

Walking Each Other Home Bringing comfort at life's last threshold

“A WORLD WHERE ALL AT LIFE’S THRESHOLDS MAY BE HONORED WITH COMPASSION SHARED THROUGH SONG”—that is the vision of Threshold Choirs. Threshold Choirs sing for people at life’s many thresholds, especially for those who are seriously ill, dying, or grieving. The first known choir formed over 20 years ago and since then chapters have formed all over the United States and in other places around the world. Locally, the Heart of the Valley Threshold Singers bring peace and comfort to clients, families, and caregivers with gentle voices, soothing songs, and a calm presence. Recently, the Corvallis-based group had the honor of singing to one of their own members, Sally Garelick.

As the COVID pandemic emerged, the Heart of the Valley Threshold Singers began holding rehearsals virtually. It was during this time that Sally began noticing issues with her vocals. After many medical appointments and extensive testing, Sally was diagnosed with ALS (Lou Gehrig’s Disease) and shortly thereafter lost her ability to sing.

As her disease progressed and Sally found herself needing hospice services, Lumina was honored to provide care to Sally and her family as Sally had provided comfort through her beautiful singing voice to other Lumina patients. “She was brilliant, compassionate, energetic, and

“The family chose to work with Lumina Hospice and Palliative Care because of their reputation as compassionate and independent care providers. Her hospice nurse was such a lovely woman. She showed immense respect and care for my mom, answered all our questions, and helped us through every step.

– DAUGHTER, TRACY



Heart of the Valley Threshold Singers wrap Sally in a song bath.

deeply committed to many environmental and humanitarian causes,” Sally’s daughter, Tracy Stage, said of her mom. “One such commitment was singing for the Heart of the Valley Threshold Singers.”



At Sally’s request, the Heart of the Valley Threshold Singers gathered around her in her final weeks of life to provide her with comfort and peace through song. A common approach is a song bath which involves lying down and being immersed in sound, surrounded by the choir.

Sally requested one final song bath, for which she chose the songs. Seven choir members gathered around Sally and gently sang to her. On many songs, she mouthed the words, cried, smiled, and giggled. “It was profoundly moving and comforting,” said Tracy, “the Threshold Singers blended their voices in beautiful harmony with melodies of grace, love, and peace.”

“For our last song, we gathered in a large circle around her chair (family included), all held hands, and sang Walking Each Other Home through our tears. Then we all hugged [Sally], her husband,

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CONTINUED FROM PAGE 1 and her children and left in a quiet and sad reverie” said David Grube, fellow choir member and past Lumina Board Member. “Her nurse was with us minutes after mom died. She hugged us, cried with us, and stayed as long as we needed,” said Tracy. “Losing someone you love is hard. The Threshold Choir and Lumina made it easier. We are forever grateful to both groups for helping our family through one of the saddest times in our lives.”

Local Threshold Choirs are part of an international nonprofit organization with over 170 chapters worldwide. Their songs carry messages of love, compassion, and peace. Their work is truly sacred.

To request the gift of song for your loved one, or to learn more about the choir, send an email to HeartoftheValley@thresholdchoir.org ✨

Separating Fact from Fiction with our Director of Nursing

BY MO WEINMAN, DIRECTOR OF NURSING

WHILE MOST PEOPLE believe hospice would be a depressing field of work, it’s the most rewarding and humbling work I’ve done. Shortly after joining Lumina, I began to speak at community outreach events. I have found that meeting members of the community and describing the supportive services Lumina provides often debunks some of the typical myths floating around – such as “hospice is a death sentence” – and allows education for families before they are in crisis (when decision making becomes exponentially more difficult)! Most groups I speak to are not aware Lumina provides Transitions services, volunteer support, palliative care, grief support and more. These presentations bring to light the numerous support services available through our organization.



Mo speaking to the Lebanon Optimist Club

So many myths exist about hospice, what it means, and what we do. Combine these misunderstandings with our death-denying culture, and you find far too many people wait far too long to access the services Lumina can offer for end-of-life support. Lumina’s outreach team is attempting to change this narrative with a “Know Us Before You Need Us” presentation.

This presentation is my favorite to give and often is followed by many amazing questions from the audience. I also get to hear from community members who have had their own experience with Lumina which always fills me with a sense of pride. We have an incredibly caring team! My wish is for members in our community to understand and embrace the tremendous gifts hospice care can provide to patients, families, caregivers, and assisted living staff when the time comes that such care is needed. If you ever encounter a group that would benefit from hearing about Lumina’s supportive services, please help us make that connection! Email us at outreach@luminahospice.org ✨



SUPPORT GROUPS RETURN TO IN-PERSON

For everyone’s safety, all of our programming and support groups have remained virtual for the last few years. We are thrilled to announce the return of in-person programming and support groups at Lumina! Many groups will continue to offer a virtual option for those who are more comfortable with that format. To review upcoming programming, events, and support groups, view our calendar at luminahospice.org/our-events



SERVICE OF REMEMBRANCE December 14 at 6 pm

This annual virtual memorial service honoring those who have died with a reading of the names and candle lighting, will take place on Thursday, December 14.

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



WALKING HOME

BY AMY BAIRD, EXECUTIVE DIRECTOR



Every day at Lumina, I am reminded of the profound truth that lies within the simple phrase, "we are all just walking each other home." Coined by Mirabai Bush and Ram Dass in the title of their book about

conversations on loving and dying, this has become a well-known phrase for walking alongside our loved ones from beginning to end. Our skilled nurses and social workers, our chaplain and hospice aides, and our patient volunteers are some of the companions for our patients who are "walking home."

We understand that life's journey is made up of shared experiences, compassion, and support. Each step we take and every moment we share is a testament to the interconnectedness that defines our existence. It is this very interconnectedness that we celebrate as we reflect on the beauty and strength of our partnerships in this community.

Lumina's long-standing ties in the community allow us to experience others accompanying their friends and neighbors on their walk home. This year we had the honor of witnessing the Heart of the Valley Threshold Singers walk one of their own members home by surrounding her in song during her final days. We have seen the memory of patients live on through paintings, sewing, and drawings. The interconnectedness that Lumina shares with our entire community helps make us a stronger organization.

Together, we create a tapestry of love and support that wraps around our patients, families, friends, loved ones and caregivers. These collaborations bring the joy of music, the solace of art, and the comfort of companionship, creating memories that linger in our hearts.

I extend my deepest gratitude to each member of our community for their unwavering support, their open hearts, and their dedication to our shared mission. We are all walking each other home, providing love, compassion, and companionship to one another. ✨

The Power of Planned Giving: Leaving a legacy

IN THE SPIRIT OF LASTING IMPACT, consider the transformative potential of planned giving. By including Lumina in your estate plans, you forge a legacy that echoes far beyond your lifetime. Planned giving ensures your cherished values and causes endure, making a profound difference in the lives of generations to come. With a myriad of options available, such as bequests, trusts, and annuities, your thoughtful planning today can ensure those facing serious illness or end of life are not alone. No matter how much you choose to give, your donation to Lumina makes an impact on families in our community. **Your gift truly makes a difference.**

To learn more, visit luminahospice.org/donate ✨

Women Wealth & Well-being

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WOMEN WEALTH & WELL-BEING

FREE WORKSHOP

KAY DEE COLE
CLARITY WEALTH DEVELOPMENT

TRACY CALHOUN
RESOURCE NURSE, LUMINA

MO WEINMAN
DIRECTOR OF NURSING, LUMINA

October 12 | 9-11am | Corvallis Community Center

THIS FREE WORKSHOP is designed for women, led by women, seeking to take charge of their financial destinies and open conversations about end-of-life wishes. Leave feeling confident, informed, and connected, equipped to make informed financial decisions and embrace a prosperous future.

All women welcome! Light breakfast provided.

RSVP at luminahospice.org ✨





Lumina
Hospice & Palliative Care

Founded as **Benton Hospice Service** in 1980

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Illuminate

LUMINA'S ANNUAL BENEFIT EVENT

WEDNESDAY, NOVEMBER 1ST AT 5:30PM

CH2M HILL ALUMNI CENTER

Tickets available at luminahospice.org/benefit

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