



Sharing Stories: Hospice Northwest to Publish Book Chronicling the Stories of our Volunteers

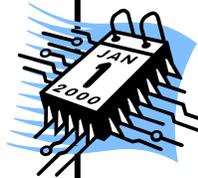


Allison Skirtschak,
Promotional Assistant

The volunteers at *Hospice Northwest* collectively form the backbone of our organization. Every person who has come to volunteer at Hospice Northwest has a reason why they chose this rewarding yet often difficult role. Something or someone has guided each of them on their path to becoming a palliative care volunteer. Whether it was because they have an innate gift for helping others, they have experienced the death of a loved one, or they have or are experiencing a life-limiting illness of their own, there is a reason why they all walked through our door. While every person's reason is unique to themselves, there seems to be a common thread to them all, and that is that everyone wants to make a positive difference, in their own lives, and in the lives of others.

Over the course of providing support to individuals and their families as they respond with care to end of life challenges, our volunteers inevitably undergo a unique reflective learning process of their own. Many volunteers have expressed a desire to share these reflections and experiences — to share what brought them to become volunteers and what impact the experience has had on their lives. That is why *Hospice Northwest* is beginning the exciting process of producing and publishing a book chronicling the stories of our hospice volunteers, thus raising awareness of the role of palliative care volunteers within the community. Sharing stories is a way of learning about ourselves and the world around us. Stories are vehicles of expressing our lives and sharing those stories allows us to live on in the memories of others forever.

We would like you to share your stories with us. To help us make this possible, we have hired a talented young student through the Canada Summer Jobs program who will work as our Promotional Assistant from June until the end of August. Allison Skirtschak is a Lakehead University student who is currently pursuing her MA in English, with major concentration in Women's Studies. Allison has been contacting each Hospice Northwest volunteer to set up interviews for those who are interested in participating in this exciting project. If you have not heard from Allison yet, please give her a call at 626-5570 or email her at alskirts@lakeheadu.ca



PLEASE MARK YOUR CALENDARS

Notice of Annual General Meeting October 18th, 2010

Hospice Northwest's AGM will be held in the HNW office at 63 Carrie Street on October 18th 2010 from 6:00 p.m. to 8:00 p.m.. As members of the corporation, all volunteers are welcome to attend. If you plan to attend this meeting, please RSVP to Kathleen at 626-5573 by Oct. 4th.

Palliative Care Conference - Passport to Palliative Care: Journeys and Destinations November 3—5, 2010 at the Airlane Hotel

Please see page 8 for more information

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Terri's Tidbits...

I hope that all of you are enjoying your summer and all that it has to

offer! I'm just starting the interview process for our next group of hospice palliative care volunteers. Thank you to all of you who have suggested to friends and family that they also become Hospice Northwest volunteers. It looks like we'll have another great group of people dedicating their time to those in need. A draft training program is displayed on page 7 of this newsletter as a reminder to all of you that you are welcome to join us for any of the training modules you may have missed in the past, or if you would like a refresher on a specific topic. Please let me know if you wish to attend.

On Wednesday, September 15th, we will be hosting a volunteer support meeting at our office from 6:30 - 8:30 p.m. During this time, we will be viewing The Grief-

walker documentary with light refreshments and conversation afterwards. This will be a great opportunity for you to view a very interesting "movie" and to see some of your fellow volunteers whom you may have not seen in awhile.

We're proud to announce that we will be offering a Grief and Bereavement Support Group in partnership with the Alzheimer Society of Thunder Bay commencing in September of this year. This pilot project will offer support to those who have lost a loved one and who feel they will benefit from the peer support presented in a group environment. Margie Uurainen, RSW, of the Alzheimer Society is excited about facilitating the group and we are so pleased to be able to extend our services in this capacity. If you'd like more information about the group, please give us a call.

We're also interested in collaborating with St. John Ambulance's Therapy Dog Pro-

gram. We'd like to combine the benefits of pet therapy along with those offered by our hospice palliative care volunteers to individuals in Thunder Bay. Our trained volunteers will need to participate in the certified course offered by St. John Ambulance in November of this year. If you're interested in this venture, please give me a call at 626-5572. Enjoy the rest of your summer!

Volunteer Support Meeting & Griefwalker Screening

September 15th from 6:30—8:30

at our office at

63 Carrie Street

Please RSVP by Sept. 13th to Terri at 626-5572 or Kathleen at 626-5573



Circle of Friends



Another delicious recipe from the Circle of Friends

CARAMEL 'N CHOCOLATE PECAN BARS

Brown sugar, butter, pecans and chocolate are baked into

these unbelievably scrumptious bars.

Preparation time: **30 min**

Baking time: **18 min**

Yield: **36 bars**

Crust:

2 cups all purpose flour

1 cup firmly packed brown sugar

1/2 cup of butter

1 cup pecan halves

Topping:

2/3 cup of butter

1/2 cup firmly packed brown sugar

1 cup real semi sweet chocolate chips

Heat oven to 350°F. Combine all crust ingredients **except** pecans in large bowl. Beat at medium speed until mixture resembles fine crumbs. Press onto bottom of ungreased 13x9-inch baking pan. Place pecans evenly over unbaked crust.

Combine 2/3 cup butter and 1/2 cup brown sugar in 1-quart saucepan. Cook over medium heat, stirring constantly, until surface of mixture comes to a boil. Continue cooking, stirring constantly, 1 minute. Pour mixture evenly over pecans and crust.

Bake for 18 to 22 minutes or until entire caramel layer is bubbly. (DO NOT OVERBAKE.) Remove from oven. Immediately sprinkle with chocolate chips; allow to melt slightly. Swirl melted chips over bars leaving some whole for marbled effect. Cool completely. Cut into bars.

Recipe Tip

Store at room temperature in loosely covered container.

Danielle, our Circle of Friends Coordinator, sends her best wishes to everyone for a wonderful summer. Danielle will be off for the month of August as she makes the big move from her country home to her new house in the city.

Circle Meetings will continue as planned, thanks to the efforts of our dedicated Circle volunteers.

Circle of Friends Meetings

August 19th

September 2nd

September 16th

September 30th

October 14th

October 28th

November 11th



11:00 - 2:00 at the Hospice NW office

Anyone interested in becoming involved with Circle can contact Danielle Shaver Currie, Program Coordinator at 475-3656.



Feet aren't Ugly: a remarkable story of how one hospice volunteer connects with patients and families through their feet

By Thelma Fayle
Thelma Fayle is a

non-fiction writer living in Victoria, British Columbia. Ms. Fayle was the 2006 recipient of the Reflexology Association of Canada (RAC's) Ollie Bailey Award for her volunteer work at Victoria Hospice. thelma2@shaw.ca 2008, Thelma Fayle. <http://thel.icopyright.com>

Bernie's 85-year-old feet spent a youth sweating through hockey skates as a competitive young athlete in the Prairies. After a sudden stroke, I gave one final massage to a stilled left foot and a right foot with little spunk remaining. Bernie smiled a last crooked smile as my sister-in-law and I quietly sang – Won't you Come Home, Bill Bailey – to her while I rubbed her feet.

Rather than visit family or friends in hospital with scented flowers in hand, I usually bring along a bottle of lotion and the offer of a foot-rub. After my 60-year-old big brother had heart surgery and lay unconscious in a hospital bed, I rubbed his feet. The simple act comforted me while I was afraid that he might die. It gave me something to do, as I felt helpless.

"You don't have to finish your dinner," I told my eight-year-old niece, "but if you decide not to, there will be no foot-rub before bed tonight." She ate. Foot rubs are a good behaviour-modification tool for tired and cranky kids.

I have always been the family foot-rubber.

A few years ago I signed up for a foot reflexology certification course offered by the Reflexology Association of Canada (RAC). I use the skill for family and friends and as a volunteer on the Victoria Hospice Unit. One afternoon a week, I give foot-rubs to terminally ill patients and their family members who sit in vigil.

The hospice environment culture-shocked me after spending almost 25 years in offices working mostly as a systems analyst and program manager for the provincial government.

Offering reflexology gives me a chance to unobtrusively bear witness to a life's end.

I step into a room and ask a woman if she wants a foot rub.

(Unless someone at the hospice asks, I don't bother explaining the theory behind reflexology. Most of us know the relaxing value of having our feet rubbed.)

She nods yes. I place my little black carrying chair by the bed, and pull out the witch hazel, cotton pads and unscented lotion. I smile and lightly remind her that I have no sense of smell and am well-suited to the job. I lift the blankets of her hospice bed and look at her slightly turned-in and wilting feet. I can see clearly that these feet will never walk again. The chart says the thin, pale woman is in her 50s. She has a mane of dark hair and I think she must have been quite beautiful when she was younger.

"I haven't always been like this," she whispers, embarrassed by her physical decline. "I know," I nod and look into her eyes and then continue my work. I lift her cool foot and hold it in my warm hands. Mauve toenails are the work of her sister, who has sat by the bedside every day for three weeks, far away from her own family life in England.

I listen, and learn that the feet in my hands have travelled far and carried an accomplished fashion designer, artist, and mother of two beautiful children.

Volunteering as a reflexologist offers a chance to share some respectful intimacy with strangers without being invasive. Being with each new patient and family is like having a small role in a captivating play. The end-of-life ambience is ironically life-affirming, as B.S. is rare at this stage of the game.

Rubbing the feet of people who are dying is teaching me to listen carefully. People speak truths when their feet are being rubbed. I imagine if I were a judge and could give George Bush a community sentence for his role in creating an illegal war, I would make him rub the feet of a thousand Iraqi children. I wonder if he could then learn to listen.

Even my teenaged nephew knows that, if he keeps talking, I will keep massaging the 7,000 nerve endings in his feet. I listen while he informs his old aunt about life as a Canadian teenager in 2006.

Through their feet, I have come to hear rich details about the life of a Vancouver Island farmer, a horticulturalist, a psychology professor, a musician, a civil servant who had just retired, and a beautiful young man of 14 who really liked Harry Potter . . . and a couple of hundred other people, all in the last days of their lives.

Patients' family members are sometimes reluctant to receive a foot-rub. "I'm okay," they say. Or: "I would feel guilty with Dad lying here so ill."

"It will be good for your Dad to sense that you are relaxed," I encourage the tired relatives. I can usually get them to agree.

So many people tell me they are embarrassed and apologize for their feet. "Please excuse the horrible bunions," they say. "My feet are a mess."

"I have always hated my feet; they're so ugly."

I hear these comments all the time.

From where I sit, feet are feet, and aside from a few webbed toes, they all look pretty much alike. Considering they support our bodies throughout our lives and are our two points of contact with the Earth, our hard-working feet are often under-appreciated.

Feet aren't ugly.

This column first appeared in the Canadian national newspaper, The Globe and Mail, and is reprinted here with the author's permission. Used with permission: <http://license.icopyright.net/creator/use.act?n=thel-1692>





Fundraising Updates: Hospice Northwest Benefits from the Generosity of our Community

United Way Bill-board Rescue

This annual event

brought in \$2400 in donations, with board members Marg Poling and Paul Morrilee taking part, as well as staff members Joan Williams and Kathleen Buso.



LCBO Tag Days

Thanks to a group of dedicated volunteers, and to the generosity of the people of Thunder Bay, our LCBO Tag

Days event was quite successful, with approximately \$1200 raised during the weekend of June 25th—26th. Special thanks to Myra Beck for her hard work in getting this event off the ground. This will hopefully be the first year of many such fundraising endeavors.



St. Anthony's Parish Council Catholic Women's League Meatball Sale

The wonderful ladies from St. Anthony's Church, one of which is our own volunteer Michele Love, donated the proceeds from their meatball sale to Hospice Northwest. This generous donation was in the amount of \$500.

Hilldale Gardens Spring Fashion Fundraiser

The Spring Fashion Fundraiser was a resounding success, with \$900 raised in support of Hospice Northwest. Special thanks go out to Hilldale Gardens Marketing Manager Karen Larsen, and the wonderful models who took part in this fun event. Thanks also to our Hospice NW Volunteers and staff who attended the show.



Moral Lessons....

One day the old German Shepherd starts chasing rabbits and before long, discovers that he's lost. Wandering about, he notices a panther heading rapidly in his direction with the intention of having lunch.



The old German Shepherd thinks, 'Oh, oh! I'm in deep doo-doo now!' Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the panther is about to leap, the old German Shepherd exclaims loudly, 'Boy, that was one delicious panther! I wonder, if there are any more around here?'

Hearing this, the young panther halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees. 'Whew!' says the panther, 'That was close! That old German Shepherd nearly had me!'

Meanwhile, a squirrel who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the panther. So, off he goes, but the old German Shepherd sees him heading after the panther with great speed, and fig-

ures that something must be up.

The squirrel soon catches up with the panther, spills the beans and strikes a deal for himself with the panther.

The young panther is furious at being made a fool of and says, 'Here, squirrel, hop on my back and see what's going to happen to that conniving canine!'

Now, the old German Shepherd sees the panther coming with the squirrel on his back and thinks, 'What am I going to do now?', but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old German Shepherd says...

'Where's that squirrel? I sent him off an hour ago to bring me another panther!'

Moral of this story... Don't mess with the old dogs.... Age and skill will always overcome youth and treachery!

Get Out of the Car!

(This is supposedly a true account recorded in the Police Log of Sarasota, Florida.)

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle.



She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, 'I have a gun, and I know how to use it! Get out of the car!' The four men didn't wait for a second threat. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition.

She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a Frisbee and two 12-packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces farther down.

She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told the story couldn't stop laughing.

He pointed to the other end of the counter, where four pale men were reporting a carjacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair and carrying a large handgun.

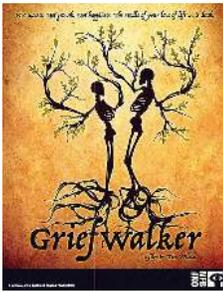
No charges were filed.

Moral of this story... If you're going to have a senior moment... make it memorable.



New Resources

New DVD's Now Available:



Griefwalker

Stephen Jenkinson has been called the Angel of Death. Whether sitting at the bedside of a dying woman, or speaking to clinicians dedicated to delaying death,

Jenkinson bears a message that most do not want to hear: that death is not something to be denied or avoided but "befriended."

A Harvard-trained theologian who has travelled far from Western religion, Jenkinson says there is a "hole inside most of us and it's in the approximate shape of a soul."

Griefwalker is filmmaker Tim Wilson's extraordinary portrait of his friend Jenkinson and his work. The film is framed by Wilson's wrestling with his denial of his own death as he nearly succumbs to a sudden illness, and his having to face the death of someone very close to him. Beautifully using the imagery of impermanent nature, Wilson documents Jenkinson's work with the dying while challenging him to explain how "death is the cradle of your love of life."

Griefwalker weaves an illuminating picture of a remarkable man, and leaves us with a deeper understanding of how our deaths should be held as "a prized possession."



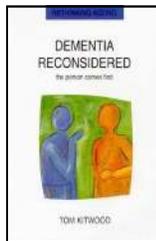
Let Me Die

Dying is something we normally avoid thinking about. But when living comes to mean wasting away, losing all autonomy, seeing one's very identity eroded, death may be a welcome deliverance. What options does society permit? Living wills, heroic medical intervention, passive euthanasia—are these choices enough for someone in severe pain whose death is imminent? Critically ill people courageously speak about quality of life and their wish to die with dignity. We also hear from doctors who advo-

cate a more humane, less controlling approach to illness and death. Each person has an intimate relationship with life. Why isn't it the same with death? Shouldn't we be allowed a freely chosen, dignified end when the time is right? In French with English subtitles.

Other new DVD's:
It's Complicated
Sherlock Holmes
Kids Care

New books available for loan:



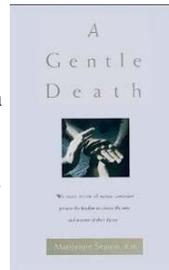
Dementia Reconsidered: The Person Comes First by Tom Kitwood

What is the real nature of the dementing process? What might we reasonably expect when dementia care is of very high quality? What is required of

organizations and individuals involved in dementia care? Tom Kitwood breaks new ground in this book. Many of the older ideas about dementia are subjected to critical scrutiny and reappraisal, drawing on research evidence, logical analysis and the author's own experience. The unifying theme is the personhood of men and women who have dementia - an issue that was grossly neglected for many years both in psychiatry and care practice.

A Gentle Death by Marilynne Seguin, RN

For many years, Marilynne Seguin, a registered nurse, listened with growing frustration to the requests of terminally-ill patients who pleaded to be allowed to die. Like most health-care professionals, she had been trained to believe that it was her duty to prolong life at all costs. But repeated experience over thirty years, and her own encounters with rheumatic fever and cancer, gave her a different perspective. She now provides advice and emotional support to people for whom life has become an unwanted and intolerable burden. In *A Gentle Death*, Seguin draws

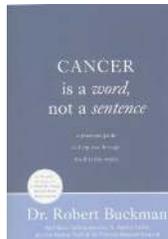


on her experience with hundreds of seriously-ill and dying patients in exploring the moral and legal implications of euthanasia.

The Long Way Home, A Journey Through Alzheimer's by Marian Ritchie (donated by Katherine Poulin)



A poignant and penetrating account of the author's turbulent journey through Alzheimer's as she cared for her husband, the unwitting protagonist of this tale. The long Way Home focuses on the human—and often humorous—aspects of the disease rather than the medical ones. It is an honest and accessible work, appealing to the average reader.



CANCER is a word, not a sentence: a practical guide to help you through the first few weeks by Dr. Robert Buckman

In this new approach to helping a person (and family) with cancer,

renowned medical oncologist Dr. Robert Buckman takes a step-by-step look at coping with a diagnosis and moving forward with life. *Cancer Is a Word, Not a Sentence* is not a dry compilation of cancer facts and biology. Instead, it is a guide for use in the real world. It shows the reader what the diagnosis means, what the tests are all about, how to weigh the benefits and risks of various treatment options, and how to cope with side-effects, uncertainties and emotional ups and downs. Additional topics include: Why clinical trials are worth considering; How to talk about cancer with family and friends; How to talk to your medical team; How to maintain quality of life.

Other Books to Check Out:

- The Shack* by WM. Paul Young
- Every Breath I Take: A Guide to Living With COPD* by Rick Hodder, M.D.
- A Courageous Battle* by Susan Bracken



Volunteers' Corner—May Wine & Cheese





Educational Opportunities and Events

Hospice Northwest Palliative Care Volunteer Training

Date and Time: September—November 2010

Location: North West Community Care Access Centre, 961 Alloy Drive

Presented by: Hospice Northwest

Presenter: Various presenters, please see training schedule below

Description: The Hospice Northwest volunteer training program is open to all Hospice Northwest volunteers. For those who missed a session or would like a refresher on a particular subject area, please call the office to let us know which sessions you would like to attend.

Registration: please call Terri at 626-5572 for more information

Date	Time	Presenter	Module	Topic
Sat. Sept. 11	9:00-12:00	Joan Williams	1	Intro to HNW and Palliative Care
Sat. Sept. 11	1:00-4:00	Marg Poling Sue Bailey	2	Illness Specific Info, Advance Care Planning/ DNR Legislation
Sat. Sept. 11	4:00-5:00	Marg Poling	2	In Home Chart
Sun. Sept. 12	9:00-10:00	Pauline Bodnar	3	Ethical Issues
Sun. Sept. 12	10:00-12:30	Diane MacLaurin	4	Elder Abuse in LTC – the new LTC act
Sun. Sept. 12	1:30 – 4:00	Margie Uurainen	5	Grief and Bereavement
Wed. Sept. 22	6:00-7:30	Paul Carrier	6	Emotional and Psychological Issues
	7:30-9:00	Meta Evans	7	Challenges of Eating
Wed. Sept. 29	6:00-9:00	Deb Spear	8	The Family
Wed. Oct. 6	6:00-9:00	Panel: Walid Chahal – Muslim Rev. Walker – aboriginal Deborah Kraft – traditional Christian Louise McKissick - Buddhist	9	Spiritual & Cultural Issues
Wed. Oct. 13	6:00-8:00	Kathy Kortess-Miller	10	Self Care
Wed. Oct. 20	6:00-9:00	Terri, Lynda Roussel, Danielle Shaver-Currie, Katherine Keeping	11	Role of the Volunteer, LTC Volunteering, Circle of Friends Volunteering, Complementary Therapies
Wed. Oct. 27	6:00-9:00	Dr. Marg McKee	12	Sensitive Communication
Wed. Nov. 3	6:00-9:00	HNW Volunteer Panel To Be Announced	13	Pizza and Panel Discuss volunteer experiences Deb Spear on SJCG volunteering Stepan Bilynsky on HRM/Bethammi
Wed. Nov. 10	6:00 – 9:00 2 sessions	To Be Announced	14	Body Mechanics – Confederation College



Educational Opportunities and Events

Reiki Level I

- Date and Time:** Sunday October 24 from 9:00 am—5:00 pm
- Location:** Journey to Wellness, 239 Amelia Street Thunder Bay
- Presented by:** Journey to Wellness
- Presenter:** Katherine Keeping
- Description:** Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by laying on hands and can be easily learned by anyone. Participants will learn Reiki history and principles, and hand-on healing for both themselves and others. The first attunement will be given. Please bring a notebook, pencil, water and lunch.
- Fee:** Adults \$150 plus HST, Children (9-17) \$75 plus HST
- Registration:** please call Joan at 626-5575 to discuss fee subsidy. Hospice Northwest may subsidize the fee for Level I, provided the volunteer is interested in using Reiki with clients.

Palliative Care Institute 2010—Passport to Palliative Care: Journeys and Destinations

- Date and Time:** November 3, 2010 - November 5, 2010, 8:00 am
- Location:** Airline Hotel, Thunder Bay
- Presented by:** Centre for Education and Research on Aging and Health
- Description:** Every two years CERAH hosts a 2.5 day palliative care conference in Thunder Bay. This conference attracts a large number of health professionals from around the region, as well as nationally and regionally renowned speakers. Hospice Northwest will cover the cost of all or part of the conference for all interested volunteers. A full description of the sessions will be available by mid August.
- Registration:** please call Kathleen at 626-5573 for more information and to register

Reiki Level II

- Date and Time:** Sunday February 6, 2011 from 9:00 am—5:00 pm
- Location:** Journey to Wellness, 239 Amelia Street Thunder Bay
- Presented by:** Journey to Wellness
- Presenter:** Katherine Keeping
- Prerequisite:** Reiki Level I
- Description:** In Reiki II, skills are expanded, including learning the first three Reiki symbols, distance healing, scanning, and sending Reiki with our eyes. The second attunement will be given. Please bring a notebook, pencil, water and lunch.

HOSPICE NORTHWEST

63 Carrie Street
Thunder Bay, Ontario P7A 4J2
Phone: 807-626-5570 Fax: 807-626-5574

Joan Williams, Executive Director
Direct Line: 626-5575 williamsj@tbaytel.net

Terri Kannegesser, Volunteer Coordinator
Direct Line: 626-5572 kannegessert@tbaytel.net

Kathleen Buso, Communications Coordinator/Office Administrator
Direct Line: 626-5573 busok@tbaytel.net

Danielle Shaver Currie, Circle of Friends Coordinator
t-currie@shaw.ca

website: www.hospicenorthwest.ca

HOSPICE NORTHWEST BOARD OF DIRECTORS

Cathy Alex ~ Mary Lynn Dingwell ~ Debbie Escott ~ Marianne Larson
Scott McCormack ~ Paul Morralee ~ Marg Poling ~ Dona Ree ~ Roberta Wood

Debbie Escott is the volunteer representative on the board and welcomes all communication from volunteers. Her phone number is 345-712 and email is dlescott@shaw.ca

Hospice Northwest is funded by the North West Local Health Integration Network, the United Way of Thunder Bay and the generous support of community donors. We also wish to thank Mac's Convenience Store, located at 3 Balsam Street in Thunder Bay for their continued support of our organization through the sale of Nevada tickets and Bayshore Home Health, who generously supports Hospice Northwest through third party fundraising initiatives such as the annual Butterfly Boogie, held each May.

