

Board of Directors

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Hospice Staff

Executive Director:
Janice Nightingale

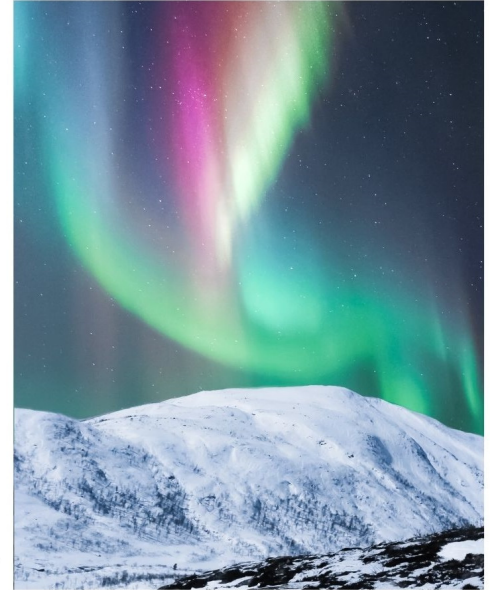
Bereavement Coordinator:
Jared Askam

Admin. Assistant:
Antonia Reitter

YOU ARE A LIGHT OTHERS CAN SEE*
Steven Charleston

Let me honor you today with the respect you deserve.
Let me acknowledge you as a person
Who has worth and value.
Our world would be diminished without you.
Our journey would seem longer.
You bless us with your presence.
You make a difference in our lives.
We need you.
There are so many who would stand to say this with me.
You are loved.
I know well enough to understand
That you do not expect
Or even want to hear this kind of praise.
But I believe the Spirit intends every human heart
To hear a simple truth: you are a light others can see.

*From: Spirit Wheel: Meditations from an Indigenous Elder
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Upcoming Fundraisers

Annual Wine Tasting & Auction

April 20, 2024 @ 7pm
Lodge at the Lone Moose
For tickets call 907.262.0453

Parking Lot Sale

July 4-5, 2024 / 9am-4pm
Donations accepted June 26-July 3.
VOLUNTEERS NEEDED

Root Beer Family Fun Run

August 26, 2024 @ 10am
Save the date! Pre-registration
opens this summer.

Director's Desk

Janice Nightingale

How many of you know just how much of
a bright light you are to the Hospice of the
Central Peninsula?

Stand up, as you are able, if you are/have:

1. a Hospice direct care or office volunteer
**(Please remain standing if you are able
as this list goes on.)**
2. volunteered at Camp Mend-A-Heart
3. attended or volunteered at a Hospice
Fundraiser (wine event, root beer run,
parking lot sale, etc.)
4. serve on the hospice board of directors
5. a hospice staff member
6. taken our volunteer training
7. presented at our volunteer training
8. brought a child to Camp Mend-A-Heart
(Everyone still standing?)
9. a Hospice client or a caregiver of a
Hospice client
10. come into our office to pick up resource
materials, supplies or borrow equipment
from our loan closet for yourself or for a
loved one
11. donated equipment or supplies to our
loan closet
12. a member of the medical community
who works closely with us
13. made a financial contribution to
Hospice
14. ever shared with us a hospice story

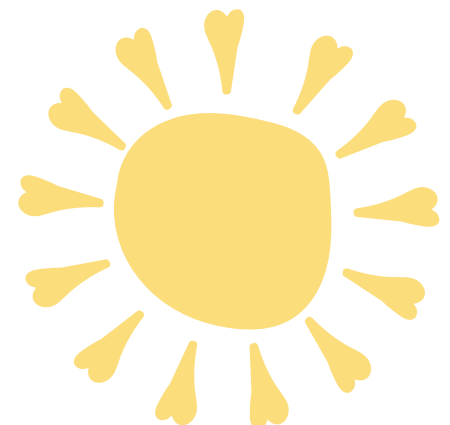
Is everyone standing? I am guessing, yes! If
you aren't standing in body, I think
everyone is standing in spirit.
We do see you. We do honor you. We
would not be here without you.

As we finish the first quarter of 2024, we
look forward to the light Springtime
brings. We look forward to the light you
bring to us and to others around you.
Thank you for making a difference in our
community.

Stop by our office to see what we have
coming up and meet Jared, the newest
member of the Hospice of the Central
Peninsula team.

Immediate Loan Closet Needs

- Adult Medium Tabbed Diapers
- Adult Medium Pull-Ups
- Disposable Chux (bigger is better)
- Bedside Commode Pails



Upcoming Trainings

Normal vs Not Normal Aging

April 17, 2024 @ 2pm
Soldotna Library

Core Volunteer Training

September 21 & 28, 2024
Registration required.
Contact Toni Reitter for info.

Volunteer Corner

Toni Reitter

Whew! 2024 started off in a hurry.

January we hosted a two Saturday training class for our newest members of the volunteer team. The Kenai Peninsula Food Bank was gracious enough to allow us to use their facility for training and it made things very easy. We managed to gain 5 new volunteers! February we saw a wave of referrals where we met people during one of the most difficult parts of their life. March is just whizzing by!

We have an amazing group of core volunteers who have consistently stepped up when we were in need and it will be nice to add to our ranks to give the others a break or two. While I know everyone believes in our mission, I know that spreading the wealth - especially with direct care - will be good for everyone.

Our office also gained new volunteers, so if you come in or call the office you may see a new face or two. We are very excited to get to know these new volunteers and we hope you are too.

The loan closet has been even busier - if you can believe it - and our supplies and equipment have been depleted. You may have seen our list of needs on the first page - these have been our needs for months. We are so grateful to those who bring in donations, most of the time they go back out the same day they came in. Our community is greatly in need and it's wonderful how everyone comes together to help.

Our next volunteer training will be in September, but there are other ways to volunteer with Hospice that don't require training and is a great way to get plugged in while you wait! Our fundraisers are a great way to help and we are always looking for support volunteers for the Wine Event, Parking Lot Sale, and Root Beer Fun Run. We also have volunteer opportunities with community outreach (health fairs, community talks, etc).

Hospice cannot fulfill our mission without our dedicated volunteers, we are thankful for each and every member of our volunteer team! You all do so much for Hospice and our community.

THANK YOU!

Volunteers Needed

Volunteer Opportunities

Parking Lot Sale

July 1-3: organize donations.
July 4&5: help with sale.

Camp Mend-A-Heart

August 6-8, 2024
Must pass a State of Alaska background check.
Contact Jared for more information/to sign up.
907.262.1450

Root Beer Family Fun Run

August 26, 2024
Set up, registration, cheerleading. You can sign up to help AND sign up to run!

In Memorium

Bill Miller	John Bennett Linda Swarner Kevin Miller Losing Children & Spouses & Families
Carolyn Ostrander	Donna Therrien Delores & John Benner
Dutch Dutcher	Nanci Wilborn Jo C Macaluso
Haru Monell	Karen Monell
Jerome Mark	Cartherine Delange Robert Howell John Kurtz Laurie & Chip Little Bud & Linda Yelenick
Jim Morrison	Patricia Morrison
Joe C. Nightingale	Laura & Joel Henkelman Linda McNair Barbara Waters
Kenneth Corme	Jean Cormie
Lois Wolfe	Mindy Chamberlin
Lola Nightingale	Laura & Joel Henkelman
Matthew Morrison	Patricia Morrison
Penny Carty	Jason & Heather Daniels
Rosie Reeder	Glenn Arundell Barbara Beeman
Willie May	John Bowen



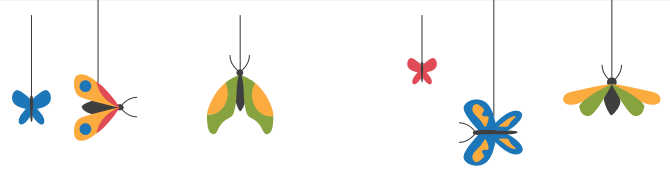
Grief Support

One-on-One in person and telephonic grief support is available by appointment. Call Jared at 907.262.1450 or 907.262.0453 to set up an appointment.



Grief Speaks

Jared Askam



Grief is seen through many perspectives and angles, though regardless of how it is seen, it is still a difficult journey to endure, nonetheless. allow yourself to view your grief like it's a garden of your own. You have the seeds to plant, and that is up to oneself as to how they will tend to those seeds. It may blossom and grow as you tend to it while time goes on, as it may also wither and decay some before replenishing itself to grow more. With that being said, there is no true linear path when one grieves and mourns. Remember to remind yourself that regression is still progression. Allow yourself to tend to the grief and mourning, as it will grow with you and your loved ones around you.

In Honor of

Wesley Bridger Mitchell Thomas Kristin Mitchell



CAMP MEND-A-HEART

August 6-8, 2024

REGISTRATION IS OPEN!

Campers ages 6-13 who have experienced the loss of a loved one through death are eligible for our one week day-camp! The camp is FREE no matter camper's financial situation. For an application contact Jared at 907.262.1450 or visit our website to download a copy. Applications are DUE BY JULY 26, 2024

VOLUNTEERS NEEDED

Camp can't happen without our dedicated camp volunteers. Contact Jared for more information. Must be able to pass a background check.

Meet our new Bereavement Coordinator

Jared Askam

Hello to all! My name is Jared Askam, and I am the new bereavement coordinator for Hospice of Central Peninsula. I am 21 years old, and I truly enjoy showing the love and compassion that many people are in need of receiving. My objective for as long as I work for hospice is to be able to guide people through their journey of grief and lend my ear for those to express what's on their minds.

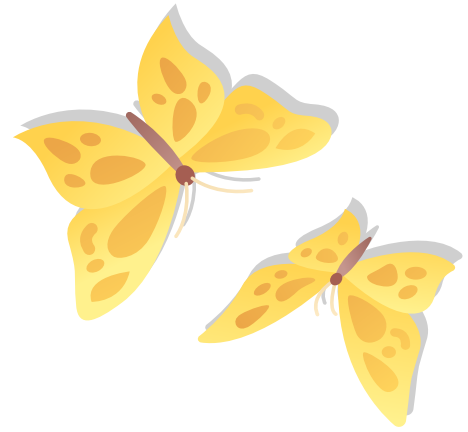
I am a firm believer in two philosophies; Become who you needed, and regression is still progression.

On my leisure time, I enjoy spending time with my son, and I am most active during the summertime when I can go camping and hiking as I have a love for outdoor adventures.

"MANY PEOPLE LEAVE SOMETHING FOR THE WORLD WHEN IT'S THEIR TIME TO GO. THERE IS ONLY ONE THING THAT EACH AND EVERYONE OF US WE LEAVE FOR THE REST OF THE WORLD, AND THAT IS OUR LEGACY. OUR LEGACY CARRIES FORTH THROUGH THE PEOPLE WHO WE'VE HAD AROUND US."



HELLO
SPRING



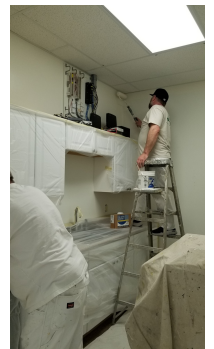
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Hospice of the Central Peninsula
PO Box 2584
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Office facelift



Thanks to a generous donation by Sherwin-Williams for the paint, and the professional crew at Jay's Painting, we now have fresh paint on the office walls! Thank you to those who came and helped moved furniture around! Stop by and take a look!



Can you guess what colors each staff member chose for their office?