



THE CARING VOICE

A NEWSLETTER FROM

Hospice of Anchorage

A caring community of help, hope and comfort.

DECEMBER 2023
VOLUME 2



NEW 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

Letter from the Executive Director

Friends of Hospice of Anchorage-

As the year draws to a close, I find myself reflecting on the incredible journey we have undertaken together at Hospice of Anchorage. Your steadfast support and unwavering commitment have been the bedrock upon which we have built a foundation of compassionate care for those in our community facing life-limiting illnesses.

Throughout this year, we have witnessed remarkable moments of resilience, love, and grace in the faces of our clients and their families. Each day, our dedicated team of employees and volunteers, alongside your generous contributions, have helped transform the difficult journey of end-of-life care into a time of comfort, dignity, and meaning.

Your support allowed us to expand our services, reaching even more individuals and families in need. Through innovative programs and heartfelt initiatives like our new monthly grief programming and end-of-life educational series, we have been able to offer a holistic approach to hospice care, addressing not only the physical needs of our clients but also that of their emotional, spiritual, and social well-being.

This year has brought its share of challenges, but your unwavering belief in our mission has been a guiding light. Together, we have faced these obstacles with determination and creativity, finding new ways to connect and support one another, even in the most trying of times. As we enter the holiday season, I am filled with gratitude for the incredible community that surrounds us. Your kindness, empathy, and generosity have created a legacy of compassion that will continue to touch lives for generations to come.

In the spirit of the season, I invite you to join us in celebrating the moments of joy, gratitude, and togetherness that define this time of year. Let us remember the incredible impact we have made together and look forward to the possibilities that lie ahead.

On behalf of the entire Hospice of Anchorage family, I extend my warmest wishes for a holiday season filled with comfort, peace, and the love of family and friends.

With deepest gratitude,

Susie

IN-HOME CARE

● GRIEF SUPPORT

● END OF LIFE PLANNING

Operations Update

Anchorage Chamber of Commerce 2023 Gold Pan Award for the Non-Profit Above and Beyond

Hospice of Anchorage has tremendous news! FNBA nominated us to compete for the Anchorage Chamber of Commerce 2023 Gold Pan Award for the Non-Profit Above and Beyond category earlier this Fall. More than twenty Anchorage area non-profits competed. In October, HOA was notified that we made it to the Top 3 and were subsequently invited to the 2023 Gold Pan Awards Gala. It was a phenomenal evening, showcasing so many incredible organizations and the work they do throughout our community. Your HOA team is thrilled to report that due to the incredible team efforts of all our supporters, Hospice of Anchorage is the winner of the 2023 Gold Pan Award "Non-Profit Above and Beyond" category! We are so grateful for the exposure our Hospice of Anchorage mission received that evening in the company of so many community leaders. We are humbled and feel privileged to do the work we do for the community of Anchorage as we support our fellow Alaskans!

Anchorage Daily News | Alaska Journal of Commerce | The Arctic Sounder | The Bristol Bay Times: Community Impact Award

Hospice of Anchorage appreciates the support we received from the Anchorage community! Thanks for the nominations and votes that made us a finalist in the top 20 Community Impact Awards. This award recognized HOA's dedication and commitment as a neighborhood non-profit!

Navigating the Holidays Event

HOA held our Navigating the Holidays event on November 3rd. It was a beautiful evening of fellowship and remembrance as HOA provided some tools to help those recently bereaved as they prepare to navigate the upcoming holidays. The Municipality of Anchorage provided the funding for the event which included the creation of beautiful gift bags to help support those recently bereaved. If you or someone you know could benefit from having one, please stop by the office. They are free to all and contain a booklet of information in addition to some beautiful gifts made by local artists.

Children's Grief Memory Boxes

Children are an important part of our families and young children/teens each have their own way of processing loss. There is no right or wrong way to grieve. For this reason, it is important to honor those unique feelings of grief and to help provide opportunities to process and cope with an individual's trauma in meaningful ways. Hospice of Anchorage built a program to support these youth and to distribute "Memory Boxes" through our HOA Resource Center and ASD school counselors. The program began with a generous grant from First National Bank of Alaska, from which we created 50 Memory Boxes to give support to students currently experiencing grief. The need was so great throughout our community that those 50 boxes were quickly distributed, and we are now building more from another generous grant from the Carr Foundation. Thanks to all for the community support of this new program. If you would like to support a student with one of these boxes, please stop by the HOA Resource Center.

Team Member Welcome

We'd like to offer a big welcome to our new Nurse Educator, Tina Knolmayer! She has been an RN for 29 years and began her career in the US Air Force. She came to AK in 2002 for "3 years" and is still here! She loves the outdoors, traveling and making a difference in people's lives. We are excited to welcome her to the team!

Volunteers

A huge thank you goes out to our volunteers who stepped up to assist HOA both as new Compassionate Companions and as general HOA volunteers at-large supporting our community each week. We are so grateful for the heartfelt commitment that you provide our clients and organization. Our next Compassionate Companion Training will take place in the Spring.



Immediate Volunteer Opportunities:

- Community Greeters at the office: volunteers who would be willing to come in and help answer phones and the doors as a way to help community members who stop by between the hours of 11-4, Monday-Thursday.
- Event Planning for Older Person Action Group: HOA-sponsored breakfast meet-and-greet
- Help us with fundraising events/planning

Do you have a great idea regarding how HOA can better utilize our volunteers? We are all ears! Please reach out to Ann by phone or e-mail: 907.561.5322 / ann@hospiceofanchorage.org. All volunteers must be over the age of 18, pass a State of Alaska background check and fingerprinting, submit a negative TB test and complete all necessary volunteer paperwork. A donation of \$48.25 helps offset the cost of the background check.

Calendar of Events

December

December 28th, 5pm-6:30pm

Crochet & 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.

January

January 10th, 6:30pm-8:30pm End-of-Life Planning:

Learn about end-of-life planning and the documents that are helpful when making these difficult decisions or broaching these important conversations. Learn how to access forms like Five Wishes, POLST, Power of Attorney, Advanced Healthcare Directives, and a living will for Dementia. This group is volunteer/peer led. Light refreshments will be served.

January 18th, 12PM-2 PM 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. Light refreshments will be served.

January 18th, 5pm-6:30pm Crochet

& Commemorate: Come 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.

January 25th, 5pm-7pm Cooking for Comfort:

Join us for a night of reminiscing as we share our favorite recipes from loved ones who have passed. Bring your favorite dish and a copy of your grief recipe to share with the group. This will be a time to reflect and honor those who are no longer with us.

February

February 8th, 12PM-2 PM Good Grief:

Gather with other volunteers and 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. Light refreshments will be served.

February 15th, 6pm-7:30pm Love

Letters: Join us as we write "Love Letters" to those who have passed. This is a time to commemorate the memory of your loved-one.

Funeral Pre-Planning Seminar

February 22nd, 1pm-2pm: Join us for the Cremation Society of Alaska's Funeral Pre-Planning seminar at Hospice of Anchorage. Cremation Society of Alaska will discuss what steps individuals should take to pre-plan funeral arrangements.

February 22nd, 6pm-7:30pm Crochet

& 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.

Location for All Events: 2612 E Northern Lights Blvd.

*Please RSVP to Hospice of Anchorage
907.561.5322 or email
stefanie@hospiceofanchorage.org*

Donor Thank You

A huge thank you to our Corporate Donors:

Alaska Mental Health Trust
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State of Alaska Senior In-Home Grant
United Way of Anchorage

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!





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

