

# The Chaplaincy



**Purpose**  
Serving others by living out God's call.

**Vision**  
Together we provide compassionate care, bringing comfort and peace in the midst of transitions on life's sacred journey.

**Mission**  
Serving others with impeccable spiritual, emotional and physical care.

WINTER 2011

## *a Tribute to* CORK'S PLACE

by Jennifer Combs, 2011 Breakfast Speaker

Each year I visit a stone with a bundle of flowers, a grieving heart, and a mouthful of words left unspoken. Most people that were my age at the time had challenges that were normal for a high school student, such as making it onto a varsity team or getting an 'A' in math. My biggest trial in life sought me out in the midst of all the other high school drama.

Everyone expects to outlive their parents and imagines them being there as a source of support and comfort through all aspects of childhood and adulthood. The nightmare that I feared for so long came true September 20, 2008, without much warning. My mom died.

The last day of my mom's life was spent in the hands of nurses blessed with a gift from Christ—the gift of compassion. Hospice has a philosophy of care; they aren't there to prolong your loved one's suffering. Instead they focus more on the quality rather than the quantity of the days they have left. When my mom entered hospice care she was long past the last stage of her life, which meant our stay there was brief; however, still very memorable.

For the first time since my mother had begun battling cancer she was pain-free both physically and emotionally. I could look at her and not feel as helpless, talk to her without being drowned out by cries of agony, and comfort her through prayer. I could feel Christ's everlasting love and mercy amidst everything—from the lemon pastries to the quilts donated from thoughtful individuals. His presence was so apparent that during this time when I was both

*Jennifer and her mother, Rebecca*



weak and weary, I saw an angel. An angel that provided me with the peace and comfort I was so longing for.

Proverbs 15:13-14 says, "A glad heart makes a cheerful countenance, but by sorrow of heart the spirit is broken." This verse shows the difference between the two. It explains the state of a man's heart simply by observing his countenance. A happy person has a lively attitude, possible "smile wrinkles," and a sparkle in their eye that never seems to go away.

Now for someone that has gone through a tragedy, it is nearly impossible to properly define their sorrowful heart and state of mind. There are times when you are in absolute despair, a sense of numbness and hollowness so noticeable that one begins to wonder what the true meaning behind life truly is. At my lowest point, those who told me grief gets better with time angered me because I couldn't see how such feelings would ever diminish to where I could go back to living a normal life. Those who claimed to understand what I was going through or suggested that I put a smile on my face got to me as well. Jealousy overwhelmed me at random points during my day, whether it be as simple as seeing a mother and daughter grocery shopping or at a major event like graduation.

*continued on page 2*



**A Tribute to Cork's Place** *continued from page 1*

Cork's Place is where I instantly was able to meet people going through similar challenges in life. It was there that I learned the true meaning of grief—the grief that is so often hidden behind a smile or a laugh. It is defined there through each spectrum of color splattered across the walls that are telling a story of each child or teenager. It was a place where you could get away from those at school claiming to know how you feel or telling you to get over it by now; where others understood the jealousy you were feeling at random moments. They could relate to crying and how sometimes a hug is more necessary than someone to talk to. Most there were able to agree that your whole family dynamics change, and overall the way of life as you once knew it changes.

At Cork's you could casually acknowledge just exactly where you were at in your journey of grief by glancing at the array of colors signifying how you felt. This poster made me realize the fear I felt of being alone was really just a clatter in my heart distracting me from those around me. It was like tunnel vision,

corrupting my outlook on life, consuming me totally in its overwhelmingly irrational, simplistic state.

I know that the loss of my mother will never be something that I will ever fully get over; it is always going to be the moment that molded me into the woman I have become today. Currently I am attending college to become a nurse, so that one day I can provide patients and their families with the care given to mom by the nurses at hospice, and as of right now my heart is leaning towards specializing in pediatric oncology.

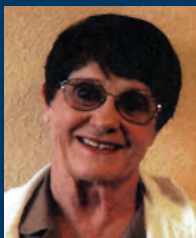
The last thing that I want to say is that everyone will experience the world of grief at one time or another, and that any child who loses a parent will have a hard time wrapping their minds around what they're feeling.

Also, when you do experience a tragedy, remember that your story will be similar, but at the same time completely different, from the person sitting next to you. Last but not least, grief will never completely go away—it continues to change. It ebbs and flows throughout our life, and takes different forms as we experience new things. And even though I never thought I'd say this, it does get better with time. 🕊



*"At Cork's you could casually acknowledge just exactly where you were at in your journey of grief by glancing at the array of colors signifying how you felt."*

## Hair Stylist Says Goodbye



**Judy Stein** is a retired hairdresser who, for the past eight years, has offered her hair cutting and stylist services to In-Home and Hospice House patients. For most of this time, Judy single-handedly filled all of our haircut requests, serving as many as 20 patients in one month.

She never said "no" to a haircut request.

Judy has always been extremely caring and generous with her patients. She understood how important it was for them to look their best, and how it made them feel better about themselves. She often

worked on bedbound patients who could barely move their head off their pillows, but she was flexible and very aware of their needs, and always found a way to make the haircut work for them. Judy went above and beyond to take care of patients. One weekend, a patient was admitted to the Hospice House with not more than a few days left. The patient knew her family would be coming to visit over that weekend and she wanted to look her best. The Hospice House nurses called Judy, who selflessly came in that Sunday morning to style the patient's hair. The patient was extremely grateful and "held court" with family and friends in her room all that afternoon.

Judy was such a blessing to us and we will miss her greatly.

# Lighting the Path Breakfast



*The Chaplaincy gives thanks to all the table hosts and their guests for attending our annual "Lighting the Path" breakfast in support of chaplain services, grief support and hospice.*

## ☛ Table Hosts ☛

Karen Adams  
Thomas Adams  
Jill Adcock  
Carole Allenbaugh  
Brant Baker  
Tom Becraft  
Nan Benecke  
Jo Ann Bengtson  
Peter Bengtson  
Wendy Bennett  
Paul Berthelot  
Jackie Blackburn  
Betsy Blank  
Malaura Bricker  
Kitty Burtner  
Michele Caron  
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Tom Becraft  
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Bette Cooper  
John Deichman  
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Kathy Dyson  
Lisa Enderlin  
Kim Fall  
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Dewey Robbins  
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Mike Talbot  
Brian Thomas  
Craig Timmons  
Angel Trump  
Mike Turner  
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Dan Williams  
Bonnie Wilson  
Gayle Womack  
Ann Wood

*Our sincerest gratitude to our breakfast sponsor*

# URS

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## *the Chapel at* SPAULDING PARK

by Bette A. Cooper, Executive Director

The centerpiece of our newest building at Spaulding Park is our chapel, symbolic of the faith that is foundational to our work. As we began working with



Bette Cooper

our architect, our Building Committee Chairperson, Jerry Rhoads, gave me the “assignment” of designing and dedicating

the stained glass window for our new chapel. I remember taking a deep breath and thinking, “This is not my strength.” I had a few ideas from a favorite piece of poetry but knew I had some experts who routinely create images with their words: our chaplains. I went to one of their staff meetings and without letting them know what I was doing, I asked them to participate in a visioning process about their work. I asked them to both create word pictures and to actually draw images on paper. They reflected on their images for me, and then I left.

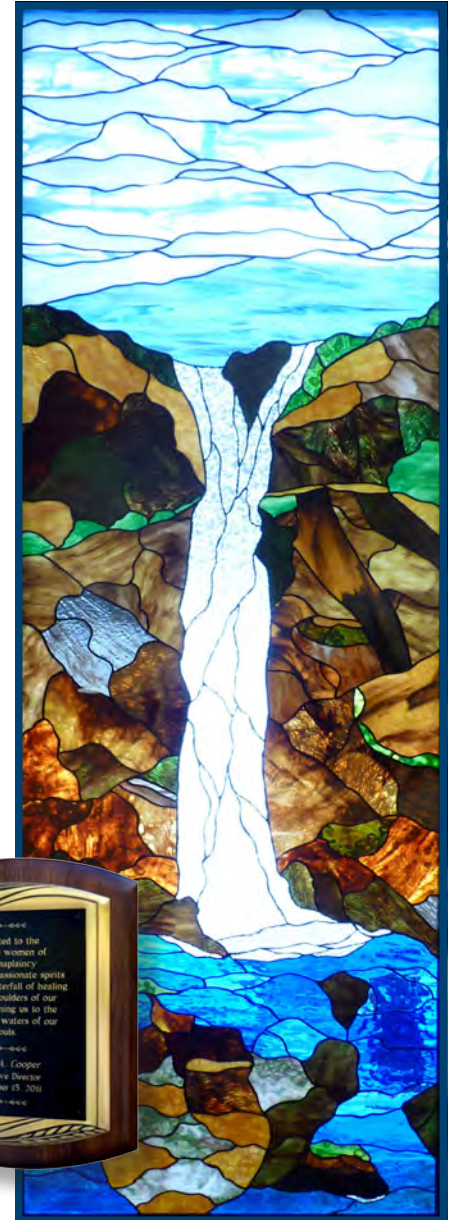
The image I had from a favorite piece of poetry and the images they created were both of water—water which flows and heals. I used these images and to the best of my ability created a “word picture” for our stained glass artists, Rich and Phyllis Burnam. They listened deeply and caught the image you see here of a beautiful cascading

waterfall that flows over boulders and down into a deep blue pool of water. They were so amazing to work with, and I was welcomed into their home to help them pick various glasses and tweak placement of various aspects of the design. I was privileged to see it go from an image in my mind to paper to pieces of glass to the beautiful piece of art it is today.

I am deeply grateful for having been given the “assignment.”

The dedication of this stained glass window is in honor of the staff of The Chaplaincy:

*Dedicated to the  
men and women of  
The Chaplaincy  
whose compassionate spirits  
provide a waterfall of healing  
over the boulders of our  
lives: returning us to the  
deep, calm waters of our  
souls.* 🕊️



### Thank you...

The Columbia Valley Daybreak Rotary generously awarded The Chaplaincy \$1,000 for the purchase of books and print materials used to support those in our community who are faced with caring for a terminally ill loved one or hurting from the death of a loved one.

We distribute approximately 200 books to our community every year and this grant will help us replenish our supply of materials so that we may continue to help those in our community suffering from, or preparing for, great loss.



# Little Things Can Help a Lot!

An easy way to contribute to the great work at The Chaplaincy is by donating items from our wish lists. . .

## Hospice Wish List

- Baby Monitors (Safety 1st Crystal Clear Monitors)
- Gift cards for books\* or gently used/new copies of *Final Gifts* and *The Four Things That Matter Most*
- Gift cards for music: Best Buy, Amazon.com
- Bath towels and twin sheet sets (extra long) in black, burgundy or dark brown
- Oil pastels, colored pencils, stencil patterns, and other various art supplies for adults
- Gift cards for craft supplies (JoAnn's, Craft Warehouse)
- Mini Zen Gardens
- iPod with speakers (portable)
- DVDs: "Accepting the Challenge: Providing the Best Care for People with Dementia"



## Hospice Kitchen Wish List

- Fresh or canned fruit; applesauce (1.5 quart)
- Chicken, beef or vegetable broth
- Bottled juices (2 quart size in Apple or Cranberry)
- Coffee (regular/decaf) and tea (pre-wrapped bags)
- Hot cocoa and Alpine apple cider (in packets)
- Dry creamer (in packets)
- Sugar (10 lb. bag) and cake mixes
- Plastic spoons
- Toilet paper and paper towels
- Zip-Lock bags (sandwich, quart or gallon)

*(Please refrain from donating low fat, fat free, sugar-free or "lite," low sodium items or dried, prepared foods, i.e. mac 'n cheese, pasta, instant potatoes)*

## Jail Chaplains Wish List

- Books—all must be paperback/soft cover:
  - Spanish-English dictionary
  - Books on parenting, marriage and family
  - Books on recovering from addiction
  - Books about dealing with grief
  - Narcotics or Alcoholics Anonymous books

*(At this time we have plenty of Bibles and Chicken Soup for the Soul books - Thank you!)*

## Cork's Place Wish List

- Dry-cleaning gift cards
- Blank journals or composition books
- Gift cards for books for patients and families\*
- Fiber filling (stuffing)
- Bio-degradable balloons (from Let's Party)
- Small photo albums
- Picture frames—all sizes
- Baseballs, basketballs, soccer balls and velcro balls



## Grief Support Groups Wish List

- Scrapbooking stickers and theme packets
- Glue sticks
- Art supply gift cards (JoAnn's, Craft Warehouse)
- CD player that holds multiple CDs, with remote
- Gift cards for books\*

\* i.e., Barnes & Noble, Amazon.com, Hastings, etc., gift cards sold at Walmart, Fred Meyer and most grocery stores.

## VOLUNTEERS NEEDED

- Military veterans of all ages to volunteer in the hospice program with patients who are also military veterans
- Hospice House volunteers to work all shifts including weekends and evenings. Assist Hospice House staff and spend quality time with patients. (Volunteer training required & provided)
- Licensed Hairdresser
- Respite and companionship volunteers: sit, visit, or read to patients living in their own homes. (Volunteer training required & provided)

*For more information on volunteering, please contact our Volunteer Coordinators at 783-7416.*



# GIFTS RECEIVED IN LOVING MEMORY & IN

August 16, 2011 – November 6, 2011

All gifts received from the "Lighting the Path" Breakfast will be listed in the Spring 2012 Newsletter.

## MEMORIALS

### Jack Agen

Delores Aman

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Donna Christianson

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### Yvonne Grohs

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Ed Ray

Thank you for remembering and honoring loved ones with gifts to The Chaplaincy. Your loved ones, and the names of those who generously donated in their memory, are very important to us. If we have made any errors on these pages, please accept our sincere apology.



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Yvonne Worsham

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Marla Marvin

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Iris K. Breider Estate

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### Robert Orr

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## EVENING FOR THE ANGELS

Peterson Hastings Investment Management, Inc.

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For your convenience, memorials and donations may be made on our secure website: [www.tricitieschaplaincy.org](http://www.tricitieschaplaincy.org)

## Grief Support Groups...Open to the Public

### • Understanding Grief: An Introduction

One-time session open to adults experiencing grief due to the death of a loved one. It is an educational experience as well as a unique support group. Fee: \$10. Call Wanda at 783-6243 for specific dates, info or to register.

### • Cork's Place for Grieving Children

For ages 3-18 years. Ongoing groups meet regularly. A support group for parents/guardians provided while the children are in session. Call Amanda, 783-7416 ext. 2104, for info & fees, to schedule a tour, or to pre-register a child.

• **Coming to Terms with Loss** Open to adults experiencing grief due to a loved one's death. This group is educational as well as supportive. Call Deborah at 783-6245 for more information or to register.

• **Widowed Support Group** Widows, widowers, and partners who have lost a loved one will discuss topics centered in role changes and transitions. Call Deborah at 783-6245 for more information or to register.

• **Cancer Support Group** Open to adults dealing with the effects of cancer. Call Chaplain Margaret at the Tri-Cities Cancer Center, 737-3400, for dates and times.

### • Grieving Parent's Support Group

Open to adults experiencing grief due to the death of a child of any age. Educational as well as supportive. Call Wanda at 783-6243 for more information or to register.

• **Survivors of Suicide** Helps people adjust after a loved one dies by suicide. Some come soon after the suicide; others come years later. Call Deborah at 783-6245 for more information or to register.



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*Hospice Care • Chaplain Services  
Grief Support • Spiritual Direction  
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**Please Help**

If you wish to change, delete, add names or receive this newsletter electronically, please call (509) 783-7416 or email [info@tricitieschaplaincy.org](mailto:info@tricitieschaplaincy.org).



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# Year End Gratitude

Dear Friends,

As another year comes to a close, The Chaplaincy takes time to reflect on all of our blessings. You, our community, are at the top of the list. You bless us with your support and you bless us by entrusting us with the care of your loved ones.

Each year we challenge ourselves to grow in service to our community. This growth has led us to build our new Spaulding Park facility, which we moved into in October. This new space will allow our Community Hospice Team to expand and serve the ever growing needs of our community. It will also allow us to provide education to our community in new and meaningful ways.

We are moving forward in faith and ask for your prayers.

May God bless you as you have blessed us,

Bette Cooper, Executive Director | The Chaplaincy

