



HOSPICE
OF SANTA CRUZ COUNTY

Spring | Summer 2022

Guide to Wellbeing

Resources, workshops, groups, and virtual events
focused on connection, community, and healing.



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.



Dear Friends,

Spring is a season of renewal and a time to focus on hope and new growth. While facing serious illness or grieving the loss of a loved one are challenging journeys, we can find silver linings, glimmers of hope, and realize our own growth even in times of trial.



The Guide to Wellbeing reflects our promise to walk alongside you in this season and provide support and connection. The Guide includes workshops to help you plan for your future healthcare needs, events to nurture a sense of community, and opportunities to give back through volunteering.

Events are listed as either virtual or in-person but these may change as pandemic protocols change. Please be sure to check our website, hospicesantacruz.org, for the latest details.

As we all navigate the changing pandemic as well as our own individual challenges, we are committed to providing hope and promoting wellbeing in all our offerings. I hope to connect with you at one of our upcoming events.

A handwritten signature in blue ink, reading "Cathy Conway". The signature is fluid and cursive.

Cathy Conway | Chief Executive Officer



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*“Alone, we can do so little;
together we can do so much.”*

– Helen Keller



An Evening with Friends, 2019

Community Events

When we face difficult times it's important to connect with others and build a sense of community.

Check out the following pages to find an event that will support you on your current journey. Whether you want to be a catalyst for helping others or just feel like listening and absorbing information that may set your mind at ease or lift your spirits, there are many events to choose from.

For event details & registration go to hospicesantacruz.org/events. You can also join our mailing list so you never miss an event.

Eventos en Español (Events in Spanish):

Por favor visite nuestra página para la información más reciente de nuestros eventos en Español:
es.hospicesantacruz.org

Visit our Spanish website for up-to-date information about community outreach events in Spanish. For more information visit: es.hospicesantacruz.org

Virtual Movie Night: *End Game*

Wednesday, April 13, 6:00-7:00 pm

End Game weaves together three stories of visionary Bay Area medical providers whose practice has helped change the way we think about life and death. They are dedicated to relieving suffering, and to changing the way we think about—and make choices about—how we live our lives as we near life's end. Intimate and emotional moments—with caregivers, patients, and patients' families and loved ones—are at the heart of *End Game*. Panel discussion to follow film screening. Register at hospicesantacruz.org/event/movie-end-game

**Virtual Music Meditation and Relaxation for Caregivers**

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 Anya Ismail. Anya weaves together poetry, singing, spoken word, and unique instruments like the shruti box to create a beautiful and calming experience. Both sessions open to all individuals in our community caring for a loved one.

Tuesday, May 3, 10:00-10:30 am

Register at hospicesantacruz.org/event/music-may

Tuesday, July 19, 10:00-10:30 am

Register at hospicesantacruz.org/event/music-july

Fairways for Kids Golf Tournament

Friday, May 6, 11:00 am

Seascape Golf Club, 610 Clubhouse Drive, Aptos

The 20th annual Dr. Rich Shapiro Memorial Fairways for Kids Golf Tournament raises funds to support our Children's Grief Support program. Join us for a BBQ lunch, 18 holes of golf, and contests followed by a buffet dinner, raffle, and live auction. Tickets are also available for dinner only. [Get details at hospicesantacruz.org](https://hospicesantacruz.org) or call (831) 430-3084.

Redwood Grove Memorial Wall Reception

Saturday, May 21, 2:00-3:30 pm

Hospice of Santa Cruz County
940 Disc Drive, Scotts Valley

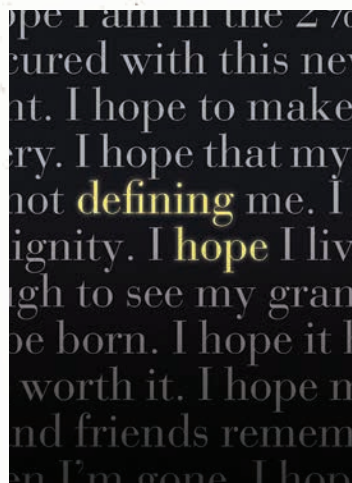
Please join us as we gather, remember, and celebrate those named on the Redwood Grove Memorial Wall. A brief service at 2:30 pm includes the placing of flowers on the wall. Refreshments and a gathering in the company of friends will follow. For more information or to order a tile for your loved one,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



Virtual Movie Night:***Defining Hope***

Tuesday, July 26, 6:00-7:40 pm

Defining Hope is a story about people weighing what matters most at the most fragile junctures in life, and the nurses who guide them. It's a documentary that follows patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for, and how that hope evolves when life is threatened. It is optimistic and reminds us that we have choices in how we die. Panel discussion to follow film screening. Register at hospicesantacruz.org/event/movie-july

**Save the Date: An Evening with Friends**

Sunday, September 18, 4:30-9:00 pm

Seascope Golf Club, 610 Clubhouse Drive, Aptos

FRIENDS OF HOSPICE PRESENT

AN EVENING WITH Friends

Join Friends of Hospice at the Seascope Golf Course where you'll nosh on savory appetizers, sip local wine and craft beer, and enjoy live entertainment. A cash prize raffle plus live and silent auctions featuring adventures and dining experiences make it easy (and fun) to support Hospice of Santa Cruz County's community programs.

**Death Cafés**

Grab a mug of your favorite tea and join us 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, a subject often avoided in our society. Registration required.

Join us at a Virtual Death Café:

📅 Wednesday, April 6, 10:30-11:30 am

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

📅 Tuesday, June 21, 5:30-6:30 pm

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

📅 Thursday, August 4, 10:30-11:30 am

Register at hospicesantacruz.org/event/death-cafe-august

Additional in-person Death Cafés to be scheduled. Check out hospicesantacruz.org to stay up to date with our offerings.



Advanced Healthcare Planning

Planning for the “what ifs” in life means you’ll get the medical care you want if you can’t speak or make decisions for yourself in the future.

Writing down what you do and don’t want, if you should need medical treatment, is one of the best things you can do for yourself and your loved ones.

By thinking about these things now, you can make decisions for yourself in a calm, rational state of mind. You will also relieve your loved ones the stress and anxiety of having to guess your wishes, should you become ill.

Whether you’d prefer to attend a community presentation (virtually or in-person) or set up a one-on-one appointment to plan your personalized advance directive, you can find what you need here.

“Thank you very much for providing this service. I’m so relieved to finally have my wishes in writing. My goal is to make this as easy as possible for my family.”

– Grateful Community Member

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.

Looking to review advance directive forms?

Visit our website for free copies of the Advance Directive form, a helpful worksheet for identifying your values, and a checklist of who should receive a copy of your completed forms.

For more information on Advance Directives contact:

Vanessa Silverstein

✉ vsilverstein@hospicesantacruz.org

📞 (831) 430-3047



Attend a Community Webinar

The presentation covers how to identify your end-of-life healthcare values, complete your advance directive and talk with your loved ones about your wishes. It also explains the difference between an advance directive and a Physician Orders for Life Sustaining Treatment (POLST) form. Registration required.

📅 Tuesday, March 22, 10:30-11:30 am

Virtual event, register at: hospicesantacruz.org/event/ad-22

📅 Wednesday, May 18, 12:00-1:00 pm

Virtual event, register at: hospicesantacruz.org/event/ad-18

Additional in-person presentations to be scheduled. Check out hospicesantacruz.org to stay up to date with our advance healthcare planning offerings.



Ways to Volunteer

Would you like to make a profound difference in someone's life?

When people face serious illness or the end of life they need support more than ever. This support comes in many forms—some of our volunteers provide companionship to patients while others are there to give the family a break. Still others become a community ambassador or volunteer their pet to bring joy.

We welcome you to explore opportunities in the following pages, and if you're not sure if volunteering for Hospice of Santa Cruz County is right for you, to attend an informational question & answer session and learn more.

*"The best way to find yourself
is to lose yourself
in the service of others."*

— Mahatma Gandhi

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 breaks and respite. Other duties include preparing simple snacks, running errands, and completing 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

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.”

– Volunteer Visitor



BECOME A
HOSPICE
VOLUNTEER
VISITOR
TODAY!

Upcoming Training to become a Volunteer Visitor

**Thursdays,
May 26-June 30
6:00-9:00 pm**
(all sessions required)

Application Deadline is May 6
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

Curious about becoming a Volunteer Visitor but still have questions or not quite ready to apply?

Consider joining one of our online informational question and answer sessions via Zoom to learn more. Or you may contact **Forbes Ellis**, Director of Volunteer Services, by phone or email with your questions anytime.

✉ fellis@hospicesantacruz.org
 ☎ (831) 430-3045

Volunteer Visitor Informational Q&A Sessions

📅 Tuesday, April 5, 12:00-12:30 pm

Registration is required:

hospicesantacruz.org/event/volunteer-april

📅 Wednesday, April 6, 12:00-12:30 pm

Registration is required:

hospicesantacruz.org/event/volunteer-22

Pet Companions

We are looking for four-legged hospice volunteers too! They—along with their owners—visit with patients and families, providing joy and comfort to all. Applications for pet companions are available on our website and are welcome throughout the year. Have questions about pet companionship? Consider joining the following informational Q&A session.

Pet Companion Informational Q&A Session

📅 Monday, April 4, 12:00-12:30 pm

Registration is required:

hospicesantacruz.org/event/volunteer-pet



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

“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

Friends of Hospice Volunteers

Put the “Fun” in “Fundraising”

The Friends of Hospice hosts exciting “fun raising” events including the Fairways for Kids Golf Tournament in May and An Evening with Friends in September. As their name implies, the Friends of Hospice 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 Sigfrid Garman at (831) 430-3084**

A circle of support & resources for faith and spiritual leaders

The stress of the pandemic has amplified the need for faith and spiritual leaders. When you add serious illness, aging, or death to the mix, the need for guidance escalates even more. But faith and spiritual leaders are feeling stress too and need to fill up their tanks so they can, in turn, help others. If you minister to others, please join us for engaging 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

Spirituality of Death and Dying

📅 Tuesday, May 10, 12:00-1:15 pm

Register at hospicesantacruz.org/event/partners-in-caring-may

Caring for a Loved One with Serious Illness

📅 Wednesday, July 13, 12:00-1:15 pm

Register at hospicesantacruz.org/event/partners-in-caring-july

For more information or to register by email or phone

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 offer virtual and in-person grief support groups, classes, and workshops this spring and summer.



Individual Support

We are here to support you on a one-on-one basis. You'll meet with a member of our skilled team at a time specified just for you. Appointments are available in English and Spanish. Please call us at **(831) 430-3000** and ask our grief support team to schedule your appointment.

Grief Support Groups

Please call or email us to register for any group that interests you. With state and county COVID guidelines continually changing, some groups may be in person while others may be conducted over Zoom. **Call us to learn more and register.**

We are here to help

✉ griefsupport@hospicesantacruz.org
☎ **(831) 430-3000**

Grief Support Writing Group

6-week virtual group, Thursdays, April 7-May 12

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. **Call to register.**

Partner Loss in the Second Year

6-week group, Thursdays, April 7-May 12

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. Advance registration is required. **Call to register.**

Loss of Parent Group

6-week group, Wednesdays, April 13-May 18

Losing a parent can be so hard to bear, 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. Advance registration is required. **Call to register.**

Loss of Spouse/Partner Group

6-week group, Tuesdays, April 19-May 24

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. Learn practical ways of addressing symptoms of grief such as: insomnia, fear, anxiety, and more. Advance registration is required. **Call to register.**

Loss of Spouse/Partner for Seniors

6-week group starting in May

The loss of a companion can be devastating. In this very special group, we encourage seniors to open up about their loss, 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. **Call to register.**

**Walking through Healing Group
(in-person, outdoors)**

4-week group starting in late Spring

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. **Call to register.**

**Weekly Drop-In Group
(virtual, registration required)**

Every Friday, 12:00 pm, via Zoom

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. It is especially useful for individuals who have time constraints, or who aren't yet certain about committing to a multi-week group.

Register online:

hospicesantacruz.org/grief-support-calendar

**Expressive Arts Grief Workshop
(in-person, registration required)**

August

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. **Call to register.**

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 have begun offering in-person counseling sessions outside on our redwood deck. If you have questions about youth grief support counseling or to register, 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 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

We are here to help:

✉ griefsupport@hospicesantacruz.org
 ☎ (831) 430-3000

Camp Erin® Santa Cruz—Where children and teens come to grieve and heal

Saturday & Sunday, June 4-5, 2022

Camp Erin Santa Cruz is a free, two-day bereavement day camp for youth. It combines fun activities in nature with grief education and emotional support. At a beautiful site in Corralitos, campers ages 7-17 will gather for activities like hiking, art, music, and animal visits. Organized by bereavement professionals with the support of caring volunteers, Camp Erin provides a safe environment for exploring grief, learning essential coping skills, and making friends with peers who are also grieving. Camp Erin is free to all families.

Campers are enrolled on a first come, first served basis. Apply now to reserve your spot. For the latest news and to download an application please visit: hospicesantacruz.org/grief-support/camp-erin

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



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 or a loved one are considering options for serious illness or end-of-life care please reach out to us with any questions or concerns. We are here for you.



Hospice Care

Hospice care provides medically directed comfort care as well as emotional and spiritual support for individuals diagnosed with a life-limiting illness. Family members and loved ones also have access to 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. 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. Those receiving transitional care typically continue with curative treatments.

Concurrent Care for Children

This new form of care supports medically fragile children with home-based pain and symptom management. Children on our service may continue to seek life-sustaining and curative treatments while receiving home-based comfort care.

Your Gifts Matter

As your local, nonprofit hospice, we are here for you. Your generosity makes incredible things happen. When you give, you support holistic care at the bedside and bereavement services for anyone in the community who needs our help. You enable us to provide music therapy, pet companions and volunteer visitor programs, grief support, charity hospice care, the We Honor Veterans program, and transitional and palliative care services to thousands of people each year.

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



Donate Today



**To donate, use the enclosed envelope
or visit hospicesantacruz.org.**

If you'd like to speak with someone about the difference you can make, contact Jennifer Drummond at **(831) 430-3082**.

Hospice of Santa Cruz County Tax ID# 94-2497618

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: By pledging \$1,000+ annually for three consecutive years, you help sustain community programs.



Legacy Circle: Create your legacy, include Hospice of Santa Cruz County as a beneficiary in your will, life insurance, IRA, or estate plan.

Types of Gifts



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



IRA Distribution: Put your IRA to work charitably. If you are 70 ½ years or older, you can direct any portion of your IRA minimum distribution directly to Hospice of Santa Cruz County, tax-free.



Vehicle Donations: Donating your car, truck, trailer, motorcycle, or boat makes a positive impact on the environment and helps benefit our mission through our partnership with Charitable Adult Rides & Services (CARS).



Cryptocurrency Donations: The IRS classifies cryptocurrencies as property, making cryptocurrency donations one of the most tax-efficient ways to support Hospice of Santa Cruz County.

Contact Us

Community Education & Outreach

Vanessa Silverstein
Community Education & Outreach
Program Manager
☎ (831) 430-3047

Fundraising

Jennifer Drummond
Director of Development
☎ (831) 430-3082

Grief Support

Stacey Pratt
Grief Support Manager
☎ (831) 430-3090

Volunteer Visitor Program

Forbes Ellis
Director of Volunteer Services
☎ (831) 430-3045

Youth Grief Support Services

Amy Marlo
Youth Grief Support Program
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**





HOSPICE
OF SANTA CRUZ COUNTY

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