

### Camp Waves of Hope 2024!

amp Waves of Hope began over 20 years ago as a grief and loss camp for children who are dealing with the loss of a loved one. Over the years the camp experience has expanded into something more for those who attend. It's not just a summer camp; it's truly an amazing event where lifelong bonds and memories are created by all who participate.



The camp formerly known as **Camp Rainbow of Hope** ran last year from August 13—August 16 and Is always absolutely free to all who wish to participate. Over the course of those few days, campers enjoyed fun summertime activities such as campfires, swimming, tiedying, and games just to name a few. What sets Camp Waves of Hope apart from other summer camps are the Healing Circles that the campers participate in over the course of their stay.

Healing Circles are small group meetings led by trained mental health professionals designed to explore each individual's grief, create coping skills, and enhance each participants support network. Healing Circle interventions are designed by licensed mental health counselors to address various aspects of the grief and loss journey.

See camp schedule and link to apply on pg 3.

#### Our New Name: Friends of Hospice in Oswego County

e recently changed our name to Friends of Hospice in Oswego
County to more accurately reflect the nature of our organization as we work with local hospice agencies after the closure of



Oswego County Hospice. Take a look at our new logo!

#### **Board of Directors**

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# Hospice of CNY Family Care Giver Volunteer Training

7 Consecutive Thursdays 5:00 pm – 7:30 pm

April 4, 11, 18, 25; May 2, 9, concluding May 16

#### Location:

Hospice of CNY & FL Main Office 990 7<sup>th</sup> North Street Liverpool, NY 13088

315-634-1100 www.hospicecnv.org/ volunteer/





## Upcoming **Events**

#### Friends of Hospice Cup Regatta June 15<sup>th</sup>

Oswego Yacht Club 11 W Seneca St. Oswego, NY



Open to the public Saturday June 15<sup>th</sup> at 2pm.

Raffles, dinner and awards

#### Annual Meeting ... July 17<sup>th</sup>



Breitbeck Park 8 am.

### Hotcakes for Hospice October 20<sup>th</sup>



Oswego Elks Lodge 132 West 5<sup>th</sup> St Oswego, NY

Watch our Facebook page and website for updates.

https://friendsofhospice.org



#### **Our Mission:**

Friends of Oswego County Hospice provides financial and non-medical assistance, as well as bereavement services, to help enhance the time Oswego County patients and their families have together, and to support them following their loss.

### Hospice of CNY Continues to Serve Oswego County

ospice of Central New York and of the Finger Lakes has proudly provided care in tandem with the Oswego County Hospice for many years. With the closing of the Oswego County Hospice in 2022, it's important that our friends in Oswego County know that we are still here for them. Hospice care is, and will continue to be, available for you. In fact, just last year our dedicated staff traveled over 114,000 miles and provided nearly 6,000 patient-care days in Oswego County. We expect that to increase in the next year.

We are also pleased to be offering our **in-person grief support groups** to our Hospice families and community. Weekly attendance is encouraged but is not required.

#### **Grief Support Group For Parent Loss**

Tuesday Evenings - 6 pm to 7:15 pm April 2, 9, 16, 23, 30, and May 7

Grief Support Group For Spouse/Partner Loss

Wednesday Evenings - 6 pm to 7:15 pm

April 3, 10, 17, 24, and May 1, 8

Location:

Hospice of CNY 8 FL Main Office - Solace Room 990 7<sup>th</sup> North Street, Liverpool, NY 13088 315-634-1100

www.hospicecny.org/upcoming-grief-center-events/

Our volunteers are integral in the holistic and integrated support of our patients and families. If you are interested in becoming a **Family Care Giver volunteer** for those who need our services in Oswego County, we are hosting our **Spring 2024 Training Sessions** (see page 1).





Cemp Waves of Hope 2024 (cont.)



Mini Buddies ages 5-7—Day Camp

Sunday, August 18

Little Buddies ages 8-12—Overnight

Monday, August 19 to Wednesday, August 21

Big Buddies ages 13-18—Overnight

Sunday, August 18 to Wednesday, August 21

Apply now online at <u>friendsofhospice.org</u>. and like our Facebook Page!

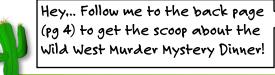
### Friends of Hospice Wishlist

\$50 Walmart gift cards to be given to hospice families at admission to cover costs of food, personal care items, comfort items or anything they. Walmart Registry

fort items or anything they may need. Walmart Registry https://shorturl.at/cfE07

#### Thank you to our 2024 corporate sponsors!

Stewarts Shops, Fulton Savings Bank, Fulton Companies, Laborers 633, Allanson-Glanville Funeral Home, Mexico VFW, J&A Mechanical, Chase Enterprises, Menter Ambulance, Haun Welding Supply, IOOB #1647 and Oswego Lions Club.







### PayPal Makes It Easy To Donate



ou can make a one-time or monthly donation with PayPal.

To make a monthly donation: Click on the box that says "Make this a monthly donation" for whatever amount you choose. You can change or cancel anytime in your PayPal account settings.

Donate (PayPal)



Donate to

Friends of Hospice in Oswego County

Providing extra support for the patients and families of Oswego County Hospice

\$10

USD

- Make this a monthly donation
- You authorize PayPal to pay Friends of Hospice in Oswego County \$10.00 around this day each month. You can change or cancel anytime in your PayPal account settings.



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### "Who Shot The Sheriff?"

An interactive show featuring...



costume contest

- prizes

- lottery board

- and cash bar!

Saturday, April 27 6:00-9:00 p.m. \$55/person

Ancient Order of Hibernians 22 Munn St., Oswego

### Volunteer to...

- . act
- read a script
- be a detective
- question suspects

Be a spectator and help solve the mystery

For tickets, call 315-216-7580 or pay with

Venmo: venmo@Friendsofhospice

PayPal: Oswego.hospice@gmail.com

(Include name and number of tickets in memo.)







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