

SIERRA



HOSPICE

Volunteer News ***June 2013***

Remembering Dad

He never looks for praises
He's never one to boast
He just goes on quietly working
For those he loves the most
His dreams are seldom spoken
His wants are very few
And most of the time his worries
Will go unspoken too
He's there.... A firm foundation
Through all our storms of life
A sturdy hand to hold to
In times of stress and strife
A true friend we can turn to
When times are good or bad
One of our greatest blessings,
The man that we call Dad.

End of Life Music Therapy

Music thanatology provides musical comfort, using harp and voice at the bedside of those nearing the end of life. Highly trained music thanatologists serve the needs of the dying, and their loved ones, with perspective music.

The word "thanatology" comes from the Greek word for death, thanatos.

Thank you, Jan Davies, for sharing this information with us. Check out the link below to watch an incredible video about music thanatology.

<http://spiritualityhealth.com/video/end-life-music-therapy>.



Sierra Hospice is sponsoring our
15th Annual
Children's Bereavement
Camp
Ages 8 - 18

August 23rd, 24th & 25th, 2013
Camp Ronald McDonald
at Eagle Lake

Applications are available
at our website at
sierrahospice.com

“I Do Not Fear Death”

After his death, the online magazine, SALON, republished a 2011 article by Roger Ebert, in which the film critic muses about meaning at the end of life.

In the essay, originally dated September 15th, 2011, Roger Ebert ruminates on his impending death. He explains that his battles with cancer led him “resolutely toward the contemplation of death,” and all of the deeper questions of meaning and existence that accompany such considerations.

Ebert takes time to reflect on the role that faith plays in his preparations for his own demise. “Many readers have informed me that it is a tragic and dreary business to go into death without faith. I don’t feel that way.” If “faith” refers to a belief in an eternal existence for the individual following death, such faith held little interest for Ebert. He explains, “I have no desire to live forever. The concept frightens me.”

Instead, Ebert seems to embrace death as, in many ways, a return to the ordinary state of things. “I believe there is nothing on the other side of death to fear,” he writes. “My lifetime’s memories are what I have brought home from the trip. I will require them for eternity no more than that little souvenir of the Eiffel Tower I brought home from Paris.” For Ebert, facing death was to face the reality of human limitation and smallness in the face of eternity. “Ask someone how they feel about death. What you’re really asking them is to admit, Oh my God, I don’t really exist.

I might be gone at any given second.” If Ebert was concerned about anything at the end of life, it was the avoidance of undue suffering. He writes, “I hope to be spared as much pain as possible on the approach path” to death.

The full essay is available online at Salon.com

(The above article appeared in CHAPCA’s Trendsetter newsletter, May, 2013)



Birthday Greetings
to
Jan Davies (6/11)

**What sunshine is to flowers,
smiles are to humanity.
These are but trifles,
to be sure;
But scattered along life’s
pathway, the good they do is
inconceivable.**

Joseph Addison, British politician and writer



Next volunteer meeting
Monday, June 10th @ 5:30 P.M.
Education Building Conference Room