

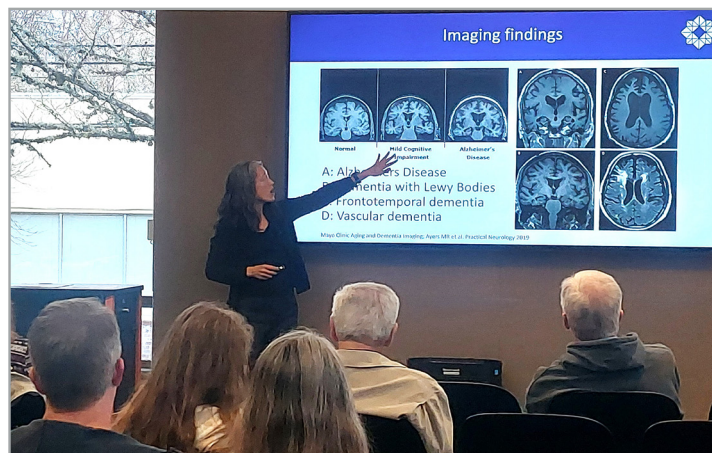
Lumina's Education and Community Support Programs

BY MOLLY GAGE, SOCIAL SERVICES CLINICAL MANAGER

Lumina has long been known for our excellent medical care through hospice, palliative care, and more recently, Housecalls, our home-based primary care service. In addition, we value our role as a trusted source of information and support for anyone in the community facing, or simply curious about, end-of-life issues, serious illness, advance care planning, caregiving, grief and loss. Every month Lumina offers the public opportunities to attend drop-in support groups and community lectures that are open to anyone, no hospice affiliation required. We can offer these community support programs at no cost to participants thanks to our generous donors and funders. Lumina has received grant funding for current program offerings from Benton Community Foundation, Consumers Power Charitable Trust, Corvallis Community Thrift Shop, Siletz Tribal Charitable Contribution Fund, Trust Management Services LLC, and Oregon Cascades West Council of Governments Senior & Disability Services.

Our community educational calendar has been jam packed, and events have been well attended. The Lumina Death Café, a monthly discussion group, garners a lot of interest. Thus far during 2025, we presented the first event of Dr. Helen Kao's 4-part lecture series on dementia (pictured in photo). We launched a volunteer led End of Life Book Club, hosted two caregiver educational luncheons, offered a Medical Aid in Dying lecture by Dr. David Grube and an Advanced Directive planning workshop led by long-time Lumina volunteer Dr. David Cutsforth. Lumina also held a grief discussion with Sweet Home school counselors.

Lumina's monthly caregiver and grief drop-in support groups continue to provide a safe place for community members to come together for support. Several times a year we offer a Grief Education and Support Group workshop as well as a Powerful Tools for Caregivers class. We host two annual memorial services open to the community to remember those who have died (for more information on the 2025 May Memorial event, see the back of this newsletter). For a complete event list visit: luminahospice.org.



Dr. Helen Kao of Lumina presents "Dementia 101" at the Corvallis-Benton Library. Pictured is a slide of brain image findings of different forms of dementia.

Collaboration with community partners makes it possible for Lumina to offer these events. We are currently partnering with Lebanon Senior Center, Mennonite Village, City of Albany, Grace Center for Adult Day Services, Corvallis Community Center, Old Mill Center for Children and Families, OSU Department of Human Development and Family Sciences, Corvallis-Benton County Public Library, Heart of the Valley End of Life Community, Mactivity Creative Space, ArtsCare, Alzheimer's Association, Compassion and Choices, Suicide Bereavement Northwest, Dougy Center for Children and Families, and others!

Lumina staff are always happy to present to community groups on topics such as Hospice 101: Know Us Before You Need Us, Advance Care Planning, and Anticipatory Grief. We welcome you to join our mailing list by reaching out to outreach@luminahospice.org. Follow us on Facebook and Instagram for continuous updates on these and other community offerings. ✨

Bringing Hope Home with Housecalls

BY DR. HELEN KAO, MEDICAL DIRECTOR OF CLINICAL INNOVATIONS

Housecalls, a service of Lumina, has been a dream of mine since moving to Corvallis in 2016. Prior to moving north, I served as Medical Director of the University of California, San Francisco's Housecalls program where I developed a deep love for providing care to patients who often do not see a provider in person except in the emergency department. The modern-day house call provides medical care to frail or medically complex patients who are homebound due to physical or cognitive conditions. For these individuals, a visit to a medical clinic is either difficult or impossible.



Lumina Celebrates 45 Years of Service

BY SARAH FOSTER, OUTREACH & FUNDRAISING COORDINATOR

We are so excited to celebrate Lumina’s 45th anniversary during 2025! We have come a long way since our beginning. Founded as Benton Hospice Service in 1980, we were completely staffed by volunteers providing patient care and our financial support consisted solely of donations from grateful family members and the community. Our founders including Betty Johnson, David Connell, David and Jean Kliewer, and George Constantine would be proud of our organization and that we honor our foundational beliefs even to this day. Our values have stood the test of time. We provide clinically excellent care based on patient choice, compassion, dignity and respect, with the goal of improving the quality of life for patients with serious illness.

Today, Lumina has 38 employees and 92 volunteers. Our staff consists of Physicians, Registered Nurses, Medical Social Workers, Hospice Aides, Chaplain and support staff. Volunteers help with community events, support groups, and offer direct assistance to patients and their families. They can run errands, give respite, offer socialization as well as provide bedside vigils, so that no patient has to die alone. We are extremely grateful to have so many volunteers support our mission by offering their time and talents.

We have continued to thrive and provide the same compassionate care that we are known for through the pandemic and now on the other side. We are so thankful to be your locally grown independent non-profit hospice provider. We are honored to have been able to provide end of life care for 45 years and look forward to the next 45 years and beyond. ❖



Long time Lumina volunteer, Curt Seeliger, with his wife Jana

Volunteer Spotlight

Unassuming and humble, everyday heroes don’t seek out recognition. They are someone who—by his or her own definition—is simply ordinary, but whose “go-above and-beyond attitude” deserves to be celebrated.

Curt Seeliger has been volunteering with Lumina for close to 20 years. Most of that time he has helped support our physical therapist and bereavement for children and adults. He currently co-leads bereavement groups at least once a week and is involved with planning our May Memorial and the return of Children and Families Support groups. Curt says, “I’m still here because this is where I’ve found my people, and because Benton Hospice and Lumina have invested so much in my training. Go you.” We thank you Curt for your time and your dedication.

Lumina Hospice & Palliative Care is an independent, non-profit community resource providing responsive care for local residents nearing the end of life. Serving the mid-Willamette Valley since 1980, we ensure in-home comfort, compassionate care, and dignity for every patient throughout their remaining days, wherever home is. For nearly 40 years, you knew us as Benton Hospice Service, it was where we began. Our roots in outreach and education remain central to Lumina's work today.

10 o’clock in the Morning by Keith Seckel

KEITH SECKEL IS A HOSPICE NURSE AT LUMINA

It’s 10 o’clock in the morning and I’m watching you die. I see no reason to stop you.

It’s 10:05
Wrinkled hands.
Hers holding yours
Holding hers.

It’s 10:10
Quiet and tears
And slowing breaths.
Slowing heart.

It’s 10:12
9/10 bitter is becoming 10/10 sweet.

It’s 10:13
Your dark-blue neck pillow
Now under
Your pale grey-blue chin.

It’s 10:14
Your hand squeezes hers for one last goodbye.
Her “I love you” is the last thing you hear.

It’s 10:15
Your grey face pales further
How are you breathing?

It’s 10:17
You’re still; yet breathing?
An inbreath and a gurgle.

It’s 10:18 and
Cats at play bring breath
Back to us, but not you.

It’s 10:20
Your eyes closed a minute ago.
And now there’s just 3 of us.
Your wife, your niece, and me.

It’s 10:25 in the morning and
I just watched you die.
I saw no reason to stop you.



Katelyn Cooper Appointed Executive Director of Lumina

BY LORINDA ANDERSON, BOARD CHAIR



I'm excited to share a milestone in Lumina's journey: the promotion of Katelyn Cooper to Executive Director! Katelyn has served our hospice with heart and dedication since 2017. Katelyn's leadership is rooted in deep understanding of our mission and love for this community. Katelyn first joined Lumina as the Support Services

Manager. She then served as Operations Director for five years, where she demonstrated strong leadership and operational expertise. For the past six months Katelyn has been serving as Acting Executive Director, and she has proven to be an invaluable partner. She brings a wealth of knowledge to her new role and experience in healthcare, HR management, IT operations, project management and contract negotiation. "Throughout my career, I have been deeply committed to serving the community. I believe in the power of connection and collaboration and will work tirelessly to ensure that every individual we serve experiences the dignity, comfort and care they deserve."

Katelyn has lived in the mid-valley area for 19 years. She currently lives in Albany with her husband and daughter, an energetic dog, and a newly acquired betta fish. She enjoys camping and outdoor activities with her family. ✨

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Bringing Hope Home with Housecalls

BY DR. HELEN KAO, MEDICAL DIRECTOR OF CLINICAL INNOVATIONS

While providing geriatrics and palliative consults across the Willamette Valley over the past 9 years, I saw the tremendous need for home-based primary care in our community. In October 2023, with the support of the Lumina Board of Directors, philanthropic support from Benton Community Foundation and private donors, I made the leap to launch Housecalls. Housecalls provides geriatrics primary care and urgent care to enrolled patients. With advances in modern technology, tests such as ECG, x-ray, and ultrasound can be provided in the home. Nationally, housecall programs have been proven to dramatically improve health outcomes and quality of life for homebound patients and their caregivers. To date, Housecalls has served 87 patients and their families. The need for Housecalls services is so high that we are now maintaining a waitlist for new patients. Lumina is thrilled to offer this valuable service to our community and we hope to continue to grow the program to meet the need in our community. ✨

Together, We've Built Something Beautiful – Let's Keep It Growing

Dear Community Member/Friend,

For 45 years, our hospice has been more than just a place of care – it is a community built on compassion, trust, and love. We've walked alongside families in their most tender moments, providing quality end-of-life care as well as support through caregiver challenges and the journey of grief.

As a community-grown non-profit, every step we've taken has been rooted in the values we share with you – dignity, service, and heartfelt connection. We're deeply grateful for your support throughout the years. It is because of you – our neighbors, friends, and partners – that we've been able to do this sacred work.

Today, as we face an uncertain healthcare landscape, your support means more than ever. We are committed to not only maintaining, but also continuing to expand, the high-quality care our community deserves. Our services are vital – and they are only possible with your continued generosity.

Will you please consider making a gift today to help us continue this legacy of care? Together, we can ensure that no one in our community walks through this journey alone.

With deepest gratitude,
Katelyn Cooper, Executive Director

THANKS TO OUR GENEROUS COMMUNITY OF DONORS

To make an online donation, visit luminahospice.org/donate

UPCOMING SPECIAL EVENTS

APRIL 29, 7 PM, BENEFIT CONCERT FOR LUMINA

Hazelwood Ensemble sings at the Philomath Museum

MAY 31, 10AM, MAY MEMORIAL EVENT

A community remembrance event at the Benton County Fairgrounds, Floral Courtyard. Live music, family friendly

JUNE 12, 5:30PM & JUNE 13, 12PM, DEMENTIA LECTURE

Caring for Dementia Over Time presentation by Dr. Helen Kao at Corvallis Community Center

AUG 7, 10AM, ADVANCE CARE PLANNING

Presentation by Lumina at Lebanon Senior Center

SEP 25, HELPING CHILDREN IN GRIEF

Symposium for school counselors & other professionals

- » Visit our website for Events Calendar: luminahospice.org
- » For Grief support: grief@luminahospice.org
- » Caregiver support: caregiver@luminahospice.org
- » To be added to our email list: outreach@luminahospice.org



Lumina
Hospice & Palliative Care

Call us 541.757.9616
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luminahospice.org

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*To be removed, call 541.757.9616 or
email outreach@luminahospice.org*

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Donna Hutchinson
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Nicolas Ortiz
Julie Schwartz
Chareane Wimbley-Gouveia



May Memorial

A Community Event

Saturday May 31, 2025
10am to 1pm
Benton County Fairgrounds

WE INVITE YOU to join us at the Floral Courtyard at the Benton County Fairgrounds on Saturday, May 31 anytime between 10am and 1pm to remember and honor those who have died. This community event is open to all, no hospice affiliation required. Live music and refreshments provided. A variety of activities will be available to remember and honor those who have died. Please join us for this family friendly event for all ages. Bring a picnic & a camp chair, you may want to stay awhile! More at luminahospice.org/memorial



Lumina
Hospice & Palliative Care

Founded as **Benton Hospice Service** in 1980