

The Providence Mission:

“As people of Providence, we reveal God’s love for all, especially the poor and vulnerable, through our compassionate service.”

- Providence Hospice of Seattle
- Providence Hospice and HomeCare of Snohomish County
- Providence Home Services
- Providence SoundHomeCare and Hospice
- Providence Infusion and Pharmacy Services
- Providence ElderPlace
- Providence Lifeline
- Providence Mother Joseph Care Center
- Providence Marianwood
- Providence Mount St. Vincent
- Supportive Housing
- Providence Heritage House at the Market

The Providence Progress
Vol. 2 No. 3 Fall 2008

Please feel free to send story ideas to:
Editor Cynthia Flash, cynthia@flashmediaservices.com

What Employees Are Doing Now

Arlene Carter, Assistant Director of the Providence Mount St. Vincent Foundation, received an award for her essay on her “encore career” from Civic Ventures. As part of her 2007 Purpose Prize award, she was invited to participate in a two-day Encore Careers Summit at Stanford University. Terry Nagel, Managing Editor, of Encore.org, told Carter her personal story about taking a job with the Mount after leaving her former profession inspire them. “We see you as part of the vanguard of a movement that has the potential to transform our country by helping us bring the talent, energy and passion of people in their post-midlife years to the solution of our most significant challenges.” Congratulations Arlene!

Eunice Bennett, RN, BSN, with Providence SoundHomeCare and Hospice, **Ruth Dills**, RN, BSN, formerly with PSHCH and now at Providence Centralia Hospital, and **Sherry McBride**, RN, DNS of Roo-Lan Healthcare Center, Olympia, made a joint presentation about hospice care in facilities at the Washington State

Hospice & Palliative Care Organization Fall Conference in Ocean Shores, Wash. Eunice, Ruth and Sherry shared with others how they successfully built a collaborative model between the hospice team and the facility staff to provide residents with quality end-of-life care. They emphasized that once a successful working relationship has been established, continued collaboration and communication remains a critical factor.



Mary Ann Strong and Rachel Horner



Ephraim Butin

At least three Marianwood NACs have in recent months responded to the hair-loss needs of those undergoing chemotherapy by donating their own hair to be

made into wigs. **Mary Ann Strong, Rachel Horner, and Ephraim Butin** each donated. Mary Ann just decided it was something she wanted to do. Rachel’s mother had lost all her hair during chemotherapy treatment, and had eventually passed away 10 years ago from breast cancer. In memory of her mother, Rachel donated 12 inches of her hair to “Locks of Love” almost two years ago. She is preparing to donate again. Ephraim said his initial reasons for wanting to cut his hair were “personal” and rather unspectacular. He simply wanted the shaved head to signify “a change” – graduating from high school and going into nursing school. But a “random act of kindness” by a stranger in a food line – paying for

his drink – inspired him to do this act of kindness for others. “Donating my hair to cancer patients ...was the ideal thing to do,” he said.

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from making and giving quilts to Project Linus, knowing that each quilt may bring warmth and happiness to a child in need.”

Marilyn is now the coordinator of Project Linus’ Seattle chapter. As coordinator, she collects quilts, performs quality control, sews a Project Linus label on each quilt, and distributes quilts to local organizations. It’s a big job: over the last two years, the chapter has donated more than 2,200 quilts and blankets to organizations throughout the Seattle area.

Project Linus quilters don’t often get to see their quilts in use, but in 2006, Marilyn and chapter member Shirley Cotter, a retired nurse who donates 25-30 quilts every year, were invited to visit the Camp Erin site in Carnation, Wash. and see the quilts as campers would first see them: draped on the cabin bunks and topped with plush teddy bears. “It was wonderful to see our quilts with the teddy bears and imagine what the kids’ response would be,” says Marilyn. “Seeing them got us really excited to start sewing for the next year.”

If you love to quilt, knit, or crochet and are interested in joining Project Linus, please contact Marilyn Kaiser at seattlelinus@yahoo.com, or go to www.seattlelinus.blogspot.com.

The Providence Progress



We invite all who live, work and visit here to share their talents and gifts to promote the physical and spiritual health and well being of the community.

www.providence.org/pscs

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Providence Senior and Community Services:
For a list of all of our programs, please go to www.providence.org/pscs

The Faces Served by PSCS – Recent and Past Immigrants

By Tim Zaricznyj, Supportive Housing

Recent census data showed that King County, Wash., added 10,000 new immigrant residents in the past year. The *Seattle Post-Intelligencer* notes that “it can be seen on Rainier Avenue South in Seattle with the growing number of taco trucks and pho restaurants ... from the Mexican day laborers lined up looking for work in Belltown, the large numbers of Indians working at Microsoft, and all the televisions tuned in to the Spanish language channel at restaurants such as Coliman in Georgetown.”

It can also be seen throughout PSCS. Increasingly more patients, residents, employees and partners share an experience that is emblematic of the immigrant: a stranger in a strange land redefining who they are, what they value and how they navigate the world.

Studies of the immigrant and process of immigration suggest that a hyphenated identity lends itself to a double vision of sorts, that the immigrant represents a valuable metaphor for humans being in the age of globalization. Sociologist Michel De Certeau observes, “Placed at the point connecting two worlds, practicing with their defending body and in a chaotic way, but practicing two languages and two cultures, the immigrant shows that it is entirely possible to move between the past and the present, between the here



Mui Huong has recently become a citizen and loves living at Providence Gamelin House in Seattle.

and the elsewhere, that one can invent equivalent codes, and organize systems of translation.”

Viewed in such a way, the immigrant emerges as a dynamic force that redefines traditional notions equating culture with place. The immigrant appears as both a metaphor for and practitioner of the sort of hybridity that globalization demands. The immigrant is seen as a messenger from the future and an embodiment of opportunity, possibility and hope.

The United States Conference of Catholic Bishops reminds us that Catholic Social Teaching has always upheld the right to migrate

to sustain life and the lives of one’s family. This principle is rooted in scripture: *You shall treat the alien who resides with you no differently than the natives born among you; have the same love for him as for yourself; for you too were once aliens in the land of Egypt.* (Lv 19:33-34).

Compelled by our Mission to “reveal God’s love for all,” PSCS employs, serves and partners with many who were born in other lands. Here are just a few of their stories:

Mui Huong does not remember when she immigrated to the U.S., except that it was “a long time ago.” She speaks very little

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Take Time to Appreciate What’s Important During the Holiday Season

As the holidays approach, let’s make a pact as People of Providence that we will not allow the gloom of our national economic crisis to overshadow our need to give thanks for all of the blessings in our lives and to celebrate the joyous occasion of the birth of Jesus Christ. We can’t ignore the daily reminders of the weak predictions on holiday retail sales, the decline of home values in our communities, and of course the tumultuous upheaval in the stock market. We are rightfully concerned about how all of this

affects our personal retirement planning, college savings and our ability to meet our monthly financial obligations. Everyone is worried, and rightfully so.

But this is the season of joy and hope. We owe it to each other as colleagues, as neighbors, as friends, and as family to set aside our worries and to let the love of our Provident God shine through us. This is the season to believe that everything will be all right. Take a moment in your busy day to borrow some wisdom from

some of our nursing home residents, PACE participants, or hospice patients. Ask them if the worrying they did during their lives was worth the effort. Chances are they will tell you that if they could live life again, they would chose not to waste a minute of it in worry. They would tell you that the best way they spent their time was by celebrating life and giving thanks for all they have.

Do us all one favor. When you wake up in the morning, think

about something you are grateful for. Let this be the first thought you have as you begin your day. Then as the day moves on and worries begin to creep in remember the thought that started your day. Everything is going to be ok.

Happy Thanksgiving, Merry Christmas, Happy Hanukkah, and Happy New Year.

Thank you for being a Person of Providence.

Robert Hellrigel, CEO PSCS

Current Events CALENDAR

A team from the Gary Manuel Salon goes to Heritage House at the Market to "dress up" the residents for the holidays. Dec. 14

Sound HomeCare & Hospice Light Up a Life Memorial Services

- Dec. 1: 3 p.m. Mason General Hospital Ellinor Rm.
- Dec. 3: 8 p.m. Christmas Forest, Red Lion Olympia Hotel
- Dec. 4: 3 p.m. Providence Centralia Hospital Chapel

For more information, call 360-493-7981 in Olympia/Shelton or (360) 740-8308 in Centralia.

Providence O'Christmas Trees celebration to benefit PSCS

Westin Hotel, Seattle

- Dec. 1: 3 to 8 p.m. Free A Family Affair Treeview
- Dec. 2: 11 a.m. to 1 p.m. Silver Bells Luncheon
- Dec. 3: 5 p.m. Gala dinner and auction



Who We Serve

Jeanette Payne, Providence Supportive Housing

Jeanette Payne has always made her own way in the world. She's also spent a great deal of her life helping others. As a resident of Seattle's Providence Vincent House – supportive housing offered to low-income residents – Jeanette gets the best of both worlds. While continuing to live independently, she is part of a community in which residents help out one another and share their gifts.

chemist, taking orders from all over the country. Around that time, she married an American merchant marine. His death at his home in America, following an illness, brought her to New York. Several years later, a romantic interest took her to Seattle. In New York and Seattle, Jeanette worked as a home health aide, using the nursing skills she learned as a young woman.

These days, Jeanette focuses on maintaining her own health, despite multiple serious health conditions. Just this year, she successfully battled colon cancer. To treat edema in her legs, Jeanette visits a clinic at the nearby Pike Place Market for acupuncture. When she goes, she takes another Vincent House resident along with her. "I try to do little things," says Jeanette, who enjoys "high tea" with other residents on Tuesday afternoons.

Summing up her two years at Vincent House, Jeanette says, "This has been excellent for me."

After she left the hospital, Jeanette worked for a wholesale



Operational Excellence Team needs your help

Do you want to make a difference? Are you interested in:

- Serving people
- Working with colleagues throughout the Region
- Improving clinical quality
- Directly improving processes
- Impacting financial stewardship
- Taking on a fun and interesting new challenge

If so, you are invited to join the Operational Excellence Team as a Green Belt, Change Facilitator or Master Change Facilitator. Applications are due Jan. 9, 2009.

Operational Excellence (OE) is a personal and organizational commitment to being the best we can be every day. Throughout Providence, there is a commitment to excellence in all that we do. This includes fulfilling the Providence mission by serving people, working with colleagues and ensuring clinical quality and financial stewardship.

Visit the OE Web site for more information about OE, the Greenbelt and Change Facilitator roles and the application process. For questions about the OE recruitment process, contact Jennifer King, Sr. Regional Director of Operational Excellence, WA/MT Region at (425) 254-5477.

Handmade quilts comfort grieving kids at Camp Erin® - King County

By Ailey Armstrong, PHOS PR Coordinator

Seven-year-old Maya* arrived at Camp Erin®-King County last summer with her sleeping bag, her swimsuit, and a lot of sadness about the recent death of her mom. When she entered the rustic cabin where she'd be staying for the weekend, she found her bunk bed covered with a beautiful handmade quilt that shimmered with a rainbow of colors and patterns.

"It's yours to keep," her cabin counselor assured her as Maya shyly traced the quilt's intricate stitching with her finger. Maya slept wrapped in her quilt every night at camp, and she sleeps with it still. It's a comforting reminder of the love, support, and friendship she experienced at Camp Erin.

Thanks to the Seattle chapter of Project Linus, every camper who attends Camp Erin-King County—Providence Hospice of Seattle's annual weekend camp for grieving children and teens—receives a brand-new quilt made by a local quilter. Project Linus has donated more than 280 quilts to Camp Erin-King County since 2004.

Quilting for a cause
Founded in 1995, Project Linus is a national non-profit organization that provides handmade quilts and blankets to children who are



2007 Camp Erin-King County participant wrapped in a donated Linus Project quilt

seriously ill or traumatized. Volunteer "blanketeers" create and donate quilts and blankets to a variety of organizations that serve children, including hospitals, social service agencies, foster care, and special camps like Camp Erin-King County.

Seattle resident Marilyn Kaiser learned about Project Linus through her daughter, who had seen an episode of Oprah that featured the organization. Knowing that her mother loved to quilt and was looking for a way to contribute to the community, Marilyn's daughter encouraged her to donate a quilt or two to Project Linus. Marilyn did, and soon she was hooked. "I get a wonderful sense of satisfaction

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English. But in Spring 2007, Mui asked Ba Cam Ma, the Housing Director at Providence Gamelin House, how she could start the process of becoming a U.S. citizen. He connected her with the Refuge Women's Alliance. After working hard, she recently became a U.S. citizen, an accomplishment for which she's very proud.

Mui says she loves living at Providence Gamelin House in Seattle because she can get all the supportive services she needs that she has never had. Mui graciously says, "Any time I have a need or a question, I can come to the office and someone is there to assist or find the resource for me." Gamelin House is packed of life with residents enjoying parties, craft sharing, games, healthy cooking, gardening or health desk; and participating in exercise, Bible Study or ESL classes. With multilingual staffing and integrating cultural diversity blended into the life of the community, residents benefit from the supportive relationships at the comforts of home.

When Ba mentioned to Mui that she would get to vote in the presidential election, she laughed and asked him who she should vote for. He told her that now that she's a citizen, it is up to her. As many of us, she still seemed perplexed by this election, yet she is grateful for being an American as well as being a resident of Providence Gamelin House.

Matilda "Tilly" Pfeffer is a resident at Providence Mount St. Vincent. At age 96, her memory is sharp and her recall of details is amazing. Tilly was born in

Germany in 1912. Her father was a Catholic press correspondent. Her parents raised Tilly and two sisters in a town close to Stuttgart. Tilly completed high school. But as times were getting quite dire in Germany, the colleges had closed down and she was unable to find work.



Matilda "Tilly" Pfeffer and Buckwheat

An aunt and uncle who lived in Seattle invited young Tilly to come to the U.S. and sponsored her immigration. With no commercial airplanes in 1933, Tilly boarded a train and then a freight boat that also allowed a few passengers for a 42-day trip around South America, through the Panama Canal, up to Vancouver, BC, and finally to Seattle. Although a young girl with no travel experience, Tilly was befriended by the crew and shown the sights on the long trip, which she recalls vividly to this day.

Arriving in the U.S., Tilly says she immediately knew that she would love it here. She struggled to find the right English word to describe her first impression and came up with the word "free." It just felt so much freer to her.

Eventually Tilly trained as a seamstress and then with Boeing as

a data processor. Although she was laid off from Boeing in 1970 she easily found work as a secretary at St. Anne's Church, where she worked until her retirement.

Tilly has lived at The Mount since 2001 and counts the pleasures: time to read, company to play Bingo, outings, music programs, Buckwheat the cat taking a daily nap with her. This is her home and she's enjoying her life!



Burmese students in exile presided over a powerful and moving remembrance.

The 88 Generation Student's Group is synonymous with the long struggle for democracy in military-ruled Burma. Its name comes from the 1988 uprising, when troops opened fire on mass student demonstrations in Rangoon, leading to the deaths of thousands of people. The group's key members were at the forefront of the protests, and have suffered harsh reprisals ever since. Many have been subjected to lengthy prison terms, and human rights groups have catalogued a number of claims of torture. Others have been exiled, including a small group of students who now live at Providence House in Oakland, Calif.

In an August 2008 ceremony, two of those students, **Tun Tun** and **Kyaw Khine** invited Burmese exiles from throughout Oakland

and the San Francisco Bay Area to gather at Providence House to remember the uprising and those who sacrificed their lives in the name of freedom and human rights. Five Buddhist monks presided over a ritual that recalled the dead. Chanting, incense and the scent of fresh flowers filled Providence House for an afternoon and transported all of the residents, staff and guests into the center of a powerful and moving remembrance.

Providence House Director Barbara Cook noted that "though

it had the look of a world event, the ceremony acknowledging the harsh realities of life and calling for a spiritual response to those realities speaks to the genesis of Providence House, and the work that the Sisters of Providence began here. We were truly honored to participate with the Burmese students in exile in this moving remembrance." Following the event, Tun and Kyaw composed a letter of thanks and delivered it to the management team in Oakland. "We understand that without your support, we would have been unable to carry out the ceremony. We, the Burmese people, believe that you will continuously contribute by means of using your liberty to promote ours in order to maintain peace and freedom. We are all deeply grateful for your kindness."

(Arlene Carter contributed to this article)

Carousel Program offers Community Benefit

As part of our Community Benefits, PSCS reaches beyond the doors of our ministries to assist individuals who need a helping hand. Providence Hospice and Home Care of Snohomish County's Carousel Program is an example of one of the ways we have reached out.

The Carousel Program offers a unique program that supports the children and teenagers in its community. It focuses on the physical, spiritual, and psycho-social care for infants, children, teens and their families. This program offers a comprehensive range of home medical services for children, including hospice care for children with a life threatening illness, home health care for youngsters recovering from illness, surgery or coping

with a chronic illness, and respite care for families.

The Carousel Program also provides a bereavement support program, which offers special grief support workshops, death education, and death crisis counseling for young people.

These complimentary bereavement services for children and teens include:

- Saturday Grief Gatherings: workshops targeting death education and unresolved grief
- School Grief Response Team: death crisis counseling for students and staff in local schools
- Camp Erin: a specialized weekend grief camp

IN THE NEWS

The Catholic Northwest Progress featured Providence Hospice of Seattle in a story on hospice care. The same publication wrote about the Jesuit Volunteer Corps and included some from Providence Hospice of Seattle.

Providence Hospice of Seattle's new therapy dog, Dresden, and handler Maureen Horgan, head of PHOS's Stepping Stones program, were featured on Comcast television's CNN's Local Cable News.

The Seattle Times wrote about the Moyer Foundation and focused on Camp Erin, run by PHOS and Providence Hospice of Snohomish County.

A photograph of Providence Mount St. Vincent activity director Eileen McCloskey taking resident kite flying ran in both the *West Seattle Herald* and *Northwest Prime Time*.

The Snohomish County Business Journal ran a feature article about PSCS.