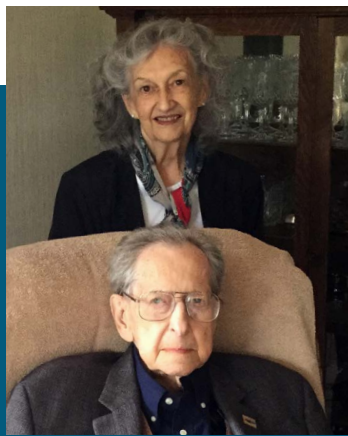


Support for those living with a life-limiting illness

LUMINA'S TRANSITIONS PROGRAM provides assistance free of charge to those living with a life-limiting illness—who are either not ready or not eligible for hospice care. Dealing with a life-limiting illness can be overwhelming for both the seriously ill person, as well as for their family. Transitions helps them navigate the physical, social and emotional challenges that arise with a serious illness. Maintaining independence while learning to rely on others can be a challenge. Our Transitions Coordinator and team of dedicated volunteers provide non-medical support, access to community resources, and practical assistance—from helping with errands, to providing education about illness, or just lending a listening ear.

Stan and Irene Gresick have been recipients of services from our Transitions program for almost two years. When caregiving for Stan on her own became too overwhelming, Irene reached out to Lumina for help.



“It’s everything the word ‘transitions’ is intended to describe. This helpful program is a way to gracefully manage escalating care needs for a beloved family member.”

– IRENE GRESICK

Transitions client, Stan Gresick (age 99), pictured with his wife, Irene Gresick.

Volunteers, Brenda Rowley and Sandy Piper, provide weekly respite support for Irene and assistance with care for Stan.

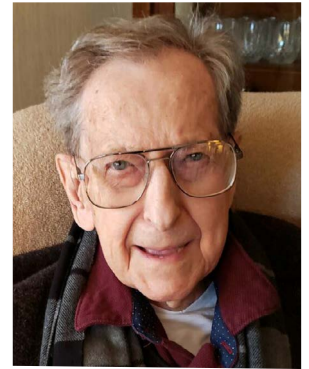
“I have learned that our situation is not unique,” said Irene. “There is an infinite supply of good out there to

be shared once you are open to it.”

Irene and Stan say they do not feel alone in this “challenging, ever-changing journey” thanks to the Transitions program.

“It’s everything the word ‘transitions’ is intended to describe,” says Irene. “This helpful program is a way to gracefully manage escalating care needs for a beloved family member who wants to stay home and participate in familiar activities as much as possible.

It’s also an amazing support system for the family member who now needs to manage both the household and care needs of a declining spouse or parent.”



Stan Gresick

Stan and Irene run a tax service business out of their home. Although Stan cannot physically get to their downstairs home office, he still helps clients with their taxes. Since the start of the pandemic, Stan has been the recipient of two milestone awards for his community service with the Freemasons of Oregon and the Benton County Shrine Club.

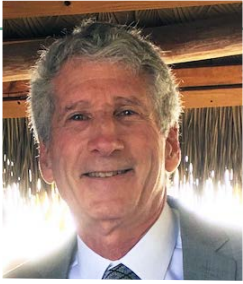
Although he enjoys helping others, Stan was never one to ask for help himself. Now, after receiving services from two wonderful Transitions volunteers, Stan says he feels inspired knowing there are people out there who truly enjoy helping others.

Transitions is provided at no charge to clients, thanks to generous donations and community grants.

To learn more about Lumina’s Transitions program contact Maggie Leinenweber, Transitions Coordinator, at caregiver@luminahospice.org

Thank You to Our Board Members

We are so grateful for Lumina's dedicated Board of Directors. This year we say goodbye to Seth Bernstein, Jill McAllister, and Kay Schaffer as their terms come to an end. We thank them for the many contributions they have made to Lumina.



Seth Bernstein

"When my mother died when I was a teenager in the 1960's, death was not spoken about. It was all about secrets. It was horrible. Times have changed, in large part because **organizations like Lumina have led the way in normalizing a healthy approach to the final phase of life.** I am proud to have been a part of our local version of these efforts. **Lumina, the first hospice in the Mid-Willamette Valley, continues to be at the cutting edge of the continuing evolution of end-of-life care.** That's who we are and, I hope, will continue to be."



"As a clergy-person well-versed in pastoral care around dying and death, I have been continually amazed at and grateful for the excellence of the Lumina staff, Board, and volunteers in the high-stakes world of healthcare, especially during the pandemic. **Lumina is such an essential part of a caring and compassionate community**—I will be a life-long supporter."



Rev. Jill McAllister



Kay Schaffer

"I am very fortunate to have had the opportunity to contribute to and to participate in Lumina's mission to provide the best possible hospice and palliative care services to Corvallis and the surrounding communities. **I am eternally grateful to Lumina Staff for sharing their experience, expertise and, especially, their wonderful and compassionate care** during my years as a caregiver and during and after the recent death of my husband."

If you are interested in serving on Lumina's Board of Directors or contributing to a Board Committee, contact outreach@luminahospice.org ✨

COMMUNITY RICHES

BY ELIZABETH FRENCH, EXECUTIVE DIRECTOR



Recently, I spent a week in Connecticut visiting my 90-year-old mom. During the last year she moved from our family home of 58 years into an apartment in a neighboring town. The move was

somewhat traumatic for all of us but was particularly difficult for mom. We lost my dad about four years ago, and she is still adapting to life without him as well as the transition from her home and garden. Although the move was necessary, the transition has been very difficult.

At the time of mom's move we, her children, also persuaded her to give up her car out of concern for her safety and the safety of others. All of these decisions were perfectly logical and necessary but resulted in a very disruptive change in my mom's life. The fact that these changes occurred in 2020, the year of the pandemic, added another layer of stress. Because of COVID, there was no ability to join a new church community, no open senior center for her to engage with, even being in public areas was concerning and potentially dangerous. As I visited with my mom, I was struck by the fact that we did not have local resources to reach out to for support or guidance.

My time with my mom caused me to reflect on the richness of the offerings that Lumina provides to our community. I am grateful that we offer education and support in the areas of grief and caregiving, and our Transitions program assists those living with a life-limiting illness but not yet hospice appropriate. Our Illuminating Series, a monthly seminar on topics related to healthy aging and end-of-life planning, provides information and connection on topics often ignored in other audiences. These offerings are available to the community without cost and are only possible because of the ongoing support of Lumina's donors, to whom I am profoundly grateful.

My family is not unique in our struggle to support our aging mom. We all face challenges as we, or our loved ones, age. But our community is blessed that Lumina is here as a resource and support to those facing end of life. ✨



Caring for Caregivers

BY MAGGIE LEINENWEBER, CAREGIVER SUPPORT & TRANSITIONS COORDINATOR

Caring for a family member or friend with a chronic or terminal illness can be a rewarding and challenging experience. It can also be overwhelming and isolating—especially during the pandemic. The health effects of stress on caregivers are real. If ignored, stress can lead to anger, depression, emotional disorders, physical illness, and loss of intimacy. Additionally, stress can contribute to many health problems, such as high blood pressure, heart disease, and diabetes.

Throughout the year, but especially as we approach the holidays—which often come with their own stresses and expectations—it’s important for caregivers to equip themselves with tools to care for themselves while caring for a friend or relative.

Here are few practical tools we explored in our recent Managing Stress for Caregivers Seminar.

Take care of yourself.

- » Take slow, deep breaths.
- » Watch or read something that makes you laugh.
- » Go for a ten-minute walk outside.
- » Eat healthy meals and snacks. Drink plenty of water.
- » Get enough sleep. Take a fifteen-minute nap.
- » Take a break from caregiving. Spend some time doing things in your own life that you enjoy.

Get support.

- » Make weekly task lists and share with family. You do not have to do all the work on your own.
- » Include family and loved ones in caregiving decisions.
- » Join a caregiving support group. Meeting other caregivers helps you know you are not alone.

- » Find respite care. Time away can help you manage your stress and feel refreshed.
- » Stay involved. Make time for friends and social activities, even for a short phone call or coffee break.
- » Locate caregiver resources and plan so you know who to call when you need extra help. 🌟

YOU ARE NOT ALONE

Our Caregiver Support programs at Lumina provide emotional and practical support for those caring for a friend or relative with a life-limiting illness regardless of type of illness, prognosis, or connection to hospice.

These programs are offered at no cost thanks to generous community donations. To participate or learn more contact Caregiver Support Coordinator, Maggie Leinenweber caregiver@luminahospice.org or visit luminahospice.org



SERVICE OF REMEMBRANCE December 9 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.

To submit the name and photo of your loved one, go to luminahospice.org/SOR. If you have questions or would like more information, contact us at outreach@luminahospice.org 🌟

M. Sue Mariner Room

Thanks to the generosity of the M. Sue Mariner Estate, Lumina will continue to provide services that go above and beyond in support of our *Margin of Excellence*. The main conference room in Lumina's Community Resource Center has been named to honor M. Sue Mariner's generous contribution to Lumina's mission.



M. Sue Mariner



WE ARE SO GRATEFUL for the support of our donors. Every gift improves the end-of-life experience for someone in our community. To make a donation, visit luminahospice.org/donate.

To learn how you can leave a legacy gift to Lumina contact angela.hibbard@luminahospice.org



Lumina
Hospice & Palliative Care

Founded as **Benton Hospice Service** in 1980

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

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A Virtual Benefit Event

Raising awareness and support for our mission to provide compassion, comfort, and support to those facing end of life.

Thursday, November 4, 2021 at noon

For more information, or to register, visit luminahospice.org/benefit

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