



HOSPICE  
OF SANTA CRUZ COUNTY

Spring / Summer 2019

# Guide to Wellbeing

Classes, Groups, and Events Serving  
Children, Adults, and Seniors

COMMUNITY EVENTS

ADVANCE HEALTHCARE PLANNING

CAMP ERIN<sup>®</sup> SANTA CRUZ

FAITH LEADER NETWORK

GRIEF SUPPORT

VOLUNTEERING



 [hospicesantacruz.org](http://hospicesantacruz.org)

 831 430 3000

## OUR VISION

All members of our community live and die with dignity.

## OUR MISSION

Hospice of Santa Cruz County honors the choices of individuals and families by providing exemplary end-of-life care and grief support to our community.

### **COMMUNITY EDUCATION & FAITH LEADER NETWORK**

#### **Vanessa Silverstein**

*Community Education & Outreach Coordinator*

☎ 831 430 3047

### **FUNDRAISING & EVENTS**

#### **Jennifer Drummond**

*Associate Director of Development*

☎ 831 430 3032

### **GRIEF SUPPORT**

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### **SPANISH LANGUAGE SERVICES**

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*Latino Community Counselor*

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### **VOLUNTEER VISITOR PROGRAM**

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*Director of Volunteer Services*

☎ 831 430 3045

### **YOUTH GRIEF SUPPORT SERVICES**

#### **Amy Marlo**

*Youth Grief Support Manager*

☎ 831 430 3040

“Tell me, what is it you plan to do with  
your one wild and precious life?”

—Mary Oliver

Dear Friends,

This January, the world lost the great American poet Mary Oliver. Oliver’s poems focused on the quiet occurrences of nature and the simple moments of life. Through her connection with the natural world, she invited her readers to reflect on what matters most and the preciousness of the human spirit.

At Hospice of Santa Cruz County, our mission is steeped in honoring the preciousness of the human spirit. For over 40 years, we have committed to helping people in our community connect with what matters most by offering tools for wellbeing at all stages of life.

This Guide to Wellbeing is more than a listing of offerings. It is an invitation to affirm what’s important in life, plan for wellbeing today and in the future, and acquire tools to support us through the inevitable journey of grief and loss. We invite you to explore what brings life meaning through group discussions, art exhibitions, volunteering opportunities, movie nights, grief support groups, individual support sessions, community events and so much more.

As you will find in this guide, there are many avenues to your greater sense of wellbeing. We are honored to be part of your journey and look forward to seeing you soon.



Warmly,

A handwritten signature in black ink that reads "Michael Milward". The signature is fluid and cursive, with a large, sweeping flourish at the end.

Michael Milward  
CEO

# CONTENTS



## **Your wellbeing is important to us.**

We are pleased to share a variety of events, groups, and classes offered by Hospice of Santa Cruz County this spring and summer 2019. You'll find many opportunities for connecting, expanding your knowledge, completing important paperwork, volunteering, and finding paths to healing and support. We welcome your participation and look forward to seeing you and supporting you.

Movies, benefits, health fairs, and many other events in our community create opportunities for you to learn about palliative care, hospice care and healthcare planning, and to connect with others who are interested in having these conversations and supporting our mission.

**ADVANCE HEALTHCARE PLANNING**

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Completing an Advance Directive makes your wishes known in case you are ever unable to communicate for yourself. We're available to talk with you and your family about the importance of healthcare planning and help you complete related forms. This is an important step for all adults 18+.

**CAMP ERIN SANTA CRUZ**

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Camp Erin Santa Cruz is a weekend-long camp for kids and teens who have lost someone special. Poised in the Redwoods, it's a combination of traditional camp activities and learning tools to cope with grief. It's a free of charge, adventure filled weekend, with archery, drum-making, swimming, outdoor fun and more.

**FAITH LEADER NETWORK**

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As people face serious illness, aging, or death, they often turn to their faith and spiritual leaders for support and guidance. We offer information and education to help faith and spiritual leaders and their communities navigate these important topics.

**GRIEF SUPPORT**

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Grief is a natural response to the loss of a loved one. While there is no right or wrong way to grieve, there are healthy ways to cope with the pain and to find your own path to healing. Individual and group support is available to hospice families, children, adults, and any member of our community who is grieving or facing the death of someone close.

**VOLUNTEERING**

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Hospice volunteers often view their work as a gift. Making a difference in the life of a patient or a family member can offer a deep sense of purpose. Discover how you can get involved.

# COMMUNITY EVENTS



Book Discussions, Dining, Movie Nights, Museum Exhibitions and more!

Our community events are designed to educate, inspire and support your journey to wellbeing. Our goal is to engage your mind, body, and spirit. There are opportunities to learn, give back, and grow.

You can access event details and join our mailing list at:  
**[hospicesantacruz.org](https://hospicesantacruz.org)**

### Dining for Hospice

📅 Wednesday, March 6, 5:00–9:30 pm

Scopazzi's Restaurant & Lounge,  
13300 Big Basin Way, Boulder Creek

Please join us for a fun filled evening with good friends, delicious food, and great raffle prizes! Scopazzi's will donate a generous portion of your dinner bill to Hospice of Santa Cruz County. Dinner will be served from 5:00 pm; raffle and silent auction closes at 7:30 pm. Reservations recommended: **831 338 4444**

### Spanish Memorial Service and Candle Lighting

Servicio Conmemorativo con Velas. Vigilia para honrar a nuestros seres queridos.

📅 Tuesday, March 12, (Martes, Marzo 12), 6:00–7:00 pm

St. Patrick's Church, 721 Main Street, Watsonville

This memorial service nourishes tender hearts by honoring both the sadness and joy that comes with remembrance. Our community gathers for words of support, candle lighting, and a remembrance table, for which you are welcome to bring a photograph or a memento of your loved one. Children and families are welcome. This event is mostly in Spanish.

Este servicio conmemorativo nutre los corazones heridos, honrando tanto la tristeza como la alegría que viene con los recuerdos. Nuestra comunidad reúne palabras de apoyo, luces de velas y una mesa conmemorativa, donde puede usted traer y colocar una fotografía u objeto de su ser querido. Los niños y las familias son bienvenidos. Este servicio se habla en español.



## **Author Event - Bookshop Santa Cruz**

Katy Butler, *The Art of Dying Well*

📅 Wednesday, March 27, 7:00 pm

Bookshop Santa Cruz, 1520 Pacific Avenue, Santa Cruz

Join us to hear award-winning journalist and author of the New York Times Bestseller *Knocking on Heaven's Door* talk about her meaningful new book. ***The Art of Dying Well*** is a reassuring and thorough guide to living as well as possible for as long as possible and adapting successfully to change. The book shares insights and true stories to help you learn how to thrive in later life, even with a chronic medical condition, get the best from our health system, and make your own “good death” more likely. This is a free event with no registration. Chairs for open seating are usually set-up an hour before the event begins.

## **Death Café - Watsonville**

📅 Wednesday, April 3, 10:30 am–12:00 pm

Watsonville Public Library, 275 Main Street, Suite 100, Watsonville

## **Death Café – Scotts Valley**

📅 Wednesday, June 12, 10:30 am–12:00 pm

Scotts Valley Public Library, 251 Kings Village Road, Scotts Valley

## **Death Café – Santa Cruz**

📅 Wednesday, July 17, 10:30 am–12:00 pm

Santa Cruz Public Library, 224 Church Street, Santa Cruz

## **Death Café – Aptos**

📅 Tuesday, August 20, 10:30 am–12:00 pm

Aptos Public Library, 7695 Soquel Drive, Aptos

Come gather to eat cake, drink tea and discuss death. Talking about death can help affirm what's important about life. A Death Café is

a group directed discussion of death with no agenda, objectives or themes. It is not a grief support group or counseling session, just some folks getting together to eat cake and talk about death. Learn more at [deathcafe.com](http://deathcafe.com). Space is limited. To register visit [hospicesantacruz.org](http://hospicesantacruz.org) or call **831 430 3000**

### We're Still Here

📅 April 5, 2019–September 22, 2019

Santa Cruz Museum of Art and History, 705 Front Street, Santa Cruz

Step into an exhibit exploring senior isolation in Santa Cruz County. The exhibition shares local seniors' personal stories of isolation and features artwork created by artists, seniors and advocates about what it's like to be a senior experiencing loneliness or isolation in Santa Cruz County. Seniors contributed their personal artwork about loneliness and words of wisdom to future generations. These works showcase creative and inspiring examples of intergenerational social connections. Hospice of Santa Cruz County is proud to support this important exhibition. For more information visit: [santacruzmah.org/exhibitions/were-still-here](http://santacruzmah.org/exhibitions/were-still-here)

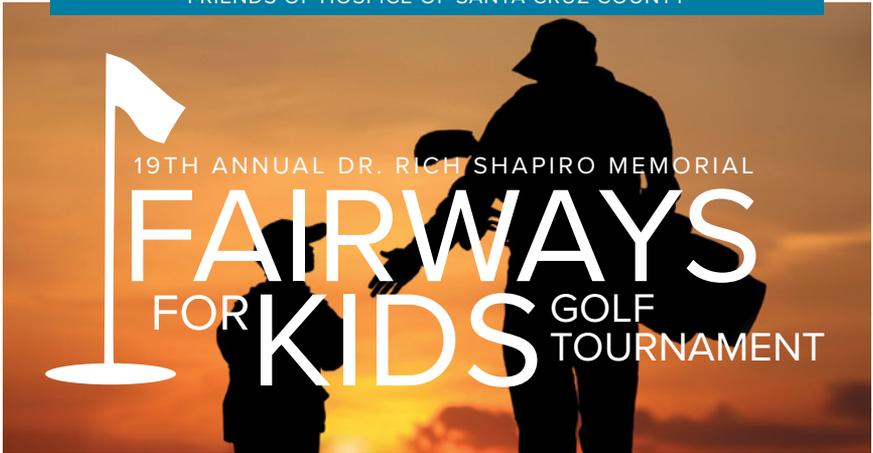
### Climb for Good

📅 Saturday, April 13, 2019, 6:00–9:00 pm

Pacific Edge Climbing Gym, 104 Bronson Street #2, Santa Cruz

Spend an evening climbing with your friends while supporting a great cause. This event features climbing opportunities for both experienced and new climbers, refreshments and raffle prizes. A suggested \$20 donation is collected at the door and includes all equipment needed to climb – bring socks and comfortable clothes! Pacific Edge Climbing Gym will give all donations to our Youth Grief Support program. Parent/guardian must accompany children (ages 6+ can climb). For more information, call **831 430 3040**. Learn more about climbing at: [pacifedgeclimbinggym.com](http://pacifedgeclimbinggym.com)

FRIENDS OF HOSPICE OF SANTA CRUZ COUNTY



**Wednesday, May 1, 2019 at Seascope Golf Club**

All proceeds benefit Hospice of Santa Cruz County's grief support program for children and teens

### Fairways for Kids

📅 Wednesday, May 1, 2019

11:00 am

Seascope Golf Course, 610 Clubhouse Drive, Aptos

The 18<sup>th</sup> annual Dr. Rich Shapiro Memorial Fairways for Kids Golf Tournament raises funds to support our Children's Grief Support Program. Join us for a BBQ lunch, 18 holes of golf, contests, buffet dinner, and live & silent auctions. Tickets are also available for dinner only. Get details [hospicesantacruz.org](http://hospicesantacruz.org) or call **831 430 3000**.



## Movie Night at the Del Mar

In the Parlor: The Final Goodbye

📅 Tuesday, May 7, 6:30 pm

Del Mar Theatre, 1124 Pacific Ave, Santa Cruz

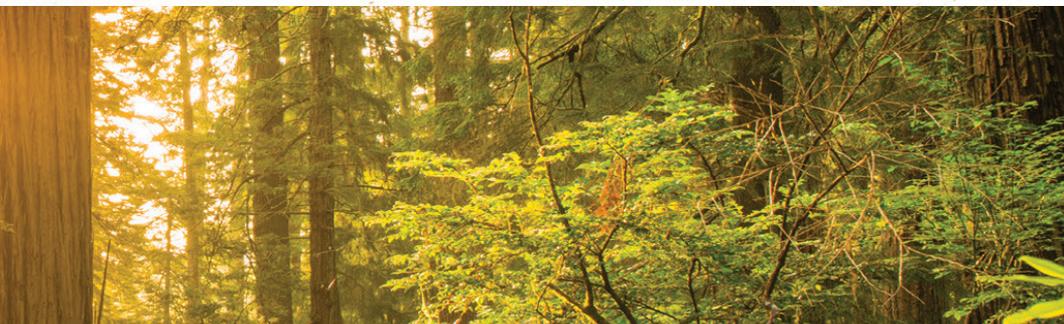
Join us for a free movie screening at the Del Mar Theatre. ***In the Parlor: The Final Goodbye*** is a thoughtful documentary about home funerals. Both a critical look at the American relationship with death and an inquiry into the home death care movement, ***In the Parlor: The Final Goodbye*** takes viewers on a journey where very few have gone, and challenges us to reflect on how we care for our loved ones after they die, a topic often hidden away and ignored. More info can be found at: [intheparlordoc.com](http://intheparlordoc.com). The movie screening will be followed by a panel discussion featuring the film's director and local end-of-life experts. To reserve your free movie ticket, visit: [hospicesantacruz.org](http://hospicesantacruz.org). Tickets will be available in April. **Registration is required.**

## Memorial Wall Reception

📅 Saturday, May 18, 2:00–3:30 pm

Hospice of Santa Cruz County, 940 Disc Drive, Scotts Valley

Please join us as we gather, remember, and celebrate those named on the Redwood Grove Memorial Wall. A brief service at 2:30 includes the placing of flowers on the wall. Refreshments and gathering in the company of friends will follow. For more information or to order a tile for your loved one call **Gayle Bensusan** at **831 430 3086**.



## **Pinot and Chardonnay Harvest Dinner**

📅 Sunday, September 8, 2019, 4:00–9:00 pm  
Deer Park Ranch, 1950 Pleasant Valley Road, Aptos

The Santa Cruz Mountains Wine Growers Association presents an evening at Deer Park Ranch, home to Lester Estate Wines, for a gathering under the stars. This benefit for Hospice of Santa Cruz County begins with a wine reception and will be followed by delicious local, farm-to-table cuisine prepared by Brad Briske, Chef and Owner of Home restaurant in Soquel.

## **An Evening with Friends**

📅 Saturday, September 21, 4:00–9:00 pm  
Seson House at Cabrillo College, 6500 Soquel Drive, Aptos

Join Friends of Hospice at the Seson House where you'll nosh on savory appetizers, sip local wine and craft beer, and dance the night away with local favorite **Extra Large!** A cash prize raffle, live & silent auctions featuring adventures and dining experiences make it easy (and fun!) to support Hospice of Santa Cruz County's community programs.

## FOR PROFESSIONALS

### **Business & Grief:**

Creating Supportive and Inclusive Workplaces

📅 Tuesday, May 7, 9:00 am–1:30 pm  
Hospice of Santa Cruz County, 65 Nielsen Street, Suite 121,  
Watsonville

The grief caused by the death of loved ones, divorce and major life events costs businesses in the U.S. more than \$100 billion annually. Although grief is an inevitable part of life, we rarely consider or discuss the topic, particularly in the workplace. This conference is specifically

designed for managers, human resources professionals, and business and non-profit leaders. It provides tools to support employees fully, recognizing that the quality-of-life outside work is relevant to their contributions at work. Keynote speaker **Carla Fernandez**, *Co-Founder of The Dinner Party (thedinnerparty.org)* will share her story and her transformational, nationally recognized work in helping young adults turn isolating experiences of grief into sources of meaningful connection. **\$45 / Registration required.** Check our website or call us for more information **831 430 3039.**

### Hospice Foundation of America Teleconference

Aging America: Coping with Loss, Dying, and Death in Later Life

📅 Tuesday, June 18, 9:30 am–2:00 pm

Santa Cruz County Office of Education, 400 Encinal Street,  
Santa Cruz

America is aging at a rapid rate with 10,000 people in the U.S. turning 65 every day. Medicare is expected to include 80 million enrollees by 2040. How can mental health professionals, healthcare providers, clergy, bereavement counselors, and the wider community support the growing number of aging Americans through their losses, grief, and healthcare challenges in later life.

Join Hospice of Santa Cruz County as we view this teleconference and follow with a panel of experts.

- **Kenneth J. Doka**, PhD, MDiv, The College of New Rochelle
- **Patricia Murphy**, PhD, APN, FAAN, FPCN, Rutgers-New Jersey Medical School
- **Brian de Vries**, PhD, Professor Emeritus, San Francisco State University
- Moderated by: **Frank Sesno**, Director, George Washington University

# ADVANCE HEALTHCARE PLANNING



Advance Directives speak for you when you can't speak for yourself. Planning ahead for your healthcare needs is a gift you can give to yourself and those you love. We're here to help you take care of this important step, free of charge.

We often hear big sighs of relief from the people we help, whether they're creating an Advance Directive for the very first time or updating an existing Advance Directive. Planning ahead brings peace of mind and comfort to family members who will know how to honor your wishes.

### Individual Sessions

You choose the location. We can meet you in your home, at our offices in Scotts Valley or Watsonville, or at our events in the community. We will bring copies of the necessary forms and walk you through filling them out, step by step.

### Small Group Gatherings

Our team facilitates planning workshops for church groups, community service groups, book clubs, or other home gatherings – in the location of your choice. We offer a brief overview describing how Advance Directives work, and then help each person to complete their form.

### Attend a Community Presentation

This presentation provides an overview on how an Advance Directive makes your healthcare decisions and end-of-life wishes known. Call to register.

#### The Essentials of Advance Directives – Santa Cruz

📅 Tuesday, April 9, 10:30–11:30 am

Santa Cruz Public Library Downtown, 224 Church Street, Santa Cruz

#### The Essentials of Advance Directives – Watsonville

📅 Thursday, May 9, 10:30–11:30 am

Watsonville Public Library, 275 Main Street, Suite 100, Watsonville

#### The Essentials of Advance Directives - Aptos

📅 Tuesday, July 9, 10:30–11:30 am

Aptos Public Library, 7695 Soquel Drive, Aptos

#### The Essentials of Advance Directives – Scotts Valley

📅 Monday, August 5, 10:30–11:30 am

Scotts Valley Public Library, 251 Kings Village Road, Scotts Valley

## **Advance Directive Individual Sessions by Appointment**

Our individual sessions are perfect for people who are ready to complete their Advance Directives, with support. Schedule a one-on-one appointment with a trained healthcare planning volunteer to complete your Advance Directive. Registration required to secure your individual appointment.

### **Advance Directive Individual Sessions – Santa Cruz**

📅 Tuesday, April 23, 10:30 am–1:30 pm

Santa Cruz Public Library Downtown, 224 Church Street, Santa Cruz

### **Advance Directive Individual Sessions –Watsonville**

📅 Tuesday, May 28, 10:30 am–1:30 pm

Watsonville Public Library, 275 Main Street, Suite 100, Watsonville

### **Advance Directive Individual Sessions - Aptos**

📅 Tuesday, July 23, 10:30 am–1:30 pm

Aptos Public Library, 7695 Soquel Drive, Aptos

### **Advance Directive Individual Sessions – Scotts Valley**

📅 Wednesday, August 14, 10:30 am–1:30 pm

Scotts Valley Public Library, 251 Kings Village Road, Scotts Valley

## **TO REGISTER**

Please contact **Vanessa Silverstein**

✉ [vsilverstein@hospicesantacruz.org](mailto:vsilverstein@hospicesantacruz.org)

☎ **831 430 3047**



## The Summer Day

by Mary Oliver

Who made the world?

Who made the swan, and the black bear?

Who made the grasshopper?

This grasshopper, I mean--

the one who has flung herself out of the grass,

the one who is eating sugar out of my hand,

who is moving her jaws back and forth instead of up and down—

who is gazing around with her enormous and complicated eyes.

Now she lifts her pale forearms and thoroughly washes her face.

Now she snaps her wings open, and floats away,

I don't know exactly what a prayer is.

I do know how to pay attention, how to fall down

into the grass, how to kneel in the grass,

how to be idle and blessed, how to stroll through the fields,

which is what I have been doing all day.

Tell me, what else should I have done?

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do

With your one wild and precious life?



# CAMP ERIN SANTA CRUZ



## A Weekend of Friends, Fun, and Healing



traditional, fun camp activities with a dynamic integration of grief education and emotional support.

Camp Erin Santa Cruz is a weekend-long camp, free of charge, for kids and teens who have lost a loved one. Poised serenely in the redwoods, it is a heartwarming and adventure-filled weekend — with swimming, arts and crafts, archery, and more. Led by professionally-trained staff and volunteers, Camp Erin combines

Like adults, children and teens process grief on so many levels. But they may not have the developmental vocabulary to fully express their feelings, which is why engaging activity is an important outlet. Every child and teen is different and no two griefs are the same.

Camp Erin meets kids and teens exactly where they are, by providing a variety of approachable paths to healing. Camp Erin changes the lives of grieving children by fostering hope, coping skills, and self-esteem.

### **Camp Erin Santa Cruz**

 October 4–6, 2019

Mount Hermon Redwood Camp, Felton

**(Application acceptance is required.)**

### **Register a Camper**

Spots are free of charge and go fast. Applications will be available Monday, April 1 and can be accessed on our website or by contacting us at [camperin@hospiceofsantacruz.org](mailto:camperin@hospiceofsantacruz.org)

**The priority application deadline is Monday, July 1.**

 [hospicesantacruz.org](http://hospicesantacruz.org)

 [camperin@hospicesantacruz.org](mailto:camperin@hospicesantacruz.org)

 **831 430 3000**

### **Get Involved with Camp Erin Santa Cruz**

To inquire or apply for camper or volunteer spots, please call **Julie Lockwood** at **831 430 3000** or email [camperin@hospicesantacruz.org](mailto:camperin@hospicesantacruz.org).

# FAITH LEADER NETWORK



## **Community and Resources for Faith & Spiritual Leaders**

Join us for the Partners in Caring Luncheons

When people face serious illness, aging, or death, they often turn to their faith and spiritual leaders for support and guidance. Through the Partners in Caring program, Hospice of Santa Cruz County offers information and education to help faith and spiritual leaders and their communities navigate these important topics.

**Who should attend?**

- Clergy, faith and spiritual leaders
- Lay leaders
- Chaplains
- Stephen ministers
- Eucharistic ministers
- Health ministers
- Parish nurses
- Anyone who ministers to the aging or those with serious illness

**Upcoming Partners in Caring Luncheons:**

 Thursday, May 2, 11:30 am–1:30 pm  
Land of Medicine Buddha, 5800 Prescott Road, Soquel

 Thursday, August 8, 11:30 am–1:30 pm  
Center for Spiritual Living Santa Cruz, 1818 Felt Street, Santa Cruz

**For more information and to register**

Please contact **Vanessa Silverstein**

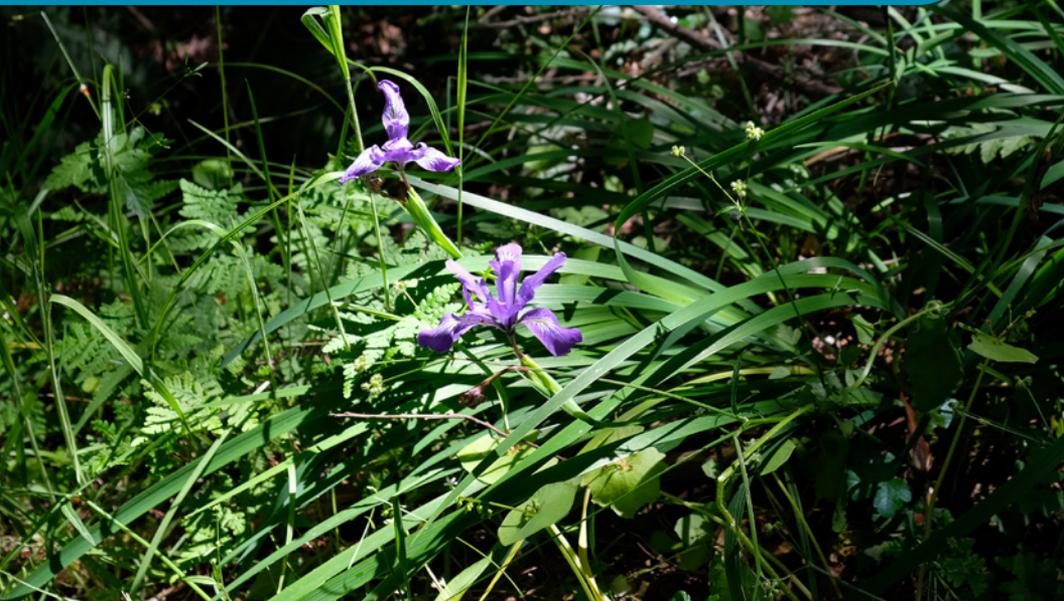
 [vsilverstein@hospicesantacruz.org](mailto:vsilverstein@hospicesantacruz.org)

 **831 430 3047**

“The Partners in Caring Workshops equipped me to help members of my community plan for and respond to end of life decisions.”

— Rabbi Paula Marcus, Temple Beth El

# GRIEF SUPPORT



You don't have to navigate the murky waters of grief alone. While grief is a natural response when someone we love dies, finding your way through the changes and emotional fluctuations can be difficult. Compassionate support is available for you.

We offer ongoing support groups, one-day classes, and one-on-one support. Give us a call or email us to find out which option is right for you.

✉ [griefsupport@hospicesantacruz.org](mailto:griefsupport@hospicesantacruz.org)

☎ 831 430 3000

## Individual Support

We are here to support you on a one-on-one basis. You'll meet with a member of our skilled team in the privacy of our Scotts Valley or Watsonville office at a time specified just for you. Appointments available in English and Spanish. Please call us at **831 430 3000** and ask for the Grief Support team to schedule your appointment.

## Group Schedule

Please call or email us to register for any group that interests you.

### Friday Drop-in Groups

 Offered on an ongoing basis, Fridays, 12:00-1:00 pm  
Scotts Valley and Watsonville

Gather with others experiencing the loss of a loved one in a nurturing and safe environment. In this convenient Friday group, participants are encouraged to speak about their grief and learn ways to lessen the emotional and physical symptoms of loss. This group is for anyone at any point in their grief process. It is especially useful for individuals who have time constraints, or who aren't yet certain about committing to a multi-week group. The group is always drop-in, therefore, the number of participants varies. No advance registration is required.

### Grief Support Writing Group

 6 weeks, Tuesdays, March 19-April 23, 6:30–8:30 pm  
Scotts Valley

Discover the quiet wisdom of writing through grief. Putting pen to paper is a powerful way to explore your personal journey in a manner that is both meaningful and rich with complexity — especially when talking about grief does not come easy. You will learn creative exercises that will help you grow and heal, in new and gently surprising ways. All writing levels are welcome.

## **Loss of Adult Child Group**

📅 6 weeks, Mondays, March 18-April 22, 6:30–8:00 pm  
Scotts Valley

No one assumes that they will outlive their children. This loss often feels contradictory to life's order for parents of all ages. This group was created for adults who have lost an adult child and are struggling without having them to love and care for. Through compassionate support, we will help you honor their memory, and find safe and healthy outlets to heal. This group is a gentle step toward regaining your sense of the world again.

## **Walking through Healing Group**

📅 4 weeks, Wednesdays, April 10- May 1, 5:30–7:00 pm  
Santa Cruz

Walk with us in the serenity of a forest path as we explore the many faces of grief. Location chosen is lush and beautiful, our pace gentle, our conversations mingled with periods of contemplation and silence. The topics discussed are enhanced by nature. Step with us into nature's heart and allow the healing to begin.

## **Loss of Spouse/Partner for Seniors Group (60 +)**

📅 8 weeks, Fridays, May 3-June 21, 10:00–11:30 am  
Scotts Valley

The loss of a companion can be devastating. In this very special group, we encourage seniors to open up about their loss, to share their memories and talk freely about their deepest concerns. We explain the symptoms of grief and distinguish them from aspects of aging thereby easing stress and confusion. We nurture the path to healing by honoring lives well lived.

“A lot of the time in deep loss is so lonely and you’re sort of floating out there in the world. And then there’s Hospice to grab onto and be that anchor for you. They’re just here for you.”

—Kerry

## **Loss of Parent Group**

📅 6 weeks, Thursdays, May 9-June 13, 6:30–8:00 pm  
Scotts Valley

When you lose a parent, it doesn't matter how old you are. Whether it was a long-term illness or sudden death, the loss can be jarring. You may reach for the phone, or drive past their home, only to face the realization that they are no longer there. This supportive group offers a safe space to open up, share memories, and connect with others who have lost a parent. You don't have to navigate the difficult waters of your loss alone. We can help you find your way again.

## **Loss of Spouse or Partner Group**

📅 6 weeks, Wednesdays, June 5-July 10, 6:30–8:00 pm  
Aptos

Life changes overnight when a spouse dies, whether from sudden tragedy or a long-term illness. There is an immediacy to everything that must be done, handling logistics and the complexities of legal matters, all while trying to maintain a sense of normalcy at a time that is far from normal. How does one go through the trauma of losing a spouse or partner and grocery shop, pay the bills, and go to work? In this group, we openly discuss how to get from day-to-day and learn practical ways to address symptoms of grief such as: insomnia, fear, anxiety, and more.

## **Many Paths to Healing Group**

📅 6 weeks, Mondays, July 8-August 12, 6:30–8:30 pm  
Aptos

Join us as we explore our grief and learn a unique coping strategy such as meditation, movement, music, and writing. No prior experience in the arts or meditation needed. However, if you are an experienced meditator or musician, you can still benefit from these supportive practices.

**New Horizons Group**

📅 8 weeks, Thursdays, July 11-August 29, 6:30–8:30 pm  
Scotts Valley

The passage of time alters how we grieve. In this group, participants who have been alone for a period longer than a year examine how their lives have taken shape in the absence of their spouse or partner. Examples of themes previously explored include: what to do now, traveling without a partner, and dating. This is a safe and caring space for anyone to discuss their experiences, hopes, and desires with others who are healing from a similar loss.

**Walking Through Healing Group**

📅 4 weeks, Wednesdays, August 7-28, 5:30–7:00 pm  
Santa Cruz

Walk with us in the serenity of a forest path as we explore the many faces of grief. Location chosen is lush and beautiful, our pace gentle, our conversations mingled with periods of contemplation and silence. The topics discussed are enhanced by nature. Step with us into nature's heart and allow the healing to begin.

**WORKSHOPS****Memory Pillow Workshop**

📅 Saturday, June 8, 10:00 am–12:00 pm  
Watsonville

Memories of our loved ones are triggered in many ways, such as the feel of a favorite shirt, or the scent of aftershave, cologne, or perfume. Our senses come alive when we connect with these belongings and our memories. In this class, grief support staff and sewing experts help you to create a memory pillow. You bring a button-down shirt belonging to your loved one, and we supply

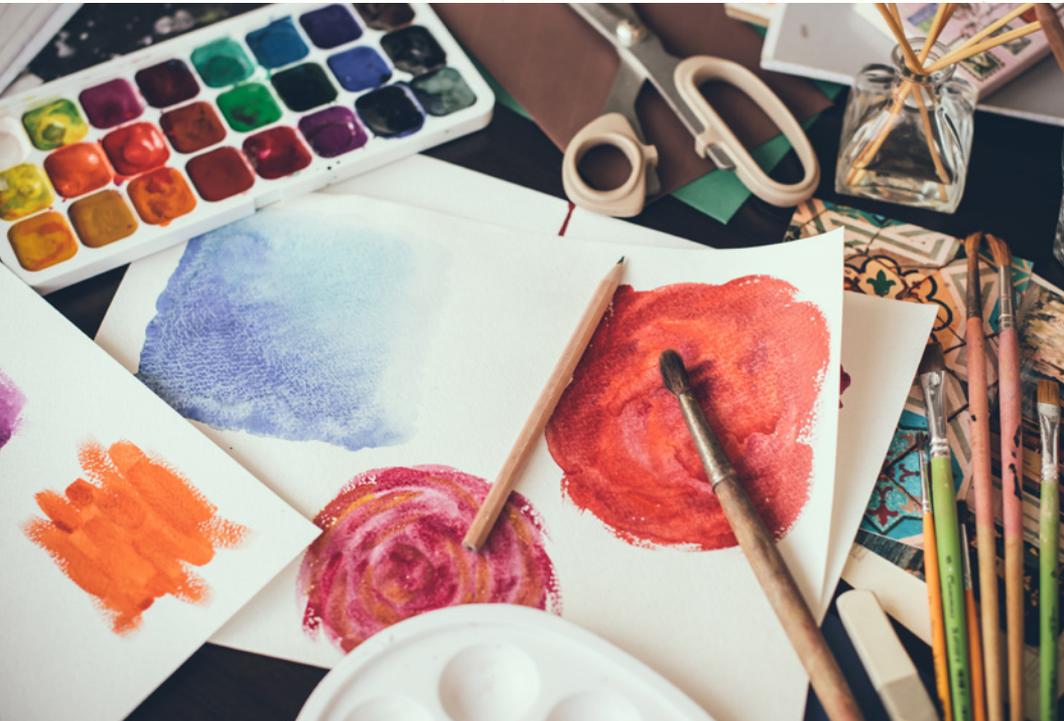
the rest. At the end of the class, you will bring home a meaningful remembrance to bring you comfort. No prior sewing experience is needed. **Registration is required.**

## **Expressive Arts Workshop**

📅 Saturday, August 3, 10:00 am–3:00 pm  
Scotts Valley

This workshop will use creative activities to tenderly encourage expression, insight, and growth in a supportive environment. Members will be offered new ways to tell their story, express emotions without words, and feel connected and supported as they creatively honor their grief and loved ones. No previous art experience is necessary.

**Registration is required.**



## GRIEF SUPPORT FOR YOUTH

We serve children and teens through grief in a variety of ways:

- Individual Counseling
- Camp Erin Santa Cruz
- Consultations
- Family Nights
- Resources for kids and teens

Services are provided in English and Spanish.

### **Camp Erin Santa Cruz | October 4–6, 2019**

A weekend of fun, friends, and healing

Please see the Camp Erin section on page 18 for more information and details.



## School Support

Kids often mourn through actions and behaviors rather than through words. Many grieving children don't talk about their feelings; they act them out instead. They can be sullen or angry, and have feelings they don't understand or know how to articulate. Children and teens may exhibit signs of exhaustion or irritability. They may be unable or unwilling to handle normal activities like schoolwork. Unaddressed, this grief can have long-term negative consequences.

Through our school-based programming, children and teens learn that grief is a part of the normal process of healing after the loss of a loved one. Through discussion and interactive exercises, children and teens garner an understanding of the grief process. While honoring their memories, they learn to integrate loss in a healthy way.

If you are a teacher or school administrator, reach out to us for:

- Counseling support for a child/teen experiencing the death of someone special
- Educational classroom presentations on coping with grief and loss
- Staff trainings and consultation about supporting children/teens through grief
- Crisis support in the event of a death of a student, teacher or parent

Call or email today to schedule a time for us to support your school or classroom.

Please contact **Amy Marlo**

✉ [amarlo@hospicesantacruz.org](mailto:amarlo@hospicesantacruz.org)

☎ **831 430 3000**

## Grief Support Resources

Download copies of our support materials in English or Spanish at [hospicesantacruz.org](http://hospicesantacruz.org)

- ▣ Journey of Grief (For adults)  
El Camino del Duelo
- ▣ Supporting Children When Someone They Love Has a Serious Illness  
Apoyando a Los Niños Cuando un Ser Querido Tiene una Enfermedad Seria
- ▣ Supporting Youth in Grief  
Ayudando a los Niños a Entender el Duelo
- ▣ Grief Handbook for Teens  
Apoyo para el Duelo Para Adolescentes



# VOLUNTEERING

“The biggest thing you can do is just be with someone. You never know what’s going to unlock that door and help a person with their grief.”

— Irma



At the heart of our work is a group of more than 300 trained volunteers. Making a real difference in the life of a patient or family is what makes being a hospice volunteer so special. There are many ways to get involved and serve our community. Whether you're interested in volunteering directly to support hospice patients, grief support clients, or you'd like to become a community ambassador or a Friend of Hospice please read on to find the right opportunity for

you. By joining our vibrant community of volunteers you'll discover how volunteering can increase your overall sense of wellbeing and make a difference in our community.

### Volunteer Visitors

We're looking for:

- Companions for patients and respite care providers for caregivers
- Pet Companions
- Spanish and English speakers
- Massage Therapists
- Veterans



Volunteer Visitors receive 25 hours of training covering topics such as effective communication and presence, boundaries, mindfulness, and spiritual care. Trained Volunteer Visitors help out for 3-4 hours each week, with a one-year commitment. Many Volunteer Visitors enjoy the experience so much that they gladly extend their commitment beyond one year.

### Curious about Becoming a Volunteer Visitor?

Please attend one of our informational question & answer sessions to learn more. Meet with Forbes Ellis, our Director of Volunteer Services, on any of the dates below:

📅 Tuesday, March 26, 1:00–2:00 pm  
Gayle's Bakery and Rosticceria, 504 Bay Avenue, Capitola

📅 Wednesday, March 27, 10:00–11:00 am  
Second Street Café, 28 2nd Street, Suite 100, Watsonville

📅 Thursday, March 28, 9:00–10:00 am  
Companion Bakeshop, 7486 Soquel Drive, Aptos

## **Volunteer Visitors**

*Serve Hospice Patients with Kindness and Compassion*

Volunteer Visitors provide companionship to hospice patients in their homes or in the residential care facilities where they reside. As a willing listener, a hand-holder, and supportive presence, these special volunteers are a vital members of the hospice team. Volunteer Visitors provide give caregivers with a much needed respite. Other ways of serving may include simple meal preparation, running errands, light touch massage and other practical tasks. Applications are available on our website.

## **Pet Companions**

*Bring Peace and Love to Patients*

We're looking for friendly pet volunteers too! These Volunteer Visitors bring their pets to visit with patients and families, providing joy and comfort to all. Applications are available on our website.

We welcome applications throughout the year.



**Important Dates:****Pet Day in the Park – Soquel**

📅 Saturday, March 9, 10:00–11:00 am

Anna Jean Cummings Park, 461 Old San Jose Road, Soquel

**Pet Companion Applications Due**

📅 Tuesday, March 12

**Volunteer Visitor Applications Due**

📅 Monday, April 1

**Volunteer Visitor Spring Training-Watsonville**

📅 Wednesday, April 10–Saturday, May 11

**Volunteer Visitor Fall Training – Scotts Valley**

📅 September–October 2019;

Applications are due August 23, 2019

**TO APPLY OR INQUIRE ABOUT OUR  
VOLUNTEER VISITOR PROGRAM**

Download a Volunteer Visitor application at [hospicesantacruz.org](http://hospicesantacruz.org)

Please contact **Forbes Ellis**

✉ [fellis@hospicesantacruz.org](mailto:fellis@hospicesantacruz.org)

☎ 831 430 3045

Making a real difference in the life of a patient or family is what makes being a hospice volunteer so special.

## **Grief Support Volunteers**

### *Support Adults as They Discover Paths to Healing*

The Grief Support Program accepts grief as a normal, natural, and healthy response to the loss of a loved one. Professional staff and trained volunteers provide support to hospice families and the community at large. Services include group and individual support for adults and supportive phone calls. Grief Support Volunteers receive 26-hours of experiential and educational training that will prepare them to support our clients by examining their own grief journey.

Training topics include:

- Philosophy of hospice and grief support
- Spiritual dimensions of death and dying
- Exploration of personal experiences of death
- Boundaries
- Dimensions of grief and loss
- Children and grief
- Communication and presence
- Skills for one-on-one grief support
- Self-care
- Facilitation of grief support groups

Grief Support Volunteers receive ongoing support and continuing education. Trainings are held annually in the winter.

## **TO INQUIRE**

Please contact **Cindi Gray**

✉ [cgray@hospicesantacruz.org](mailto:cgray@hospicesantacruz.org)

☎ **831 430 3000**



*Friends of Hospice*

### **Friends of Hospice**

*Put the “Fun” in “Fundraising”*

The Friends host exciting “fun raising” events including An Evening with Friends in September and Fairways for Kids Golf Tournament in May. As their name implies, the Friends are a welcoming group, united by a desire to support the work of Hospice of Santa Cruz County and enjoy the company of enthusiastic, generous-spirited people. New members are always welcome at Friends of Hospice monthly meetings. To learn more, call **831 430 3000** or visit **[hospicesantacruz.org](http://hospicesantacruz.org)**.

### **Outreach Volunteers**

*Serve as Hospice Ambassadors*

Throughout the year, Hospice of Santa Cruz County participates in health fairs, festivals, and other health-related events countywide with information tables, booths, displays, and dynamic presentations. Our Outreach Volunteers function as ambassadors, staging our events, and answering questions about hospice care, grief support, and advance healthcare planning for the public at large. For more information, call **Vanessa Silverstein** at **831 430 3047**.

### **Administrative Volunteers**

*Help Our Office Run Smoothly*

These highly organized volunteers help with office tasks, events, other administrative needs. To learn more call **831 430 3000**.

# YOUR GIFTS MATTER



Your generosity makes incredible things happen. Whether you donate in memory of a loved one or simply because you value compassionate care, please consider including Hospice of Santa Cruz County in your giving.

Here are some examples of how your gifts make a difference:

- **\$1,500** Sponsors a child at Camp Erin Santa Cruz. Increasing hope, enhancing self-esteem, and teaching positive coping skills to a grieving youth.
- **\$500:** Extends Transitional and Palliative Care Services to those not ready for hospice. Improving quality of life for people with serious illness through pain and symptom management centered on patients' goals and specific needs.
- **\$250:** Supports Charity Hospice Care for the uninsured. Embracing families by providing hospice care, and emotional, spiritual, and practical support when they need it most.
- **\$100:** Brings a Music Therapy session to the bedside. Reducing patients' pain and anxiety, lifting spirits, and connecting them to their memories.
- **\$75:** Supports Individual Grief Counseling to people of all ages. Supporting people on their grief journey.
- **\$50:** Provides treats and training for Pet Companions. Bringing comfort and relief, lessening anxiety, and offering the kind of care that animals know how to give.

Everything included in this Guide to Wellbeing is made possible through community support. With gifts from people like you, Hospice of Santa Cruz County has the funding to provide Music Therapy, Pet Companions and Volunteer Programs, Grief Support, Charity Hospice Care, specialized care for Veterans, and Transitional and Palliative Care Services to thousands of people each year.

There are several ways to give and be recognized for your giving:



**Tribute Gifts:** Honor and remember your loved ones with a gift in their name.



**Circle of Care:** Put your money where your heart is with an ongoing monthly donation.



**Angel Circle:** Commit to an annual gift of \$1,000 for three years.



**Legacy Circle:** Include Hospice of Santa Cruz County in your Will, Life Insurance, IRA, or Estate Plan.



**To donate,** use the enclosed envelope or visit: **[hospicesantacruz.org](http://hospicesantacruz.org)**. If you'd like talk with someone about the difference you can make contact our development team at **831 430 3082**.

If you would like to be removed from our mailing list or need additional information, please contact us at **831 430 3000** or toll free at **877 688 6144** or by email at **[info@hospicesantacruz.org](mailto:info@hospicesantacruz.org)**