



Going to the Dogs: The Power of Pet Therapy

PETS HAVE A DEEP-ROOTED HISTORY of providing faithful companionship and showing unconditional love for the humans in their lives. Hospice pet therapy, using the longstanding bond between humans and animals, brings joy, humor, and soothing companionship to those on the end-of-life journey. For patients, pet visits provide physical as well as social and emotional benefits. Therapy pets can help reduce physical pain, promote an improved heart rate, reduce feelings of loneliness and depression, and improve overall outlook on life.



Mike Unsworth
and his therapy
dog, Tess

We asked two Lumina volunteers to share how pet therapy has impacted their lives and the lives of others.

Mike Unsworth and his current therapy dog, Tess, a Labrador Retriever, began volunteering with Lumina in 2021, visiting hospice patients and residents in assisted living. During the pandemic, when in-person

visits were not allowed, Tess did virtual READ (Reading Education Assistance Dogs) sessions via Zoom with children who experience learning difficulties.

When asked what he enjoys most about volunteering with Tess, Mike says, "I get most pleasure out of seeing the happiness that Tess induces in the patients she visits." He continues, "A therapy dog is a wonderful ice-breaker for getting conversations going, and I've greatly enjoyed hearing memories from patients about the role of dogs in their lives, which often leads to more recollections that we can share."

Jacque Barrington and her current therapy dog, Jackson, spend their time visiting older adults and hospice patients. Jacque had her first experience with an actively dying patient when she began volunteering for Lumina in 2007 with her first therapy dog, Dustee. Jacque remembers, "when I saw the delight in the lady's face as she pet Dustee I was greatly moved. He curled up beside her and gave her a kiss. The peaceful expression on her face showed that he had calmed her fears." She adds, "I witnessed the same effect Jackson had on my sister as she was dying. I knew then what Jackson and I were meant to do."



Jacque Barrington with her
therapy dog, Jackson

To learn more about volunteering at Lumina, contact Naomi Hirsch at volunteer@luminahospice.org 🌸

PET PEACE OF MIND PROGRAM

Lumina is a proud partner of the Pet Peace of Mind Program. Their goal is to preserve the loving bond between the seriously ill and their pets for as long as possible. The Pet Peace of Mind program is only possible because of community donors. Gifts to our program can be made online at luminahospice.org/donate 🌸



Pet Peace of Mind
Keeping Pets & People Together
Through Life's Transitions



Normalizing Conversations About Death

BY NAOMI HIRSCH, VOLUNTEER, TRANSITIONS & CAREGIVER SUPPORT COORDINATOR



Naomi Hirsch

Talking about death and dying has long been considered taboo. However, the growing population of older adults in the United States has begun to challenge this notion. In response, Lumina started a monthly Death Café in 2020. The Death Café is a movement that began in Europe to normalize conversations about death. These conversations allow people to connect, feel less

isolated, organize their lives, and have less fear when it comes to death.

As a facilitator of the Death Café, I found that coming together and talking about death made my own life more fulfilling and joyful – the joy coming from creating a space where others felt safe to share a full range of emotions and discuss topics related to death and dying.

Facilitating the Death Café at Lumina for two years inspired me to pursue an End-of-Life Doula professional certificate. Through this training, my goal was to deepen my skills to be both an advocate and listening companion to all the clients we serve and to improve the way we train our hospice volunteers.

Doula is a term used broadly to refer to someone who provides nonmedical emotional support to those facing a major life transition. The doula listens deeply to concerns, fears, hopes, and life stories. Depending on the skills and expertise of the doula and the desires of the client, the doula can:

- » Provide the opportunity to speak openly about dying
- » Explore the meaning of the dying person's life and legacy
- » Coordinate care and navigate hospice teams
- » Plan and sit at vigils, funerals, and celebrations of life
- » Lead guided imagery, visualizations, and breathing exercises
- » Help process the emotions and experiences with loved ones

As End-of-Life Doula programs and participation in Death Cafés continue to grow, perhaps we will begin to normalize conversations that were once considered taboo. To learn more about Lumina's Death Café, contact Naomi Hirsch at volunteer@luminahospice.org ✨

HEROES WITH HEART

BY AMY BAIRD, INTERIM EXECUTIVE DIRECTOR



As the Social Services Manager at Lumina, I have always been aware of how amazing the Lumina team is. Since taking on the role of Interim Executive Director, I have witnessed the team from

a new perspective. As we recover from the lingering effects of the pandemic, our team remains committed to our mission of providing compassionate care and support for individuals, families and caregivers facing serious illness or end of life.

Over the past five months, I have witnessed our team grow and become tighter knit than ever before. The nursing team welcomed our new Director of Nursing, Mo Weinman, with open arms and have received a boost of energy from her leadership and wealth of knowledge. Our Volunteer Coordinator, Naomi Hirsch, has greatly supported Lumina by recently expanding her role, and now oversees our caregiver support and Transitions program. The administrative staff have also been hard at work ensuring the clinical teams feel supported, accepting referrals, and providing assistance to anyone that contacts Lumina.

As our day-to-day work continues, preparations are in full swing for many fall and winter events, including our Annual Benefit Event. I invite you all to attend our virtual event. Even our longtime supporters are guaranteed to learn something new about Lumina. The focus of the event this year is to celebrate and honor "heroes with heart" – our staff, our patients, their families, and our community. I am excited to showcase the work that our team does each and every day. I hope you will join us on November 3rd at noon for a glimpse of the amazing work that is happening at Lumina. ✨



Lumina named “100 Best Nonprofits to Work for in Oregon”

For the third year in a row, Oregon Business named Lumina Hospice & Palliative Care one of the 100 Best Nonprofits to Work for in Oregon. We are honored to be recognized amongst other local nonprofits for best-in-class workplace practices and employee satisfaction. ✨



HELP OUR GARDEN GROW

We are grateful for our Gift Garden donors, whose significant contributions help to further our mission, and our Perennial donors, whose recurring monthly donations provide sustainable support for our future. To learn how you can help our garden grow, contact Holly Terlson at outreach@luminahospice.org or 541.757.9616.

SPECIAL EVENTS

Prison Terminal: Film Screening & Panel Discussion

October 12, 5–6:30pm

In partnership with the Humane Prison Hospice Project, Lumina will host a film screening of *Prison Terminal: The Last Days of Private Jack Hall*, followed by a panel discussion comprised of individuals working to change the way people die in prisons across the United States. To learn more or to register for this virtual event, contact us at outreach@luminahospice.org or go to luminahospice.org/our-events ✨

Powerful Tools for Caregivers

October 13–November 17

Powerful Tools for Caregivers is a six-week educational program designed to help family caregivers learn how to take care of themselves while caring for a relative or friend. Participants receive the Caregiver Handbook to accompany the class and provide additional caregiver resources. Class meets once a week on Thursdays from 10am to 12pm, for six weeks, at the Riverfront Community Center in Albany. To register, call 541.917.7760. For questions, contact us at caregiver@luminahospice.org ✨

Service of Remembrance

December 8 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 ✨

COMMUNITY OUTREACH

Lumina provides educational outreach to the community on a wide range of end-of-life topics from hospice and palliative care to grief, caregiving, advance care planning, and more. For more information or to request a speaker for your business or organization, contact Holly Terlson at outreach@luminahospice.org or 541.757.9616. ✨





Lumina
Hospice & Palliative Care

Founded as **Benton Hospice Service** in 1980

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LUMINA'S ANNUAL BENEFIT EVENT

CELEBRATING

Heroes with Heart

A Virtual Event

November 3, 2022 at Noon

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



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