

# HOSPICE

With Love Since 1981

## of The Gorge

# Bringing Help & Hope

## Healing Art of Reiki

Comfort and caring comes in many forms. For hospice patients seeking relaxation and stress reduction, volunteer Jacquie Hashizume offers the Eastern form of energy work 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 Jacquie, a Reiki Master who moved with her husband from Los Angeles to The Dalles three years ago. Soon after, she began sharing her time and talents as a volunteer with Hospice of the Gorge.

"Some people say they feel a warm or tingling sensation during a session," says Jacquie. "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 well-being and calm and enjoy a deep, restful sleep.



*Jacquie Hashizume*

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.

"Jacquie is great," says Hospice volunteer coordinator, Christine Jones.

"She is so willing, eager and wanting to do and be there for our patients."

Jacquie 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.