



THE CARING VOICE

A NEWSLETTER FROM

Hospice of Anchorage

A caring community of help, hope and comfort.



JUNE 2024
VOLUME 3



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 of Anchorage –

Spring is upon us and with the rebirth we see throughout our state, I would be remiss not to thank you for your support helping Hospice of Anchorage bloom as we have this year! On behalf of your HOA team, I would like to express our deepest gratitude. It is only through your gifts of time, talents, and treasure that we were able to open our doors to new clients for the first time in over 4 years, increase our grief and bereavement programming this fiscal year to Alaskans by 1,400 %, and increase the number of active HOA volunteers by 355%. It has never been so evident that it is your contributions that allow us to make such a meaningful difference in the lives of many Alaskans. We thank you!

Your generosity allows us to provide the highest quality end-of-life support to our clients and their loved ones as they face the unthinkable. Thank you for your hand in that. We are nothing without you.

With deepest gratitude,
Susie

New Team Member Welcome

A big welcome to Carrie Chisholm, our new Administrative Program Assistant! Originally from Indiana, Carrie earned a Bachelor of Science degree from Goshen College in Mathematics in 1999 but found a passion in Early Childhood Development after graduating. She has held many roles in this field including teacher, Director of Education, business owner, preschool director, and most recently the program coordinator for the Imagination Library with the nonprofit Best Beginnings. Carrie moved to Anchorage with her husband in 2001 to lead a program called Service Adventure, a program for young adults to explore and volunteer, while living in community with one another. She has two teenagers, a son that is headed to college and a daughter that will be a senior in high school next fall.



New Board Members Welcome

Welcome to Lacy Kaufman, the Member at Large and Alyssa Marshall, Treasurer. We are so glad to have you on our Board of Directors!

IN-HOME CARE • GRIEF SUPPORT • END OF LIFE PLANNING

Operations Update

Ongoing Campaigns

Our Bloom Into Spring campaign has exceeded our \$10,000 goal! We raised \$12,125.10 in total. A special thanks goes out to our partners at CUI for their Leading Change Partnership contribution to this end! Thank you to all of the donors who so generously supported this campaign. It is only through your generosity that we have the privilege of supporting Alaskans in need at the end of their lives.

Testimonials

We would like to share with you a few testimonials that so beautifully capture the work we are privileged to do with your support:

- “My name is Sue Martin. I was born and reared in Pittsburgh, PA. I am 81 years old and earlier this year, it became apparent that something needed to change in my life for me to be able to continue to live independently. My niece lives in Anchorage; she is my only living relative. Her mother was my sister. We are it for each other in this world. She gave me the courage to make a move in my life and in March of this year, she flew to pick me up, closed my home, and moved me up to Anchorage, AK! Besides my niece, I know nobody in the state; enter Hospice of Anchorage. Though they were unable to take me on as a Lifeways client until they got their new team trained, they didn't let that stop them! Would you believe that I have received a care package from them twice a month for every month since my arrival in March 2023?! They call these packages, “Sparks of Joy,” and boy are they! They have ranged from fresh peonies in full bloom, to letters from Elementary school children to simple postcards. I hang every single one of them up on my kitchen cupboards in my assisted living room and they sure do bring so much joy! The Executive Director delivers them to me, and I have even made a pen pal out of the Operations Manager. She writes back to all the cards I send her expressing my appreciation for their kindness. Hospice of Anchorage also gave me a riser for my toilet and a wheelchair without which I could never live independently on my own. I am eternally grateful to Hospice of Anchorage for the equipment that allows me the dignity to take care of myself and every time I look up at my cupboards and see those Sparks-of-Joy, they bring such a big smile to my face. I know I am loved in this new land. Thank you so much for all you have done for me.”
- “Prior to Hospice of Anchorage, I was experiencing depression and having suicidal thoughts. Out of desperation for support, I reached out to Hospice of Anchorage. I needed help to care for myself and felt isolated. After becoming a client, Hospice of Anchorage staff and an intern visited me about 2 to 3 times a month and then were able to help me apply and obtain PCA services. HOA staff, HOA volunteers, and my PCA continue to help me feel cared for and supported. I would not be where I am today without Hospice of Anchorage. Hospice of Anchorage was absolutely instrumental in keeping me alive.”

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.

June 13	12-2pm
July 11	12-2pm
August 8	12-2pm

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.

June 20	6-7:30pm
July 18	6-7:30pm
August 15	6-7:30pm

Location for these Events:
2612 E Northern Lights Blvd.

Remembrance Ceremony

Join us as we honor our clients and community members who have passed on this year. We invited community members and staff to write the names of special people that they have lost on rocks. We will be adding those rocks to Goose Lake in memory of our loved ones. If you have lost someone close to you, please stop by our office and add their name to our remembrance table. We would love to honor them at this upcoming event.

August 12, 2024 12pm-1pm

Location for this event:
Goose Lake
2811 UAA Drive

Calendar continued...

Walk to Remember

Providence Walk to Remember
The annual Walk To Remember is held at the Providence Alaska Medical Center on Saturday morning, August 10th, in recognition of those who have lost a child or pregnancy. The event, co-sponsored by Providence Alaska Children's Hospital Bereavement Council and Hospice of Anchorage, offers a community of understanding as well as an active away to honor those who are no longer physically present.

August 10th 10:00am

Volunteer Thank Yous

HOA would like to say a special thank you to our wonderful volunteers!

We are so thankful for the heartfelt commitment that you provide our clients and organization.

Special thanks to:

Meditation and Movement Instructor
Shakiria Smith

"I attended two sessions of 'Meditation and Movement' with Iyá Jóköðtífá (Shakeria) Smith of Moonam Modality and thoroughly enjoyed the gentle movements and music she shared, especially the 'drum' she played. The goal of the sessions was to meditate and empty our minds. Then learn movements to help our body heal gently. I really enjoyed her gentle presence and the movements she shared with us!"

-Laurel Epps, attendee



Donor Thank Yous

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M E Webber Foundation
Municipality of Anchorage
State of Alaska
United Way of Anchorage

*CU1-2024 Leading Change Partner

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

