

Communiqué

Providing Excellence in Hospice & Bereavement Care since 1981

Spring/Summer 2009

A message from the Executive Director



Having just celebrated Volunteer Appreciation Week, I cannot help but think how blessed we are to live in a country and a community where volunteer service is such an important piece of the fabric of our lives. Volunteerism is a uniquely American institution. Whether you are serving on a board, helping with the local PTA, coaching little league, stocking shelves at a food pantry or giving your time at a program like Hands of Hope, volunteers are making a difference in their community. Tom Brokaw once said, "It's easy to make a buck. It's a lot tougher to make a difference." In today's economic climate it seems difficult to accomplish both. I am exceedingly appreciative to all who find the time, even with all the challenges before us, to make the extra effort to volunteer in the service of others.

So let me say thank you to everyone who volunteers, whatever your role or organization. You make our communities a better place to live and impact the lives of those you serve.

I hope you enjoyed your Volunteer Appreciation Week!!!

Greg Weider
Executive Director

Get Ready for Garden Party!

Our amazing Garden Party committee is working like mad to make this the best Garden Party ever! So mark your calendars for Friday, May 29, at the Q Center in St. Charles. Doors open at 10 a.m. Tickets went on sale on April 15th at \$60 each, and sell quickly, so call the office for availability (630) 232-2233. Consider bringing a group of seven friends and have your own table.

If you've never attended Garden Party, it's THE event of the spring. The Q Center opens several of their ballrooms, which come alive with hundreds of guests, all eager to support FVVH and get their hands on the incredible array of goods and services spread throughout.

If you're a loyal Garden Party attendee, you know that you can expect an expansive silent auction, offering everything from jewelry to furniture; from a massage to a wine tasting for ten; from lodging in exciting places to Oprah tickets. And you know that you can expect our signature "baskets" – which really aren't baskets at all – but groupings of amazing items, gift certificates, and services, each focused on a theme. There'll be 18 baskets in all, including popular baskets like *Fantasy Getaway*, *Cold Cash*, and *Teen-Tastic*, as well as new baskets like *A Week in the Wisconsin Wilderness* and *Going Green*. For a list of this year's baskets, as well as some photos of previous years' baskets, go to www.fvvh.org.



In addition to this fabulous pool, the winner of Fantasy Getaway will enjoy breathtaking views of the ocean from the Sanibel Island luxury condo.

In addition to the silent auction and baskets, we'll be having fun with a couple of new raffles this year. One is a raffle where everyone's a winner ... and it involves pearls from the Orient. Sound intriguing? There'll be a limited number of tickets sold, so be prepared.

Whether you are a Cubs fan or a White Sox fan, you'll be excited about this next raffle! We're offering four tickets to the Crosstown Classic on June 17! These seats are in Row A, Aisle 26, in between home plate and the visitors' dug out – so close you'll feel like you're IN the game! This package is valued at \$1,400, but is really priceless, because you'd have a hard time getting these tickets anywhere else. See page 2 to order advance raffle tickets.

In addition to all of that fun stuff, attendees will enjoy a luscious lunch, and entertainment by An Octave Above, an cappella group, performing everything from doo-wop to pop.

Continued on page 2



Meet our employees with over 10 years of service

Wendy Kraska worked as a nurse in Ontario, Canada, providing families with home health and palliative care services. After moving to St. Charles in 1996, she became a patient care volunteer for FVVH. In 1999, she joined the staff as a Care Coordinator working on community Medicare cases.

Then, seven years ago, while attending an oncology conference, discussions about the needs of cancer patients caught her interest. As a result, she created the Hands of Hope program for FVVH, which cares for patients receiving chemotherapy treatment (see page 3). Today, Wendy heads up the program at Dryer Medical Clinic and Provena Regional Cancer Care Center and continues to be FVVH's Medicare Liaison.

Wendy says that she is grateful to have the love and support of her husband, Les, and her two wonderful children, Jennifer and Jason.

She's seen many changes at FVVH over the years, but says that the core mission remains the same and the compassion continues to grow. "There are moments that define your life, and FVVH has been that defining moment for me."

Judy Otting joined FVVH in 1998 as Financial Coordinator. Today, as Finance and Business Manager, her job has greatly expanded. To keep pace with the growing agency – including a budget that's nearly tripled and staff growth from 8 to 14 -- Judy has continued her training and education in accounting and human resources policies.

Judy and her husband Tim have three children, Vincent, Madeline, and Cameron. Vincent is currently serving in Iraq in the Army's First Cavalry Division; Madeline, who started volunteering with hospice when she was 7, is studying at Western Illinois University; and Cameron is a 13-year-old "sports nut." In her "spare" time, Judy has a home decorating business, Subtle Refinement.

About working at FVVH, Judy says, "It's a good place to be."



Judy Otting (left) and Wendy Kraska (right) have been with FVVH for ten years.

Garden Party, continued.

Consider sponsoring a table as a memorable tribute in honor of a loved one, or for recognition for your business. Levels range from \$15,000 to \$350, with varying levels of exposure. For more information, contact Kathy Melone at (630) 232-2233 ext. 221, or see www.fvvh.org.

We'd like to thank our major sponsors who have already signed up to support FVVH: The Hoffer Foundation, EFS Foundation, Provena Mercy Medical Center and Provena Saint Joseph Hospital, and FONA International, Inc.

So don't miss THE event of the season! For ticket availability or more information, call us at (630) 232-2233.



Win this great family trip to the Wisconsin Wilderness. Basket includes a week's stay at a cabin on Little Bear on Buskey Bay, as well as gift cards for local eateries, entertainment, gas and more.

Cubs/White Sox Crosstown Classic on June 17 Raffle Ticket Order Form

Order your raffle tickets now to win this priceless prize! Fill out this form and mail it with payment to: FVVH, 200 Whitfield Drive, Geneva, IL 60134. Tickets are \$20 each or 3 for \$50. Winner need not be present to win. Drawing held on May 29.

Name _____

Address _____

Phone _____

Email _____

Number of tickets _____ @ \$20 each or 3 for \$50. Total enclosed \$ _____

Help with Hike for Hospice

Mark your calendars! The third annual Hike for Hospice will be held on Saturday, September 26. It is a 5k run/walk loop along the Fox River, beginning and ending at the Peg Bond Center in Batavia. So dust off those walking shoes and start forming teams with your family, coworkers, or friends. Proceeds enable FVVH to provide hospice and bereavement care to the community free of charge. Full details and registration information will be in our late summer edition of *Communique*.

We are currently in need of committee members to help plan the event, disseminate information, and for volunteers to help with putting teams together. If you are interested in helping with Hike for Hospice, or have questions, contact Kathy Melone at (630) 232-2233, ext. 221.

Spotlight on Our Services

Hands of Hope Brings Comfort to Cancer Patients

Picture this: You've been diagnosed with cancer and you're reporting to the cancer center for chemotherapy treatment. You enter a room with rows of chairs sitting side-by-side; some occupied, some empty. You sit down in one of the chairs; the nurse hooks you up; the pump engages; you put your head back and close your eyes. You're going to be here for four hours, and are left alone with your thoughts.

Now picture this: You've been diagnosed with cancer and you're reporting to the cancer center for chemotherapy treatment. You enter a room with rows of chairs, and before you can even check in, a Hands of Hope volunteer warmly greets you, "How are you doing this week?" The nurse hooks you up; the pump engages. Two volunteers come over and ask if you'd like a blanket to stay warm or anything else. One of them brings you some water. The other one sits down and asks how your family is and how your week has been. As you talk about a week with some ups and some downs, you realize what a relief it is just to be able to talk to a friendly ear. A guitar player is playing soothing music in the background and a stroller rolls in holding two adorable pups. You don't really feel like petting the dogs today, but the cooing and laughing of the other patients spills over, and it's not a bad day after all. When you get a little hungry, there's fruit, cheese and baked goodies to nibble on. Before you know it, it's time to go home.

Scenario #1 happens in cancer treatment centers every day, all over the Fox Valley area.

Scenario #2, fortunately, is made possible by FVVH's Hands of Hope program, and is experienced by Wednesday cancer patients at Dreyer Medical Clinic in Aurora, and Monday cancer patients at Provena Regional Cancer Care Center in Elgin.



Carole Bourassa and her two lovable pups, Abby and Gracie, visit the Dreyer chemotherapy room on Wednesdays. Carole has been doing pet therapy for many years – it's her way of giving back after receiving hospice support when her husband was ill with cancer.

Dr. Govind Chandra, Oncologist at Dreyer, is a strong supporter of Hands of Hope at his clinic because "Oncology doesn't end with physical treatment. . . cancer patients need emotional and spiritual support as well. . . and patients and their families suffer when those needs are not met. Nobody else in the area has this type of care available. The Hands of Hope team has been invaluable."

Headed up by FVVH Care Coordinator Wendy Kraska, volunteers with the Hands of Hope program offer emotional support to patients and their families undergoing cancer treatment. Volunteers provide a non-intrusive comforting presence, full of care, compassion and hope.

The husband of a patient who's been receiving treatment on and off since 2001, has experienced both scenarios, and said that whenever possible, they schedule treatment on a Hands of Hope day. He explained, "When Hands of Hope is here, the room is much more alive, I can feel the positive energy in the room. The nurses are always upbeat here, but when the volunteers who give out of the love in their hearts are here, it just changes the space."

From a female patient who regularly comes on Hands of Hope day: "I've needed each and every one of these guys. No one knows how depressed I am, and she (the Hands of Hope volunteer) listens to me, and she lets me cry. I look forward to seeing her every week."



Chet Romans and his guitar make beautiful music for Wednesday patients at Dreyer Medical Clinic in Aurora.

Hands of Hope Facts at a Glance

To ease the chemotherapy process, Hands of Hope provides books/magazines; CD players with headphones; blankets and pillows; hand massages; various movies; seasonal activities; a selection of teas, coffees, baked goods and other refreshments; comfort care packages; respectful, caring, non-judgmental listening.

There are currently 21 volunteers working in the Hands of Hope program.

Hands of Hope volunteers complete 35 hours of training, as well as HIPAA Privacy training. In addition, they are required to attend continuing education classes each year.

The program is always accepting donations of knit or fleece lap blankets, handcrafted seasonal gifts, books/CDs/tapes, disposable plates and napkins, bottled water, gift cards to local grocery stores for patient snacks.

We would like to expand Hands of Hope to support more cancer patients in the Fox Valley area. Funds are needed to realize that goal.

New patient care volunteers are welcome in the Hands of Hope program, as well as musicians who would be able to commit a few hours a month.

For more information on the program, call Wendy Kraska at (630) 232-2233, ext. 216.

Continued on page 4



Community Education

All sessions are open to the public, free of charge. They may also be used to meet volunteers' annual requirements for continuing education. All sessions take place at FVVH, 200 Whitfield Drive, Geneva. Registration is required at (630) 232-2233. All services and programs are available in Spanish.

Massage and Reflexology

Sharon Kostel, a nurse massage therapist and Fox Valley Volunteer Hospice volunteer, will describe the benefits of massage therapy for hospice clients. She will also demonstrate reflexology (hand and foot massage). An opportunity to give and receive hand massage will be a part of this practical, hands-on session.

Thursday, May 7

12:30 to 2:00 p.m. at FVVH

Parenting Grieving Children

Explore positive parenting techniques that will enhance your relationship with children who have suffered a loss. Led by Denise Lash, LCSW

Monday, May 11

6 to 8 p.m. at FVVH

Long-Term Care

We'll discuss various approaches to long-term care for the aging. Led by Julianne Testa, MPA, Patient Care and Bereavement Volunteer, former Case Manager in Community-Based Senior Services.

Saturday, June 13

9 to 10:30 am. at FVVH

Bereavement Care Review

Have you ever felt like you weren't quite sure how to handle a certain client situation? This session will cover policies and guidelines for our bereavement volunteers. We'll discuss a combination of volunteer techniques for supporting our clients as well as some of the more practical aspects of bereavement care.

Led by Carol Ann Richeson, LPC and Elise C. Wall. This session is for FVVH volunteers only.

Thursday, July 9

12:30 to 2 p.m. at FVVH

Suicide Prevention

Eric Ward, MSEd, LCPC and Clinical Director of Family Counseling Service in Auora will offer information on suicide awareness and prevention.

Thursday, September 3

12:30 to 2 p.m. at FVVH

A Getaway for Grieving Families

Grief Takes a Hike is an overnight adventure for families who have experienced the death of a loved one – grandparent, mother, father, child or other significant person. This year's GTAH will be held Friday through Sunday, June 5-7, at the beautiful Covenant Harbor in Lake Geneva, Wisconsin.

GTAH is available to families at no cost. In conjunction with Provena St. Joseph Hospital, Fox Valley Volunteer Hospice provides transportation, meals and lodging to campers completely free of charge. Spanish interpreters are available.

Grief Takes a Hike allows participants to come together in a supportive setting to experience the therapeutic value of nature. Families spend a weekend sharing and processing feelings while enjoying indoor and outdoor activities including hiking, swimming, art, story sharing, relaxing and singing by a campfire. GTAH gives families the opportunity to interact with others who have also experienced the death of a loved one.

Space is limited, and reservations are required by May 14. For more information, or to reserve your family's spot for Grief Takes a Hike, contact Dawn Zapitelli, Youth Bereavement Coordinator, at (630) 232-2233, ext. 225.



Congratulations

A big congratulations to those who won the drawings at "Escape to Villa Verone" on March 22nd. Marge Vitallo won a week's stay at a penthouse condo in Sanibel Island, Florida; Jim Stob won \$200 Crate & Barrel gift cards; and Fran Channon won \$100 Crate & Barrel gift cards.

If you missed the event, you missed an energetic crowd, a great Italian buffet, and lively music and dancing. Thanks to everyone who attended, and next time you dine at Villa Verone, thank them for their generosity to FVVH!

Hands of Hope, continued from page 3

While patients receive great benefits from the Hands of Hope program, our volunteers say that they, too, gain a great deal from the experience. They are good listeners and enjoy hearing stories that the patients' families have heard many times over. Sue Hardy, a Hands of Hope volunteer for four years, is a chemotherapy recipient and a cancer survivor. Her favorite story is meeting a patient who had just begun her treatment. The woman sadly told Sue that she had ovarian cancer. Sue told the woman that she was an ovarian cancer survivor. Sue could see the patient perk up. Then the patient said "I'm stage 3." Sue responded, "So was I, and that was 16 years ago." Sue gave the woman more hope that day than she'd had in a while.

Volunteer Mark Alleman, who's been working with Hands of Hope since its beginning, says that the patients enrich his life in many ways. "These are courageous people. Many of them are more alive than the rest of us, and they appreciate their days and make every day count. People open up their lives to me, a stranger, and soon I'm one of them."

Mark sums it up best when he says, "They will lift you up."

Bereavement Support Groups

All sessions are offered to the community free of charge, but registration is required. Call (630) 232-2233 to register. All services and programs are available in Spanish.

Light Finders

A six-week support group for survivors of suicide loss, for which the journey of healing can be lonely, painful and confusing. This group provides a safe environment to talk openly — a place where others will listen without judging and a place to share experiences with others who understand this loss. Free, but registration is required. **Wednesdays, April 15 to May 20 7 to 8:30 p.m. at FVVH**

Pathways

This seven-week group addresses issues faced by those who have lost a spouse or life partner. Emotional support is offered as well as assistance with accepting the death and coping with grief. Registration required. **Wednesdays, June 3 to July 15 7 to 8:30 p.m. at FVVH**

Herbie's Friends

A program where family members who have experienced a loss can share their thoughts, feelings and stories. Families with children ages 5 to 18 enjoy a meal together followed by activities led by trained facilitators. Registration is required by calling Dawn at (630) 232-2233 ext. 225.

**Tuesdays, June 23 to July 28
7 to 8:30 p.m. at FVVH**

**or
Mondays, Sept. 21 to Nov. 2
6 to 8 p.m. at St. Marks Lutheran
Church, 27 S. Edgelawn, Aurora**

Our Grief Journey

This six-week program assists those who have experienced the death of a loved one through education and group support. Co-sponsored by FVVH, Provena St. Joseph Hospital, Provena Mercy Medical Center and Provena Hospice. Registration required.

**Thursdays, Sept. 10 to Oct. 15
7 to 8:30 p.m. at FVVH**

M.A.L.E.S.

Men After Loss Expressing themselves Safely. Grieving can be particularly difficult for men who are expected to be “strong.” These men may be suffering silently alone. This group provides men an opportunity to freely express their thoughts and feelings with other men. Coffee and donuts provided. **Meets second Saturday of each month at 9 a.m. at FVVH.**

Grief Share

A monthly drop-in support group for adults who have experienced the death of a loved one. **Meets the third Thursday of each month at 7 p.m. at Provena St. Joseph Hospital in Elgin.** Call (847) 695-3200 ext. 5767 for more info.

Next Step

This monthly drop-in support group allows those who have lost a spouse or significant other to discuss grief issues in a welcoming and nurturing environment. Participants will develop skills that will assist them in adapting to the life changes they are experiencing. This is the “next step” after participating in a previous grief support group. Registration required. **Meets the second Thursday of each month at 7 p.m. at FVVH.**

Weaver's Circle

For people 60+ who have experienced the death of a spouse, this group offers support and friendship through monthly dinners. Registration required. Call (630) 232-2233 to be placed on Weaver's Circle Mailing List.

Young Adult Grief Journey

We are forming a support group for young adults age 18-28 who have lost a loved one or friend. Facilitated by FVVH trained leaders, this group of peers will help young adults learn about normal grief and share their feelings of loss with others who have had similar life experiences. If you or someone you know could benefit from YAGJ, call Dawn at (630) 232-2233, ext. 225. Meeting dates to be announced.



Memorial Walk

Families who are grieving the death of a baby due to perinatal loss are invited to participate in FVVH's annual Memorial Walk on Saturday, May 2 at 9 a.m. at Bluff City Cemetery Office, 845 Bluff City Boulevard, Elgin. All family members and friends who have been affected by miscarriage, ectopic pregnancy, or infant losses are invited to participate in this remembrance service and planting of a tree. Feel free to bring a letter to the baby or a small article to place in the casket during the ceremony.

Registration is requested by calling Carol Ann Richeson at (630) 232-2233, ext. 224.



Volunteer News

From the Manager of Volunteer Services



Dear Volunteers,

Hello and Happy Spring. It's hard to believe that I've been in this office for nearly nine months. I continue to be delighted and amazed by the energy and dedication shown by our team of volunteers. From the office volunteers and board members to our bakers and crafters to patient care and bereavement volunteers and everyone in between; you are all doing the good and meaningful work of FVVH. Of particular note this time of year is our team of event planners. I'd like to say a special thank you to **Chris Galvin and the entire Garden Party Committee** for their tireless hours of work on this extraordinary event. We truly could not do it without each of you!

I've started a new feature in this edition of the Communicate: **Volunteer Spotlight**. This will provide an opportunity to learn a little more about one of our wonderful volunteers. If you'd like to recommend a volunteer to be featured, please give me a call at x219 with your suggestion.

You will find updated training opportunities for 2009 in the sidebar. Registration is required for all training. If you know of someone who is interested in becoming a volunteer, please have them call me. I've also added some great Community Education opportunities. See page 4.

Finally, we will need many volunteers on Saturday, May 16th for our annual grounds clean-up (see related article). Thanks for all you do. Keep up the good work!

*Elise C. Wall
Manager of Volunteer Services*

Volunteer Spotlight: Jeannie Lining

In October of 2005, Jeannie Lining moved from Ohio to the Fox Valley with her family. Over the course of the next several months, Jeannie's children all made plans to leave home, as grown children do. Faced with an "empty nest," Jeannie started searching for something to fill her days. "I prayed for six months to be shown where I was needed," Jeannie said. She attended a volunteer fair at the Batavia Library where volunteer Betsy Sitch was staffing our table. "Betsy was so kind. She gave me lots of materials to read and I saw the great need in the area." Jeannie made an appointment and interviewed with then Volunteer Manager Mary O'Malley. Jeannie said, "I instantly felt comfortable here at FVVH. I realized I could be of use in the office. I also realized that it's not all about me. God led me here to be of service."

Jeannie has been volunteering in the office at FVVH since October of 2006. She shares her talent for creating, organizing, and maintaining documents and records. She assisted with the conversion to a new volunteer tracking software last year. "Volunteering at FVVH gives me a sense of purpose, a vision outside of myself," Lining said. We are certainly grateful that Jeannie found us and for the many hours she contributes to our agency. Thanks Jeannie!



Spirituality and the Volunteer

I have heard from many volunteers about their concern over addressing spiritual and religious issues with their Hospice patients and Bereavement clients. Many feel "ill-equipped" or "unqualified" to speak about such matters. I disagree. I feel that if we follow the Hospice philosophy of meeting the patient/client where they are, we can support them in their spiritual journey. How do we do this? Here are some tools you may use:

- Invite the patient/client to teach you about their spiritual practices
- Research religions that you are unfamiliar with
- Ask if the client/patient would like a visit from a chaplain or religious leader
- Ask broad questions: What lifts you up? What weighs you down? Do you have a belief in a higher power, life force or personal God? What has given your life meaning and purpose? Do you believe in an afterlife? Will you meet other family members there?
- LISTEN
- Help your client/patient write memories and stories about her/his life

These are only a few ways we can assist our clients and patients. What tools have you used? I'd love to hear your ideas.

Reminders!

All volunteers who have contact with patients or clients are required to have an annual **TB skin test**. If you are due for your test, or are unsure when your test is due, call Elise at x219. Also, please send in your documentation at regular intervals (every two weeks for Patient Care and every month for Bereavement.) Thank you!

Volunteer News



Pictured are: Alice Mrugala, Fran Channon, Connie Tipitino, Kay Renshaw, Sue Dixon.

Creative Crafters Help with Monthly Gifts

Each month volunteers provide a gift for our Hospice patients. In the past, a small number of volunteers have been responsible for these gifts. In an effort to share the experience, we've started having group crafting days here at FVVH. On March 9th and 17th a group of volunteers gathered in the conference room to cut, stitch, and stuff rice-filled positioning pillows for our Hospice patients. This first effort at group crafting has been a huge success! Not only did our volunteers create a very practical gift for our patients, they had a great time doing it! Laughter rang from the conference room all morning. If you are interested in participating, call me at x219 or watch for my emails with upcoming dates.

Spring Clean-up Scheduled



Come one, come all! Bring your gardening gloves, rakes, clippers, hedge trimmers, and strong backs to FVVH on Saturday, May 16th at 9:00 am. We'll be sprucing up the grounds by raking old leaves, pruning shrubs, picking up trash (including a couch someone left on our property) and otherwise beautifying our land. If you are available to help, please call x219 to sign up. The more the merrier!

"There is nothing stronger than the heart of a volunteer. With it beats the spirit of service, generosity, and compassion...and the health and well-being of our community, our country, and our world."

Kobi Yamada

Volunteer Training

All sessions take place at FVVH, 200 Whitfield Drive, Geneva. Registration is required at (630) 232-2233.

Orientation

This one-session mandatory training for all new volunteers covers the history, mission, and vision of Fox Valley Volunteer Hospice, HIPAA, building tour, and other general information about our agency.

May 13, 6 to 9 p.m.

or

June 18, 12:30 to 3:30 p.m.

Adult Bereavement Training

Required 16-hour training for volunteers interested in providing one-on-one bereavement support or facilitating a support group.

July 18, 8 a.m. to 4 p.m. and

July 22 and 29, 6 to 10 p.m.

Patient Care Training

Nine-week mandatory training for volunteers interested in one-on-one hospice patient care or Hands of Hope.

**Wednesdays, Sept. 16 to Nov. 11
6 to 9 p.m.**

Ambassador Training

One-time interactive training for participants interested in speaking publicly about FVVH and our services.

**April 27, 6 to 9 p.m. IN SPANISH
or**

May 18, 6 to 9 p.m.

Youth Bereavement Training

Required 12-hour training for volunteers interested in facilitating Herbie's Friends and other children's programs.

**Dates TBA. Contact Dawn Zappitelli
or Elise C. Wall if interested at (630)
232-2233.**

**For new volunteers, an interview is
required prior to registration.**



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May 29

Garden Party

June 5-7

Grief Takes a Hike

June 18

New Volunteer Orientation

September 26

Hike for Hospice

See inside for details.

Wish List

The items listed below are needed for our hospice and bereavement clients and for general agency use. Your generosity is appreciated.

- Nutritional supplements (Ensure, Boost, Boost Breeze, etc.)
- Hand massage cream, lightly scented
- Toothpicks
- Chicken noodle cup-of-soup packets
- Regular and decaffe coffee
- Individually wrapped candies
- Bottled water (small bottles)
- Seasonal small paper plates and napkins
- Plastic utensils
- Gift cards for: grocery stores, book stores, craft supply stores, warehouse stores (i.e., Sam's Club)
- Journals appropriate for adults, children or teens – lined and unlined
- Stickers for children
- 6" goldfish bowls
- Photo boxes
- Reams of different colored copy paper (regular and card stock)
- Fabric ribbon ¾", 1" and 2-1/2" roles, all colors
- White tea lights
- Assorted silk flowers in spring colors and greenery

A Special Need

For Grief Takes a Hike (see story on page 4), we'd like to make the kids' beds before they arrive. To do that, we need about 2 dozen twin fitted sheets. They can be new or gently used. They will be reused each year at camp.

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