

Veteran's Coffee Hour

High Desert Hospice recently began a Veteran's Coffee Hour and we would like to extend an open invitation to join us for coffee, refreshments, and conversation on Thursday mornings at 10:00 a.m. at the Klamath Basin Senior Citizens Center. The address is 2045 Arthur Street, Klamath Falls.

Share your experience and stories with fellow Veterans, learn about benefits and services available, and make new friends and acquaintances. Bring your spouse, friends and neighbors. Everything is free and everyone is welcome.

For more information, contact our Veterans and Outreach Coordinator, Bonnie Holloway, at 541-882-1636.

We Honor Veterans Level II

We are proud to announce that High Desert Hospice attained our Level II designation in the We Honor Veterans Program.

To achieve the Level II designation we had to continue to build upon our organizational capacity to provide quality care for our Veterans. Some of the things we have completed included:

- Monthly training for our staff and volunteers in Veterans benefits, service related disabilities, injuries and illnesses, Posttraumatic Stress Disorder, and Veterans issues at the end-of-life.
- Reviewed the National Hospice and Palliative Care Organization's Standards of Practice for Hospice Programs with staff and volunteers within our organization. This resulted in revising our policies and procedures to ensure inclusion of our Veterans in all areas of hospice care.
- Recruited and trained our first group of Veteran to Veteran volunteers.
- Dedicated our new flag and flagpole at our offices.
- Participated in the two day Stand Down.
- Continued to Integrate Military History Checklist process into our referral/intake procedures and set up an annual evaluation of the process.
- Developed partnerships with other hospices with Veteran programs and Veteran Organizations throughout the area and within the state.
- Continued to develop partnerships with Veterans service organizations

Veteran's Coffee Hour	1
We Honor Veterans Level II	1
Smartphone Apps for Veterans and Caregivers	2
Family Thank You	2
Focusing on What Matters Most	3
Volunteer Corner	4

*She was no longer wrestling with the grief,
but could sit down with it as a lasting companion
and make it a sharer in her thoughts.
~George Eliot*

Smartphone Apps for Veterans and Caregivers



These five smartphone apps were created for service members and Veterans, their families, and the professionals who care for them. The apps help with issues ranging from stress and mood management to tools to help improve quality of care for people with mild traumatic brain injury. These apps were developed by the Department of Veterans Affairs and the Department of Defense.

Breathe2Relax

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.

mTBI Pocket Guide

Mild Traumatic Brain Injury (TBI) Pocket Guide provides caregivers with a comprehensive, quick reference that includes clinical practice guidelines for assessing and treating service members and Veterans who have sustained a mild TBI.

PTSD Coach

PTSD Coach was designed for Veterans and military Service Members who have, or may have, Posttraumatic Stress Disorder (PTSD).

T2 Mood Tracker

T2 Mood Tracker allows users to monitor their moods on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being).

Tactical Breather

Tactical Breathing Trainer can be used to gain control over physiological and Psychological responses to stress.

*"I have fought the good fight, I have finished the race, I have kept the faith."
~2 Timothy 4:7*

Family Thank You

Thank you for your wonderful care of mom and all of your help through such a difficult time for us. Thank you also for the beautiful slate painting. It's lovely.



Focusing on What Matters Most



Life is often filled with things to do and handle, from the moment we get up in the morning until we go to bed at night. When you, a loved one or a friend is confronted with a life limiting illness, we often find ourselves slowing down and re-focusing on what really matters in our lives.

Preparing for the end of life often is a very stressful time for loved ones and their families. However, it also can be a time of resolution, reflection and peace. Nationally recognized palliative and end-of-life care authority Ira

Byock, MD, has worked with many people as they end life's journey. He says there are four simple phrases that become even more meaningful during this time. They are everyday guides for doing the right thing, reconciling rifts in relationships and cutting through "old" history:

***"Please forgive me"**
***"Thank you"**

***"I forgive you"**
***"I love you"**

In his book, *The Four Things That Matter Most*, he notes that these "four things" simply address what is important in life and extend to every day. "These four simple sentences are powerful tools for improving your life," he says. "But the four things can be used at any time. These four short sentences carry wisdom. They are what matters most in life."

Please Forgive Me

Asking for forgiveness can be difficult. When a person does something wrong, they can feel enormous guilt. Sometimes, people carry guilt with them for years, even if no one knows what they have done. But most people do not want to carry guilt into death. When a person admits a mistake and says, "Please forgive me," it can feel like a heavy weight has been lifted.

I Forgive You

Forgiving someone can sometimes feel close to impossible. But saying, "I forgive you," to someone who is dying accomplishes two things. It can release the dying person from suffering; they may feel bad, but not know how to ask for forgiveness. And saying, "I forgive you," can also be good for the person who says it. It can free them from pain, bad memories and suffering. It will not make a person forget what happened, but it may start the process of emotional healing.

Thank you

As a person gets close to death, they sometimes ask themselves, "Did my life mean anything?" When someone says, "Thank you," they are answering this question. They are affirming, "Yes, you made a difference in my life." As people get closer to the end of their life, sometimes it is difficult to remember the many good parts of life. The dying person only sees the present time. By saying, "Thank you," we remind the person that their life had many good parts.

I Love You

Saying, "I love you," is how we prove that relationships matter. Reminding a person who is dying that he is loved is very important.

*Edited excerpts from *The Four Things That Matter Most* by
Ira Byock, MD.

High Desert Hospice LLC
2894 Greensprings Drive
Klamath Falls, OR 97601

Volunteer Corner



“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”

Author Unknown

“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain love for one another.”

Erma Bombeck

“Those who can, do. Those who can do more, volunteer.”

Author Unknown

~Call to Volunteer
(541) 882-1636~

