

June 2026 Newsletter



The Emotional Landscape of Caregiving

Loneliness. Guilt. Anger. Love. Exhaustion. Tenderness.

Dwight Wilson, RN, MA

Caregiving is often described as an act of love, but the emotional reality is far more complex. The same heart can hold deep love, moments of anger, and profound tenderness. With this in mind,

caregivers must care for their own well-being as they support others. The better they care for themselves, the healthier they will be and the better care they can give. Even so, caregiving is demanding, and finding time for self-care can feel nearly impossible.

Many caregivers strive to be "good" caregivers, often placing the needs of the ill person above their own. In the process, a caregiver may neglect their own well-being, feel guilty for wanting a break, or judge themselves for feeling frustrated by the demands of the role. They may even feel ashamed of viewing caregiving as a burden at times. Yet these emotions are a natural part of the caregiving journey. Acknowledging feelings—not denying them—is an important step toward sustaining both the caregiver and the care they provide.

In her educational presentation on caregiving, Shoshana Rainwater, LCSW, reminds us that all these feelings can exist at the same time. Experiencing them does not make someone a bad person or a poor caregiver—it makes them human.

Below is a checklist to help you understand when you need more support:

Physical Warning Signs

- Chronic exhaustion that sleep does not resolve
- Frequent illness, headaches, or unexplained pain
- Significant changes in sleep patterns or appetite

Behavioral Signs

- Increased reliance on alcohol, medication, or other substances to cope
- Neglecting your own medical appointments and health needs
- Resentment is becoming the dominant emotion in your caregiving

Normal Grief vs Needing Intervention

- Grief comes in waves; crisis feels like drowning with no surface in sight.
- If symptoms persist for weeks and worsen, professional support is not optional – it is essential. Seeking help is an act of strength.

Suggestions for Next Steps

- Acknowledge that caregiving is hard and open yourself to these feelings.
- Ask for help; many people around you are waiting to help and are waiting to be asked.
- Look for support groups. Many organizations offer disease-specific caregiver support groups.

- Be kind to yourself and commit to time alone, even if it is just minutes a day.

RESOURCES

Rogue Valley Council of Governments <https://rvcog.org/home/sds-2/caregiver-support-front-page/>

Oregon Department of Human Services

<https://www.oregon.gov/odhs/providers-partners/community-services-supports/pages/family-caregiver-program.aspx#resources>

Becky Martin, MA (Zoom meetings and in-person groups for dementia care)

Becky.martin1927@gmail.com

541-941-2861

Shoshawna Rainwater, LCSW (dementia care)

<https://www.rainwaterconsultingpdx.com>

AARP

<https://www.aarp.org/caregiving/life-balance/info-2021/support-groups.html>

June in Bloom Photos are IN!









Because of your support, Southern Oregon Friends of Hospice hosted a successful event that raised \$35,000 in funds for quality end-of-life care at Celia's House, sustaining programs such as The Care Fund, The Acton Black Family Food Program, and Spiritual Care.

These programs ensure that every person admitted to Celia's House has access to the care they need, regardless of income, and that family members and friends feel supported during one of life's most difficult times.

Thank you for partnering with us in this meaningful work and for joining us for a beautiful day of celebration in the gardens!

If you have questions or feedback, please email us at:

info@sofriendsofhospice.org

Special Thanks to our Sponsors!

Bowman Family Trust

Morgan Stanley

Norman Fincher, Paul Smith, Kristina West
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Acton Black Family
Food Program

Toni Adams and Friends



Wilkins - Oliva, MD

Doug & Eileen Johnson



THE KITCHEN
COMPANY

Carole Kehrig



Celia's House RNs



People's BANK
We put people first.



Cathedral Trees Sanctuary

Lori Williams & Tom Skinner

Exactly Where I'm Supposed To Be

Dear Community,

Three weeks into this role, I can already tell you, I am exactly where I am supposed to be.

I have had the privilege of meeting some of the residents at Celia's House, including one woman whose warmth, stories, and capacity for love left a lasting impression on me in just a matter of days.

Encounters like that one remind us why this work matters so deeply, and why the community built around it matters too.

In more than three decades of living and working in southern Oregon, some of the most heart-centered and generous people I have encountered are connected to this organization—as donors, volunteers, staff, board members, and community partners. I do not think that is a coincidence. June in Bloom made that abundantly clear. The all-hands spirit, the generosity at the event, the stunning gardens tended entirely by volunteers, and a few residents who honored all in attendance with their presence. It was a beautiful reminder of what this community is capable of when it comes together.

I am also pleased to share that we were recently awarded a \$20,000 grant from the Reed and Carolee Walker Fund of the Oregon Community Foundation. This gift will go directly to our Care Fund, which provides financial assistance to those who lack the resources to cover all costs yet do not qualify for other support, ensuring that high-quality residential hospice care is available to people of all income levels.

We also want to recognize Southern Oregon Subaru. A generous donor recently gave their car to Southern Oregon Friends of Hospice. Southern Oregon Subaru took it off our hands to resell on their lot and gifted us \$29,000 in return. It is a wonderful example of what is possible when a community shows up for this mission, and we are so grateful to Southern Oregon Subaru for their generosity and partnership. If you have a vehicle to donate, know that gifts like this one can go a long way.

I am deeply grateful to be here. Thank you for being part of this. Please feel free to reach out any time. I'd love to connect.

Kelly Gonzales

Development Director, Southern Oregon Friends of Hospice

kelly.gonzales@sofriendsofhospice.org

Another Beautiful and Successful Art Sale for The HUB





**1618 Ashland Street
Ashland, OR 97520**

**Store Hours:
Monday – Saturday, 10:30am –
5:00pm;**

(541) 488-7805

Donation hours: Wednesday - Friday, 11am - 3:30pm, and Saturday 10:30am - 4pm.

Please view our [donation guidelines](#) here.

Interested in volunteering at The HUB? Please email [Chalayne Gwin](#)

Shop The HUB [eBay](#)

Please follow us on Facebook and Instagram



**Volunteer at
Celia's House**

New Volunteer Training

July 18 & 19

9:00am – 2:30pm

We are currently seeking volunteers to serve as Front Desk Greeters, Resident Support, Fundraising, and on the Garden Team.

Interested in joining us?

[Link to the Volunteer Application](#)



Contact Volunteer Coordinator Becky Brown with questions
becky.brown@sofriendsofhospice.org or 541-500-8911 ext. 312

Quotes From Families

"It was so nice to be in the gardens with everyone at the June in Bloom event and have an afternoon of joy amidst the grief." -M

Volunteer

Donate



**We are here to help.
Please give us a call.**

Admissions: 650-743-7997

General information: 541-500-8911

Email: info@sofriendsofhospice.org

Website: sofriendsofhospice.org

217 S Modoc Ave. Medford, OR 97504

Check Out Our YouTube Video Tour:
[Celia's House - An Inside Look at Resident and Common Rooms](#)

Every month, the following individuals make the Southern Oregon Friends of Hospice E-newsletter possible: Alexandria Castelo, Cheryl French, Dwight Wilson, Lara Knackstedt, Rebecca Reid, Steve Roe, and Kelly Gonzales

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