

Hospice of Kitsap County provides dignity, compassion and comfort to those completing life's journey and those who love them.

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# Hospice of Kitsap County

SPRING  
2011

# Sojourner

## Silverdale Brothers Bicycle Across the USA to Raise Awareness and Support

All their lives, Hunter and John Burroughs shared a close bond with their great-grandmother Arlene Patterson. When Patterson died in September 2009 after a lengthy bout with cancer, the boys took her passing hard. Over the course of a semester, a children's bereavement program offered through Hospice of Kitsap County helped ease the grief of John, 13, and Hunter, 14. "It just helped to know that there were people who were there for me," said John about the Children's Grief Program.

This Spring, grateful for the care their whole family received from Hospice of Kitsap County, the brothers decided to embark on a long-awaited cross-country bike trip. They also decided they would use the bike trip as an opportunity to raise awareness and support for Hospice of Kitsap County.

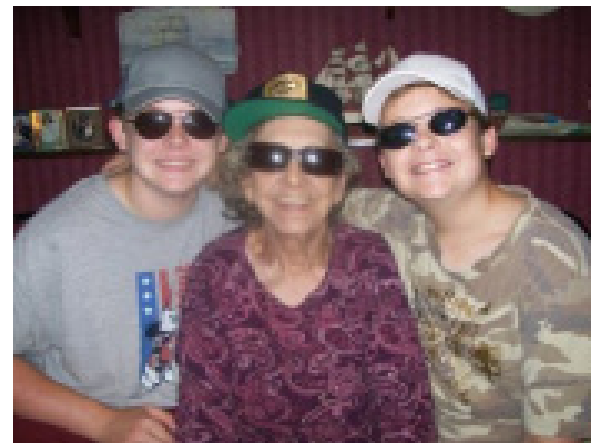
Jane Wilson, their grandmother, is also grateful for the care her mother received from Hospice of Kitsap County. "My mom was in a lot of pain and I could call Hospice morning, noon and night and they would help with whatever," she said. "The last 15 days of her life, she was in a coma. It was horrible. They would come right out. They would sit with us, they would talk to us." Jane is proud of the boys for wanting to give back to Hospice.

The boys set off from San Diego, California in mid-February and reached St. Augustine, Florida on March 19th. They pedaled just over 2,400 miles and so far have raised more than half of their \$2,500 fundraising goal. Going along for the ride in an SUV stocked full of food and gear was their grandmother, Jane, and her brother Matt Patterson.

For more information and to support the Burroughs brothers' efforts go to [www.hospicekc.org](http://www.hospicekc.org).



Hunter, Matt, John on the Beach in Florida



Hunter, Arlene and John

The Doctors Clinic Annual  
Whale of a Run July  
30, 2011



Save the date and get ready for the WHALE OF A RUN at Silverdale Whaling Days. Thanks to the generosity of the Doctors Clinic, every dollar raised goes directly to helping the patients and families of Hospice of Kitsap County. There will be a race to suit everyone, so come out and join your fellow runners in support of Hospice of Kitsap County. For more information, please call us at 360-698-4611.

2011 Finish line Water Sponsor:  
MAXX NUTRITION

Help green the planet and save Hospice of Kitsap County resources... Sign up today to receive the Sojourner by email. Go to [www.hospicekc.org](http://www.hospicekc.org) to learn more! Or email us at [info@hospicekc.org](mailto:info@hospicekc.org)



## Complementary Therapy Program Celebrates First Year

In 2010 Hospice of Kitsap County initiated a formal Complementary Therapies program designed to further meet its mission of providing comfort dignity and caring to those completing life's journey and those who care for them.

Promoting comfort and well-being, complementary therapies are used alongside and serve to complement, the medical and social support that Hospice of Kitsap County patients receive from their hospice care teams. Studies have shown that Complementary therapies can help reduce anxiety and stress, slow heart rates and lower blood pressure, promote relaxation and bring on sleep. They also have the ability to ease nausea, depression and isolation.

### Massage Therapy

Massage is an excellent way to enhance quality of life for a hospice patient. It is proven to be an effective therapeutic tool in the care of hospice patients by promoting pain relief and symptom management, reducing stress, minimizing anxiety and encouraging relaxation.

Touch in the form of massage therapy can help restore feelings of self-acceptance and self-esteem to a person whose body has been invaded by a debilitating, perhaps disfiguring disease. It addresses feelings of isolation and loneliness. The right touch at the right moment can be far more effective than words in acknowledging a person's suffering, and offering comfort and support. As a patient nears death they may

become less responsive or unable to communicate verbally, touch serves to remind them that they are still an individual and are not alone.

### Aromatherapy

Aromatherapy is the art and science of using scented essential oils to balance, harmonize and promote the health of body, mind and spirit. Aromatherapy is used in conjunction with massage and oils can be rubbed on the skin, added to a bath, inhaled directly or diffused to scent a room. Smells have an uncanny power to move us. Essential oils, such as rose, lavender and musk are carefully selected to improve sleep patterns, reduce pain, stress, and anxiety, and promote relaxation.

### Music therapy

Music therapy is the clinical and evidence-based use of music by a trained professional to meet the physical, emotional and spiritual needs of individuals. The use of music as a healing influence has been evident since the early Greeks. Music therapy provides a holistic support and allows for an alternative means of communicating, relating, expressing, living and dying. Music therapy is tailored to the cultural and personal preferences of the patient. Music is a therapeutic presence which comforts and consoles even patients that are no longer conscious or communicative. When words are not enough to communicate or to provide the support that is needed,

music can help to find a voice to express emotion, to communicate important messages and to be supported in their unique and often difficult journey.

Currently Hospice of Kitsap County has three volunteer music therapists who share their time and talents with patients at the Care Center.

### Pet therapy

Pet therapy programs involve staff and trained volunteers who visit patients and families with specially certified therapy dogs. Visiting with these gentle animals helps people feel less lonely, provides entertainment and a welcome distraction from the pains and burdens of coping with illness. It encourages people to communicate their feelings, laugh and interact with others. Patients in facilities who may have had to give up cherished pets find joy in reliving memories. In addition, patients and families often report more responsiveness to care and an improved feeling of connection to life through the use of this comforting therapy.

Complementary therapies add an extra dimension of care to hospice's commitment to nurture the body, mind, and spirit. These non-invasive, holistic practices do not replace but rather enhance the medical, social, emotional or spiritual care Hospice of Kitsap County provides to terminally ill patients and their loved ones.



## A Message from the Executive Director

During my ten years as Executive Director of HKC, I have been consistently grateful for the generosity of our community. Organizations like the Silverdale Rotary Club, The Kitsap Community Foundation and thousands of individual donors have made a significant impact on the ability of this agency to serve the people of Kitsap County.

I especially would like to use this space to draw attention to our local business community. Because of local companies' willingness to sponsor events, donate goods and services, and make outright donations, HKC has been able to provide more than just the superior care our patients and families expect, we have also been able to provide educational opportunities for community healthcare professionals; develop needed community bereavement programs in schools and workplaces; expand the number of grief counseling groups available for adults and children; and implement a robust complementary therapy program that brings music, massage, pet and aroma therapy to patients' bedsides.

Each year, local businesses help us raise money or awareness by sponsoring events. In March of this year, Kitsap Bank chose Hospice of Kitsap County to be a community partner and agreed to be the presenting sponsor of an educational opportunity for local physicians. This event will feature Dr. Robert Buckman, a medical oncologist and expert in patient-doctor communications and will provide our local providers with tools to improve communication with their patients when discussing life-limiting illness and end-of-life care. This type of educational event, developed in partnership with Harrison Medical Center's Palliative Care Department, is a rare opportunity for local providers. With support from community partners like Kitsap Bank, we hope to continue bringing nationally recognized experts to Kitsap County.

A longtime sponsor and partner, The Doctors Clinic has agreed to present the Whale of a Run again in July, 2011. The Doctors Clinic commitment to the Whale of a Run spans more than a decade, and because of their generosity every dollar raised at the run goes directly to helping the patients and families of Hospice of Kitsap County. The Doctors Clinic commitment to The Whale of a Run isn't only a financial one, they also provide an army of cheerful and efficient volunteers who help register and organize the over 1,000 runners at the event.

Some businesses make outright donations in support of our efforts. For example, Silver City Automotive chose us to be the first recipient of their employee directed giving program where a percentage of the new dealership's sales goes to a local nonprofit working to better Kitsap County. This type of unrestricted gift helps us to bridge the gap between what we are reimbursed for care and what the actual cost of care is. Other organizations, like Maxx Nutrition, Anthony's Restaurant, and Costco, have committed to supporting our mission through in kind donations of goods in 2011. Their donations drastically reduce our costs and help us to maximize every dollar we spend.

I am grateful for not only the financial support these organizations provide this agency, but also for their commitment and dedication to our mission. With their help, we will continue to provide dignity, compassion and comfort to those completing life's journey and those who love them; we will continue to offer high quality education opportunities about end-of-life care to providers; and we will continue to provide grief counseling services to anyone coping with a loss.

Jim Pledger

## Facing Loss: Hospice of Kitsap County Can Help

Grief is a normal, natural reaction to the loss of a loved one, although at times it may feel like you are on an emotional roller coaster. This can be a very challenging time, mixed with different emotions and feelings that can be very confusing. People often express fears of going "crazy." Although the emotional, physical and mental symptoms of grief might make a person feel like they're falling apart, these symptoms are not a sign of mental illness and you are not alone.

Our society tends to value productivity and quick results. We are not accustomed to prolonged periods of sadness, and there is often the perception that survivors are expected to "get on with life" after only a few weeks. The most productive way to "get on with life" is by respecting the need and time to grieve.

Hospice of Kitsap county supports survivors by offering a healthy environment in which to grieve. Talking, or other expression about issues you are experiencing may be helpful. We want to support you. Call and register for group at 360-698-4611.

### Facing Loss: 9-Week Adult Grief Group Spring Schedule:

Morning Group - 10:30 to Noon  
March 7th through May 2nd  
Silverdale

Evening Group - 5:30 to 7:00 PM  
April 5th through May 31st  
Silverdale

For more information or to register,  
please call 360-698-4611.

# National Volunteer Week

## Hospice of Kitsap County Volunteers Provide Valuable Resources

National Volunteer Week is April 10 through 16, a time to recognize and celebrate the thousands of people who give selflessly of their time and talents in service to others. Nowhere is this more important than in our nation's hospice and palliative care programs.

Here at Hospice of Kitsap County we have trained volunteers who are dedicated to making sure those in our community have the support and care they need when facing the journey at life's end. This journey can often be a lonely, frightening, and unfamiliar experience. Knowing that there is a caring neighbor to give a hand, lend an ear, and share his or her heart can make all the difference to patients and families. In 2010 the 150 volunteers of Hospice of Kitsap County provided 11,542 hours of patient and administrative support of this agency. Based on the Independent Sector's value of time in 2010, our volunteers provided \$246,537.12 of value to this agency and those we serve.

Hospice of Kitsap County volunteers understand that every person they care for is a unique individual with a lifetime of experiences, relationships and gifts to share. Hospice care brings comfort, dignity and compassion to help people live every moment of life to the fullest, leaving loved ones with memories they can treasure.

Learn more about hospice care and volunteer opportunities by contacting Hospice of Kitsap County at 360-698-4311.

For more information about volunteering, please call Hospice of Kitsap County at 360-698-4611 or email us at [info@hospicekc.org](mailto:info@hospicekc.org)



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