



HOSPICE
OF SANTA CRUZ COUNTY

Fall/Winter 2019-2020

Guide to Wellbeing

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

COMMUNITY EVENTS

ADVANCE HEALTHCARE PLANNING

VOLUNTEERING

CAMP ERIN[®] SANTA CRUZ

FAITH LEADER NETWORK

HOLIDAY SUPPORT

GRIEF SUPPORT



 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.

GRIEF SUPPORT

Stacey Pratt

Grief Support Manager

☎ 831 430 3029

YOUTH GRIEF SUPPORT SERVICES

Amy Marlo

Youth Grief Support Manager

☎ 831 430 3040

SPANISH LANGUAGE SERVICES

Deitra McMahon

Latino Community Counselor

☎ 831 430 3018

VOLUNTEER VISITOR PROGRAM

Forbes Ellis

Director of Volunteer Services

☎ 831 430 3045

COMMUNITY EDUCATION & FAITH LEADER NETWORK

Vanessa Silverstein

Community Education & Outreach Coordinator

☎ 831 430 3047

FUNDRAISING & EVENTS

Jennifer Drummond

Associate Director of Development

☎ 831 430 3082

WELCOME

Dear Friends,

As summer comes to an end and we enter into the fall and holiday seasons, we offer the enclosed programs, classes, and community events as a reflection of our commitment. For over 40 years, we have been a trusted companion to individuals and families facing the challenges that accompany serious illness. We have committed also to providing comfort and counsel to children and adults who are grieving the loss of someone special.

At Hospice of Santa Cruz County, we're committed to being here for you year-round. For some, the feelings of loss are felt more deeply as the holidays approach. I extend a personal invitation to you to attend one of our Interfaith Memorial services in November, which offer a time to pause, remember those we love and miss, and prepare for the holidays.

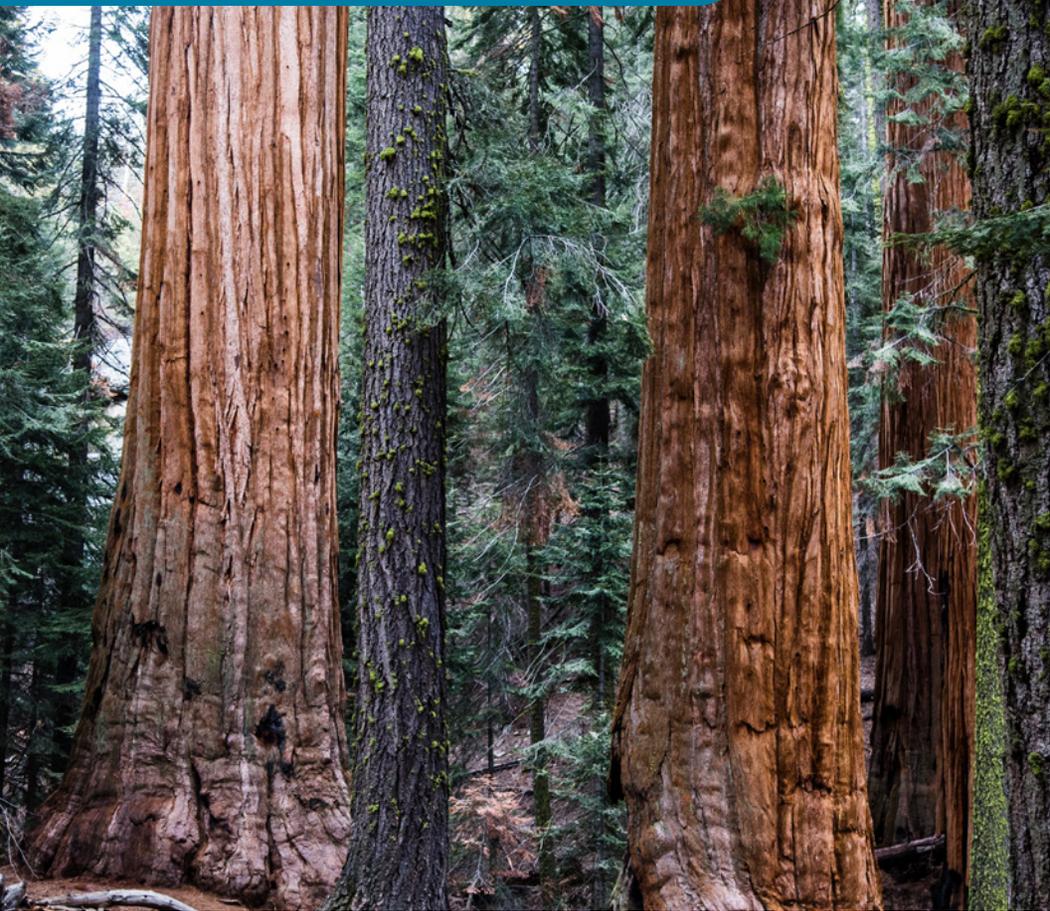
Our full array of programs provide connection, community, and healing to anyone in need of support and to those who are planning for their future healthcare needs. We hope that you find something in this Guide that serves, inspires, and supports you in every season of your life.



Warmly,

Michael Milward
CEO

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Your wellbeing is important to us.

We are delighted to share a variety of events, groups, and classes offered by Hospice of Santa Cruz County this fall and winter of 2019-2020. You'll find many opportunities for connecting, expanding your knowledge, volunteering, and finding paths to healing and support. We welcome your participation and attendance.

COMMUNITY EVENTS

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

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 to help you complete related forms.

VOLUNTEERING

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

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, heartwarming, and adventure-filled weekend, with archery, swimming and outdoor fun.

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.

HOLIDAY SUPPORT

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If you find coping with grief especially tough during the holidays, you are not alone. We invite you to attend any or all of our support groups and events during the upcoming holiday season.

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.

COMMUNITY EVENTS



Fairways for Kids golf fundraiser

Dining, Movies, Discussions and More!

Our community events are designed to inspire and engage your mind, body, and spirit. There are opportunities to participate, give back, and grow.

You can access event details and join our mailing list at www.hospicesantacruz.org/events

Santa Cruz Mountains Pinot Noir and Chardonnay Harvest Dinner

📅 Sunday, September 8, 4:00–9:00 pm
Deer Park Ranch, 2000 Pleasant Valley Rd, Aptos

Celebrate harvest under the stars at Deer Park Ranch, home to the Lester Estate Wines. Join us for an evening of food and wine featuring select Pinot Noir & Chardonnay of the Santa Cruz Mountains and local cuisine prepared by Brad Briske of HOME.

To purchase tickets: scmwa.com or call **831 685 8463**

Movie Night

Film: *Being Mortal*

📅 Tuesday, September 17, 6:30 pm
Del Mar Theatre, 1124 Pacific Ave, Santa Cruz

Join us for a free movie screening of *Being Mortal* at the Del Mar Theatre. This Frontline documentary follows surgeon and award-winning author Atul Gawande, MD, author of the bestselling book by the same name. It investigates the practice of caring for the dying, and shows how doctors—Dr. Gawande included—are often untrained and uncomfortable talking about chronic illness and death with their patients. Local panel of experts to follow film. Visit beingmortal.bpt.me to reserve your free movie ticket. Registration is required.



An Evening with Friends

📅 Saturday, September 21, 4:30–9:00 pm
Sesnon House, 6500 Soquel Dr, Aptos

Join the Friends of Hospice for the second annual fundraising soirée, “An Evening with Friends” at the elegant and historic Sesnon House. Experience libations, conversations, chef’s delights, live and silent auctions and music by Santa Cruz’s favorite band “Extra Large”. Join the fun! All proceeds benefit Hospice of Santa Cruz County. For more information hospicesantacruz.org/evening-with-friends-2019

To purchase tickets: eveningwithfriends.bpt.me or call
831 713 6082

Gourmet Grazing on the Green Food, Wine and Beer Festival

📅 Saturday, October 5, 12:00–4:00 pm
Aptos Village Park, 100 Aptos Creek Rd, Aptos

Gourmet Grazing on the green is a great day of fine wine, live music, craft beer and amazing food. Spend the day enjoying what the finest local restaurants, wineries and breweries have to offer! A portion of the proceeds benefit Hospice of Santa Cruz County.

Sockshop & Shoe Company’s Hospice Benefit

📅 October 18-20

Third Friday Event, October 18, 5:30–8:30 pm
New Sockshop & Shoe Company Location
154 Aptos Village Way, Suite C1, Aptos

The eighth annual Kelly Short Memorial Fundraiser lasts all weekend long with Sockshop & Shoe Company donating 8% of your purchase to Hospice of Santa Cruz County. Join us Friday night for live music, a raffle with great prizes, and fun! Great new location — same great party!

Mi Casa Es Tu Casa

📅 Ongoing, October 23–December 15
Pajaro Valley Arts, 37 Sudden Street, Watsonville

Mi Casa es Tu Casa is Pajaro Valley Arts annual exhibit inspired by Día de Los Muertos (Day of the Dead), a traditional holiday in Mexico that celebrates ancestors and others who have passed away. Altars (ofrendas) are built in homes to honor and remember the dead. Similar customs exist throughout the world and we share common ground with many cultures in our desire to honor and remember those we have lost.

Our community events are
designed to inspire and engage
your mind, body, and spirit.

Movie Night

Film: *Voices of Grief: Honoring the Sacred Journey*

📅 Date & Time TBD, visit hospicesantacruz.org for information
Green Valley Cinema 9, 1125 S Green Valley Rd, Watsonville

Join us for a free movie screening at Green Valley Cinema. For those who have ever struggled in knowing what to say or do in the presence of profound loss, your own or someone else's, *Voices of Grief: Honoring the Sacred Journey* offers a hope-filled perspective of how to successfully navigate grief. This award-winning documentary film interweaves individuals' personal stories of loss and healing together with the insight of nationally renowned experts in the fields of grief and mourning. While every journey through grief is unique, learning the most supportive things we can do and say is enormously helpful to the person grieving as well as the one who offers companionship. Local panel of experts to follow film. To reserve your free movie ticket, visit hospicesantacruz.org. Registration is required.

Día de los Muertos – Santa Cruz

📅 Saturday, November 2, 12:30–6:00 pm

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

Bring your family to the Museum of Art and History and create a luminary in honor of a loved one from 12:30–2:00 pm on Cooper Street.

Shadowbrook Dining for Hospice

📅 Tuesday, January 28, 2020

Shadowbrook Restaurant, 1750 Wharf Road, Capitola

Dine at Shadowbrook Restaurant and one third of your bill becomes a donation to Hospice of Santa Cruz County. Reservations are required. Please call Shadowbrook directly to make your reservation: **831 475 1511**.

**Death Café**

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. Space is limited. To register visit hospicesantacruz.org or call **831 430 3000**.

Death Café – Watsonville Public Library

📅 Monday, September 16, 10:30 am–12:00 pm
275 Main Street, Suite 100, Watsonville

Death Café – Aptos Public Library

📅 Tuesday, October 29, 10:30 am–12:00 pm
7695 Soquel Drive, Aptos

Death Café – Scotts Valley Public Library

📅 Wednesday, December 11, 10:30 am–12:00 pm
251 Kings Village Road, Scotts Valley

Death Café – Santa Cruz Public Library

📅 Monday, January 27, 10:30 am–12:00 pm
224 Church Street, Santa Cruz

Death Café – Aptos Public Library

📅 Thursday, February 27, 10:30 am–12:00 pm
7695 Soquel Drive, Aptos

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 faith 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

Learn the essentials of Advance Directives and why they are important for anyone over the age of 18. Our engaging presentation covers how to identify your values around end-of-life, select the best healthcare advocate, legally document your healthcare and end-of-life wishes, share your preferences with your doctors and loved ones, and how to discuss your wishes with the important people in your life. Call **831 430 3047** for more information.

The Essentials of Advance Directives – Santa Cruz

📅 Monday, September 9, 10:30–11:30 am

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

The Essentials of Advance Directives – Boulder Creek

📅 Wednesday, September 18, 6:30–7:30 pm

Boulder Creek Methodist Church, 12855 Boulder Street, Boulder Creek

The Essentials of Advance Directives – Scotts Valley

📅 Wednesday, October 9, 10:30–11:30 am

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

The Essentials of Advance Directives – Aptos

📅 Tuesday, November 12, 10:30–11:30 am
Aptos Public Library, 7695 Soquel Drive, Aptos

The Essentials of Advance Directives – Boulder Creek

📅 Wednesday, December 18, 6:30–7:30 pm
Boulder Creek Methodist Church, 12855 Boulder St., Boulder Creek

The Essentials of Advance Directives – Watsonville

📅 Tuesday, January 7, 10:30–11:30 am
Hospice of Santa Cruz County, 65 Nielson Street, Suite 121
Watsonville

The Essentials of Advance Directives – Santa Cruz

📅 Monday, February 10, 10:30–11:30 am
Santa Cruz Public Library Downtown, 224 Church Street, Santa Cruz

Advance Directive Individual Sessions by Appointment

Our individual sessions are perfect for people who are ready to complete their Advance Directive 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

📅 Monday, September 23, 10:30 am–1:30 pm
Santa Cruz Public Library Downtown, 224 Church Street, Santa Cruz

Advance Directive Individual Sessions – Scotts Valley

📅 Monday, October 14, 10:30 am–1:30 pm
Scotts Valley Public Library, 251 Kings Village Road, Scotts Valley

Advance Directive Individual Sessions – Aptos

📅 Tuesday, November 19, 10:30 am–1:30 pm
Aptos Public Library, 7695 Soquel Drive, Aptos

Advance Directive Individual Sessions – Watsonville

📅 Wednesday, January 15, 10:30 am–1:30 pm
Hospice of Santa Cruz County, 65 Nielson Street, Suite 121
Watsonville

Advance Directive Individual Sessions – Santa Cruz

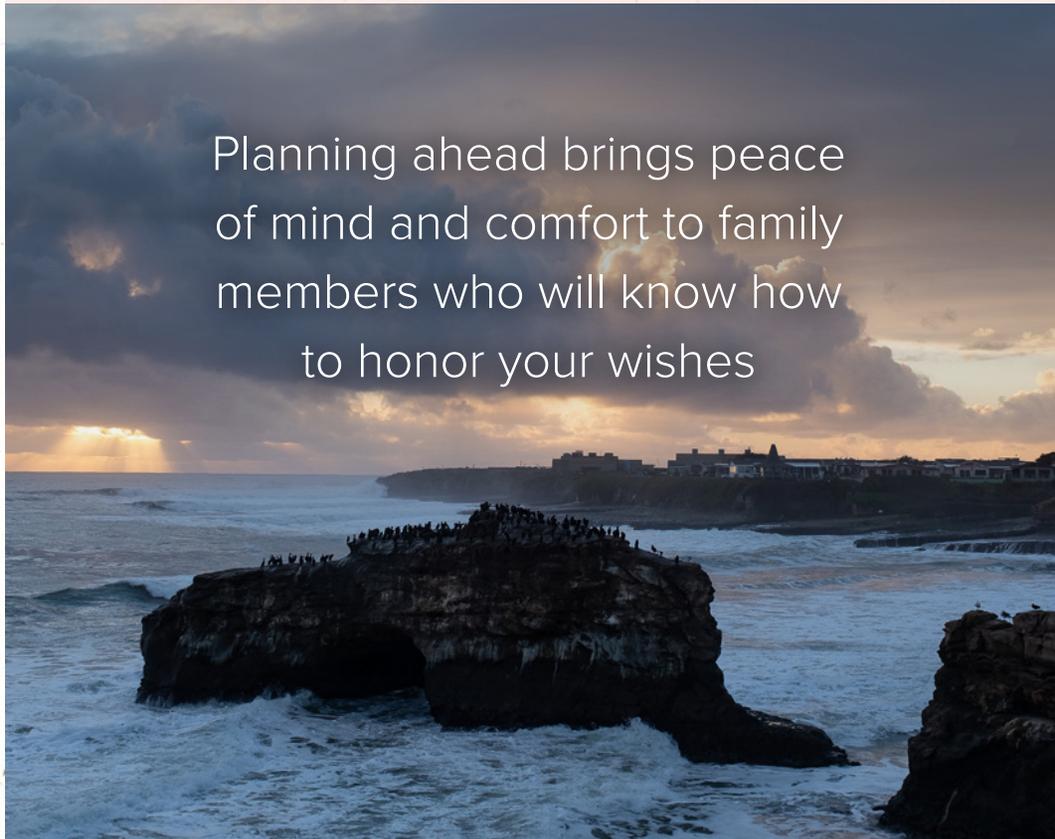
📅 Monday, February 24, 10:30 am–1:30 pm
Santa Cruz Public Library Downtown, 224 Church Street, Santa Cruz

TO REGISTER

Please contact **Vanessa Silverstein**

✉ vsilverstein@hospicesantacruz.org

☎ **831 430 3047**



Planning ahead brings peace
of mind and comfort to family
members who will know how
to honor your wishes

VOLUNTEERING

“I have gained a deeper understanding of my fellow human beings. It fills a deep need in me to serve.”

—Sheryl

“I am growing as a person not only by expanding my comfort zone but by improving my bedside manner as a future nurse!

I am growing more attentive, well spoken, confident and conscious of the patient’s conditions! Volunteering serves as a wonderful dose of perspective.”

—Amanda

“Training like this—makes me love the world more, love people more, love life more.”

—Rachel

“Perspective on life values and meaning, gratitude for the gifts in my own life, renewed appreciation for the little things we can do and be for each other.”

—Frank

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 hospice patients with kindness and compassion. Please join our vibrant community of volunteers and discover how volunteering can increase your overall sense of well-being and make a difference in our community.



Curious about becoming a Volunteer Visitor?

Please contact **Forbes Ellis**, Director of Volunteer Services, by phone or email.

✉ fellis@hospicesantacruz.org

☎ **831 430 3045**

Volunteer Visitors

Provide Companionship and Practical Support

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 vital members of the hospice team. Volunteer Visitors may also provide caregivers with much needed respite. Other duties may include simple snack preparation, running errands, and other practical tasks.

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.

Pet Companions

Bring Peace and Love to Patients

We're looking for four-legged hospice 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!

TO APPLY

Download a Volunteer Visitor application at hospicesantacruz.org or please contact Forbes Ellis

✉ fellis@hospicesantacruz.org

☎ 831 430 3045

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 ongoing support and continuing education.

TO INQUIRE

Please contact **Stacey Pratt**

✉ spratt@hospicesantacruz.org

☎ 831 430 3029

Administrative Volunteers

Help Our Office Run Smoothly

These highly organized volunteers help with office tasks, events, and other administrative needs. For more information, call **Judy Zolezzi** at **831 430 3007**.

Outreach Volunteers

Serve as Hospice Ambassadors

Throughout the year, Hospice of Santa Cruz County participates in health fairs, festivals, and other community events county-wide 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**.

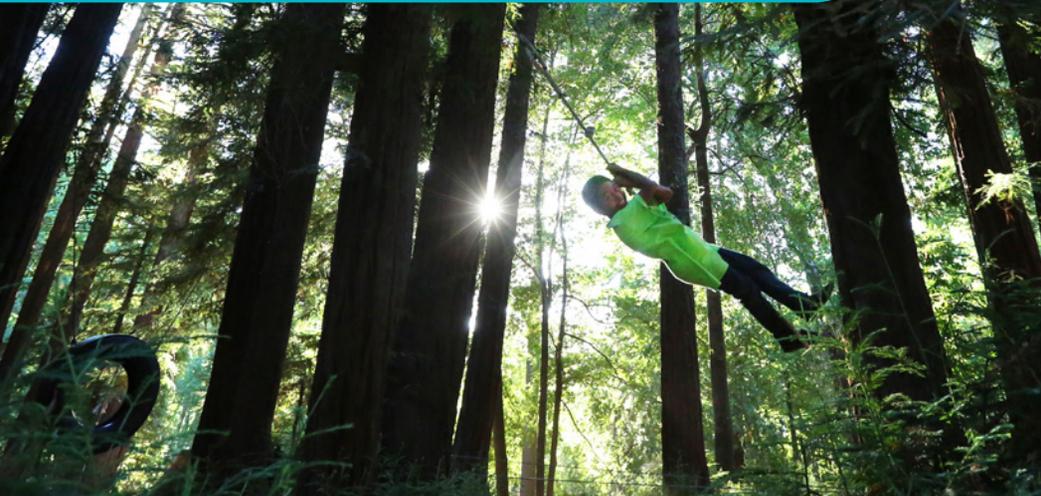
Friends of Hospice

Put the FUN in Fundraising!

The Friends host exciting "fun raising" events including An Evening with Friends in September and Fairways for Kids Golf Classic in May. 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 the Friends of Hospice page on our website: hospicesantacruz.org/volunteer/friends-of-hospice



CAMP ERIN SANTA CRUZ



A Weekend of Friends, Fun, and Healing

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, and more. Led by professionally-trained staff and volunteers, Camp Erin Santa Cruz combines traditional, fun camp activities with a dynamic integration of grief education and emotional support.

Like adults, children and teens process grief on so many levels. Camp Erin offers youth the opportunity to obtain peer-based support and to participate in expressive, arts-based activities. 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. Please register your camper today.

📧 hospicesantacruz.org/grief-support/camp-erin

✉ camperin@hospicesantacruz.org

☎ 831 430 3000

Get Involved with Camp Erin Santa Cruz

To inquire or apply for camper or volunteer spots, please call

Stacey Pratt

✉ camperin@hospicesantacruz.org

☎ 831 430 3029



FAITH LEADER NETWORK

“I always come away from Partners in Caring workshops with helpful resources or an answer to a question regarding end-of-life issues and sensitive ways to discuss such issues with parishioners.”

—Rev. Jane Grady, La Selva Beach Community Church

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

Please join us for Partners in Caring Luncheons

📅 Thursday, October 10, 11:30 am–1:30 pm
Peace United Church of Christ, 900 High Street, Santa Cruz

📅 Tuesday, February 4, 11:30 am–1:30 pm
Temple Beth El Jewish Community Center, 3055 Porter Gulch Road
Aptos

For more information and to register

Please contact **Vanessa Silverstein**

✉ vsilverstein@hospicesantacruz.org

☎ **831 430 3047**

HOLIDAY SUPPORT



If you find coping with grief especially tough during the holidays, you are not alone. We invite you to attend any or all of our support groups and events during the upcoming holiday season.

Coping with Grief through the Winter Holidays

📅 Wednesdays, November 13–December 18, 6:30–8:00 pm
Hospice of Santa Cruz County, The Mary & Richard Solari Center for Compassionate Care, 940 Disc Drive, Scotts Valley

This weekly grief group offers a safe and caring space to share and receive support from those grieving the death of someone special. Find connectedness through sharing, receiving support, or simply listening. Learn helpful tips on how to cope during the winter holidays. Participants are invited to bring a photo or a keepsake of their loved one to share with the group. Please call **831 430 3000** to register.

Interfaith Memorial Service and Candle Lighting

Honor Your Loved One in a Special Holiday Memorial Service
📅 Thursday, November 14, 6:30 pm
Resurrection Catholic Community Church, 7600 Soquel Drive, Aptos

A cherished annual tradition, our Interfaith Memorial Service and Candle Lighting is an invitation to pause during the busy holiday season and tune into what counts: remembering a beloved family

member, or dear friend, who has died. Whether your loved one recently passed, or is someone who you have carried in your heart for many years.

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 object of your loved one. Join us for refreshments immediately following the service. Children and families are welcome.

Support as this Year Closes and a New Year Starts

Endings and new beginnings can be challenging especially as we start a new year without our loved one. These two drop-in groups are safe and supportive places to share sadness, concern, and hope as one year ends and another begins after the loss of a loved one. Drop in, no registration is required.

Hospice of Santa Cruz County both locations:
940 Disc Drive, Scotts Valley
65 Nielson Street, Suite 121, Watsonville

📅 Friday, December 20, 12:00–1:30 pm
📅 Friday, December 27, 12:00–1:30 pm

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
☎ 831 430 3000

Individual Support

We are here to support you on a one-to-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.

Holiday Support

We provide an added level of grief support during the holidays, please refer to the "Holiday Support" section in this guide.

Group Schedule

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

Friday Drop-in Group

📅 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

📅 Tuesdays, September 24–October 29, 6:30–8:30 pm
Scotts Valley, 6 weeks

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. A variety of writing exercises will be explored. All writing levels are welcome.

Loss of Spouse/Partner Group

🏠 Tuesdays, September 3–October 8, 6:30–8:30 pm, Scotts Valley
 Wednesdays, January 8–February 12, 6:30–8:00 pm, Aptos
 6 weeks

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.

Loss of Spouse/Partner Group for Seniors (60 and Older)

🏠 Thursdays, September 5–October 10, 10:00–11:30 am, Aptos
 Thursdays, January 23–February 27, 10:00–11:30 am, Aptos
 6 weeks

The loss of a life-long 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.

Drop in Grief Group for Seniors

Loudon Nelson Community Center, 301 Center St, Santa Cruz
 🏠 Mondays, September 30–November 4, 1:00–2:00 pm
 6 Weeks

A grief support drop-in group for seniors grieving the loss of a loved one. When we share our stories in a safe place, we find that we are not alone and can find our way through loss. No registration required.

Partner Loss in the Second Year Group

🏠 Thursdays, October 17–December 12, 6:30–8:30 pm
 Scotts Valley, 9 weeks

The passage of time alters how we grieve. In this group, men and women 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 include what to do now, traveling without a partner, and making new friends. This is a safe and caring space to discuss experiences, hopes, and desires with others who are healing from a similar loss.

Many Paths to Healing Group

🏠 Mondays, October 21–December 2, 6:30–8:00 pm
 Scotts Valley, 7 weeks

Join us as we explore our grief and learn a unique coping strategy such as meditation, movement, music, and writing. In the final week, we combine all of these self-care exercises into one session. No prior experience in the arts or meditation needed. However, if you are an experienced meditator, musician, or yogi, you can still benefit from these supportive practices.

Loss of Parent Group

🏠 Tuesdays, February 11–March 17, 6:30–8:00 pm
 Scotts Valley, 6 weeks

When you lose a parent, it doesn't matter how old you are. 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.

Workshops

Expressive Arts Workshop

📅 Saturday, January 11, 10:00 am–3:00 pm
Watsonville

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.

Memory Pillow Workshop

📅 Saturday, January 18, 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.

Grief support for youth

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

- Individual counseling
- Camp Erin® Santa Cruz
- Consultations
- Resources for kids and teens

Services are provided in English and Spanish.

Individual Counseling for Youth

A trained, professional counselor can meet with your child or teen to provide support. Support typically incorporates art, play and other creative activities.

Camp Erin® Santa Cruz | October 4–6, 2019

A weekend of fun, friends, and healing

Please see the Camp Erin section (page 20) for more information and details.



Camp Erin luminary project

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, a child's or teen's 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 consultations 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

☎ 831 430 3040

Compassionate
support is available.
We're here for you.



Upcoming Events

We have some amazing events planned for 2020, visit our website and sign up for our newsletter to stay informed.

Dining for Hospice - Shadowbrook Restaurant

📅 Tuesday, January 28, 2020

Dining for Hospice - Scopazzi's Restaurant

📅 March 2020

Fairways for Kids 20th Annual Golf Classic

📅 May 6, 2020

Memorial Redwood Grove and Wall Reception

📅 May 16, 2020

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 Companion 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.



IRA Distribution: If you are 70½ taking a mandatory distribution from your IRA you can direct your gift to Hospice of Santa Cruz County tax-free.



To donate, use the enclosed envelope or visit: hospicesantacruz.org. If you'd like to 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, change your address, or need additional information, please contact us at **831 430 3000**, toll free at **877 688 6144**, or by email at info@hospicesantacruz.org



HOSPICE
OF SANTA CRUZ COUNTY

940 Disc Drive
Scotts Valley, CA 95066

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