comfort and peace to both participants.

On behalf of all staff and volunteers at Lumina Hospice & Palliative Care, we thank all the Veterans in our community for their service. ✨

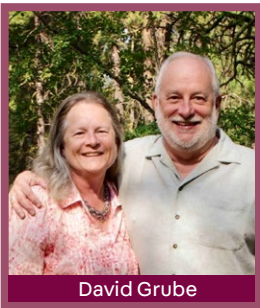
### WE ARE CURRENTLY IN NEED OF MORE VETERAN-TO-VETERAN VOLUNTEERS.

If you, or someone you know, is a Veteran and would like to impact another Veteran's life in a unique way, please contact [outreach@luminahospice.org](mailto:outreach@luminahospice.org)

# Thank You to Our Board Members

Delivering our mission of providing compassionate care to those facing end of life and their families would not be possible without the support of our Board of Directors.

At the end of this year we will be saying goodbye to three cherished board members as their terms come to an end. We thank David Grube, Joan Hayes and Ilene Kleinsorge for their dedication and outstanding service to Lumina. While their board service comes to an end, this is not really goodbye, since they will forever remain part of the Lumina family.



David Grube

*"My hopes for Lumina are that it continues to be what it has been and is now: a caring and nurturing place for patients, with a staff that is full of compassion and skill, and adequately funded to provide the best end-of-life care possible."*

*"I agreed to board service a second time because I believe strongly that the success of Lumina is essential to our community healthcare system. I'm pleased to have witnessed the new facility providing space for the excellent staff to increase Lumina's impact in hospice care, community education and connection, and grief support. I will continue in the role as ambassador for the organization."*



Ilene Kleinsorge



Joan Hayes

*"It is an amazing board. I am so grateful for having had the opportunity. I've been missing the board already, thinking 'I'll hate it when I leave.' I'm just so grateful for the opportunity and the association with such caring people—both on the board and the staff. I look forward to continuing to serve as a volunteer."*

We also welcome **David Cutsforth** and **Barbara Trione**, our newest board members. ❖



## CELEBRATING 40 YEARS

BY ELIZABETH FRENCH, EXECUTIVE DIRECTOR

In a year of many challenges and tragedies, Lumina has great cause for celebration. November marks our 40<sup>th</sup> anniversary providing care for hospice patients. In those early years, all staffing and care was provided by volunteers and supported by donations from grateful families and



community members. Over time, Lumina (founded as Benton Hospice Service) has grown, not just in the number of patients served, but also in our geographic reach, and broadening scope of services provided. All of this has been possible because the community has continued to support our mission with their generosity. Today, we have a staff of 60 and support from 112 community volunteers. Last year, over 400 patients and their families received hospice and palliative care from Lumina, while approximately 1,500 community members benefited from programs for bereavement and education and support.

While much has changed since we served our first patient 40 years ago, so much remains the same. At its core, Lumina has stayed true to its foundational beliefs. Our values stand the test of time—clinically-excellent care based on patient choice, compassion, dignity, and respect, with the goal of improving quality of life for terminally-ill patients. With compassionate care from skilled teams of doctors, nurses, social workers, spiritual counselors, aides and volunteers, patients and their families are well cared for during the last months of life. I trust our founders would be proud of the organization we are today, and we are thankful that they had the vision to set all of this in motion.

I would be remiss if I neglected to honor Dr. Shawn Foley, our Medical Director of 13 years, who turned over the role to Dr. Daniel Harris on September 1<sup>st</sup>. Dr. Foley's commitment to the ideals of hospice, giving back to his community, and supporting the growth and development of many hospice employees, as well as ensuring a smooth transition to his successor has been inspirational. I have been most fortunate to learn from him during my first year and half with Lumina. Although he will no longer be at the helm, Lumina is blessed to have him continue to serve as a hospice and palliative care physician for the organization. Thank you, Dr. Foley, and welcome and congratulations to Dr. Harris—the future looks bright for Lumina! ❖

# Grieving During the Holidays

BY MELISSA ALLEN, BEREAVEMENT COORDINATOR

Care Illuminated

Grief during the holiday season is very challenging. Holidays without the person who died can seem daunting, stressful, and painful when you are grieving. During this holiday season, we are all encountering additional challenges as a result of quarantining, heightened anxiety about our own health and the wellbeing of those we care about, and travel restrictions. These additional stressors make thinking ahead and planning how you would like to participate in the holidays very important.

Here are some strategies which may help you cope:

- » **Be honest with yourself** and trust that you know what is best for you.
- » Plan to feel a variety of emotions, ranging from sadness to joy. If you find that you are enjoying yourself, **try not to feel guilty**. Feeling happy does not mean that you have forgotten the person who died.
- » **Honor your grief**—don't ignore it or stuff it down. Letting the hurt out helps soften grief.
- » **Take care of yourself**. Grief can sap your energy—and the usual holiday stress coupled with COVID anxieties can compound that effect. Pace yourself, and take time for you. Respect your physical and emotional limits.
- » **Do what feels right to you**. Many people find that exploring new traditions and doing something altogether different is helpful to them.
- » It can be tempting to further isolate yourself during the holiday season. Utilize Zoom and Facetime to **connect with family and friends**. Sharing your grief with a trusted person may be helpful—especially if this person is a positive presence in your life. Opening up allows others to show their care for you.
- » Communicate with your family and friends ahead of time about how you want to acknowledge and remember the person who has died. **Be clear with your support network** about your needs.
- » Remembering helps you to maintain an important connection to the person who died. You may feel a strong need to know that the person who died is not forgotten. Choose or **create your own ways of remembering** that will have meaning and significance for you.

Free grief support services are available through Lumina Hospice & Palliative Care. ✨

## SPECIAL EVENTS

### 40<sup>th</sup> Anniversary – A Celebration of Lumina's Life, November 5 at Noon

RSVP is required. Contact [outreach@luminahospice.org](mailto:outreach@luminahospice.org) to learn more.

### Service of Remembrance, December 3 at 6 pm

This annual memorial service honoring those who have died with a reading of the names and candle lighting, will take place virtually this year. Contact [outreach@luminahospice.org](mailto:outreach@luminahospice.org) for more information.

### Illuminating Lecture Series **\*\*NEW!**

Listen to a variety of speakers with this new monthly educational series designed for people navigating life challenges including caregiving, grief, and other end-of-life topics. Every third Tuesday from 12 to 1 pm via Zoom for Healthcare. Contact [outreach@luminahospice.org](mailto:outreach@luminahospice.org) for more information.

**Our grief, caregiver and community education programming is made possible thanks to the generosity of our donors. [luminahospice.org/donate](https://luminahospice.org/donate)**

## VOLUNTEER INFORMATION

Thank you to our volunteers who have found creative ways to support our patients and families at this time. To learn more about volunteer opportunities, contact Volunteer Coordinator, Naomi Hirsch, at [naomi.hirsch@luminahospice.org](mailto:naomi.hirsch@luminahospice.org).

### WHILE WE KEEP A SAFE DISTANCE, WE ARE HERE FOR YOU.

Our support services for caregivers and the bereaved continue by phone or online and many of our events and programming have been moved to online formats.

To learn more about available grief support including individual counseling, support groups, or educational materials, email the Bereavement Coordinator at [grief@luminahospice.org](mailto:grief@luminahospice.org).

To learn more about caregiver support including classes, resources, and support groups, email the Transitions and Caregiver Coordinator at [caregiver@luminahospice.org](mailto:caregiver@luminahospice.org).

For up-to-date information about our services, events, webinars and other programming, visit [luminahospice.org/events](https://luminahospice.org/events) or email [outreach@luminahospice.org](mailto:outreach@luminahospice.org).



**Lumina**  
Hospice & Palliative Care

Founded as **Benton Hospice Service** in 1980

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Lumina's 40<sup>th</sup> Anniversary Benefit Event

*A Celebration of Lumina's Life*



**Lumina**  
Hospice & Palliative Care

Founded as **Benton Hospice Service** in 1980

CELEBRATING **40** YEARS

**November 5<sup>th</sup> at Noon**

**SAVE THE DATE** for this free virtual event celebrating Lumina's history, and supporting those facing end of life and their families.

RSVP IS REQUIRED.  
Contact [outreach@luminahospice.org](mailto:outreach@luminahospice.org) for more information.

**WE ARE SO GRATEFUL** for the support of our donors. Every gift of every size improves the end-of-life experience for someone in our community. On behalf of our patients, their families and the community at large, **we thank you!**

Visit [luminahospice.org/donate](http://luminahospice.org/donate)

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