



HOSPICE
OF SANTA CRUZ COUNTY

Spring/Summer 2021

Guide to Wellbeing

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



 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.



*“There is always light, if only we’re brave enough to
see it – if only we’re brave enough to be it.”*

—Youth Poet Laureate Amanda Gorman

Dear Friends,

Welcome to the Spring edition of our Guide to Wellbeing. Many of us are entering into 2021 with hope. It is indeed a time for cautious optimism as the rollout of the COVID-19 vaccine gains momentum in our community and across the country. Still, the call to socially distance from our friends and loved ones – and the repercussions of a year filled with environmental, social, and political turbulence – can take its toll.

At Hospice of Santa Cruz County, we are witnessing how grief from the loss of a loved one can be intensified by the compromises which must be made in caring for and honoring a loved one when they die during a pandemic. We have also experienced how platforms like Zoom can bring friends and family from across the country and across the globe together, creating moments of deep connection at virtual gatherings and memorial services. These times call for us to tap into our resilience. They invite us to think not only of our own wellbeing but of others. In this Guide, you’ll find offerings of support – whether you are grieving, exploring what death and dying means to you, or taking steps to complete or revise an Advance Healthcare Directive. You’ll also find ways to volunteer, support your fellow community members, and help sustain our mission. As you will see, there are many avenues to your greater sense of wellbeing, and we are honored to be part of your journey.

We care about you and are here for you and our community.



Cathy Conway
Chief Executive Officer



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VIRTUAL COMMUNITY EVENTS

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

We have developed safe opportunities to support your wellbeing, expand your knowledge about end-of-life care, connect with community members, and remember and honor loved ones.

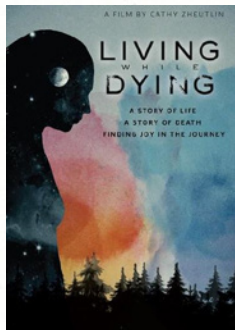
You can access event details & registration information here as well as join our mailing list for future events:
hospicesantacruz.org/events

“Live for each second without hesitation.”

— Elton John

Virtual Movie Night: Living While Dying

Wednesday, April 7, 6:00–7:15 pm



Join us for a free documentary screening followed by a discussion with filmmaker Cathy Zheutlin and a panel of local experts. 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 death-walker in Australia, witnessed a mass cremation in Bali and asked my 90-year old mother to sit in a coffin while we discussed her end-of-life wishes.”

Registration required. Register at:

hospicesantacruz.org/event/living-while-dying/

Virtual Music Meditation and Relaxation for Caregivers

Tuesday, May 4, 10:30–11:00 am

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

Registration required. Register at:

hospicesantacruz.org/event/music-meditation/

**Virtual Book Club: The Art of Dying Well by Katy Butler**

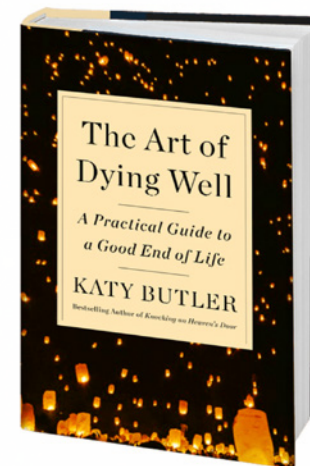
Wednesday, May 19, 5:30–6:30 pm



Join us for a meaningful discussion of Katy Butler’s thoughtful and practical book, *The Art of Dying Well*. This discussion will be led by Vanessa Silverstein, Community Education and Outreach Coordinator. We recommended you read the book ahead of time, but you can also participate if you have yet to read the book.

About the book: With extraordinarily helpful insights and inspiring true stories, award-winning journalist Katy Butler shows us how to thrive in later life (even when coping with a chronic medical condition), how to get the best from our healthcare system, and how to make your own “good death” more likely. *The Art of Dying Well* prepares readers for seven phases of late life, from vigorous old age to the final breath. Filled with life-affirming and relatable anecdotes, each chapter addresses a specific stage: Resilience, Slowing Down, Adaptation, Awareness of Mortality, House of Cards, Preparing for a Good Death, and Active Dying. Registration required. Register at:

hospicesantacruz.org/event/book-club/



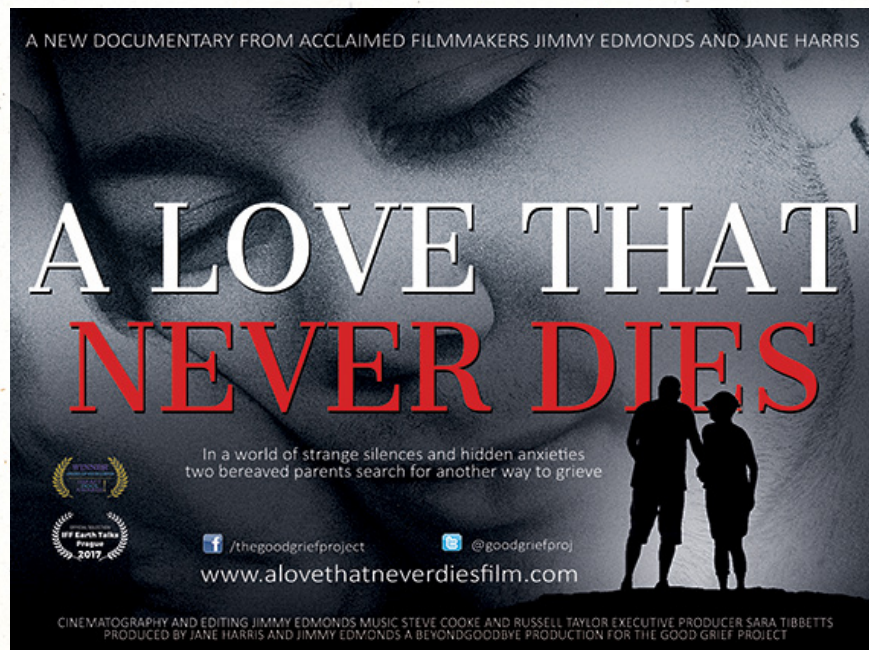
Virtual Movie Night: A Love that Never Dies

Wednesday, June 9, 6:00–7:30 pm

Join us for a free documentary screening followed by a discussion with a panel of local grief experts. How do we grieve? Why do we grieve? And why are we afraid of those that do grieve? Jane Harris and Jimmy Edmonds' son Josh died six years ago while travelling in Southeast Asia. As a way of honoring his memory, they set off on their own road trip across the USA to find out why, in a world where death will always make front page news, real life conversations about death, dying and bereavement are so problematic. Along the way they find other bereaved families with stories of grief that refuse social expectations about moving on or letting go. This film gives a voice to grief in ways that will move and inspire.

Registration required. Register at:

hospicesantacruz.org/event/hospice-movie-night/

**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 talk about death. The Death Café movement includes events all over the world. Learn more at deathcafe.com. Registration required.

Join us at a Death Café:

📅 Tuesday, March 16, 10:30–11:30 am

Register at: hospicesantacruz.org/event/march-death-cafe/

📅 Wednesday, April 21, 5:00–6:00 pm

Register at: hospicesantacruz.org/event/april-death-cafe/

📅 Thursday, May 13, 10:30–11:30 am

Register at: hospicesantacruz.org/event/may-death-cafe/

📅 Wednesday, June 23, 5:00–6:00 pm

Register at: hospicesantacruz.org/event/june-death-cafe/

📅 Tuesday, July 20, 10:30–11:30 am

Register at: hospicesantacruz.org/event/july-death-cafe/

Redwood Grove Memorial Wall

Hospice of Santa Cruz County
940 Disc Drive, Scotts Valley

The Memorial Wall is a place of remembering with beautiful tiles recognizing the lives of our loved ones. The peaceful sound of the creek and the shelter of the redwoods comforts and draws us in. While we cannot gather together for a formal Memorial Wall Reception this year, the Redwood Memorial Grove is open and available to you, any time, as a place of solace.

For more information or to order a tile for your loved one call **Gayle Bensusan** at **831 430 3086**.





ADVANCE HEALTHCARE PLANNING

Planning your healthcare wishes ahead of time is a gift to you and your loved ones.

This is a difficult time where so much feels out of our control. With the presence of COVID-19 in our community, now is a good time to make sure you have an up-to-date Advance Healthcare Directive. 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. We're here to help with this process through 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 Webinar

📅 Tuesday, April 13, 10:30–11:30 am

Registration required.

Register at: hospicesantacruz.org/event/april-health-plan/

📅 Wednesday, June 2, 12:00–1:00 pm

Registration required.

Register at: hospicesantacruz.org/event/june-health-plan/

📅 Wednesday, July 14, 12:00–1:00 pm

Registration required.

Register at: hospicesantacruz.org/event/july-health-plan/



Looking to review Advance Directive forms?

Visit our website to download free copies of the advance directive forms, a helpful worksheet for identifying your values, and a checklist for who should receive a copy of your completed forms.

INFORMATION

For more information please contact **Vanessa Silverstein**

✉ vsilverstein@hospicesantacruz.org

☎ 831 430 3047





“Now I meet the most incredible people that are in the rawest moments of their life, and to be in that moment with them is a huge blessing.”

– Kerry, Grief Support Volunteer

WAYS TO VOLUNTEER

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, 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.

GRIEF SUPPORT VOLUNTEERS

Support adults in grief 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

☎ 831 430 3029

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

We're looking for:

- Volunteers to provide companionship to patients and respite for caregivers
- Pet Companions
- Spanish and English speakers
- Veterans

Volunteer Visitors receive 25 hours of training covering topics such as effective communication and presence, boundaries and mindfulness. The Spring Volunteer Visitor Training will be held virtually via Zoom. 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.

“Serving is not so much about doing as it is about being. There is no greater gift than to be with someone in need of comfort and care. I look in the eyes of my hospice patients and I see that need. I am grateful not only for the hospice volunteer training program, which is powerful, relevant and meaningful, but also for the opportunity to serve the hospice community.” —Valerie, Volunteer Visitor



Curious about becoming a Volunteer Visitor?

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

✉ fellis@hospicesantacruz.org

☎ 831 430 3045

Upcoming Training to become a Volunteer Visitor

Thursdays, May 20-June 24, 6:00–9:00 pm

(all sessions required)

Application Deadline is May 14, 2021

Applications are available on our website

Call us to set up a time to chat and we will happily answer any questions you have about volunteering. 831 430 3045

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 MEETINGS:

Supporting the Caregiver

Understanding the Challenges, Joy and Stresses of Caring for a Loved One

📅 Tuesday, May 18, 12:00–1:00 pm

Registration required.

Register at: hospicesantacruz.org/event/may-pic/

Rituals when Death is Near

Honoring the Sacred at End of Life

📅 Thursday June 24, 12:00–1:00 pm

Registration required.

Register at: hospicesantacruz.org/event/june-pic/

For more information and to register

Please contact **Vanessa Silverstein**

✉ vsilverstein@hospicesantacruz.org

📞 **831 430 3047**

“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



GRIEF SUPPORT

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 grief support groups, classes and events this spring and summer. Give us a call or email us to find out what options may be right for you or for the latest updates on what we are offering.

We are here to help.

✉ griefsupport@hospicesantacruz.org

☎ 831 430 3000

“Storms make trees take deeper roots.”

—Dolly Parton

INDIVIDUAL SUPPORT

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

Grief Support Writing Group

Virtual via Zoom

📅 2021 Date is TBD, call to find out when registration begins. 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. This may be especially helpful 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. If you would like to know when dates are announced and registration begins, please give us a call at (831) 430-3000, ask for Grief Support and let us know you're interested in the "Grief Support Writing Group". **Call to register. Advance registration required.**

Loss of Adult Child Group

Virtual via Zoom

📅 Wednesdays, March 17–April 21st, 7:00–8:30 pm | 6 weeks
No one assumes that they will outlive their children. This loss often feels contradictory to life's order for parents of all ages. This group was created for adults who have lost an adult child and are struggling without having them to love and care for. Through compassionate support, we will help you honor their memory, and find safe and healthy outlets to heal. This group is a gentle step toward regaining your sense of the world again. **Call to register. Advance registration required.**

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

Virtual via Zoom

📅 Thursdays, April 8–May 13, 10:00–11:30 AM | 6 weeks
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 Group

Virtual via Zoom

📅 Thursdays, April 15–May 20, Evening Group | 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. **Call to register. Advance registration required.**

Loss of Spouse/Partner Group

Virtual via Zoom

📅 Thursdays, April 22–May 27, Evening Group | 6 weeks
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 required.**

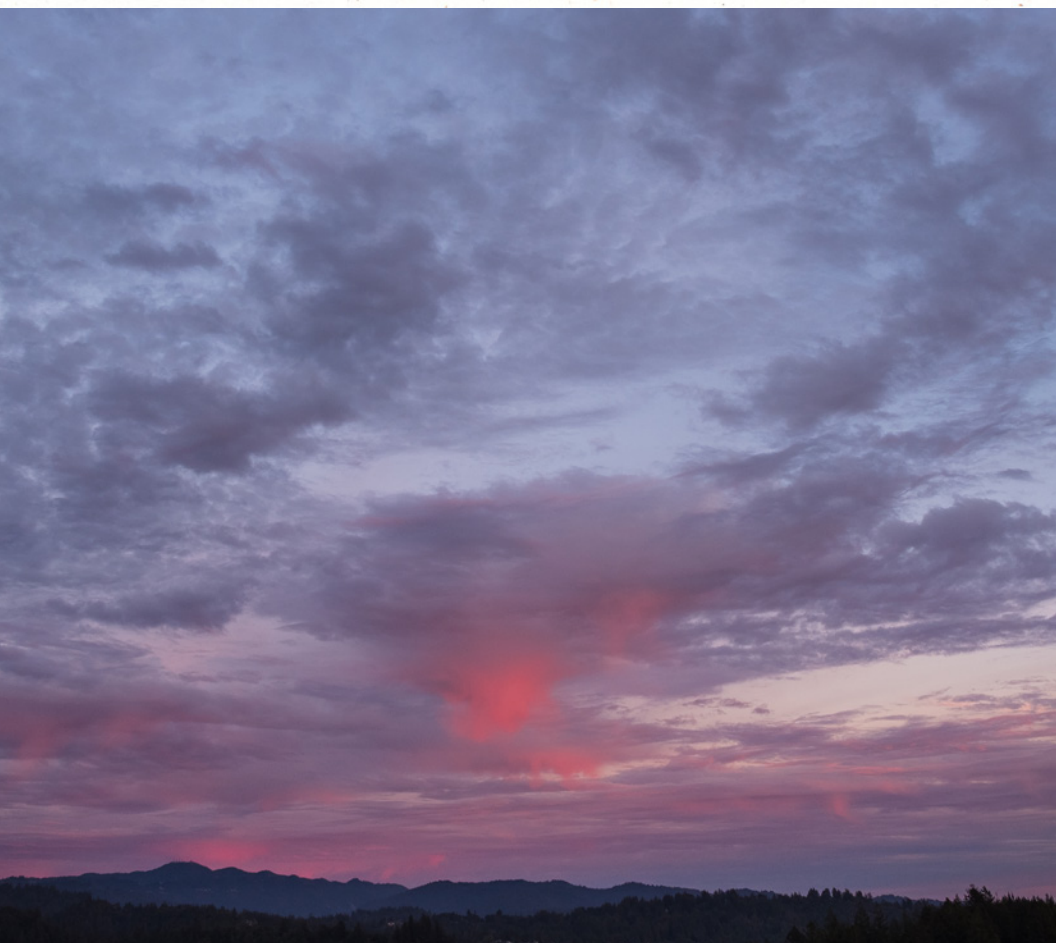
Partner Loss in the Second Year Group

Virtual via Zoom

📅 Thursdays, May 6–June 10, Evening Group | 6 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.

Call to register. Advance registration required.



VIRTUAL CLASSES & WORKSHOPS

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

Parenting While Grieving

Virtual via Zoom

📅 Monthly Class | Third Tuesday of the Month | Time TBD
March 16, April 20, May 18, June 15, July 20, August 17

The class is designed for parents of children and teens. The death of a significant person affects each member of the family in unique ways. Children and teens can feel a wide range of emotions, have dramatic or subtle changes in behavior, and/or seem outwardly untouched by the experience. As a parent, you are experiencing your own grief and, at the same time, may feel the responsibility of supporting your children. In this class, we will discuss parenting while grieving and explore ways that parents/caregivers can support themselves and their children. You may sign up for one or more of the dates. **Call to register. Advance registration required.**

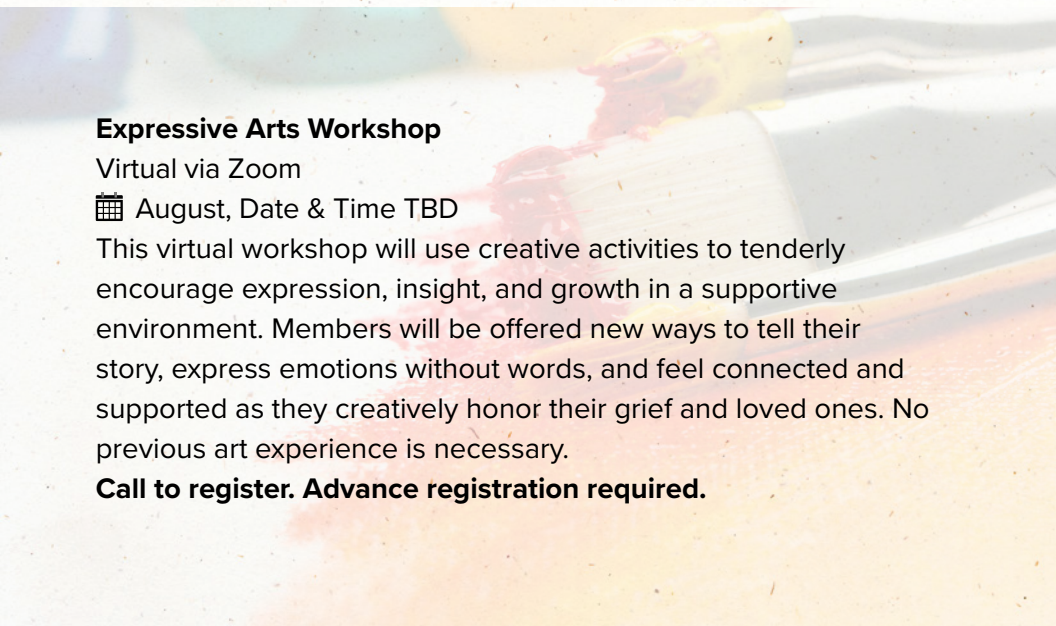
Expressive Arts Workshop

Virtual via Zoom

📅 August, Date & Time TBD

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 required.



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 and supporting children and teens through grief
- Crisis support in the event of a death of a student, teacher or parent

Please contact us

✉ griefsupport@hospicesantacruz.org

☎ 831 430 3000

Camp Erin Santa Cruz

Virtual via Zoom

📅 Saturday, June 5, 2021

Camp Erin® Santa Cruz is a free bereavement camp for youth who are grieving the death of a significant person in their lives. Children and teens ages 6 to 17 attend a virtual group experience that combines grief education and emotional support with fun activities like music. Led by bereavement professionals and caring volunteers, youth are provided a safe environment to explore their grief, learn essential coping skills, and make friends with peers who are also grieving. Camp Erin is free at no cost to families.

For Camp Erin 2021, we plan to hold a virtual day camp. We will post program information on our website, please check there for the latest news and for applications when they become available.

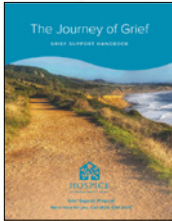
hospicesantacruz.org/grief-support/camp-erin/

You may also reach us by email: camperin@hospicesantacruz.org



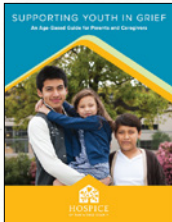
Helpful Resources

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



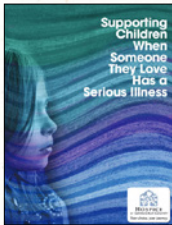
The Journey of Grief

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.



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.

WHAT WE DO

We are committed to serving everyone in our community, to honoring wishes and supporting your wellbeing.

We encourage you to learn more about our services and how we support the community. If you have any questions, please don't hesitate to call us. We are here for you.



Hospice Care

Hospice care provides medically directed comfort care, and 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. No patient is ever turned away because of inability to pay. Individuals who receive hospice care are supported by a hospice physician, nurse, aide, 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.

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 or call **831 430 3000**.



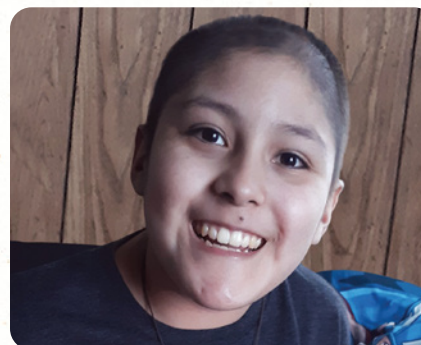
YOUR GIFTS MATTER

As your local, nonprofit hospice, we are here for you. Your generosity makes incredible things happen. When you give, you support care at the bedside and bereavement services for anyone in the community who needs our help. Your support allows us to provide Music Therapy, Pet Companions and Volunteer Visitor Programs, Grief Support, Charity Hospice Care, specialized care for Veterans, and Transitional and Palliative Care Services to thousands of people each year.

You are the reason extraordinary things happen.

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

- \$1,000 Sponsors a grieving child's Camp Erin experience
- \$750 Helps patients meet their goals of care through Palliative Care
- \$500 Nurtures medically fragile children through Concurrent Care for Children
- \$250 Contributes to the delivery of comfort at end of life for the uninsured
- \$100 Gives the gift of Music Therapy
- \$75 Supports those affected by grief
- \$50 Provides treats and training for Pet Companions



WAYS TO GIVE

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

Giving Circles



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.

Tributes and Distributions



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



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.

Donate Today



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 **831 430 3000**.
Hospice of Santa Cruz County Tax ID# 94-2497618

CONTACT US

COMMUNITY EDUCATION & OUTREACH

Vanessa Silverstein
*Community Education & Outreach
Coordinator*
📞 **831 430 3047**

FUNDRAISING

Jennifer Drummond
Associate Director of Development
📞 **831 430 3082**

GRIEF SUPPORT

Stacey Pratt
Grief Support Manager
📞 **831 430 3029**

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**

SPANISH LANGUAGE SERVICES

Deitra McMahon
Latino Community Counselor
📞 **831 430 3018**



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

CONNECT WITH US



hospicesantacruz.org

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