



HOSPICE  
OF SANTA CRUZ COUNTY

Fall/Winter 2020

# Guide to Wellbeing

Resources, Workshops, Groups and Virtual Events  
Focused on Connection, Community and Healing.

VIRTUAL COMMUNITY EVENTS

ADVANCE HEALTHCARE PLANNING

VOLUNTEERING

FAITH LEADER NETWORK

GRIEF SUPPORT

HOLIDAY SUPPORT

OUR SERVICES

WAYS TO GIVE



 [hospicesantacruz.org](https://www.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 & OUTREACH

**Vanessa Silverstein**

*Community Education & Outreach  
Coordinator*

📞 831 430 3047

### FUNDRAISING

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### GRIEF SUPPORT

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### VOLUNTEER VISITOR PROGRAM

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*Director of Volunteer Services*

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### YOUTH GRIEF SUPPORT SERVICES

**Amy Marlo**

*Youth Grief Support Manager*

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*“In the process of letting go you will lose many things from the past, but you will find yourself.” —Deepak Chopra*

During the past few months, it feels as if each of us has been tested in ways like never before. As we prepare this issue of the Guide to Wellbeing, many of us have been impacted by the fires that have ravaged parts of our beloved community. If you are among those who have been displaced or lost your home, we offer our sincere condolences.

These times leave me reflecting, once again, on what “wellbeing” really means. The concept of learning to let go keeps tapping on my shoulder. During this time of COVID-19, we have all been forced to let go of our usual ways of doing things, of communicating, of being together. And yet when we do let go, a new way inevitably emerges. Isn’t that true in all of life?

Within the pages of this Guide to Wellbeing are meaningful opportunities for connecting, learning and healing. Familiar offerings that have brought comfort and connection in the past have been re-envisioned for our new environment. And while our format has shifted to online, our commitment to being present for you and those you love remains unchanged, today and always.

We offer this guide as an invitation. If you or a friend is grieving the loss of a loved one, or your grief has been intensified by these crises, call us. If you’ve been nourished by our author talks or wondered about what happens at a Death Café, read on. And if you’re wondering whether now is the right time for palliative or hospice care, let’s talk about it.

We care about you and are here for our community.



Cathy Conway  
Chief Executive Officer



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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 complete related forms.

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Grief is a natural response to the loss of a loved one. Learn healthy ways to cope with the pain and to find your own path to healing. Individual and group support is available to any member of our community who is grieving or facing the death of someone close.

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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 virtual grief support groups and events during the upcoming holiday season.

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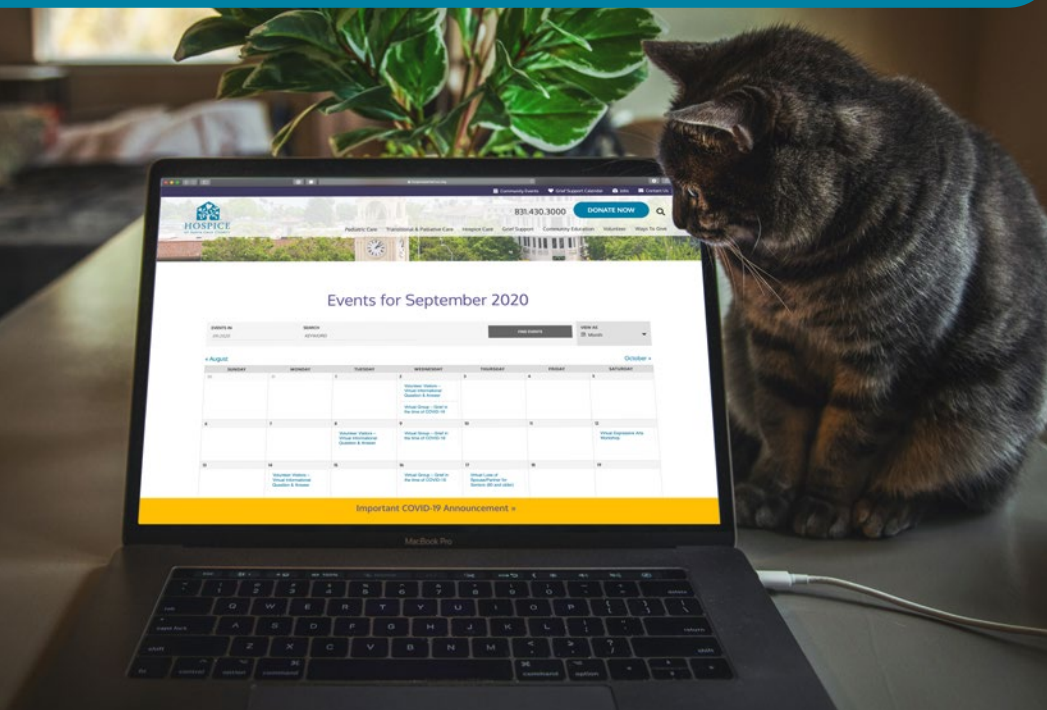
Learn more about our core services.

## **WAYS TO GIVE .....38**

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.



# COMMUNITY EVENTS



**We may not be next to one another, but we can still be together.**

This year, our community events will look and feel a bit different. Even though we will be gathering virtually the goal to inspire and connect with our community remains intact. There are chances to participate, give back, and grow and we hope you will consider participating. If you would like to register for any of these events as well as join our mailing list, please visit [hospicesantacruz.org/events](https://hospicesantacruz.org/events)

## Walk to End Alzheimer's

📅 Saturday, September 26

Hospice of Santa Cruz County proudly sponsors the Walk to End Alzheimer's to help raise awareness for Alzheimer's care, support, and research. By participating we also remind our community that hospice care is available for loved ones with Alzheimer's. This year, Walk to End Alzheimer's is everywhere — on every sidewalk, track, and trail. On event day, we invite you to participate by safely walking your favorite path as separate groups of household members. While the larger group walk will not take place we will be connected through purpose. Learn more and sign up as part of the Hospice of Santa Cruz County effort by visiting [alz.org](https://alz.org) or [hospicesantacruz.org](https://hospicesantacruz.org)

## Virtual Authors Talk with Linda Donovan and Alexandra Kennedy

📅 Thursday, October 1, 6:00–7:00 pm

Hospice of Santa Cruz County CEO **Cathy Conway** chats with award-winning author **Linda Donovan** about her new book *After Loss: Hope for Widows, Widowers and Partners*, and what Linda learned from her own experience with grief when she lost her husband to cancer. Linda offers practical insights to help people rebuild their lives after loss from her perspective as a longtime grief support volunteer with Hospice of Santa Cruz County. Joining the conversation is local author and psychotherapist **Alexandra Kennedy**. Alexandra shares from her experiences supporting people who are grieving and will reflect on how current world events impact how we grieve. Attendees of the webinar will have the opportunity to ask questions of the panelists during the live Q & A. Listen in to this discussion for inspiration to help with your own grief journey or gain insights for understanding and supporting those around you who are grieving. **Register at:** [hospicesantacruz.org/event/author-talk-2020](https://hospicesantacruz.org/event/author-talk-2020)





### Virtual Interfaith Memorial Service and Candle Lighting

📅 Thursday, November 12, 5:30 pm

Honor your loved one in a special holiday memorial service. A cherished annual tradition, our Interfaith Memorial Service and Candle Lighting is an invitation to pause during the busy holiday season and remember 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. This year the interfaith memorial will be held virtually. You are welcome to gather a candle to light and a photograph of your loved one to share on video during the service. Names of loved ones will be read aloud in honor and remembrance.

**Register at:** [hospicesantacruz.org/event/memorial-2020/](https://hospicesantacruz.org/event/memorial-2020/)

### Tree of Lights and Luminaria Installation

Tannery Arts Center, 1010 River Street, Santa Cruz

📅 Wednesday, December 2, 4:00–6:00 pm

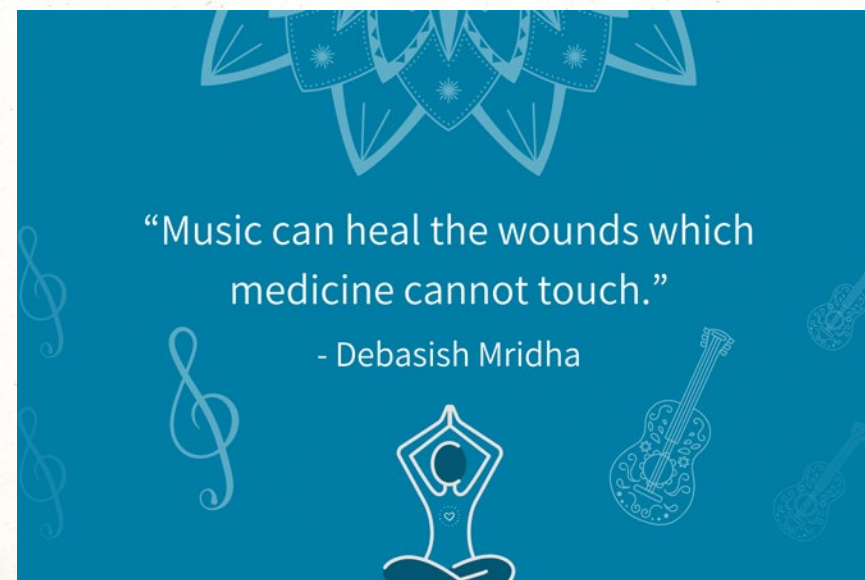
Join us to create a luminaria in memory of a loved one. This drop in event at the Tannery Arts Center provides an opportunity for reflection and recognition of loved ones. Free and open to the public, location near the Arts Council patio. Short program at 5:30 pm. Parking will be available. We will be set up to follow appropriate social distancing guidelines throughout this program.

### Virtual Music Meditation and Relaxation for Caregivers

📅 Thursday, February 18, 10:00–10:30 am

Join us for a 30 minute music meditation to lift your spirits and provide relaxation. This experiential session features the musical stylings of our Board Certified Music Therapist. Open to all caregivers in the community. Registration required.

**Register at:** [hospicesantacruz.org/event/music-care/](https://hospicesantacruz.org/event/music-care/)





### Virtual Death Cafés

Grab a mug of your favorite tea and meet us on-Zoom to discuss death in an effort to 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 drink tea and talk about death. The Death Café movement includes events all over the world.

Read more at [deathcafe.com](http://deathcafe.com)



#### Join us at a Virtual Death Café:

📅 Wednesday, October 21, 10:30–11:30 am.

**Register at:** [hospicesantacruz.org/event/death-cafe-1](http://hospicesantacruz.org/event/death-cafe-1)

📅 Thursday, December 17, 5:30–6:30 pm.

**Register at:** [hospicesantacruz.org/event/death-cafe-2](http://hospicesantacruz.org/event/death-cafe-2)

📅 Thursday, January 21, 10:30–11:30 am.

**Register at:** [hospicesantacruz.org/event/death-cafe-3](http://hospicesantacruz.org/event/death-cafe-3)

Featured in the Santa Cruz Sentinel, check out the article “Mortality on the Menu” at [santacruzsentinel.com](http://santacruzsentinel.com)



## Fabulous Fall Fundraiser

**You can make a difference.**

Give online at [hospicesantacruz.org/donate-now](http://hospicesantacruz.org/donate-now)

We miss you...Friends of Hospice loves bringing folks together to raise money for a good cause! Fairways for Kids Golf Tournament, Oktoberfest, Dining at Shadowbrook, and An Evening with Friends have been very successful fundraisers and so much fun. Sadly, we are unable to hold our major fundraisers due to COVID-19. As Hospice of Santa Cruz County celebrates 43 years, we appreciate your generosity in supporting the programs that make our hospice exceptional. In lieu of attending an event, please consider a gift to support the community programs of Hospice of Santa Cruz County.



### Recommended Reading and Streaming

Every day, we make decisions about how we want to live. Why don't we consider how to live well at the end of life? Explore these documentaries and books to consider what matters most in life and what will matter most to us at the end of our lives.

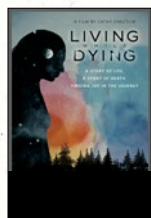
#### WATCH

These documentaries can be found on popular streaming sites, such as Netflix and Amazon Prime. Some may be free while others are available to rent.



#### **End Game (2018)**

Oscar-nominated End Game weaves together three stories of visionary medical providers in the Bay Area who practice on the cutting edge of life and death, helping to change the way we think about both.



#### **Living While Dying (2018)**

The filmmaker follows four friends with terminal illnesses who chose to live out their days in hospice-care at home. Along the way, the filmmaker seeks the advice of an aboriginal elder and a deathwalker in Australia, witnesses a mass cremation in Bali, and asks her 90-year old mother to sit in a coffin while they discussed her end of life wishes.



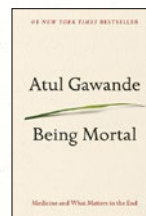
#### **The Nurse with the Purple Hair (2017)**

Philadelphia Hospice Nurse Michelle Lasota navigates the difficult world of hospice care with a sense of humor and a passionate drive to help others as they come to the end-of-life. The Nurse with the Purple Hair highlights how families can learn to accept the end of life with compassion, wisdom, and grace.



#### **Extremis (2016)**

Oscar-nominated Extremis follows Dr. Jessica Zitter, an ICU and palliative care specialist who leads a team in the Highland Hospital ICU in Oakland, California. She helps families make end-of-life decisions for their loved ones, who are often terminally ill.

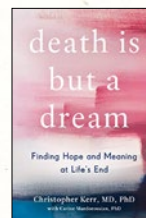


#### **Being Mortal (2015)**

In this Frontline special, author and surgeon Atul Gawande explores how doctors care for terminally ill patients, highlighting how many doctors, including Gawande himself, struggle to talk candidly with their dying patients.

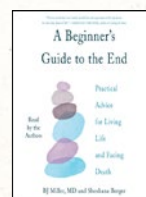
#### READ

You will find these books online and in stores. Most are available at Bookshop Santa Cruz.



#### **Death is But a Dream (2020)**

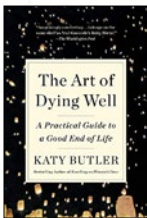
Dr. Christopher Kerr MD PhD  
Drawing on interviews with over 1,400 patients and more than a decade of quantified data, Dr. Kerr reveals that pre-death dreams and visions are extraordinary occurrences that humanize the dying process. He shares how his patients' stories point to death as not solely about the end of life, but as the final chapter of humanity's transcendence.



#### **A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death (2019)**

BJ Miller, MD and Shoshana Berger  
A Beginner's Guide to the End is "a book that every family should have, the equivalent of Dr. Spock but for this other phase of life" —New York Times bestselling author Dr. Abraham Verghese





***The Art of Dying Well: A Practical Guide to a Good End of Life (2019)***

Katy Butler

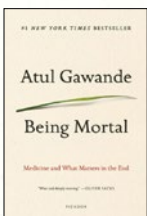
“The best guidebook I know of for navigating the later stages of life. Simple and practical, but the impact is profound.” —Ira Byock, MD, author of *Dying Well* and *The Best Care Possible*



***The Five Invitations (2017)***

Frank Ostaseski

This is a wise, lucid, beautiful book that will help you be less afraid and more alive. Read it as soon as you can; it will change you.” —Dr. Lucy Kalanithi, widow of the late Dr. Paul Kalanithi, author of the #1 New York Times bestselling memoir *When Breath Becomes Air*



***Being Mortal (2014)***

Atul Gawande

“Being Mortal, Atul Gawande’s masterful exploration of aging, death, and the medical profession’s mishandling of both, is his best and most personal book yet.” —Boston Globe



**Article: *The New Yorker* “Hospice/Honeymoon”**

Joyce Carol Oates

A beautiful piece about the complicated feelings and hopes that come with the word “hospice”.

Even though we will be gathering virtually the goal to inspire and connect our community remains intact.

I want to sing like the birds  
sing, not worrying about who  
hears or what they think.

—Rumi



# ADVANCE HEALTHCARE PLANNING



## This is a difficult time where so much feels out of our control.

One area you can control is taking steps to make sure you complete or update your Advance Healthcare Directive. If you've already made an Advance Directive but haven't laid eyes on it for few years, now is a good time to make sure it still matches your circumstances and wishes. It is recommended that everyone 18 years or older completes an Advance Directive.

Planning ahead brings peace of mind and comfort to family members who will know how to honor your wishes. Indeed, planning ahead is a gift you can give to yourself and those you love. We're here to help with this process with a variety of offerings, all free of charge.

### Individual Phone or Zoom Advance Directive Sessions

Our individual sessions are perfect for people who are ready to complete their Advance Directives, with support. Schedule a one-on-one appointment to complete your Advance Directive. We will share copies of the necessary forms and walk you through filling them out, step by step.

### Schedule a Virtual Group Presentation

Our team facilitates planning workshops for church groups, community service groups, book clubs, or other home gatherings. We offer an overview of the advance healthcare planning steps and share copies of the necessary forms and conversation guides.

### Attend a Community Webinar

The Advance Healthcare Planning Webinar covers: how to complete your Advance Directive, the difference between an Advance Directive and a Physician Orders for Life Sustaining Treatment (POLST) form, how to talk with your loved ones about your wishes, and how COVID-19 might impact your wishes.

**Registration required.**

### Advance Healthcare Planning In Light of COVID-19 Webinars

📅 Wednesday, October 7, 12:00–1:00 pm

📅 Wednesday, January 13, 12:00–1:00 pm

**Registration required. Register online at:**

[hospicesantacruz.org/event/planning-ahead/](https://hospicesantacruz.org/event/planning-ahead/)

### INFORMATION

For more information please contact **Vanessa Silverstein**

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

☎ 831 430 3047

# VOLUNTEERING

VOLUNTEERING



## Curious about becoming a Volunteer Visitor?

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

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

☎ 831 430 3045

## Virtual Informational Question & Answer

📅 Monday, September 14, 12:30–1:00 pm

Please consider joining our upcoming virtual informational question & answer session to learn more. Meet with **Forbes Ellis**, our Director of Volunteer Services.

## Register online at:

[hospicesantacruz.org/event/volunteer-info/](https://hospicesantacruz.org/event/volunteer-info/)

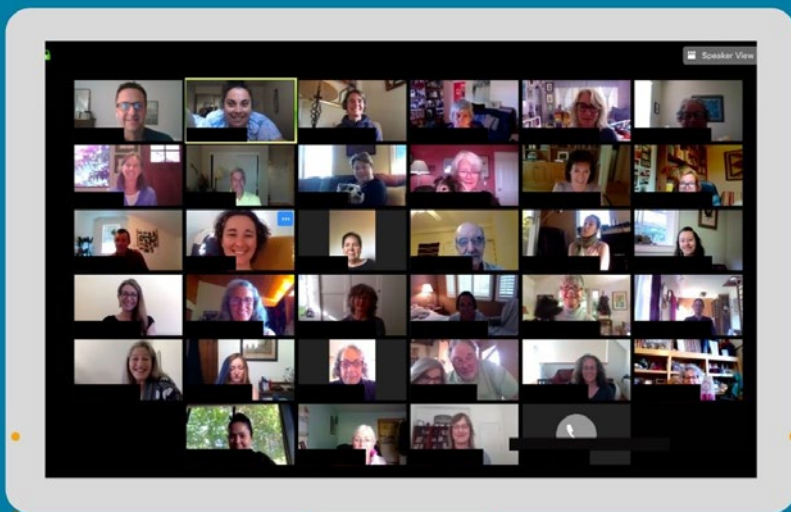
## Training Dates:

September 23, September 30, October 14, October 21  
October 28, November 4

## Application Due Date is September 21, 2020

Applications are available on our website:

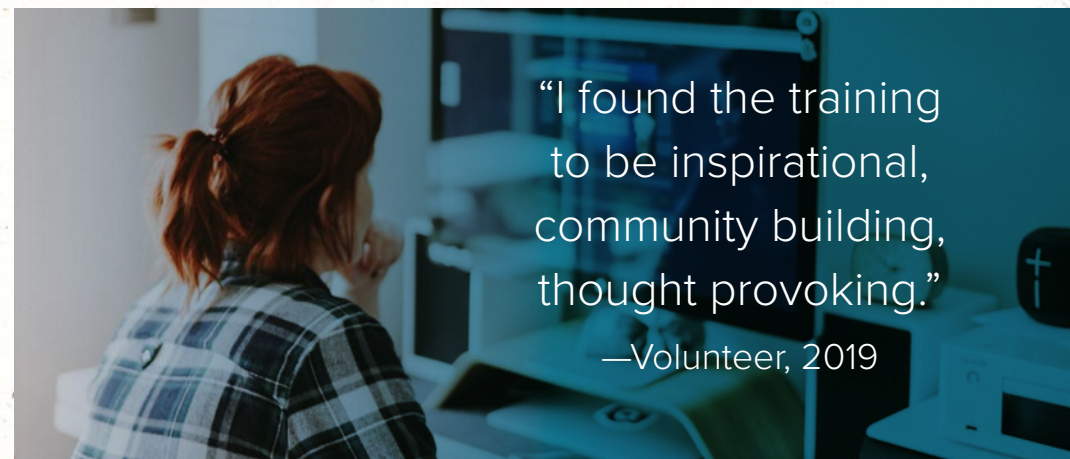
[hospicesantacruz.org/volunteer/volunteer-visitors/](https://hospicesantacruz.org/volunteer/volunteer-visitors/)  
or you may call to request one.



*Group of HSCC Volunteers during a meetup online*

## 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 get involved with the Friends of Hospice, please read on to explore the many ways you can get involved. 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.



"I found the training to be inspirational, community building, thought provoking."

—Volunteer, 2019



### 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 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
- Spanish and English speakers
- Massage Therapists
- Veterans

#### NOTE:

During shelter-in-place, Volunteer Visitors are supporting patients while social distancing via Zoom visits, letter writing, and running errands.

Volunteer Visitors receive 18 hours of training covering topics such as effective communication and presence, boundaries and mindfulness. **The Fall Volunteer Visitor Training will be held virtually via Zoom.** Trained Volunteer Visitors help out for 2-4 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.

### 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 support for adults and supportive phone calls to bereaved clients and families. Grief Support Volunteers receive ongoing support and continuing education.

#### TO INQUIRE

Please contact **Stacey Pratt**

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

☎ **831 430 3029**

### Friends of Hospice

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 the virtual Friends of Hospice monthly meetings. To learn more, call **831 430 3000** or visit the Friends of Hospice page on our website [hospicesantacruz.org/friends-of-hospice](http://hospicesantacruz.org/friends-of-hospice)



# FAITH LEADER NETWORK



## Community and Resources for Faith & Spiritual Leaders

Join us for virtual Partners in Caring meetings. 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. Events feature guest speakers and peer-to-peer discussion groups.

### 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:

#### Advance Healthcare Planning In Light of COVID-19

📅 Wednesday, September 23, 12:00–1:00 pm

**Registration required.**

**Register at:** [hospicesantacruz.org/event/pic-plan/](https://hospicesantacruz.org/event/pic-plan/)

#### Grief—Exploring Our Heart's Capacity to hold both Joy and Sorrow

📅 Thursday, November 5, 12:00–1:00 pm

**Registration required.**

**Register at:** [hospicesantacruz.org/event/pic-grief/](https://hospicesantacruz.org/event/pic-grief/)

#### Life Review—Reflecting and Making Meaning at End of Life

📅 Wednesday, February 10, 12:00–1:00 pm

**Registration required.**

**Register at:** [hospicesantacruz.org/event/pic-life/](https://hospicesantacruz.org/event/pic-life/)

### For more information and to register

Please contact **Vanessa Silverstein**

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

☎ 831 430 3047



# GRIEF SUPPORT



## You don't have to navigate 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 will be offering virtual, and socially distanced, grief support groups, classes, and events this fall and winter. Give us a call or email us to find out what options may be right for you or for the latest updates on our offerings.

✉ [griefsupport@hospicesantacruz.org](mailto:griefsupport@hospicesantacruz.org)  
☎ 831 430 3000

## Individual Support

We are here to support you in a one-on-one basis. You'll meet with a member of our skilled team virtually 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.

## VIRTUAL GRIEF SUPPORT GROUPS

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

### Expressive Arts Workshop

Virtual via Zoom

📅 Saturday, September 12, 10:00 am–12:00 pm

This virtual 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. Call to register. Advance registration is required.

### Loss of Spouse/Partner


Virtual via Zoom, 6 weeks

📅 Thursday Evening Group, September 24–October 29

Life can change 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. Call to register. Advance registration is required.

**Loss of Spouse/Partner for Seniors (60 and older)**


Virtual via Zoom, 6 weeks

 Thursday Morning Group, September 17–October 22

The loss of a life-long companion can be devastating. In this very special virtual 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. Call to register. Advance registration required.

**Loss of Parent**


Virtual via Zoom, 6 Weeks

 Tuesday Evening Group, October 13–November 17

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. Call to register. Advance registration required.

**Partner Loss in the Second Year**


Virtual via Zoom, 8 Weeks

 Thursday Evening Group, October 1–November 19

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. Call to register. Advance registration required.

**Grief in the time of COVID**


Virtual via Zoom, 8 Weeks

 Wednesday Evening Group, September 16–November 4

Have you lost someone during the COVID period? The current global pandemic has affected grief significantly. Funerals, memorials, and social gatherings have been affected, leaving people to grieve in different ways than they have in the past. Without our usual social supports available, grief can feel lonely. If you have had a loss during this period and your grief process has been affected by all of the changes in the last months, you are not alone. Call to register. Advance registration required.

**Coping with Grief through the Winter Holidays**


Virtual via Zoom, 6 Weeks

 Tuesday Evening Group, November 10–December 15

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. Call to register. Advance registration required.

**Grief Support Writing**

Virtual via Zoom

 January 2021 dates TBD

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 easily. You will learn creative exercises to help you grow and heal, in new and gently surprising ways. All writing levels are welcome. Call **831 430 3000** and ask for Grief Support to learn more or let us know you're interested in this group.



## YOUTH GRIEF SUPPORT

### Individual Counseling

We are currently offering virtual counseling sessions for youth ages 4–18. In these individual counseling sessions we use art, play, writing, and movement as part of the experience.

We anticipate being able to offer in-person counseling sessions outside on our redwood deck at some point in the near future. If you have any questions about youth grief counseling please call us.

### School Support

School staff can refer students to our counseling program. Our team is also available for educational presentations, staff trainings, staff consultation, and support in the event of the death of a student, teacher or parent.

If you are a part of a school community, 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 supporting children/teens through grief
- Crisis support in the event of a death of a student, teacher or parent

Please contact **Amy Marlo**

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

☎ 831 430 3040



### CAMP ERIN SANTA CRUZ—Returning in 2021

Due to the precautions and recommendations around COVID-19, we are planning for Camp Erin in 2021 when we believe we'll be able to bring forward the full camp experience.

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.

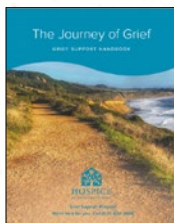




## Helpful Resources

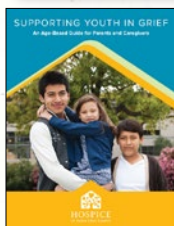
We have a number of resources for adults, children, and teens who may be dealing with grief. For more information, and to download these free resources please visit:

**[hospicesantacruz.org/grief-support](https://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.



### Teen Grief Handbook

This booklet is designed specifically for teens. Its purpose is to help you understand and work through your grief. Healing from grief is not easy, and you don't have to do it alone.

All resources also available in Spanish. Please call to receive by mail or visit our website to download directly.

## Additional Online Resources

what's  
your  
grief?

### Whats Your Grief

You don't have to grieve alone. What's Your Grief is a place for sharing, support, resources, & more.

**[whatsyourgrief.com](https://whatsyourgrief.com)**



### Eluna Network

Supporting children and families impacted by grief or addiction.

**[elunanetwork.org/resources/](https://elunanetwork.org/resources/)**

You don't have to  
navigate grief alone.  
We are here to help.



# HOLIDAY SUPPORT



**If you find coping with grief especially tough during the holidays, you are not alone.**

Winter holidays are a challenging time for many people. Rather than avoiding feelings of grief, lean into them. It is not the grief you want to avoid, but the pain—and the grieving process is a way out of the pain. 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**

Virtual Via Zoom, 6 Weeks

📅 Tuesday Evening Group, November 10–December 15

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. Call to register. Advance registration required.

## **Virtual Interfaith Memorial Service and Candle Lighting**

Virtual Via Zoom

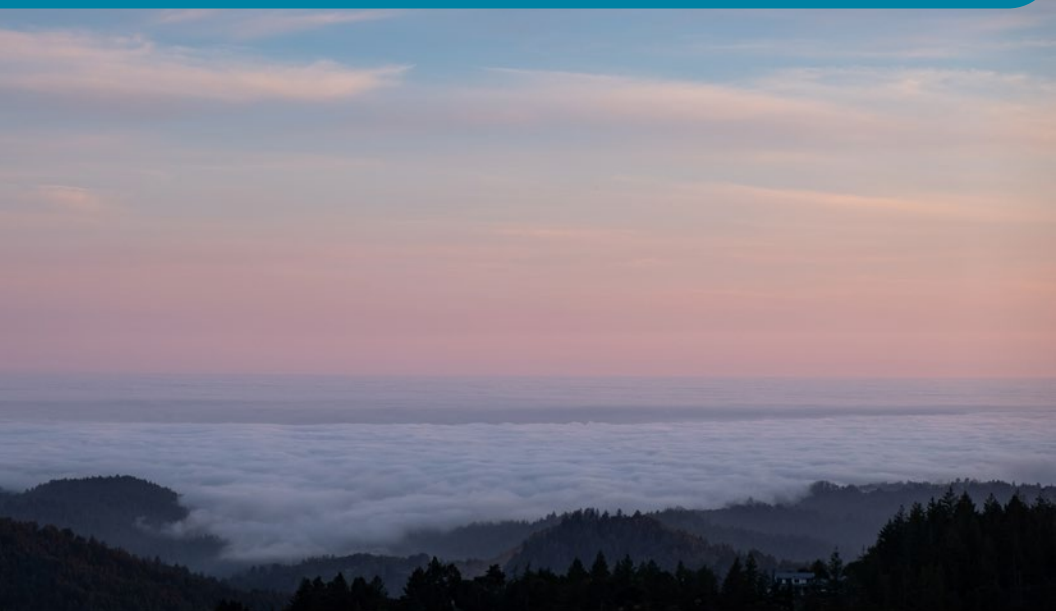
📅 Thursday, November 12, 5:30 pm

Honor your loved one in a special holiday memorial service. A cherished annual tradition, our Interfaith Memorial Service and Candle Lighting is an invitation to pause during the busy holiday season and remember 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. This year the interfaith memorial will be held virtually. You are welcome to gather a candle to light and a photograph of your love one to share on video during the service. Names of loved ones will be read aloud in honor and remembrance.

## **Register at:**

[hospicesantacruz.org/event/memorial-2020/](https://hospicesantacruz.org/event/memorial-2020/)

# WE ARE HERE FOR YOU



## We understand the complexities of life and end-of-life.

We are committed to serving everyone in our community, supporting your well-being, your understanding of your medical care options, and honoring your wishes.

We are confident we can help you prepare for the future and empower you and your family now and at the end-of-life. Our core services are outlined here and we are available to guide you or accept referrals 24/7.

### Hospice Care

Hospice care provides medically directed comfort care, emotional and spiritual support for individuals diagnosed with a life-limiting illness. Hospice care is covered by Medicare, Medi-Cal, and most private insurance plans. Individuals who receive hospice care are supported by a Hospice Physician, Nurse, Aide, Licensed Social Worker, Spiritual Care Counselor, Volunteer Visitor, and optional therapies such as Music Therapy. Family members and loved ones are supported with Grief Support Counseling as part of hospice care. You or your loved one may request a referral to hospice through your primary care physician, specialist or by calling us directly at **831 430 3000**.

### Palliative Care

Palliative Care is specialized medical care that treats the symptoms and stress of a serious illness. Our patient-centered team works together with you, your family, and your other doctors to support and empower you. Palliative Care patients typically continue with curative treatments. Your Palliative Care team includes a Palliative Care Physician or Nurse Practitioner, a Nurse, and a Social Worker. We are committed to helping our patients understand their treatment choices, establish goals of care, and improve quality of life. Medi-Cal, Medicare, and most private insurance plans cover Palliative Care.

### Transitional Care

Transitional Care is designed for individuals that have been diagnosed with a serious illness and need the expert guidance of someone to help them navigate available resources and support their emotional wellbeing as they work through serious illness. Transitional Care is different from Palliative Care in that there is not a medical aspect to this care.



## Concurrent Care for Children

This new form of care supports medically fragile children with home-based pain and symptom management. Our interdisciplinary team provides medical, emotional, and spiritual support to your child, helping optimize quality of life and goals of care. Children on our service may continue to seek life-sustaining and curative treatments while receiving home-based comfort care. Learn more: [hospicesantacruz.org/pediatric-care/concurrent-care-for-children/](https://hospicesantacruz.org/pediatric-care/concurrent-care-for-children/)



Our goal is to support you, your child and your family and help make this time as meaningful and positive as possible.

## Grief Support

We provide grief support to families and loved ones of those who have been on hospice care and to the community at large. We offer both individual counseling and tailored group grief support as you've seen in this guide. We encourage you to reach out and we can discuss how we can help. Please email: [griefsupport@hospicesantacruz.org](mailto:griefsupport@hospicesantacruz.org) or call **831 430 3000**.

## Music Therapy Program

Our community funded Music Therapy Program fosters wellbeing and provides comfort for hospice patients and their families. Music therapy includes creating, singing, moving and listening to live music. The Bob and Joey Jackson Music Therapy Program is made possible by generous contributions from our community.

"My therapist was just so inspirational. I feel extremely pleasant memories; it's comforting. All I have to do is look at my therapist's face and I feel I've been transformed to another realm. It's unbelievably superb."

— Jackie, Hospice Music Therapy Patient



# 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 for a year through grief support including **Camp Erin**. Increasing hope, enhancing self-esteem, and teaching positive coping skills to a grieving youth.
- **\$750** 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 goals and specific needs.
- **\$500** Supports medically fragile children and their families enrolled in **Concurrent Care for Children**, a new Pediatric Hospice program.
- **\$250** Supports **Charity Hospice Care** to 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** Provides a **Grief Support Session** to people of all ages navigating the loss of a loved one.
- **\$50** Provides treats and training for **Pet Companions**. Bringing comfort and relief, lessen anxiety, and offer the kind of care that animals know how to give.

The offerings included in this Guide to Wellbeing are made possible through community support. With gifts from people like you, Hospice of Santa Cruz County is able 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 you can direct any portion of your IRA mandatory distribution directly to Hospice of Santa Cruz County, tax-free.



To donate, use the enclosed envelope or visit **[hospicesantacruz.org](https://hospicesantacruz.org)**. If you'd like 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

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](mailto:info@hospicesantacruz.org)**





**HOSPICE**  
OF SANTA CRUZ COUNTY

940 Disc Drive  
Scotts Valley, CA 95066

CONNECT WITH US



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

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