

Hospice of Ukiah, Inc.
620 So. Dora Street, Suite 101
Ukiah, CA 95482



California Hospice And
Palliative Care Association

Non-Profit
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Permit # 160
Ukiah, CA

Return Service Requested

Shelter In Place

Some advice is just worth repeating. This Pandemic is not likely to be over soon, so here are some reminders on keeping us all safe:

1. Stay home unless it's absolutely necessary to go out or to work.
2. Check your temperature—if it's 100.4 or above, stay home.
3. Hand wash for 20 seconds often, especially if you've left the house.
4. Cover coughs and sneezes (elbow or into clothing)
5. Only wear a mask if you are infected to protect others. Masks probably won't protect you and can harbor germs.
6. Use hand sanitizer or alcohol wipes on all surfaces you touch
7. Social Distance is 6—10 feet.

Grief, I've learned, is really just love.

It is all the love you want to give but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go.



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A Hospice Volunteer Remembers by Fran Neufeld

Hospice has been a very important part of my life. I enjoy what I do. Many people are shocked when I say "I enjoy". You see, in giving to Hospice families you are surprised that you receive so much more than you give to patients, families and friends. There is the satisfaction of helping make a difficult situation a little easier. Sometimes you can feel the relief when you walk into a room.

Volunteering for Hospice is a truly personal thing for me. I regard my work as a living memorial to a friend who died a number of years ago. My friend died alone, in a bare hospital room with a curtain drawn around her bed, and that thought added greatly to my mourning. I kept thinking over and over again "what if" she could have been home in her lovely lavender bedroom, with one of her adoring cats at her feet. "What if" she could have had, within view, the porcelain dolls she had molded, painted, and dressed.

My "what if" turned into knowledge of Elizabeth Kubler-Ross and finally a class offered by Mendocino College. Through my volunteer work, I hope to fulfill someone's "what if" for the person they love.

Become a Hospice of Ukiah Respite Volunteer. Your care and compassion can make a huge difference to a person with life threatening illness. You will receive in-depth training which will be valuable even if you decide not to volunteer. Love and caring will come back two fold.

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Hospice of Ukiah, Inc.

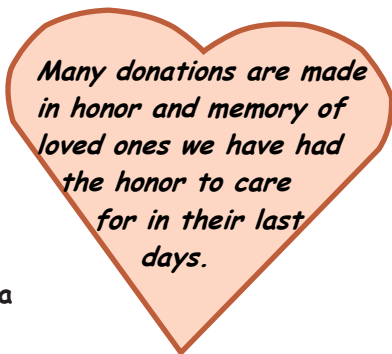
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The Volunteer's Journey

By Doug Kell, Respite Volunteer

After both my parents passed away in the 1990's, I wanted to know more about the end of life in this journey that's been given us. And also, I wanted to give something back to this community that, over the years, has been very good to me. So, in 1999 or 2000, I took a training class with Leah Middleton, and have been doing Hospice Respite work, on and off, ever since.

What a trip! I remember thinking and worrying at the beginning "what do I say?". I still don't know, but I've learned to ask questions, to listen, and that it's all right when there is only silence. Most of the people I've known were simply grateful that someone was there, if only to be a witness.

Usually, I'm only with someone for a few months, but now, for the second time, I'm with a fellow I started to visit over a year and a half ago. He has several health problems. He can't live at home now and being in a transition home he's not sure where he will end up. But every day he concentrates on what needs to be done, tries to be cheerful and friendly, and just keeps at it.

When I first started this work, I wondered how one deals with this "end of life" thing. I wonder less now because I've had many good teachers.



During the COVID-19 pandemic, to safe-guard our community and our staff, we have closed our Thrift & Gift Store. The store is our one major dependable source of income. When we reopen, we are going to need a lot of help sorting, stocking, and staffing our store. Please consider volunteering a few hours a week when it's finally safe to do so.

Likewise, we need "Respite Volunteers" to visit our patients. Let us know if you are inter-ested in sharing your compassion. Call 462-4038

Grief Support Groups

Hospice of Ukiah is offering a support group for people who have lost loved ones to suicide on Wednes- days, at 6:30 pm. (*meetings suspended during the Pandemic—call Kay for individual counselling*)

Anyone of any age or experience is welcomed to this group where we will support each other in healing and meaningful connection.

Call Kay Leiberknecht -Grief Support Counselor.



Kay's Column

God can't be truly known by our intellect because to settle for a concept of God would make us out to be greater than God. We can only know God by going deep into our wordless being and becoming quiet and receptive to Love. I wonder how that works every day. Is there the ability to quietly open to Love when you are in so much pain and fear?

When I've been that miserable, I've fought just to let myself live. My energy sparked in vain to the exterior, burning out as I searched for safety and value. I'd get to the point that I was too tired and hopeless to think. Then I quieted down, ready to die or not. I was actively surrendered to whatever could lift me from the wordless pain.

And lifted I've been, many times in my life. I'll call each "lifter" God. God has been: a star that appeared to belong to my seven-year-old self: a touch from a young man who respected and cared about my despair; those who helped me leave an abusive husband; an almost fatal car encounter that changed my suicidal mind after my daughter died; a friend applying deep pressure that brought relief from intractable pain; those who accept and join me even when my grief is incomprehensible and inconsolable.

I hope there is an easier way to know God—to Love and be Loved. But, if you are suffering, I hope to know that you, like me, will be well. You can reach the darkest bottom of your need and quiet down, maybe out of the necessity of depletion. And, I pray that you will be lifted into Love and Light, even Abundance.