



Part of Your Community
Caring For Your Family

Serving Bend | Redmond | Sisters | Powell Butte | Prineville | Crooked River Ranch | Terrebonne | Madras

September-October 2015

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Hospice of Redmond

Our Mission

To enhance the quality of life for patients and their families by providing the highest level of compassionate hospice care and bereavement services for our Central Oregon community.

Our Service Area

Bend | Redmond | Sisters | Powell Butte | Prineville | Crooked River Ranch | Terrebonne | Madras

Ask For Us By Name

Hospice of Redmond
732 SW 23rd Street
Redmond OR 97756

541.548.7483
541.548.1507 fax

For more information, please visit our web site at www.hospiceofredmond.org.

Meet Our New Staff

Dear Community Member,

Have you been a care giver and have recently lost your loved one? Or perhaps you know someone who is having this experience. This loss can leave you at odds with what has seemed to become your role in life. Here are some suggestions on self-care for you, the care giver, while you rebuild your life and your identity.

Best regards,
The Team at Hospice of Redmond

After the Care Giving Ends...

by Diane Kellstrom, Bereavement Coordinator

The loss of a loved one can leave an emptiness in your life that seems insurmountable in your grief. If you have devoted most of your time and energy in the past days, weeks, months, or even years to the care and comfort of a loved one, then you may find yourself dealing with another loss - the loss of self-identity! You could be asking yourself: Who am I now? What do I do now? What is my purpose?

Of course, there is no single answer to these questions. Rebuilding your life after care giving depends on so many factors: your circumstances and emotional temperament; the nature of your relationship with the person you cared for; the demands that care giving imposed; the help and support that were available to you during this difficult time; and your lasting memory of those final days.

As a care giver you may be at a higher risk for



Kimberly Elite

Please say hello to the new friendly face at our front desk or voice on the telephone, Kimberly Elite, our new receptionist.

Kimberly hales from the beautiful Napa Valley, California, and moved to Central Oregon over 5 years ago to start a new chapter in her life.

She loves the ocean, hiking, reading, cooking, and spending time with her family and friends.

Support Camp Sunrise Through the Fred Meyer Community Rewards Program



Please support Camp Sunrise through the Fred Meyer Community Rewards Program.

It's quick and easy.

You enroll online and link your Rewards Card to Camp Sunrise. Shop with your Rewards Card. You continue to receive Rewards Points, Rebates and Fuel Points; Camp Sunrise earns donations.

[Click here for more details!](#)

illness because of the physical and emotional demands on your body such as lack of sleep, poor nutrition, heavy lifting, anticipatory grief and anxiety. As soon as possible, make an appointment with your physician for a physical. Put a plan in place for good self-care which might include eating a healthy diet, getting plenty of exercise, and "taking time" to reconnect with family and friends.

Here are some suggestions for taking care of yourself and getting back in touch with the person you are.

Give yourself permission to talk about your feelings. Confide in a trusted friend or family member. Connect with others who understand your experience and with whom you can build a community of support.

If you are more comfortable in a quiet and contemplative setting, consider starting a journal. You don't have to be a "writer." Jotting down your thoughts and feelings can also reduce stress and help you release pent up emotions. You might enjoy being a part of Hospice of Redmond's Guided Autobiography Workshop. With the help of your instructor, and in a relaxed environment, you will have the opportunity to reconnect with stories and events that helped shape the person you are today.

Don't be afraid to cry. You don't need to struggle to find words that describe how you are feeling. Tears speak volumes. While some feel it is best to "stay strong" and not show emotion, crying is the most natural way to release tension and anxiety.

Get support. Often, care giving results in isolation and disconnection from family and friends. As you begin to rebuild your life, you may find comfort in the company of others who are also on the same path. If the loss and your grief become more than you can bear alone, consider contacting a grief support group such as those offered by Hospice of Redmond. Hospice also holds a monthly luncheon, Soup & Support, for anyone who is grieving the death of a loved one and would like a more relaxed setting in which to meet people and discuss the challenges you are facing.

Remember that you devoted yourself to care giving

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and you made a real difference for your loved one. Now is the time to take all that love and strength and commitment and use it for yourself. Give yourself permission to enjoy meaningful activities again. One day, with good self-care, joy and happiness will return to your world along with all of the possibilities of meaningful new beginnings.

If you would like more information on Hospice of Redmond's Grief and Recovery Programs visit our website at www.hospiceofredmond.org. Additional information and support on life after care giving can be found by visiting the sites listed below.

Cancer.net

www.cancer.net/coping-and-emotions/caregiver-support/adjusting-life-after-caregiving

Lifeaftercaregiving.com

HomeInstead Senior Care

www.homeinstead.com

Upcoming Events & Workshops

Friday, September 25: Redmond Chamber of Commerce Coffee Clatter

8:30 a.m.-9:30 a.m., Hospice Community Room
Hosted by Hospice of Redmond

Tuesday, September 22: Soup & Support

12 Noon-1:30 p.m., Hospice Community Room

Any community member who wishes companionship and grief support is welcome to attend. Prior Hospice services are not a prerequisite for attendance. For more information on this group, call 541.548.7483.

Friday, October 23: Parkinson's Support and Info Seminar

10 a.m.-11:30 a.m., Hospice Community Room

Please join us for presenters speaking on living with the disease, along with information and resources available.

To reserve your place, please call 541.548.7483 by October 21st.

Sponsored by: Right At Home and Hospice of Redmond

Tuesday, October 27: Soup & Support

12 Noon-1:30 p.m., Hospice Community Room

Any community member who wishes companionship and grief support is welcome to attend. Prior Hospice services are not a prerequisite for attendance. For more information on this group, call 541.548.7483.

Please feel free to share our newsletter with your friends, colleagues, and family.

Give Hospice of Redmond a call today at 541.548.7483 to see how we might help you or a loved one. We are happy to answer your questions and to be of service.

For more information on Hospice of Redmond, our services and programs, please visit us at www.hospiceofredmond.org.

Ask For Us By Name

Sincerely,

The Team at Hospice of Redmond

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