

Aspirations

FALL 2024

A PUBLICATION OF HOSPICE OF THE NORTHWEST FOUNDATION

Funding Compassion and Dignity Every Moment of Life

Lighting Up Life Ladena's Hospice Story

Every life unfolds differently, with its own meanders and chapters. But for all of us, the value of compassion and dignity at the end of life remains constant. Hospice of the Northwest patient, Ladena, exemplifies how integrative services like therapeutic music and massage can enhance a person's care and quality of life. Medicare, Medicaid, and private insurers do not cover these services, yet our patients receive this care free of charge — thanks to you, our generous community supporters.

Ladena was being treated for several serious conditions when her doctor delivered the difficult news: there was nothing else they could do. Like many people in this situation, Ladena felt overwhelmed. After discussing her needs and diagnosis with her son, Ladena's family introduced her to hospice care. This decision marked a turning point in her life. "I knew I needed help," recalls Ladena. "I need to know what's going on in my life and how I can change it and get better."

This holistic approach transformed her life.



"It just lights me up. Hospice has made a whole new life for me."

Integrative services like aromatherapy, therapeutic music, and massage, offer benefits beyond what traditional hospice care can provide. Massage therapy has been especially beneficial for Ladena, making an immediate and positive impact on her well-being. "It makes me feel so much better," says Ladena. "Massage helps me be me again."

Ladena's story exemplifies the transformative power of hospice care for patients with life-limiting illnesses. Her hospice care team helped her manage symptoms and empowered her to re-engage with cherished activities, while your support provided integrative services that greatly enhanced her quality of life. Together with you, we were able to renew Ladena's hope and vitality, extending her life beyond expectations.



"I felt stuck and hopeless. But then hospice came in, and now I'm so happy with my life."

After a few months of hospice care, Ladena's quality of life improved dramatically. The symptom management, emotional support, and spiritual care provided by her team allowed Ladena to embrace life again.

She regained the strength to enjoy activities like singing karaoke, playing billiards, and crafting her decorative fans again.




Hospice
of the northwest **FOUNDATION**



Learn more about how your generosity is making a difference. Visit www.HospiceNW.org/Impact



Mission

Hospice of the Northwest Foundation funds compassion and dignity every moment of life.

Vision

Our vision is to transform the way dying is perceived and experienced so that everyone coping with a life-limiting illness has access to hospice care; we envision a future where no one dies alone or in pain.

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Skagit Hospice Foundation

dba **Hospice of the Northwest Foundation**

Nonprofit Tax ID#/EIN:

91-2094964

Dear Friends,

I started as the Director of Development at Hospice of the Northwest Foundation in July. I am thrilled to be a part of this special team. Our focus is on supporting Hospice of the Northwest and honoring our donors so we can continue to provide best-in-class care to patients and their circles of support.

Since beginning in this position, I have learned much about the impact of this work.

I have learned how dedicated hospice care teams provide comprehensive, compassionate end-of-life care to all who want it. Interdisciplinary teams focus on patients' individualized needs and goals, with a holistic approach tailored to care for the whole person, including the patient's circle of support. Care teams focus not only on a patient's physical health, but also their overall well-being. Social workers, care aides, nurses, spiritual counselors, bereavement counselors, providers, and volunteers deliver excellent life-affirming hospice care many times every day at Hospice of the Northwest.

This level of care is possible because of the relationship between Hospice of the Northwest and Hospice of the Northwest Foundation. We never turn patients away due to inability to pay. We help the child in pediatric hospice care whose family has tapped out their savings and insurance, the Veteran with a rare disease who finds comfort in massage therapy, and the dementia patient who lights up singing along with their therapeutic musician.

Further, I have heard from volunteers about the power of simply sitting with people in their final moments. Having lost a friend recently and sharing with a bereavement counselor, I have experienced the support available to anyone in the community who is dealing with grief.

I have learned that our tremendous staff, care teams, and volunteers coupled with the generosity of thousands of donors make this award-winning level of care the norm for our patients and their circles of support. I am honored to be a part of this team.

Thank you for your interest in Hospice of the Northwest and Hospice of the Northwest Foundation. We hope you enjoy the Fall 2024 Aspirations newsletter. Please do not hesitate to reach out if you have questions or comments.

Warmest Regards,

Philip Prud'homme

Development Director

Hospice of the Northwest Foundation

PPrud'homme@HospiceNW.org

(360) 814-8257

● **New Horizons:** Philip Prud'homme, Hospice of the Northwest Foundation's new Development Director, joins Executive Director Bob Laws at the Ports of Call Gala & Auction. Their collaboration promises to strengthen support for compassionate end-of-life care in our community.



Maximize Your Impact: Qualified Charitable Distributions

As we approach the end of the year, it's the perfect time to consider how you can make a lasting difference while potentially enjoying tax benefits. One powerful way to do this is through Qualified Charitable Distributions (QCDs) to Hospice of the Northwest Foundation.

What are Qualified Charitable Distributions?

QCDs allow individuals aged 70½ or older to donate up to \$100,000 annually directly from their Individual Retirement Accounts (IRAs) to qualified charities like our foundation. These distributions can satisfy your Required Minimum Distribution (RMD) while excluding the amount donated from your taxable income.

Benefits of QCDs to Donors

- 1. Tax Advantages:** QCDs are excluded from your taxable income, potentially lowering your overall tax burden.
- 2. Satisfy RMDs:** For those 72 and older, QCDs can fulfill your Required Minimum Distribution without increasing your taxable income.

How to Make Your Planned Gift

Making your planned gift to Hospice of the Northwest Foundation is simple. To get started:

- **Contact us:** Call (360) 814-5702 or send an email to foundation@hospicenw.org
- **Visit our website:** HospiceNW.org/Foundation

We will provide you with all the necessary information to plan your charitable gift.

If you already have a plan in mind, reach out to your attorney, financial

- 3. Maximize Impact:** By reducing your tax liability, you can potentially give more to causes you care about.
- 4. Simplify Giving:** QCDs offer a straightforward way to donate directly from your IRA.

Supporting Hospice of the Northwest Foundation

By directing your QCD to our foundation, you're not just gaining potential tax benefits – you're making a profound impact on the lives of patients and families in our community. Your contribution helps us provide compassionate end-of-life care, support for grieving families, and ensure everyone in our community has access to quality hospice services.

As you plan your year-end giving, consider the power of a Qualified Charitable Distribution to Hospice of the Northwest Foundation. It's a win-win that allows you to support vital hospice care while potentially reducing your tax burden.

Consult with your financial advisor to learn more about how QCDs can benefit you and our community.

planner, or fund administrator and provide them with the following information:

Tax ID/EIN: 91-2094964

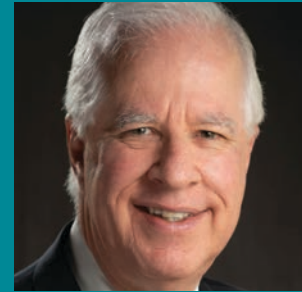
National Taxonomy of Exempt Entities (NTEE) Classification: P74 Hospice

Mailing Address:

Hospice of the Northwest Foundation
227 Freeway Dr., Suite A
Mount Vernon, WA 98273

Please include your name and address so we can express our gratitude.

Board of Trustees Welcomes David Lukov



We are thrilled to welcome **DAVID LUKOV** to our Board of Trustees. A charismatic and engaging presence, David brings a wealth of experience in community service and end-of-life care. Currently serving at Kern Funeral Home, he specializes in advance planning, funeral direction, and grief support. David's diverse background includes roles as a pastor, hospice coordinator, chaplain, and college instructor. His educational journey took him from Shorecrest High School to Whitworth University and Princeton Theological Seminary.

A pillar of the community, David has been an active Rotarian for 26 years and recently finished serving as a District Governor for clubs in Washington and British Columbia. His warmth, expertise, and dedication to service make him an invaluable addition to our Board of Trustees.

David has been married to Mary for 43 years, and they have two adult children, Brett and Megan. We look forward to the positive impact David will undoubtedly bring to our team.



End-of-Year Giving

As the year draws to a close, your generosity can make a lasting impact. End-of-year giving offers unique opportunities to support Hospice of the Northwest Foundation while potentially enjoying tax benefits. Whether through Qualified Charitable Distributions, planned giving, or an end of the year donation, your contribution ensures compassionate care for people in need.



PORTS OF CALL
**KENTUCKY
DERBY**

24th Annual Ports of Call Gala & Auction: A Resounding Success!

The 24th annual Ports of Call Gala & Auction, featuring a Kentucky Derby theme, was a remarkable success, raising \$285,000 for Hospice of the Northwest Foundation. We extend our heartfelt gratitude to all attendees and supporters. Your support strengthens our ability to assist the incredible work of the Hospice of the Northwest care teams



● **Tim Lewis (right) and Dave Ryland, longtime supporters of Hospice of the Northwest, catch up at the 24th annual Hospice of the Northwest Gala & Auction. The event, graciously hosted by Tim and his wife Ronaye Kos for over two decades, took place at the Corporate Air Center owned by Lewis.**

in our community. Thank you for your continued support of Hospice of the Northwest Foundation. Together, we are making a difference in the lives of people who need it most.



● **Scott and Rhonda Eddy share a touching moment**

A Journey of Love and Support: Scott and Rhonda's Story

The gala featured a touching video about Scott and Rhonda from Anacortes, married for nearly 30 years. Scott's Lewy body dementia diagnosis at 62 left them struggling without Medicare coverage. Hospice of the Northwest's care team provided crucial support. Watch the video to learn more about their inspiring journey and how donor support makes a difference.



● **Sean Bartlett, former board member, accepts the award during the live program**

A Decade of Dedication: Honoring Sean Bartlett

Hospice of the Northwest Foundation expresses profound gratitude to Sean Bartlett for his decade of extraordinary service. Since 2015, Sean has been invaluable, serving three consecutive terms plus an additional year in roles including President, Vice President, and Treasurer.

Sean's passion for hospice care, inspired by his wife's work as an Advanced Oncology Certified Nurse Practitioner with roots in hospice nursing, has been evident throughout his service. He has been a tireless champion for hospice care, supporting every member of our care teams - from social workers to nurses, medical directors, and volunteers.

His unwavering dedication to fundraising and event planning, including the annual Ports of Call Gala & Auction, has significantly strengthened our ability to provide quality hospice care. Sean's leadership has been instrumental in our growth, touching countless lives and shaping hospice care in our community.

We are profoundly grateful for Sean's inspiring commitment to our mission. Contact Philip Prud'homme at pprud'homme@hospicenw.org or 360-814-5702 to learn about board leadership opportunities.



Scan the QR code to watch Scott and Rhonda's story.

Thank You to Our 2024 Sponsors

Impressive Sponsor Support

This year's Ports of Call Gala & Auction was enhanced by the generous contributions of over 50 sponsors, who collectively donated \$70,000. We are especially excited to welcome 16 new sponsors to our community of supporters this year! We extend our heartfelt gratitude to all our long-standing and new sponsors.

Diamond Sponsors



Platinum Sponsors



● *Hospice of the Northwest Foundation Board of Trustees gathers for a photo. From left: David Lukov, Hugh Pierce, Rhonda Tingley, Heidi Turner, Megan Walker, John Lackey, Ingrid Thornton and Jonathan Lyons.*

Gold Sponsors



Larson Gross



● *Collaborative Success: The Hospice of the Northwest Foundation and Skagit Regional Health Foundation teams unite at the 24th annual Ports of Call Gala & Auction. From left: Linda Frizzell, Philip Prud'homme, Wendy Ragusa, Kylee Dowe, Rose Hill and Shelly Goss. This partnership exemplifies our shared commitment to community healthcare and support.*

Silver Sponsors

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- Anacortes Kiwanis Sunrisers
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- DK Systems
- Dwayne Lanes
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- Umpqua Bank
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- Vividly Vintage

Bronze Sponsors

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- Guided Solutions
- Hawthorne Funeral Home & Memorial Park
- HomePlace Burlington
- Janicki Industries
- Judd & Black
- Mount Vernon Smile Design
- PACCAR
- Right at Home Northwest
- Spang Buildings
- VSH CPAs
- Where the Heart Is
- Mountain View Dental

Thank You for a Successful 2024 Ports of Call

If you would like more information about sponsorships, please contact Shelly Goss at (360) 814-5702 or Foundation@HospiceNW.org.



Scan the QR code to see photos from the event.

Hospice of the Northwest Welcomes New Volunteer Manager



PAIGE SCHMELZER joined Hospice of the Northwest as the new Volunteer Manager in July. She brings over 25 years of nonprofit leadership experience to her new role, including many years working for animal welfare organizations in volunteer management, outreach, human resources, and as an Executive Director. Paige deeply values volunteer service, and has served on many local boards, and volunteered for a number of community organizations. Paige was first introduced to hospice care when her grandparents were on service. "I appreciate the care and compassion the staff and volunteers give to our patients," says Paige. "I am excited to lead the volunteers in making this positive impact in our community."



Join Our Hospice Volunteer Team

Are you ready to make a profound difference? Hospice of the Northwest needs compassionate individuals like you. Your time is invaluable, whether you're offering companionship, supporting veterans, or helping with administrative tasks.

Our volunteers often find they receive more than they give – an extraordinary gift of perspective and fulfillment. Just 1-4 hours a week can transform lives, including your own.

Answer the call. Volunteer today.



Contact us at
(360) 814-5550 or
apply online.

Hospice of the Northwest Receives 2024 Hospice Honors Elite Award

For the first time in the agency's history, Hospice of the Northwest received the Hospice Honors Elite award in 2024. This prestigious annual award from HEALTHCAREfirst recognizes hospices providing the highest level of quality as measured from the caregiver's point of view.

Award criteria are based on results from the CAHPS Hospice Survey, a standardized national survey of family members or friends who cared for a patient who passed away while in hospice care. Hospice Honors Elite recipients like Hospice of the Northwest scored above the HEALTHCAREfirst National Performance Score on 100% of evaluated survey questions. Hospice



of the Northwest is one of only two hospice agencies in Washington State to have received this award.

"It is an honor to be among the 2024 Hospice Honors Elite recipients," says Bob Laws, Executive Director for Hospice of the Northwest. "This recognition is a reflection of the incredible work our team does every day to not only support hospice patients, but their caregivers as well."

Please join us in congratulating the Hospice of the Northwest team on this incredible accomplishment!



UPCOMING Community Education

Courageous Conversations

Talking about the end of life can be difficult, but it's one of the kindest gifts you can give yourself and your loved ones. Join an expert from Hospice of the Northwest to explore ways you can share your values, wishes, and hopes with important people in your life.

Lake Stevens Library
December 11, 2024
2-3 p.m.

Aging in Place

Learn tips for healthy aging and strategies for living independently in your home and community for as long as possible. Hospice of the Northwest will provide all resources and materials free of charge.

Marysville Library
January 14, 2025
3-4 p.m.

Hospice 101

Join an expert from Hospice of the Northwest to learn the basics of hospice care: the types of support it provides to patients and families, eligibility requirements, how it's paid for, and how to get started. There are many myths and misconceptions about hospice, so the truth may surprise you!

Marysville Library
January 28, 2025
3-4 p.m.

End of Life Paperwork

What documents should you have prepared to ensure your goals, values, and preferences are honored at the end of life? Join an end-of-life expert from Hospice of the Northwest to learn more about Advanced Directives, Health Care Durable Power of Attorney (HCDPOA) and POLST (Physicians Orders for Life-Sustaining Treatment). All documents are provided to you free of charge.

Island Health
February 5, 2025
10:30 a.m.-12 p.m.

LOVE Hospice of the Northwest?

Leave us an
online review.

Did you know that 70% of Americans use online reviews when making healthcare decisions? If Hospice of the Northwest provided high-quality, compassionate care for you or someone you love, please leave us an online review and tell us about it!



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Hospice
of the northwest

Grief Recovery Method Group

The Grief Recovery Method Group offers a proven approach to help individuals cope with the pain of losing loved ones or experiencing significant life changes. This isn't just another support group – it's an evidence-based program, validated by research from Kent State University.

For many people, the ache of loss can feel overwhelming and permanent. Whether it's bursting into tears at unexpected moments or feeling a constant undercurrent of sadness, grief can color every aspect of life. This method teaches that such pain doesn't have to be endured forever.

The program addresses unresolved aspects of loss – things left unsaid, unfulfilled hopes, and futures that

now look different than planned. It's not about forgetting or "moving on" – it's about healing and finding a way forward.

One of the method's strengths is its practicality. It provides concrete steps for working through feelings, whether you're mourning a spouse, a parent, a child, a friend, or even grieving the loss of a job, a relationship, or a dream.

This approach serves as a guide through the storm of grief, helping people of all ages find their way back to brighter days. It offers hope and a path forward, showing that it's possible to find happiness and peace again, no matter the nature or magnitude of the loss experienced.

Bereavement Counseling



Individual bereavement counseling by phone, via Zoom/video and in person. By appointment Monday - Friday 8:00 a.m. to 5:00 p.m.

*Call to connect with a counselor.
(360) 814-5570*

Open Support Groups

An opportunity for group attendees to receive peer and facilitator support, along with discussion of educational articles and handouts as needed for grief support.

- **In Person at Hospice of the Northwest**
Mondays, 3:00 p.m. - 4:30 p.m.
- **In Person at Hospice of the Northwest**
Thursdays, 10:00 a.m. - 11:30 a.m.
- **Via Secure Video on Zoom**
Fridays, 10:00 a.m. - 11:30 a.m.
- **Grief Recovery Method Group In Person at Hospice of the Northwest**
Tuesdays January 7th, thru February 25th, 4:00 p.m. to 6:00 p.m.

Grief Recovery Method Group

www.griefrecoverymethod.com

To be offered in 2025!

An 8-week therapeutic support group that offers a safe, evidence-based environment for grievers to take effective and lasting action. The Grief Recovery Method® program builds on each previous session, which means attendance and commitment are essential. We are able to provide this program free-of-charge thanks to the generosity of donors who support Hospice of the Northwest Foundation.

Healing Hearts

Free Grief Support Programs and Evidence-Based Recovery Methods at Hospice of the Northwest

Hospice of the Northwest offers free bereavement programs to everyone in the community, regardless of whether they have been connected to hospice services. These valuable resources are available to all, thanks to the generous donors who support Hospice of the Northwest Foundation. Your contributions extend bereavement support to anyone in our community experiencing grief.

For more information about bereavement services, please call (360) 814-5570.

Your Gift MAKES A DIFFERENCE

Every day is precious, and your generosity makes every moment count. When you contribute to Hospice of the Northwest Foundation, you become an integral part of our mission to fund dignified, compassionate care. Your gift transforms lives by:

- **Helping people in our community** with limited financial resources receive comfortable, respectful end-of-life care.
- **Funding evidence-based treatment** like therapeutic music and massage proven to alleviate pain and enhance comfort during life's final chapter.
- **Offers extensive bereavement services to the community**, providing crucial support to families navigating loss and healing.

- **Invest in ongoing staff education and training**, ensuring our community receives the highest standard of end-of-life care.

By supporting our foundation, you become part of a unique mission that values dignity, comfort, and compassion above all else.

Your gift, no matter the size, makes a profound difference in the lives of patients and families during their most vulnerable moments. Thank you for considering a donation to Hospice of the Northwest Foundation.



Give the gift of hospice this year! Donate online at www.HospiceNW.org/Foundation or scan the QR code. You can also call our office directly at (360) 814-5702 or email Foundation@HospiceNW.org.

