



Zen Hospice  
Project



TheBloomProject

## For Immediate Release

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## Oregon Hospice & Palliative Care Association Partners With The Bloom Project To Bring Zen Hospice Project Programming To Portland

**Portland, Ore. (April 2, 2018)** - The [Oregon Hospice & Palliative Care Association](#) has partnered with [The Bloom Project](#) to bring San Francisco's groundbreaking [Zen Hospice Project](#) programming to the Portland. The three organizations will together host a series of events this spring: an Open Death Conversation and two Mindful Caregiver Education daylong immersions.

"As an organization, we seek to build strong networks of providers while disseminating a steady flow of communication among hospice and palliative care groups," said Barb Hansen, CEO of the Oregon Hospice & Palliative Care Association. "Through this unique and collaborative partnership, we look forward to further improving the quality of care for Oregonians at end-of-life and supporting their care providers."

The **Open Death Conversation** is a forum for discussing the many aspects of death and dying. The goal of the conversation is to generate meaningful, energetic conversation free from judgment, drawing inspiration from the thousands of heartfelt conversations that Zen Hospice Project has had throughout its years of caring for dying persons and their families.

The Zen Hospice Project's Open Death Conversation will take place on Friday, May 18 from 7 p.m. through 8:30 p.m. at The Community at Marquis (19805 SW Boones Ferry Rd., Tualatin, 97062). Cost is \$25, and participants can learn more here: [www.zenhospice.org/ODCMay18](http://www.zenhospice.org/ODCMay18).

"The concept of dying is incredibly difficult for many people to think about, let alone discuss," said Heidi Berkman, founder of The Bloom Project and board member for Oregon Hospice & Palliative Care Association. "Our goal in working with the Oregon Hospice & Palliative Care Association and Zen Hospice Project is to change the conversation around end-of-life care, not only for the patients, but for their caretakers and loved ones."

For professional caregivers, the **Mindful Caregiver Education** daylong immersions will introduce Zen Hospice Project's model of care, where participants will be provided with tools for developing a more mindful approach to caregiving. Through expert instruction, group discussion and engaging exercises, participants explore inspiration, loss, compassion and other elements of the caregiving experience, including mindfulness meditation, a cornerstone of conscientious caregiving.

continued

Subjects covered include:

- Integrating Mindfulness Into the Delivery of Care
- Mindful Communications
- Therapeutic Use of Self in Caregiving
- Cultivating Compassion in the Context of Caregiving
- The Territory of Loss in Caregiving
- Looking at How We Grieve

The Mindful Caregiver Education daylong immersion will be held in two separate sessions. The first will be Friday, May 18 from 9:30 a.m. through 5 p.m. Cost is \$299, and participants can learn more here: [www.zenhospice.org/MCEMay18](http://www.zenhospice.org/MCEMay18). The second session will take place on Saturday, May 19 from 9:30 a.m. through 5 p.m. Cost is \$249, and participants can learn more here: [www.zenhospice.org/MCEMay19](http://www.zenhospice.org/MCEMay19). Both events will take place at The Community at Marquis (19805 SW Boones Ferry Rd., Tualatin, 97062). For registered nurses and social workers seeking CEs, this course offers four continuing education hours.

“At Zen Hospice Project, we believe dying is both sacred and unknowable,” said George Kellar, executive director for Zen Hospice Project. “We hope participants will leave both the Open Death Conversation and Mindful Caregiver Education courses with elevated mindfulness, compassion and ability to recognize the importance of self-care. This will only bring more awareness to their own life and the care they provide.”

### **About Zen Hospice Project**

Zen Hospice Project’s legacy of compassionate and pioneering service initially grew from the San Francisco AIDS crisis in 1987, opening their doors as one of the city’s first hospices. Since then, the organization has grown into an innovative leader providing care at the bedside for those facing advanced illness and their loved ones, while also training and supporting an ever-growing community of caregivers worldwide. For more information, please visit: <http://www.zenhospice.org>.

### **About Oregon Hospice & Palliative Care Association**

The Oregon Hospice & Palliative Care Association is a statewide public benefit organization helping to ensure Oregonians have access to high quality hospice and palliative care as they near the end of life. The Oregon Hospice & Palliative Care Association is committed to improving the quality of life for Oregonians at the end of life and supporting the hospice and palliative care organizations that provide care. The Oregon Hospice & Palliative Care Association’s services include public and professional education, advocacy, research, consultation and leadership. For more information, please visit: <https://oregonhospice.org/>.

### **About The Bloom Project**

Founded in 2007 by Heidi Berkman, The Bloom Project is a volunteer-driven nonprofit that provides fresh floral bouquets to hospice and palliative care patients. The Bloom Project receives each of its flowers as donations provided by wholesale floral companies, growers and local grocery stores. The flowers are repurposed by volunteers into beautiful bouquets ready to deliver to local hospice and palliative care patients. Berkman and her team of volunteers are committed to sustainable business practices. Not only are they eco-friendly in their efforts to repurpose flowers from their partners, but also by composting floral waste. For more information, please visit: <http://thebloomproject.org>.

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