

# enso house news



*Never forget the thousand-year view.*

Enso House provides physical and emotional support in a home setting to people of all faiths who are facing terminal illness. Inspired by a traditional Zen Buddhist practice, we encourage and support personal efforts to deepen spiritually at the end of life.



Summer 2019

## Enso House caregiver rooms get refreshed

Fresh paint (lots of paint!) is perhaps the most noticeable change, at first glance, to the lower level of Enso House where caregivers stay.

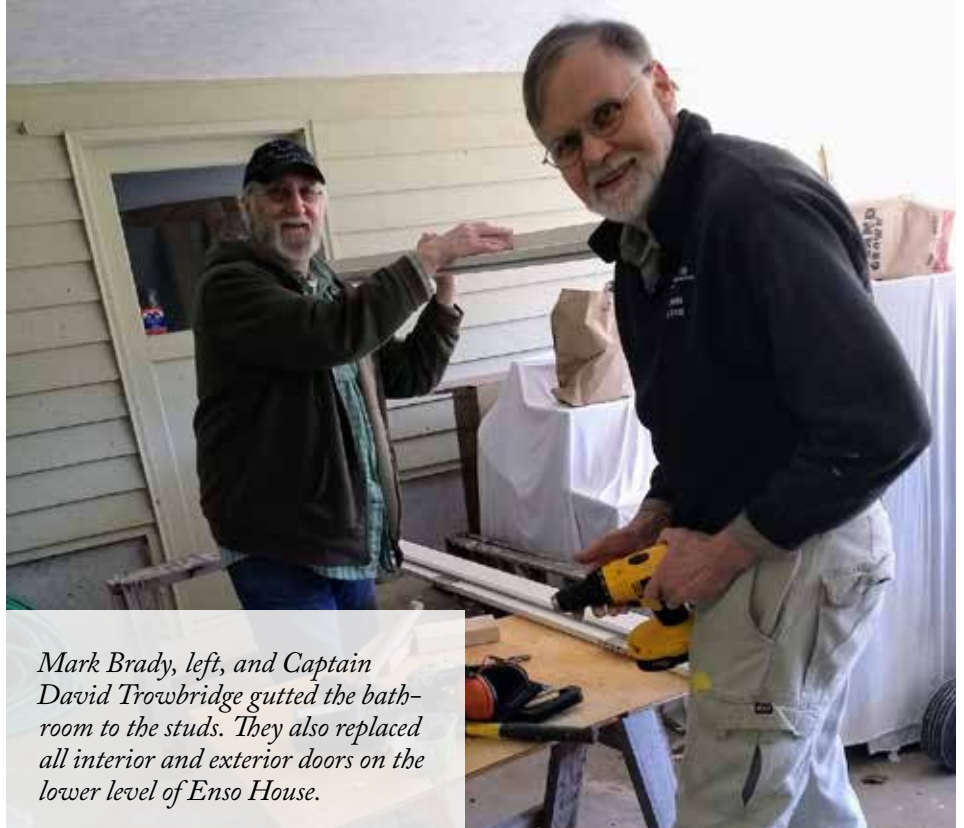
In addition to all this paint, the bathroom was completely gutted and updated, and the bedrooms have new heaters and closet organizers, plus sound absorption for a quiet(er) sleep period. New double-pane windows, carpet and flooring, solid core doors, and light fixtures complete the project. Oh, *and* more storage space behind closed doors.

The goal was to make the space welcoming and comfortable for those who assist Ann with caregiving while we have a guest.

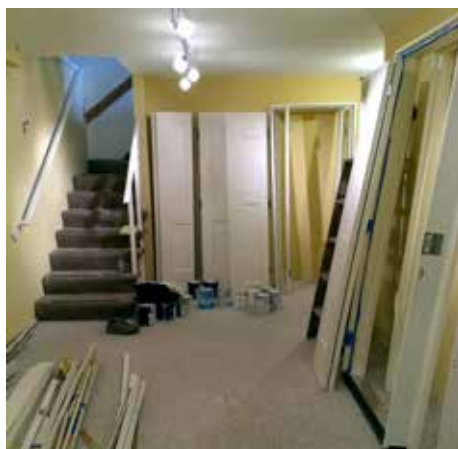
Over 80% of the labor was provided by intrepid volunteers. Huge thank yous to all who assisted! David Trowbridge was master carpenter, electrician and plumber. Soen was there every step of the way, and his brother Pieter helped with the tear down, especially the removal of popcorn ceilings. Grateful appreciation to Ann and Jo for painting and general support. Russ Ernest and Mark Brady provided expertise and helping hands. Mark Wicks was the go-fer and Brad Portin and David Allen built the new linen cabinet. Rotary Westside of South Whidbey jump-started the project with their on-site energy and expertise. Whew. Good work, all!

We also met and delivered on our budget of \$35,000! We thank our generous community and the remarkable grants from PayLess Food Stores, Island Athletic Club, ACE Hardware, Fraternal Order of Eagles, Coldwell Banker, Trinity Lutheran Church, and St. Augustine's In-The-Woods Episcopal Church.

*First, the popcorn ceiling must go! David Trowbridge tracks pipe and electrical wires above the ceiling. Within a day of arriving from Sogenji, our resident monk, Soen, puts on a mask and begins the messy task. His brother Pieter helps as well, always with a smile.*



*Mark Brady, left, and Captain David Trowbridge gutted the bathroom to the studs. They also replaced all interior and exterior doors on the lower level of Enso House.*



## Enso House celebrates 17 years

All-volunteer Enso House celebrates its 17th year of service with great appreciation for our community's generosity and the work that has been accomplished:

Enso House has offered around the clock, comprehensive care to more than 90 guests, most of whom have been Whidbey Island residents.

The age of our guests has ranged from thirty-one to one hundred – forty-seven women and forty-six men.

The average length of stay has been three and a half weeks, ranging from a single day to three months.

Since its inception, Enso House has established a rate of \$145 per day for basic care. Actual costs are higher and we never turn away those unable to pay. That is why we ask those who can to "pay forward" generously so that we can continue to serve the community in the way we do best.

The majority of our guests have required continuous twenty-four hour bedside care, and the presence of a licensed MD or RN for the management of medications. Because Enso House has an on-site physician and trained core caregivers, we are able to provide appropriate, timely and effective comfort-focused medical care. The team from Whidbey Health Hospice is an integral part of the caregiving team.

Over 2,000 friends and family have been included in the caregiving responsibilities of the staff.

More than half of our guests have had a family member or friend stay with them for short or extended stays. Providing a nourishing environment for family and friends has proven to be as important as our attention to their loved one. Massages, meals, music and beach walks are part of their Enso House experience.

Our referral base has included Whidbey, Seattle, Port Townsend, and Anacortes area hospitals and hospices.

More than 2,000 days and many thousands of hours of service have been provided by volunteer staff and support teams, without whom the work of Enso House would not have been possible.

Our annual budget of \$45,000 has consistently been met thru generous community support from individuals and organizations. We are able to function on a shoestring because of Tinyblue Foundation's donation of the home and grounds, and the donated service of our core staff and community volunteers.

Focused fundraising for capital projects has provided a renovated cottage, new roofs for the main buildings, and refurbished staff quarters.

Christian, Jewish, Buddhist, Shamanic, Episcopalian, Mormon, and Lutheran traditions have been part of the guests' and their families' experiences. The monks and community of Tahoma One Drop Zen Monastery, and the spiritual parishes of Whidbey Island, enhance our commitment to integrate spirit with caregiving.

Bedside services and vigils, life celebrations, silent prayers, after-death ritual bathing, and memorial services have brought families and friends together. Trees and plants honoring guests thrive on the grounds and in the garden.

During the annual September meditation retreat at Tahoma Monastery, a special memorial service is held to honor each person who has died at Enso House. The fifty retreat participants attend the services led by the energetic visionary of Enso House, Shodo Harada Roshi.

We welcome you to come by for tea and a tour of Enso House. Simply call before coming.

### When the Wind is Right

by Gary Vallat

Seeds arrive wrapped in chaff  
the perfect fit for the naked core.

In the fertile crescent  
the wind watcher determines  
if the currents are right,  
if the wind's circular breath  
can tease away the coat  
each grain wears.

If the currents are mild enough  
the grain falls in a pile  
as the chaff remains aloft  
we have parted our daily bread.

But we are not patient in our quest  
and strive to take control  
of the vagaries  
of that random breath  
by creating our own wind.

The fans blow what we  
no longer need  
and collect the seed  
in a harvest pile.

When the wind is right  
it separates  
what was dormant  
and awakens

what is waiting.

### The continued growth of Enso House depends on your generosity

*The suspension of client operations for 4 months during our very cost-effective remodel leaves us with our hands out once again, relying on your historically generous support for our outstanding patient care. We cannot thank you enough for your continuing care of Enso House.*

All donations are tax deductible: 501(c)3 tax ID # 75-3068200  
Donate online at [www.ensohouse.org/make-a-donation](http://www.ensohouse.org/make-a-donation)



#### A New Way to Contribute

Amazon will donate 0.5% of the purchase price of eligible products to Enso House when you shop at AmazonSmile:

<http://smile.amazon.com>



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