



NEWS FROM LUMINA HOSPICE & PALLIATIVE CARE

Supporting the community that supports us

THERE IS A HARMONIOUS BALANCE between a community-based nonprofit and the community it serves. At Lumina, we are dedicated to serving our community and can only do so because of the generous support this community provides to us. Nowhere is this more evident than in the service of our amazing volunteers.

All of our volunteers give from the heart and make a meaningful impact in the lives of our patients and their families. Some volunteers are inspired to serve after benefiting from the care that Lumina provides, while others are already called to be a Lumina volunteer and later find themselves in need of support. We asked volunteers Rebecca Smits, Bill Gifford, and Russell Sullivan to reflect on what it is like to serve an organization that served them.



Bill and parents

because they had helped my family. Instead, Lumina was there for my family after I had volunteered for a few years. It felt like family and friends coming together in my time of need."



Rebecca, age 7, at family grief group

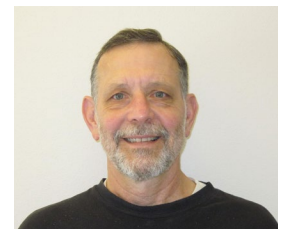
Rebecca's father died a few days after her 7th birthday. Shortly after that, her family started attending Lumina's family grief group. Now, at age 15, Rebecca volunteers with the same family grief group, assisting our bereavement coordinator in providing at-home activity kits for children who are grieving.

"When I was thinking about volunteering, working with Lumina felt like a perfect fit because I not only get to work with kids, but I get to give back to an organization that helped me through the hardest times in my life," said Rebecca.

As a Lumina volunteer, Bill helped patients with their life stories and provided handyman support by installing grab bars and building wheelchair ramps. When Bill noticed a decline in his father's health, he knew Lumina would be there for his family. *"My story is, perhaps, the opposite of some others,"* Bill says. *"I did not volunteer with Lumina*

"I get to give back to an organization that helped me through the hardest times in my life."

After a friend's sister had been cared for by Lumina, Russell was inspired to volunteer by providing much needed respite for caregivers. When Russell's wife, Jeannie, received a terminal cancer diagnosis, *"There was no question we were going to call Lumina,"* said Russell. *"The three months of help certainly helped Jeannie, our daughters, and me."* Regarding his volunteer experience, Russell shares: *"The caretaker benefits when I show up for two hours each week; they are free to do as they please for just a short time, but what a breath of fresh air that is after being on watch every hour of the day. On the other hand, the giver, me, benefits also. It is clear to me that I am improving someone's lot, and that's a pretty fine feeling to experience."*



Russell, volunteer since 2012

We thank all of our volunteers, donors, and community partners. Together, we are committed to ensuring that everyone receives the compassionate end-of-life care they need and deserve. To learn more about volunteer opportunities and other ways to support Lumina, visit luminahospice.org ✨



We need your help spreading the word about Lumina

We are thrilled to share that—despite the challenges of recruiting during a national nurse staffing crisis—Lumina has welcomed five new nurses to our team in 2022. This means that **we are fully staffed and able to admit patients within 24 to 48 hours of referral. But we need your help sharing this good news**, so that patients and families in our community can benefit from Lumina's care.



Here is how you can help:

1. **Continue to refer your family and friends to Lumina** when they are in need of end-of-life care. And know that **patients always have a choice about which hospice agency to use**, regardless of physician, insurance, or other affiliation. If you are not sure if your loved one is ready or eligible for hospice or palliative care, we can help. Call for a consult at 541.757.9616.
2. If you or a family member has benefited from any of Lumina's services, **please share your experience in a Google review**. This will help our search results so that other families in need can come to know Lumina. Simply click the "Leave us a Review Button" on our Testimonials page (www.luminahospice.org/testimonials).
3. **Like and follow our Facebook page** and share our posts so others can learn more about our services and extensive community programming.

We are incredibly thankful to you, our community, for your ongoing support. Together, we can further our mission to provide compassionate care and support to those facing serious illness or end of life. ✨

LUMINA NURSES were honored during National Nurses Week by The Albany Democrat Herald and Corvallis Gazette Times.



Tracy Calhoun



Rachel Houck



Cadie Olmsted



THE POWER OF TEAM

BY TAMARA SCOVILLE, BOARD CHAIR



They say that change is the only constant and that has certainly been true for Lumina in recent years. From responding to the public health emergency, to operating during a national nurse staffing

crisis, and everything in between, Lumina has proven again and again to be adaptable and resilient. Our resilience is directly related to another constant: the commitment of our team of staff, volunteers, and community of supporters.

Lumina's staff is passionate about their role in providing quality care, and work as a team to bring the highest standard of care to individuals, families, and caregivers. I experienced this firsthand when Lumina cared for my parents at the end of their lives. We will never forget the personal, heartfelt care the team provided not only to my parents, but to our entire family including their grandchildren. This teamwork is unique and apparent throughout Lumina. Lumina's compassionate team gave our family the gift to share precious moments together and we are forever grateful for the memories we have because of Lumina.

As we recover from the lingering effects of the pandemic, Lumina is proud to be fully staffed with an incredible team and remain committed to serving this community, today and in the years to come.

There is a reason that Lumina remains, while so many nonprofit hospices have closed under the pressure of competing against for-profit agencies. That reason is our committed staff and volunteers, and the lasting support we receive from the community we have served for more than 40 years. With your help—your patient referrals, volunteerism, community partnership, and financial support—we know that Lumina is well-positioned for the future, whatever changes lie ahead. ✨

Supporting a friend in grief



At some time in our life, all of us will experience being the supporter to someone as they grieve. For most of us this role can feel uncomfortable and awkward. We are often unsure of how best to offer support—what to say or not say. What to do. How to act.

Grief has no order, timeline, or uniformity. Supporting someone who is grieving may look different depending on the supporter and the griever. Here are some ways you can support someone who is grieving:



Reach out—offer specific help such as walking the dog, tending to the garden, or taking out the trash. Don't let the fear of saying the wrong thing get in the way of reaching out.



Attend the funeral, wake, or celebration of life. When in doubt, be present.



Allow emotions—crying is a natural response to a loss and outwardly expressing emotions is healthy and helpful.



Acknowledge their person—don't be afraid to say the name of the person who has died. Grievors want to know that their person is remembered by others.



Listen—Let the griever be the guide; try not to pass judgment or offer advice on how they should be feeling. Try not to think

about how you will respond while you are listening to them speak.



Send a card—most grievors share that they treasured the notes and cards they received after a death, particularly those with a memory or something admirable about the person who died. It is never too late to send a card.



Reach out again—most grievors report their support significantly drops off around four to six weeks after the death. Continue reaching out to check in and offer your support.

Grief can be a messy experience.

You don't need to be perfect, you just need to be present.

Showing up for one another with authenticity and vulnerability and sticking together through life's hard times is what bonds us deeply to each other. ✨

MEMORIAL GIFTS

Memorial gifts are a meaningful way to honor the memory of a loved one who has died and helps ensure that others will benefit from Lumina's care. When Lumina receives a gift in memory of a loved one, we light a candle in their honor.

To make a memorial gift, visit luminahospice.org/donate



2022 Clinician of the Year

Lumina's Medical Director of Clinical Innovations, **Dr. Helen Kao**, was named *2022 Clinician of the Year* by the American Geriatrics Society.

Join us in congratulating Dr. Kao!



Lumina
Hospice & Palliative Care

Founded as **Benton Hospice Service** in 1980

**720 SW 4th Street
Corvallis, OR 97333**

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

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