

WINTER 2025

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Clarehouse[®] connection

Volunteers Fill Clarehouse with Healing Music

Providing the gift of music to our guests and families is another way we offer comfort and care. Music streaming is available in all bedrooms. Used by families and guests to play the soundtrack of their lives, reminiscing brings joy, laughter and comfort. In addition, volunteer musicians offer their gifts to Clarehouse regularly. You might find Cynthia Outlaw, on Wednesday afternoons, sitting outside a guest's room singing softly along with her guitar. On Friday mornings, Dr. Charlie Hill might be sharing his talent playing acoustic guitar for the enjoyment of the families relaxing in the common areas. And on Thursday evenings, the beautiful sounds of Spirit Song Choir fill the halls.

To be present in these last days, sometimes last minutes is such an honor and has enriched our lives beyond measure. It truly is a holy and sacred time." Alisa Hall



"Music is a medium that transcends everything: birth and death, sickness and health, joy and loss, love and despair, rich or poor. It doesn't care who you are or what you believe in. It simply yanks on the cord that connects us all for better or worse. It's the language of the unspoken, for what we cannot put into words. And sometimes, it simply makes you want to do a silly dance."

Dr. Charlie Hill

"The members of Spirit Song Choir chose to participate in this special gift of music hoping to provide peace and comfort to those in transition and their families. We have had the privilege of seeing how music transcends in many unique experiences. Over the years we've seen many people, who had been unresponsive, mouth the words along with us which is always a holy moment. We have also witnessed how the power of music can relieve anxiety and help family members process their emotions."

Alisa Hall

"Music can fill uncomfortable silence and convey feelings where words sometimes miss the mark. Since hearing is still possible when other capabilities are diminished, music is a wonderful way to bring peace to someone we're no longer able to communicate with in other ways. I've been asked to provide music for guests who used to be musicians and others who enjoy specific kinds of music. As with most types of volunteering - I get more out of it than I give."

Cynthia Outlaw

In Loving Memory of Boyce Biggs

On Christmas Eve of 2024, my mother was transferred from St. Francis to Clarehouse. I had hoped that she would be able to move there, because I knew it to be a special place for end-of-life care. Clarehouse is beautiful, warm and inviting. You feel like you are in a home that sits on a lovely space tucked in away from the city. It is peaceful and brings a sense of calmness to anyone who visits.

My mother collected cardinals for many years. When I arrived at Clarehouse and walked into my mother's room, there was a cardinal throw on her bed, a picture of two cardinals on the wall of her room and a pair of cardinals on the birdfeeder outside her room. I knew at that moment she was blessed to be in this place.

One of my dear friends, Julie Courcier, is on staff and welcomed my mother and me with open arms and immediately made us feel welcome. Julie took the time to introduce us to each staff member that was close by. I loved that my mother was a "guest" in Clarehouse. Every volunteer, caregiver or employee who interacted with my mother was gracious, kind and gentle. They were also very knowledgeable, informative and were always willing to answer questions. When visitors came to see my mother, whether it be family members, grandkids, great grandkids or friends, every person felt the care, kindness, empathy and warmth from the environment and the people. There were always snacks for family members, games, puzzles, books and smiles. Each day lunch was served for the family members with friendliness, ease and inclusiveness. Clarehouse is an incredible place and we will be forever grateful and appreciative for all the special care the staff, caregivers and volunteers provided during her stay.

Dana Solomon



Every Moment Counts is the philosophy that inspired Julie Courcier to create a running event that honors people we have loved and lost. Started by Julie in 2022 to honor her father, JW, she handed the baton to volunteers and Clarehouse staff and we have run with it!

The 2025 Every Moment Counts Run&Walk will be on June 14th in a new location. We'll be starting at River Parks West and welcome you to bring friends and family to walk or run distances of 5, 10 or 15K or just bring the littles to the Caterpillar Crawl. It's a feel-good event about the joy of being outside spending quality time with friends and family without the pressure of a timed race.

Run Committee Chair, LeAnn Hickman, says *"We invite you to participate in the Every Moment Counts Run to support Clarehouse's compassionate end-of-life care, while promoting your own health and well-being. Your involvement can make a difference in the lives of families during their most critical moments."*

All funds raised are for Clarehouse care and education and every dollar makes a difference for individuals and families in need. **Sponsorships and registration are available at clarehouse.org/events/everymomentcounts.**

Every Moment Counts

5K RUN & WALK

June 14th

Two Start Times 7am & 8am

River Parks West

Scan for
More
Information





What are you waiting for?

As many of you know, I recently published a book entitled *Suffer*. In summary, the book simply (though not easily!) challenges its readers to reimagine what it means to suffer. Using a modernized version of Abraham Maslow’s hierarchy of needs, *Suffer*. creates a compass to wisely navigate through life’s developmental stages. Interestingly, Maslow emphasized the importance of mortality salience, living with the awareness that one day we will die, as a powerful developmental tool. We experience this directly in moment to moment care we provide to our Clarehouse guests and their families. It is not infrequent that guests can be heard encouraging those they love to get their life in order around the things that matter most... they often exclaim—“DON’T WAIT!! Don’t wait for death to reveal what matters most, figure that out now, live life now!”

To this end, *Suffer*. embraces what death and dying can teach us about life and living and uses science and storytelling to share the extraordinary humanity we witness every day at Clarehouse. Clarehouse’s Education Department seeks to spread this knowledge and wisdom gained in the years of care given in our community home. By directly supporting individuals in the development of their own mortality salience, we strive to empower community learners, healthcare providers and visionaries with the tools to live and die with intention.

Over the last year, we have expanded our learning opportunities to include intimate retreats exploring the various aspects of mortality salience and what it means to live a death-informed life. *Suffer*. captures many of these teachings. Please join us in our upcoming retreat, March 29th at The Osage Forest of Peace, to explore Choosing Wisely.



Jennifer Clark, MD
Clarehouse Consultant, Education and Strategy



To obtain a signed copy of *Suffer*, stop by Clarehouse or order online.

The Clarehouse 2024 Annual Report is now available. Visit clarehouse.org or email cmclain@clarehouse.org for a copy.

Wishlist items

Paper Towels

Individually
Wrapped Snacks

Individual Hand Soap

You are welcome to drop off items during daylight hours at Clarehouse.

Save the date!

October 17th
at Stoney Creek Hotel
in Broken Arrow



Sponsorships
available at
[Clarehouse.org](https://clarehouse.org)





Planned Giving Challenge Offers Operational Dollars

We're excited to share an incredible giving opportunity with you! For a limited time, **every \$10 in planned gifts we receive could be matched with \$1 in operating grants from Tulsa Community Foundation**. Your generosity will be multiplied during our Endowment Challenge Grant and our work can continue for generations!

To qualify for the operating grants, **we must reach our goal of \$350,000 by the end of 2026**—and we can't do it without you. Your support is crucial in helping us achieve this milestone and ensure our work for generations to come.

There are many ways you can give towards our Challenge Grant goal and we are happy to work with you to find the option that best fits your interests and goals. As a valued partner of our organization, our Legacy Office team is available to guide you every step of the way.

You can explore the various giving options available online at clarehouse.planned.gifts. If you have any questions or would like to discuss your giving plans, our Legacy Office team is here to help. **You can reach them by calling 918-491-0079 or emailing chris@tagpg.org.**



TOGETHER
WE CAN IMPACT TULSA
FOR GENERATIONS



Applications for the 2025 Sue Holloway Memorial Scholarships open March 1! Visit Clarehouse.org to apply.



From Our Family to Yours - Thank You!

We are incredibly grateful to each and every person, business and foundation that chooses to support our mission. Clarehouse is a reflection of the love and generosity that flows from those in the Tulsa community and beyond. Every hug, every meal, every moment of love and compassion is only made possible because of our donors—because of you.

Thank you for trusting us with your support.



Volunteer Needs

Welcome Desk Care Assistant Meal Provider

Please email jcourcier@clarehouse.org to apply.

SAVE THESE DATES

WELCOME WEDNESDAY — March 12th, April 9th, May 14th

Welcome Wednesday is the second Wednesday of each month

LESSONS FOR LIVING : CHOOSING WISELY RETREAT— March 29th

ELNEC — April 22nd

EVERY MOMENT COUNTS RUN&WALK — June 14th

MOONSTRUCK — October 17th

Visit Clarehouse.org for a complete listing of events and recent donors or to view our wish list.

To receive the newsletter electronically, email cmclain@clarehouse.org.

