



THE CARING VOICE

A NEWSLETTER FROM

Hospice of Anchorage

A caring community of help, hope and comfort.



DECEMBER 2024
VOLUME 5



HOSPICE OF ANCHORAGE HOURS:

VISITORS TO THE RESOURCE CENTER, COMMUNITY WALK-INS, & REFERRALS FROM OUR COMMUNITY PARTNERS
MON - THURS: 11AM - 4PM

CURRENTLY REGISTERED CLIENTS AND TEAMS
SUPPORTING THEIR CARE
MON - FRI: 8AM - 4PM



A Note From the Executive Director

Friends of Hospice,

Wow, what a month we've just had! Your Hospice of Anchorage team is so humbled by the incredible outpouring of support and love shown to our nonprofit at our October 26th Heroes of Healthcare gala. This was a Herculean effort on the part of so very many. On behalf of the entire team, thanks go out to all who have had a hand in the tremendous success that evening! We simply could not do this work without you. A most sincere thank you to each and every one of you.

As we face the holiday season and I reflect on the year we've just had, I'm internalizing just what a special family Hospice of Anchorage is! The outpouring of love and support of our mission is quite humbling. The commitment from many of you spans decades, as you will see in our highlighted volunteer testimonial this month! Your gift of time, talent and resource sustains us and is the foundation upon which we stand. It is such a true privilege to stand beside you and serve Alaska.

Your team at Hospice of Anchorage wishes you the warmest holiday season.

With gratitude,
Susie Smith

IN-HOME CARE



GRIEF SUPPORT



END OF LIFE PLANNING

Volunteer Testimonial

"When I was a young teen, my parents died 8 months apart. There was no grief counseling or anyone I could turn to understand and work through my feelings. I first learned about "Hospice" as I was dealing with End-of-Life planning for my husband, Bill McCarthy, in 1994. In-home hospice care allowed him to die peacefully & painlessly at home surrounded by his family. I was so impressed with the work Hospice did I started volunteering there in 1995 in CA. I did caregiving with hospice clients, one on one grief counseling as well as training other grief counselors.

I moved to AK in late 1999 & started volunteering with HOA in 2000. I did some caregiving, but grief work interested me the most. I did one on one grief work, group counseling & worked with young children at the Forget Me Not grief meetings and at Camp Erin. Eventually I started doing office work and "a little bit of everything else". I did an ongoing cleanup data project on Donor Perfect (the donor tracking system) and a lot of data entry. For several years I worked on almost every aspect of the Heroes of Healthcare yearly event I also served on the HOA Board of Directors for several years including as Secretary.

I returned to volunteering at Hospice early this year. I feel strongly that no one should have to walk the death-grief path alone. While I'm currently doing office work, I can still support HOA's goals of "supporting the transition from life through death and coping with loss and grief." Also, this month as I sat at home recovering from a total knee replacement, I experienced the "Spark of Joy" that hospice clients get monthly when some beautiful flowers arrived to brighten a gray gloomy day!

Linda McCarthy-Beckworth



Donor Thank You's

Thank you to all our monthly donors for your continued support! Your loyalty and trust in the work we do for our community means so much to us all. We could not do this without you!

Gala Table Sponsors:

Chugach Electric Association
Credit Union 1
Integrity Environmental
Linda and Dennis McCarthy Beckworth
HomeWell Senior Care
Aurora Integrated Oncology Foundation
ENSTAR Natural Gas Company
Quintillion
Birchwood Behavioral Health
Legacy Funeral Homes
Carpenters Union Local 1281
First National Bank of Alaska

Donors:

Anchorage Log Cabin Quilters
Baileys Furniture
Fashion Pact
First Congregational Church
First National Bank Alaska
HomeWell Senior Care
Kroger/Fred Meyer
Municipality of Anchorage
State of Alaska
United Way of Anchorage
*CUI-2024 Leading Change Partner

Volunteer Thank You

Thank you so much to all of our dedicated volunteers! A special shout out to the Eagle River High School National Honor Society for helping at the Heroes of Healthcare Gala!



Calendar of Events

Good Grief

Gather with community members for our new, informal grief support group, "Good Grief." This is an opportunity to meet with others from our community who have experienced loss and are looking for a safe place to share memories and make new friends at an informal gathering of remembrance. This group is volunteer/peer-led.

December 12 12:00-2:00pm

Crochet and Commemorate

Come along with us as we weave memories with every stitch. Together we will explore the healing powers of crocheting in the grieving journey. This group is volunteer-led and no experience is required.

December 19th 6:00-7:30pm

10-Week Grief Support Group

Hospice of Anchorage invites you to join a compassionate group of individuals as we explore healing through Dr. Alan Wolfelt's Ten Essential Touchstones of grief. This 10-week group offers a safe space to openly share your experience while receiving tools and guidance to help you on your path toward hope

Wednesdays

Jan 27-April 7 11:00AM-12:00 PM

Location for above events:
2612 E Northern Lights Blvd.
Anchorage, AK 99508

Remembrance Tree

Light up a Life

Hospice of Anchorage would like to join you in remembering your loved one this holiday season. By dedicating an ornament on one of our Remembrance Trees, you can honor the memory of your loved ones, and shine a caring light into the lives of HOA clients and their families throughout our community. Your donation will enable us to support individuals and families experiencing serious life-limiting illness, dying, and grief.

Ways to Light Up a Life this Holiday Season:

- Come visit us: Come to one of our three Remembrance Tree locations to donate, pick up and personalize your ornament with the name of your loved one, and hang it on the tree. We also introduced a new ornament design to honor beloved family pets:

- * Bailey's Furniture, 350 W. International Airport Blvd.
- * Hospice of Anchorage, 2612 E. Northern Lights Blvd. (11 AM – 4 PM, Mon. – Thurs.)
- * Katmai Oncology, 3851 Piper St. U340

- Online: Donations can be made on our website, www.hospiceofanchorage.org,

- By mail: Fill out the remittance envelope with the name of your loved one and send that and your donation back to Hospice of Anchorage using the enclosed envelope. We will create an ornament to honor your loved one and will hang it for you on our Remembrance Tree!





A caring community of help, hope and comfort.

2612 E. NORTHERN LIGHTS BLVD.
ANCHORAGE, AK 99508

How You Can Help Hospice of Anchorage

All the services we provide at Hospice of Anchorage are completely free of charge. Please consider making an investment in our community through Hospice of Anchorage today so together, we can continue to help individuals and families prepare for and live well with serious, life-limiting illness, dying, and grief throughout the Anchorage community.

Ways to Serve:

Become a Hospice of Anchorage volunteer on our website:

www.hospiceofanchorage.org under the 'Volunteer' tab, choose 'Apply Now.'

Ways to Donate:

1. Scan the QR Code and donate.
2. Donate at www.hospiceofanchorage.org
3. Send a check to Hospice of Anchorage: 2612 E. Northern Lights Blvd., Anchorage/AK 99508

