



# Volunteer Voices

Whatcom Hospice & Outpatient Palliative Care Volunteer Newsletter  
A Program of PeaceHealth St. Joseph Medical Center

June 2019

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## June Volunteer Education

*“Seeing it From the Other Side: Part 3 — Becoming  
Dementia Knowledgeable”*

*with Teepa Snow*

Wednesday, June 19th, 2:30-4:30 p.m.

Lower Level Conference Room

Renowned dementia care expert, Teepa Snow, separates myth from reality in this eye-opening video. Her insightful teachings help care partners further understand the needs and experiences of those living with the effects of dementia. Viewers will learn about

- ◆ Differences between dementia and normal aging
- ◆ What happens inside a changing brain
- ◆ Person-centered Positive Approach™ techniques
- ◆ Teepa’s Gems™ —A dementia classification model describing changing abilities

Total time: 96 Minutes. This is a repeat of the video shown in March when we changed the time but didn’t communicate the time change very well.

Let us know if you plan to come!

**Teepa Snow** will be speaking at this year’s Alzheimer’s conference about managing the balancing act that caregivers and family members must perform.

October 9th, 2019, 8:00am-4:00pm

Four Points by Sheraton in Bellingham

\$70 until August 31 — \$85 Non Early Bird

<https://alzociety.org/33rd-annual-caregiver-conference/>

## Volunteer Support Group

Thursday June 27th, 2:00—4:00 p.m.

Lower Level Conference Room

Time for the new volunteers to gather with the “seasoned” volunteers to discuss what works, what doesn’t, ask for input, gain support, and share stories.

This is a great opportunity to meet and bond with other exceptional individuals—Hospice and Palliative Care volunteers!

We promise to provide food, friendship, and fun!

Please let Amie, Erin or Beth know

if you plan to come.

## Volunteer Hours for April 2019:

Community Program: 346.25 hours

Hospice House: 611.41 hours

For a total of: 957.66 hours!

**Thank you for your commitment  
to our program!**

## The Realities of Advanced Medical Interventions

Wednesday, June 5, 2019, 6pm

At St. Luke’s Health Education Center  
3333 Squalicum Pkwy

Rebecca Rech Cutler, BSN, RN, CRRN, CHPN will present in frank terms the meanings of advanced medical interventions, and what their outcomes could mean for patients in the short and long term. Advance care planning, advance directives, and the importance of palliative care are discussed. These interactive sessions include Q & A.

Email Micki Jackson, [micki98226@aol.com](mailto:micki98226@aol.com) to sign-up.

Classes are offered quarterly, next class will be Wednesday, September 4th.

# Summer Theater and Palliative Care

Because the arts provide an opening door for discussion about hard topics, the *Palliative Care Institute* and *Bellingham TheatreWorks* are collaborating on a series of plays this summer, each with a character who has cancer. These plays present both funny and heart-wrenching explorations of the challenges of serious illness.

Three different plays will be staged six nights a week during July:

**The Clean House** by Sarah Ruhl  
**Cat on a Hot Tin Roof** by Tennessee Williams  
**Wit** by Margaret Edson

A panel and audience talk-backs hosted by the *Palliative Care Institute* will follow the July 7, 14 & 21 Sunday performances.

All performances are at the Firehouse Arts and Events Center. Season Tickets for all three plays: \$50.00 Single Tickets: \$20.00. Come join us for terrific theater and informative and provocative conversations.

Full calendar and tickets available at [www.BellinghamTheatreWorks.org](http://www.BellinghamTheatreWorks.org)

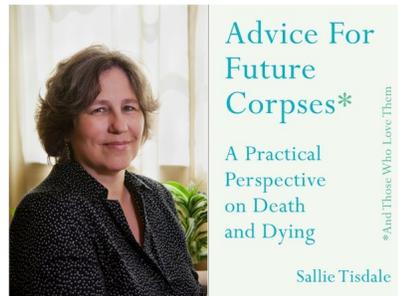
## *From the Palliative Care Institute... Save the Date: Sallie Tisdale – Community Conversation*

7:00 pm, October 23, 2019

St. Luke's Community Health Education Center, 3333 Squalicum Pkwy, Bellingham, WA 98225

Free to the public

Sallie Tisdale wants to watch "Duck Soup." (When it's her time to die, that is.) And she wants you to think about your death wishes, too. In her new book, *Advice For Future Corpses (and Those Who Love Them): A Practical Perspective on Death and Dying*, Tisdale asks us to examine our fears and think about the unthinkable.



Funny, touching and practical, *Advice For Future Corpses* strips down the notion of a good death in a way that's equal parts comforting and uncomfortable. Ditching the more (as she puts it) "young, hip and white" factions of the death awareness movement, Tisdale draws inspiration from years of real-world experience working as a nurse for dying people. The result is something neither macabre nor hipstery: It's real, jarring and human. Co-sponsored by PCI and the PeaceHealth Foundation.