Spring/Summer 2020
Guide to Wellbeing
Classes, Events, Groups and Workshops focused on Connection, Community and Healing

COMMUNITY EVENTS
ADVANCE HEALTHCARE PLANNING
VOLUNTEERING
CAMP ERIN® SANTA CRUZ
FAITH LEADER NETWORK
GRIEF SUPPORT
Dear Friends,

I am pleased to welcome you to our Spring Guide to Wellbeing. It is an invitation to affirm what’s important in life, plan for the future and to acquire tools to support you through the inevitable journey of grief and loss. We invite you to explore what brings life meaning through group discussions, volunteering opportunities, movie nights, grief support groups, individual support sessions, community events and so much more.

You will see that the guide offers many options to engage the mind, body and spirit as we all seek to nurture a greater sense of wellbeing. I am personally looking forward to welcoming my dear friend Dr. Chris Kerr to Bookshop Santa Cruz on March 9th, where we will discuss his new book, *Death is But a Dream*. Based upon Dr. Kerr’s many years at the bedside as a hospice physician, we can all expect a fascinating conversation about the importance of dreams as the end of life nears.

The Friends of Hospice are busy gearing up for the 20th annual Dr. Rich Shapiro Memorial Fairways for Kids Golf Tournament to raise funds for our Children’s Grief Support Program. And, closer to home, we invite you and yours to attend the meaningful Redwood Grove Memorial Wall reception on May 16th as we honor and remember our loved ones.

The best-selling author and physician Atul Gawande, reminds us that it is not so much a good death we seek, but a good life all the way to the end. As we look back on the past 42 years of service and enter into 2020, we reaffirm our vision that all members of our community live and die with dignity.

Warmly,

Michael Milward
CEO

hospicesantacruz.org 831 430 3000
We are pleased to share a variety of events, groups and classes where you will 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.
COMMUNITY EVENTS
Our community events are an invitation for everyone in our community to grow, give back and participate in meaningful experiences and the often neglected conversations around death and what it means to live well until the end.

ADVANCE HEALTHCARE PLANNING
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 complete related forms. This is an important step for all adults 18+.

VOLUNTEERING
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
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 and spirit filled weekend, with archery, swimming, outdoor fun and more.

FAITH LEADER NETWORK
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
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.
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 here: www.hospicesantacruz.org/events
Dining for Hospice

- Wednesday, March 4, 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 and delicious food! Scopazzi’s will donate a portion of your dinner bill to Hospice of Santa Cruz County. Reservations recommended, to reserve your table please call 831 338 4444.

Author Event - Bookshop Santa Cruz

- Christopher Kerr, MD, PhD, Death is But a Dream
- Monday, March 9, 7:00 pm
- Bookshop Santa Cruz, 1520 Pacific Avenue, Santa Cruz

Join us to hear hospice physician and author Christopher Kerr, MD, PhD talk about his thoughtful new book, co-authored by Carine Mardorossian, PhD. Death is But a Dream is the first book to validate the meaningful dreams and visions that bring comfort as death nears. Drawing on interviews with over 1,400 patients, Dr. Kerr reveals that pre-death dreams and visions are extraordinary occurrences that humanize the dying process. Beautifully written, with astonishing real-life characters and stories, this book celebrates our power to reclaim the dying process as a deeply meaningful one. This is a free event with no registration. Chairs for open seating are usually set-up an hour before the event begins.
Spring Movie Night—Voices of Grief

Wednesday, April 8, 6:30 pm
Del Mar Theatre, 1124 Pacific Ave, Santa Cruz

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 new 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 companioning. Local panel of experts to follow film. To reserve your free movie ticket, visit [hospicesantacruz.org](http://hospicesantacruz.org). Registration is required.

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

Wednesday, May 6, 11:00 am–8:00 pm
Seascape Golf Course, 610 Clubhouse Drive, Aptos

The 20th annual Dr. Rich Shapiro Memorial Fairways for Kids Golf Tournament is organized by The Friends of Hospice and 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 at hospicesantacruz.org or call 831 430 3000.

Redwood Grove Memorial Wall Reception

Saturday, May 16, 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 pm 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.
Santa Cruz Mountains Winegrowers Association Dinner

Sunday, May 31, 4:00–9:00 pm
Big Basin Vineyards, 830 Memory Lane, Boulder Creek

Join us at Big Basin Vineyards for a gathering under the stars. The evening begins with a wine reception followed by delicious, local, farm-to-table cuisine prepared by Brad Briske, Chef and Owner of Home restaurant in Soquel.

Summer Movie Night–Living While Dying

Wednesday, June 24, 6:30 pm
Del Mar Theatre, 1124 Pacific Ave, Santa Cruz

Join us for a free movie screening at the Del Mar Theatre. From the filmmaker, “As a baby boomer, I became curious about death and decided to pick up my camera and film four friends with terminal illnesses who chose to live out their days in hospice care at home. Along the way, I sought the advice of an aboriginal elder and a deathwalker in Australia, witnessed a mass cremation in Bali and asked my 90-year old mother to sit in a coffin while we discussed her EOL wishes.” Local panel of experts to follow film. To reserve your free movie ticket, visit hospicesantacruz.org. Registration is required.
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 – Scotts Valley Public Library
☑ Wednesday, March 25, 10:30 am–12:00 pm
251 Kings Village Road, Scotts Valley

Death Café – Watsonville Public Library
☑ Tuesday, April 14, 10:30 am–12:00 pm
275 Main Street, Suite 100, Watsonville

Death Café – Aptos Public Library
☑ Monday, May 11, 10:30 am–12:00 pm
7695 Soquel Drive, Aptos

Death Café – Santa Cruz Public Library
☑ Tuesday, June 2, 10:30 am–12:00 pm
224 Church Street, Santa Cruz

Death Café – Scotts Valley Public Library
☑ Wednesday, July 22, 10:30 am–12:00 pm
251 Kings Village Road, Scotts Valley

Death Café – Aptos Public Library
☑ Wednesday, August 5, 6:00–7:30 pm
7695 Soquel Drive, Aptos
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 a big sigh 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 – Aptos
📅 Monday, March 9, 10:30–11:30 am
Aptos Public Library, 7695 Soquel Drive, Aptos

The Essentials of Advance Directives – Santa Cruz
📅 Monday, April 6, 10:30–11:30 am
Santa Cruz Public Library Downtown, 224 Church Street, Santa Cruz

The Essentials of Advance Directives – Scotts Valley
📅 Wednesday, May 13, 10:30–11:30 am
Scotts Valley Public Library, 251 Kings Village Road, Scotts Valley

The Essentials of Advance Directives – Aptos
📅 Monday, June 1, 10:30–11:30 am
Aptos Public Library, 7695 Soquel Drive, Aptos
The Essentials of Advance Directives – Watsonville

Wednesday, July 8, 10:30–11:30 am
Watsonville Public Library, 275 Main Street, Suite 100, Watsonville

The Essentials of Advance Directives – Santa Cruz

Monday, August 3, 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 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 – Aptos

Monday, March 23, 10:30 am–1:30 pm
Aptos Public Library, 7695 Soquel Drive, Aptos

Advance Directive Individual Sessions – Santa Cruz

Monday, April 13, 10:30 am–1:30 pm
Santa Cruz Public Library Downtown, 224 Church Street, Santa Cruz

Advance Directive Individual Sessions – Scotts Valley

Wednesday, May 20, 10:30 am–1:30 pm
Scotts Valley Public Library, 251 Kings Village Road, Scotts Valley

Advance Directive Individual Sessions – Aptos

Monday, June 22, 10:30 am–1:30 pm
Aptos Public Library, 7695 Soquel Drive, Aptos

Advance Directive Individual Sessions – Watsonville

Monday, July 20, 10:30 am–1:30 pm
Watsonville Public Library, 275 Main Street, Suite 100, Watsonville
Advance Directive Individual Sessions – Santa Cruz

Monday, August 17, 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.
At the heart of our work is a group of 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.
Curious about becoming a Volunteer Visitor?
Please contact Forbes Ellis, Director of Volunteer Services, by phone or email.
✉️ fellis@hospicesantacruz.org
📞 831 430 3045

Please consider joining 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:

📅 Friday, March 6, 10:00–11:00 am
Aptos Public Library, 7695 Soquel Drive, Aptos, Meeting Room

📅 Monday, March 9, 10:30–11:30 am
Watsonville Public Library, 275 Main Street, Suite 100, Watsonville, 2nd Floor Meeting Room

📅 Tuesday, March 10, 9:00–10:00 am
Ugly Mug Coffee Shop, 4640 Soquel Drive, Soquel

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 live. As a willing listener, a hand holder and supportive presence, these special volunteers are vital members of the hospice care team. Volunteer Visitors may also provide caregivers with much needed respite. Other duties include simple snack preparation, running errands and other practical tasks. We’re looking for:

- Volunteers to provide companionship to patients and respite for caregivers
- Pet Companions
- Bi-lingual Volunteers
- Massage Therapists
- Veterans
Volunteer Visitors receive 25 hours of training covering topics such as effective communication and presence, boundaries and mindfulness. 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 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.

**TO APPLY**  
Download a Volunteer Visitor application at hospicesantacruz.org  
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](http://hospicesantacruz.org/volunteer/friends-of-hospice)
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, archery and more. Led by professionally-trained staff and volunteers, Camp Erin 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. 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 accessible paths to healing. Camp Erin changes the lives of grieving children by fostering hope, coping skills and self-esteem.

**Camp Erin Santa Cruz**

📅 October 2-4, 2020

Located in the beautiful redwoods of the Santa Cruz Mountains, final location will be provided during registration.

**Register a Camper**

Application acceptance is required. Applications will be available after April 1st. Spots are free of charge and go fast.

- hospicesantacruz.org
- 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 3000
“Partners in Caring has helped me understand death and dying, which enables me to minister to people facing the end of life and their families, much more compassionately.”

—Deacon Warren Hoy, Diocese of Monterey
Community and Resources for Faith & Spiritual Leaders

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. Join us for the Partners in Caring Luncheons.

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:

📅 Tuesday, May 12, 11:30 am–1:30 pm
Hospice of Santa Cruz County (Watsonville Office)
65 Nielson Street, Suite 121, Watsonville

📅 Thursday, July 16, 11:30 am–1:30 pm
Twin Lakes Church
2701 Cabrillo College Drive, Aptos

For more information and to register
Please contact Vanessa Silverstein
✉️ vsilverstein@hospicesantacruz.org
📞 831 430 3047
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.

✉️ grievessupport@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 offices 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 SUPPORT**
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.

**Many Paths to Healing Support Group**
*Offered on an ongoing basis, Mondays, March 9–April 13, 6:30–8:30 pm*
Scotts Valley, 6 weeks

Join us as we explore our grief and learn unique coping strategies 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. Advance registration is required.
Partner Loss in the Second Year Support Group

Thursdays, March 19–May 7, 6:30–8:30 pm
Scotts Valley, 8 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. Example 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. Advance registration is required.

Grief Support Writing Group

Tuesdays, April 14–May 19, 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. You will learn creative exercises that will help you grow and heal, in new and gently surprising ways. All writing levels are welcome. Advance registration is required.

Walking through Healing Group

Wednesdays, April 22–May 27, 5:30–7:00 pm
Santa Cruz, 6 weeks

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. Advance registration is required.
Loss of Parent Support Group

- Wednesdays, April 29–June 3, 6:30–8:00 pm
- Aptos, 6 weeks

Losing a parent can be challenging, no 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. Advance registration is required.

Loss of Spouse or Partner Support Group

- Tuesdays, May 26–June 30, 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. Advance registration is required.

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

- Thursdays, May 14–July 2, 10:00–11:30 am
- Scotts Valley, 8 weeks

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. Advance registration is required.
Partner Loss in the Second Year Support Group

Thursdays, July 16–September 3, 6:30–8:30 pm
Scotts Valley, 8 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. Example 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. Advance registration is required.

WORKSHOPS

Memory Pillow Workshop

Saturday, June 6, 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 1, 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.

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

Camp Erin Santa Cruz | October 2020
A weekend of fun, friends and healing

Please see the Camp Erin section on page 20 for more information or visit our website.
Grief Counseling for Youth
The Youth Grief Support Program offers individual and group support for children and teens in the community who are grieving the death of someone close to them. Through counseling, children and teens can learn that grief is a part of the normal process of healing after a loss. While honoring their memories, they learn to integrate the loss in a healthy way.

Support is offered at either our Scotts Valley or Watsonville offices. This support can often be provided at the youth’s school. This program serves children ages 4–17.

In order to set up grief support, the parent or guardian of the youth can schedule a consultation with our Youth Grief Support staff. HSCC provides these grief support services free of charge, but donations are gratefully accepted.

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

- Counseling support for a child or teen experiencing the death of someone special
- Educational classroom presentations on coping with grief and loss
- Consultation with a member of our Youth Grief Support staff

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
Helpful Resources
We have a number of resources for adults, children and teens to support you and yours who may be dealing with grief. For more information and to download these free resources please visit: hospicesantacruz.org/grief-support

The Journey of Grief
This booklet helps you understand, acknowledge and work through your grief. Healing from grief is not easy and you don’t have to do it alone.

Supporting Youth in Grief
This booklet helps you recognize and understand youth grief reactions and offers guidance as you support a child through this trying time.

Supporting Children when Someone they Love has a Serious Illness
This booklet helps guide you in supporting a child when someone close to them is seriously ill. It describes how children of different ages understand and react to changes with the sick person, with you and in themselves.

All resources also available in Spanish. Please call to receive by mail or visit our website to download directly.
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**: Create your legacy, include Hospice of Santa Cruz County as a beneficiary 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](http://hospicesantacruz.org). If you’d like to talk with someone about the difference you can make contact our development team 831 430 3000.

Hospice of Santa Cruz County Tax ID# 94-2497618
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 3082

GRIEF SUPPORT/CAMP ERIN
Stacey Pratt
Grief Support Manager
☎ 831 430 3029

SPANISH LANGUAGE SERVICES
Deitra McMahon
Latino Community Counselor
☎ 831 430 3018

VOLUNTEER VISITOR PROGRAM
Forbes Ellis
Director of Volunteer Services
☎ 831 430 3045

YOUTH GRIEF SUPPORT SERVICES
Amy Marlo
Youth Grief Support Manager
☎ 831 430 3040

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
Community Education
Exploring what matters most about living and what will matter at the end of our lives. Engaging people in the conversation about end-of-life care before it is needed so we can all consider our own values and options for care through all stages of life.

OUR SERVICES

Transitional Care
Empowering you to make healthcare decisions that are right for you.

Palliative Care
Specialized medical care that treats the symptoms and stress of serious illness.

Hospice Care
Providing exemplary medical, emotional and spiritual end-of-life care and support to you and your loved ones.

Grief Support
Helping you navigate the journey of grief and find your own path to healing.

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