



The Heritage

Heritage Chapter Bluebills
Boeing Retiree Volunteer Newsletter

May 2019

WWW.BLUEBILLS.ORG

VOLUME 25 ISSUE 5

Chapter Report

By Doug Hoople



Well I'm still here for some more comments as I reach the middle of my active tour of duty as Co-Chair.

"Here we go again!" is a way a fellow Boy Scout volunteer starts his emails when he's passing on a sudden priority action item from someone who is replacing our important activity with their action item. (We're adult advisors helping scouts plan the Cascade District Camporee.) Someone's urgent item is now our new immediate urgent item.

Don't you hate it when that happens? Not getting your important items done because of an urgent item from someone else. Why can't people understand our priorities? This also comes from being over committed, which is where I've found myself the last few months. Like I said last month, I need to retire from being tired.

This is all part of what someone called "the new normal." I think everybody must have their own "normal." When we were born our normal was eating and sleeping. Then your normal became eating playing and sleeping. Then eating, school, playing and sleeping. And growing with every major change in our life: college, work, marriage and more. Now that we are retired; back to eating, enjoying our favorite activity and sleep.

So, when do I get to work on my yard, clean out my garage and go look at stars? Not as often as I'd like, but this is my new normal. Time for a paradigm shift. Next fall, as the school year restarts, I need to look at my volunteering priorities.

I'd like to challenge you to do the same thing. Take a look at your "normal." As you do this, think about why we are involved with Boeing Bluebills. Remembering the purpose of the Bluebills is to "provide opportunities for Boeing retirees and their spouses to use their time, energy, skills, knowledge and experience to improve the quality of life in their respective communities and thereby to enhance their own lives."

Is any of that purpose in your normal? Coffee, donuts and socializing is part of that, but there is more. What will that look like? What should it look like?

All of us at Boeing have attended meeting and know what makes good and effective meetings. We all have set goals and accomplished tasks. We all have managed our time. We have all worked with other people on joint tasks. Have you put any of those skills and attributes to work in the Bluebills? Why not? What are you

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waiting for?

A lot can be accomplished by a dedicated team of people devoting a little time on a worthy activity. Where have I heard that before? We have too long depended upon a few people doing more. Think about joining our new office volunteers to build a new generation of Bluebill involvement and growth.

I know at the present time I would have to stop volunteering at several organizations in order to run for an officer position or spend more time in the office. But I can continue delivering the Bluebill message to SPEEA retirees at their monthly retirement sessions. I can continue to help set up and take down our monthly meeting equipment.

OK, time for me to get off my soap box.

Come join us, the waters fine.

Doug

Speaker for May

By: Jim Beasley

No speaker in May, It's "Potluck Time" once again, so come join in a wonderful social potluck and bring your favorite dish to share.

April Chapter Meeting Recap

By Mary Ulibarri



Doug Hoople got the meeting underway with the Pledge of Allegiance. He introduced a new member David Edgeworth, whom he works with on occasion at the SeaTac USO. David worked 32 years at Boeing, starting in Commercial and then Military. Welcome Dave. There were no members with April birthdays nor anniversaries in attendance. In fact, the attendance was quite low—only 21. Must have a lot of Bluebills taking Spring Break.

Oscar Olague thanked Janice Hawes and the Busy Bs for providing 30 hats, 20 medical dolls and four blankets that he delivered to the Seattle Cancer Care Alliance. He also thanked Mary Ulibarri and Dessie Olague for putting together the Easter bags for the kids at SCCA. Oscar also helped with the project including delivering the filled bags.

Doug reminded folks of the potluck at the May meeting and the picnic on July 26th at Coulon Park, South Shelter 2. Thanks, Janice, for making the reservation.

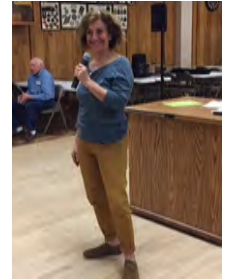
Jim Beasley then introduced the speaker, Stephanie Mehl, RN, MS, Providence Hospice of Seattle. Stephanie is an experienced practitioner who has been committed to changing the way we view and manage end of life. She has worked as a Clinical Liaison/Community Educator at Providence Hospice of Seattle for over 12 years

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helping patients and families make important end-of-life decisions and teaches professionals and the community at large. She has 30 years of health care and nursing experience with special expertise in palliative/end of life care, oncology, behavioral health/counseling, and clinical research. She has worked in several academic settings, including Memorial Sloan Kettering Cancer Center, Strang Cancer Prevention Center and the Fred Hutchinson Cancer Center. She received her BSN from the University of Vermont and an MSN from Hunter College in NYC.

Stephanie began her presentation by answering a number of common questions that arise pertaining to hospice.

Why Hospice? She said it is common for many people to not want to consider the end of life, but when they (or those who are loved) are faced with a life-limiting illness, hospice care can make a profound difference. We can all prepare for the end of life with quality care, guidance and compassionate support from hospice.



What is Hospice? Hospice is specialized care for those with life-limiting illness. It is considered when options for curing illness are either no longer available or desired by the patient. Hospice affirms life and regards dying as a natural process; it does not hasten death, nor does it prolong life.

The goals of hospice care are to promote comfort, manage symptoms and sustain optimal quality of life, and help patients and families make informed choices. Hospice services are often provided in the patient's home, but hospice also serves patients living in nursing homes, assisted living facilities and adult family homes.

Providence Hospice of Seattle's team of professional health care providers specializes in addressing end-of-life issues.

- Nurses monitor the patient's condition, consult with the primary care physician, provide symptom management and pain control, and educate the families about the illness and what to expect.
- Medical social workers help patients and families address emotional issues, plan for care and access additional community resources.
- Home health aides help with bathing and other personal care needs.
- Chaplains offer spiritual support and can act as a liaison with the patient's faith community
- A hospice medical director consults with the patient's primary care physician and the hospice team.
- A clinical pharmacist helps ensure that the patient's medication needs are met.
- Volunteers provide companionship, respite for family members and assistance with household tasks.
- Occupational therapists offer advice and assistance to enhance the patient's independence, safety and quality of life.
- Complementary therapists provide massage, music therapy and other non-medical therapies to promote patient relaxation and comfort.
- Grief support counselors provide bereavement support after the loss of a loved one.

What Makes Providence Hospice of Seattle Different? Providence offers a number of innovative programs and approaches to address the needs of patients and families at the end of life.

- An **Open Access** philosophy expands patient choice and access to palliative comfort care and treatment options while allowing patients to remain eligible for hospice services.
- The **Grief Support** program provides bereavement support—including counseling, support groups, education and referrals—to family members for up to 13 months after the death of a loved one.
- The **Stepping Stones** program, the only pediatric hospice and palliative care program in King County, offers specialized medical, emotional and practical support to children with life-limiting illnesses and their families.
- The **Safe Crossings** program provides anticipatory grief and bereavement support to children who are facing or have experienced the death of a loved one.

Providence Hospice of Seattle is a not-for-profit, community-based hospice ministry, serving seriously ill patients in all of King County. They provide comprehensive and compassionate physical, emotional and spiritual care to people nearing the end of their lives, including support for their families and friends. *“If only we had called you sooner...”* is a comment often heard from family members who have experienced the benefits of hospice care.

Providence Hospice accepts payment from Medicare Part A (patients with all Medicare HMO programs are eligible for their services), Medicaid and most private insurance plans. They also accept private payment. No one is denied services because of an inability to pay. For more information, call 206-320-4000 (main number) or 206-749-7701 (consultation and referral). Or go online at <https://washington.providence.org>.

Before concluding, Stephanie stressed the importance of several documents everyone should complete, not only a will and power of attorney, but a Provider Orders for Life-Sustaining Treatment (POLST). A POLST provides information to improving end-of-life care encouraging providers to speak with patients and create specific medical orders to be honored by health care workers during a medical crisis.

Stephanie answered many good, interesting and valid questions both during and after her presentation. Doug thanked her for giving the attendees an interesting, informative and thought-provoking presentation. He then closed the meeting with the door prize drawing.

Busy B's

This month's column was written by fellow Busy B, Sibyl Fletcher.

Mary had a little quilt.
It's batt was white as snow.
And every stitch within its top
was such a joy to sew.

She hopes that it will warm someone
whose heart is feeling blue.
Just made of cloth and thread, you say?
No, lots of love for in there too.

Sibyl

The colors bright and cheerful, all.
She finished it one day.
Her heart rejoiced to see it go
And she sent it on it way.



Tool helps donors research tax-exempt organizations

Before donating to a charity, taxpayers often want to research the organization. The IRS has a tool that lets people access information about charities and other tax-exempt organizations fast and easily. The [Tax Exempt Organization Search](#) is available anytime on IRS.gov.

Here are some things taxpayers will find when they use the TEOS tool:

Forms

- Images of an organization’s forms 990, 990-EZ, 990-PF and 990-T filed with the IRS. New filings are added monthly.

A simplified search process

- TEOS is mobile friendly, which provides access to the search tool using smartphones or tablets.

Favorable determination letters

- These are issued by the IRS when an organiza-

tion applied for and met the requirements for tax-exempt status. The IRS continues adding determination letters to the site. Eventually, all determination letters issued since January 2014 will be available.

Other information

This includes whether an organization:

- Is eligible to receive tax-deductible contributions.
- Has had its tax-exempt status [revoked](#) because it failed to file required forms or notices for three consecutive years.

- Filed a Form 990-N annual electronic notice with the IRS. This applies to small organizations only.

Publicly available data from electronically-filed 990 forms is still available through [Amazon Web Services](#).

Share this tip on social media -- #IRSTaxTip: Tool helps donors research tax-exempt organizations. <https://go.usa.gov/xmTZ4>



Calendar of Events 2019

Jan 10	Heritage Leadership Meeting
Jan 25	Chapter Monthly Meeting
Feb 14	Heritage Leadership Meeting
Feb 22	Chapter Monthly Meeting
Mar 14	Heritage Leadership Meeting
Mar 29	Chapter Monthly Meeting
Apr 11	Heritage Leadership Meeting
Apr 26	Chapter Monthly Meeting
May 16	Heritage Leadership Meeting
May 31	Chapter Monthly Meeting (Potluck)
Jun 13	Heritage Leadership Meeting
Jun 28	Chapter Monthly Meeting
Jul 11	Heritage Leadership Meeting
Jul 26	Chapter Picnic—Coulon Park, Renton
Aug 15	Heritage Leadership Meeting
Aug 23	Chapter Monthly Meeting
Sep 12	Heritage Leadership Meeting
Sept 27	Chapter Monthly Meeting
Oct 10	Heritage Leadership Meeting
Oct 25	Chapter Monthly Meeting
Nov 14	Heritage Leadership Meeting
Nov 22	Chapter Monthly Meeting
Dec 12	Heritage Leadership Meeting
Dec 20	Chapter Monthly Meeting (Potluck)

Food Bank Schedule For 2019

Cash donations collected at each monthly meeting to be given to a different food bank each month.

January	Highline	Heinz Gehlhaar
February	Bellevue	Doug Hoople
March	Federal Way	Jim Lee
April	Maple Valley	Vaughn's
May	Kent	Melinda Stubbs
June	Auburn	Martha Battles
July	West Seattle	Heinz Gehlhaar
August	Tacoma	Ted & Judy Leyden
September	Renton	Eleanor Skinner
October	White Center	Heinz Gehlhaar
November	Issaquah	Eleanor Skinner
December	Des Moines	Lonnie Stevenson

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Bluebills Heritage Chapter Meeting



May 31, 2019

>>> **MAY MEETING IS POTLUCK!** <<<



10:30AM to 12:00Noon Potluck

Bring a non-perishable food item to monthly meetings to be given to a different food bank each month

Please Note:

The Bluebills monthly meetings are held at the VFW Post 1263, 416 Burnett Ave South, Renton, WA. Parking is available in the lot immediately across the street from the VFW.

Bluebills Monthly Volunteer Hours

Volunteer Name _____

Phone Number _____

_____ **Hours worked** _____ **For** _____
(month/year) (agency name)

_____ **Hours worked** _____ **For** _____
(month/year) (agency name)

_____ **Hours worked** _____ **For** _____
(month/year) (agency name)

Please send completed hours form to Bluebills, PO Box 3707 1K-B02, Seattle, WA 98124
Email to bluebills@boeing.com or bring to Bluebills monthly meeting

Bluebills Heritage Chapter Meeting Directions

From the **north** take 405 S Bronson Way. Keep right and continue on S 2nd St. to Williams Ave S. Turn left onto Williams Ave S and turn right onto 5th St. Go one block and turn right onto Burnett Ave S to VFW. From the **south** go north on Highway 405 to Exit 2 Hwy 167 Rainier Ave S. Go north to S Grady Way. Turn right on S Grady Way to Talbot Rd (3rd light) turn left on Talbot Rd. One block left on Talbot Rd. Then turn right on 7th St and then left on Burnett Ave S. Continue three blocks to VFW.

