

# Volunteers for Hospice of the Gorge are vital part of end-of-life services

Hospice of The Gorge, a non-profit end-of-life service agency, invites any community member with an interest to learn how to become a hospice volunteer.

This free training program is open to anyone in the Hospice of The Gorge service area in eight mid-Columbia counties in Oregon and Washington, including Skamania, Klickitat and Hood River.

Training takes place over two weekends at the Hospice of The Gorge administrative center in Hood River, from 6 to 8 p.m. on Friday, May 2, and from 8 a.m. to 4 p.m. on Saturday, May 3 and 10.

The training gives people who want to volunteer the tools to understand hospice philosophy, and provide direct services to patients and families.

The training also provides the basis with which to serve in administrative and other types of volunteer roles.

Christine Jones, the volunteer coordinator for Hospice of The Gorge, explains that hospice volunteers who work with patients help in a variety of ways, but mostly on a social level.

"Often they help out in the

home while the caregiver takes a break, or they may spend time talking with or reading to a patient.

"Sometimes what really matters is just having someone to talk to outside the family, to share a laugh, to watch old movies with, or to look at photo albums together."

Occasionally, hospice volunteers offer a special skill or service. Jacquie Hashizume of The Dalles helps patients relax through a form of energy massage known as "reiki."

Reiki (pronounced "RAY-key") is a Japanese word meaning universal life energy. This gentle, hands-on method uses the energy known as prana in India, chi in China, and ki in Japan.

"My intent is to help patients relax so that their treatments or medications will work better," says Hashizume. "Some people say they feel a warm or tingling sensation during a session. Even if a person doesn't feel something, it doesn't mean it doesn't work."

Following a treatment, many patients report a sense of wellbeing and calm and enjoy a deep, restful sleep.

A session, which usually lasts 20 to 45 minutes, can be done with or without touch, in a chair, recliner or bed. Patients remain fully clothed during the treatment.

Hashizume is one of more than 50 volunteers at Hospice of the Gorge who provide a range of services from visiting with patients to helping with office work and events. She also volunteers elsewhere in the community and teaches reiki classes in her home and at Columbia Gorge Community College.

Jones said, "Generally our volunteers have some kind of personal connection with death. Often they've experienced the loss of a loved one themselves, and feel a very deep sense of commitment about wanting to help others through the process."

Still, Jones says, "We want to be sure people have healed from their own losses before they become hospice volunteers. We would be cautious about asking people to volunteer too soon after a loss, because we need them to be fully present for other people."

For more information, call 541-387-6449, or you can email [cjones@hospiceofthegorge.org](mailto:cjones@hospiceofthegorge.org).



**Skamania County Emergency Medical/ to 'Every 15 Minutes,' a Stevenson alcohol-free graduation party. Dave with EMS secretary Andrew Nichols.**

North run the new version of 911 mapping software.

presenting **Wednesday - April 9, 2008**

North Discussion items:

- Unbudgeted position at Counseling Center.

- Workshop with Planning & Community Development.

- zoning & working draft maps, WRIA 29 implementation,

- 30 PM Carson Flood Control Zone ending District.

- 2007 • Workshop with Facilities & Recreation: community cleanup, revise garage sale, auction preparation.

- 1977 • County Transfer Sites free services day in conjunction with Earth Day.

- 10 AM • Workshop regarding Wind River Business Park request for proposals for marketing consultant/developer.

- 108-22 2 for

- Workshop with Central

Commission will hold a joint Planning Commission/Board of County Commissioners Workshop at the regularly scheduled meeting on May 6, 2008 at 7:00 p.m. at the Courthouse Annex Meeting Room, 170 Vancouver Avenue, Stevenson, WA 98648.

A Joint Planning

## NOTICES IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF SKAMANIA

In Re the Estate of )  
GLENN E. CAMPBELL, )  
Deceased )

this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication:  
April 23, 2008  
Administratrix:  
Wendy Schmid