

## Livestock

### Continued from A1

How do the neighbors feel about it? It's a mixed bag, city officials say. Mostly it's a non-issue, but there are the occasional noisy rooster complaints, as well as some about flies and odors. City livestock generate a few calls each year to code enforcers.

### HOLD YOUR HORSES

Can you ride your horse through Redmond? Technically, yes. There's nothing in municipal code that says you can't.

Is it a good idea? Depends on who you ask.

Many equestrians think mixing horses and cars is dangerous. Horses are not allowed on sidewalks, nor are they allowed in city parks. That means horse-and-rider must traverse in lanes of traffic down Redmond's avenues and streets.



**ABOVE: A small herd of cattle at Highland and 38th Avenue one of dozens within Redmond city limits. RIGHT: Karlie and Melody Warden cuddle goats in their backyard pen.**

Photos by Bill Barlett

— who are 11, 7 and 4 — visit from San Francisco they are instantly transported into the Callahan's world.

"They've all taken a huge interest and two now say they want to be (veterinarians)," Faye beamed.

Les and Vicki Nolan raise chickens within blocks of Dry Canyon. They have six hens, three Golden Comets and three Rhode Island Reds. Their annual production is about 250 eggs per hen each year.

"With eggs at the store up almost 40% in price in less than a year, neighbors and passersby knock at our door asking to be put on the waiting list," said Vicki.

The Nolans and their extended fam-

ily use about half the eggs themselves. They sell the remainder for \$4.50 a dozen, more than what grocers charge. Vicki said buyers will pay more for their fresh eggs and prefer the yoke color and taste.

Some Redmond livestock are more pets than producers however.

Melody Warden, 9, and her sister, Karlie, 7, have four dwarf goats in their backyard that's less than a mile from downtown. The animals are treated like part of the family and their parents admit to it being somewhat of a fad, recalling their days when friends or neighbors had Vietnamese pot-bellied pigs.

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## Kellstrom

### Continued from A1

She "brought a little magic into everything she touched," the bereavement department wrote in a release about Kellstrom's retirement.

Hospice of Redmond executive director Jane McGuire said that Kellstrom "had a very peaceful presence about her, so it was easy for people to talk to her."

### GIVING BACK GUIDANCE

Kellstrom started volunteering with the Hospice of Redmond in 2004.

"It just felt like the right thing for me and the right timing for me," Kellstrom said. Kellstrom had lost a number of her own family members early in her life, and she wanted to give back to the people who had helped her through her own grief.

"I felt a calling to try to help as many people through it as I could," she said.

McGuire said Kellstrom has shown up and supported her personally throughout her own grieving process — on top of Kellstrom being a positive person to have as a coworker.

"She was a lot of fun to work with," McGuire said. "I think something that is important when you're working with an environment that can be heavy, as far as a lot of emotions, it's important to have a great sense of humor. And she certainly does have one. She was a character."

As she got more involved, Kellstrom found herself drawn to the hospice's bereavement department, which provides various support services. The organization follows the families of its former patients for 13 months after the patients' passing and offers short-term support for anyone in Central Oregon who is struggling with the loss of a loved one.

Kellstrom organized events like the hospice's grief in school programs, grief support groups, the hospice's annual Teddy Bear Tea fundraiser, an annual Light Up a Life memorial service and Camp Sunrise.

Rachman said Kellstrom has been an invaluable presence. Kellstrom was detail-oriented, deeply passionate about serving people in Central Oregon and committed to the work she did with Camp Sunrise, Rachman said.

### CAMP SUNRISE

Kellstrom's bereavement experience made her an impactful director for the children at Camp Sunrise, McGuire said.

The program was born out of the idea that children are often



File photo by Kat Rachman

**Diane Kellstrom was the director of Camp Sunrise for many years.**

"the forgotten grievers" when someone in a family dies, said Kellstrom, who became the camp's director in 2005. "They didn't have a voice, she said. "They didn't have a place to go like adults did where they could find that kind of support."

Grief for younger people often shows up more in behavior than in talking, Kellstrom said. So Camp Sunrise aims to help children express themselves through things like play therapy, talk therapy and movement therapy.

"We've seen it be transformational for them," McGuire said. "Kids that have come to camp, being so scared to participate in something that carries such an emotional weight for them, leave feeling so much lighter and happier and able to have the tools that they need to process the grief as they move forward."

Kellstrom said she has seen children arrive at Camp Sunrise less than enthusiastic about being there. But once they're there, she said, they realize they're less alone in the world — that they have peers who are experiencing the same grief that they are.

"The help that they give to each other is just as important as the help that professionals give to them," Kellstrom said.

And when they leave, campers will tell Kellstrom that they wish they had another weekend or another couple weeks. Some will even come back as junior counselors to help the younger children — or, like the camper who called Kellstrom that one day, go into hospice work themselves.

### GUIDANCE THROUGH GRIEF

Kellstrom said her years in bereavement work have taught her a lot about the strength of the human spirit. Her time with the Hospice of Redmond has made her a better person based on those lessons, she said.

"Their stories, their heartache, their pain helped build me up to help the next person," Kellstrom said, "because I knew that there was hope for each and every one of them."

Everyone reacts to loss differently, Kellstrom said. It's important to avoid placing expectations on what they need or to go into supporting a grieving person with an intention to fix

them. She said the most important thing is being there for someone when they're grieving and assuring them that they can and will recover.

"There's nothing magical about this work," Kellstrom said. "There's no words that can fix it. It's an attitude of being present and being unafraid to sit with them and to be with them and to hold them up when you can."

For those who are grieving, Kellstrom said it's important to surround yourself with people you trust. Many of the people she's worked with over the years have wished that they'd turned to bereavement services sooner, rather than trying to hold all

“Grief needs to move. It needs to move from the inside of you to the outside. It needs to have a voice. It needs to be heard.”

— Diane Kellstrom, retiring bereavement coordinator, Hospice of Redmond

their pain in.

Part of that, Kellstrom said, is a cultural shift. When she got into hospice work, people — especially older individuals and men — seemed to be under the impression that they needed to mourn a death for a set amount of time and then move on. But that isn't how grief works.

"That isn't the reality of losing someone significant in your life to death," she said. Reminders of that person will come up throughout your life, and pretending they don't doesn't help anyone.

"Grief needs to move," Kellstrom said. "It needs to move from the inside of you to the outside. It needs to have a voice. It needs to be heard."

And hearing those experiences helps both grieving people and those trying to support them to understand that pain. "Reach out to your local hospice," Kellstrom said. "Reach out to someone in the community who has experience working with grief and loss, and give them a chance to support you."

### HOSPICE AS A HOME

Kellstrom said the environ-

ment at the Hospice of Redmond is like a family.

"We all have supported each other in the work that we do and taking care of each other, so we can take care of others," Kellstrom said. "It's hard to walk away from that."

But Kellstrom knows she's leaving the hospice in capable hands. And, after she takes some time to spend with family and travel, she'll be back as a volunteer.

Bereavement work can be taxing. It's easy to get wrapped up in someone else's pain.

"Sometimes it's a lot to bear," Kellstrom said. "But at the same time, we know that we can help make a difference."

Watching patients learn to cope with their grief is where Kellstrom drew her strength to keep working in hospice for all these years — and where she said she learned a lot, herself.

"What an honor that was for them to come to me, a total stranger, and trust me with their story and trust me with their hearts," she said.

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