



People who have less than six months to live say they want to:

- Be treated with respect
- Be told the truth
- Be surrounded by people they choose
- Avoid unnecessary procedures and hospitalizations
- Avoid suffering
- Die at home

Yet, in this country, over half of people die without hospice, in a hospital, in a flimsy gown, surrounded by people they don't know, suffering. Why? We fear rather than plan for death. Yet with some key conversations with your medical team, friends and family, you can have the last six months you want. You can live longer and better by simply discussing your fears and wishes in advance.

When given a new diagnosis, ask your physician to review every option, even ones that do not involve treatments. Ask how long each option will allow you to live and what that life will be like. It turns out, at the end of most terminal diseases, avoiding treatments actually allows you to live longer and better, so ask direct questions about each choice. Revisit these questions when your condition changes, as the answers may change.

You may request someone from Hospice by the Bay to come out for what we call an "Informational Visit." A nurse will meet you wherever and whenever is convenient to discuss options in the context of your own goals. Discussing your wishes in advance allows you to orchestrate the course of your remaining life.

At Hospice by the Bay, we help people articulate their wishes and make them come true.

SAVE THE DATE



HOSPICE BY THE BAY'S ANNUAL BALL

Saturday, November 4 • 6 p.m. to Midnight
Craneway Pavilion • Marina District, Ford Point, Richmond
1414 Harbour Way South

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an affiliate of UCSF Health

17 E. Sir Francis Drake Blvd.
Larkspur, CA 94939
(415) 927.2273

www.hospicebythebay.org

Serving the counties of Marin, San Francisco, San Mateo, Sonoma,
and the cities of American Canyon, Napa and Vallejo

Support Hospice by the Bay into the Future

Many of our loyal supporters include Hospice by the Bay in their estate plan because they have experienced the comfort Hospice brought to someone they love. When you plan a gift in your long-term financial plans, you help ensure that programs for care will be here for many generations to come.

When planning a future gift, it's sometimes difficult to determine what size donation will make sense. Emergencies happen, and you need to make sure your family is financially secure first. **A charitable bequest** offers many benefits:



It's revocable – You stay in control of your gift. You can easily revise the bequest if your circumstances change.



Versatility – You can structure the bequest to leave a specific item or amount of money, or leave a percentage of your estate to us.



Tax Relief – If your estate is subject to estate tax, your gift is entitled to an estate tax charitable deduction for the gift's full value.

For more information about bequests and other types of gifts, please visit our Planned Gifts resource center on our website.

Not intended as legal, tax or investment advice.

As a former practicing hospice nurse I think a lot about the patients and families we serve every day who are depending on us to provide them with the guidance and expertise required to care for a loved one at home. It became very clear to me early on in my career, that when I was assigned a case, I instantly searched for that one individual in a family that I could depend on to train, support and educate during our journey together. **I was always struck by the courage it took for a willing caregiver to venture into the uncharted world of caring for someone at the end of life.** It takes trust to let someone you've never met into your home and be open to learning about the daily responsibilities of being a caregiver. It is our honor to be welcomed into thousands of homes every year to help and empower family members and caregivers to provide care to their loved ones in a manner that respects their end of life wishes.



From the desk of
Kitty Whitaker
Chief Executive Officer

In most instances caregivers are spouses, daughters, sons, mothers, fathers, or dedicated friends who stand up and take on the important responsibility of ensuring a quality of life that honors the wishes and dignity of our patients. **The hospice philosophy of care from the very beginning was based on a commitment of mutual respect between the hospice team and the patient's care giving team.** It is indeed the secret to our success and longevity.

We use the word empowerment a lot in our organization. It is an important word for us and comes in many forms. For our staff it refers to the encouragement of safe and effective decision making. For our patients and families, it stands for more of a "you can do this" and "we will be by your side" type of message. We want our caregivers to feel that our training and support led to the best possible outcome in the care they provided to their loved one. Maybe better said, we want our caregivers to feel that their final gift to their loved one mattered and supported their quality of life until the end.

The hundreds of caregivers we work with every year are our heroes. I honor each and every one of you who recognizes the meaningfulness of hospice work and the profound effect you have in honoring your loved ones at the end of their life.

The generosity of our donors allows us to provide care to anyone who needs us at a very vulnerable time in their lives. Three of our programs that illustrate the impact of your ongoing support are:



Charity Care – Caregiving Fund Program

To ensure that all individuals can access hospice care in the last phase of their lives, Hospice by the Bay created the Charity Care/Caregiving Fund Program.

Hospice services under Medicare and Medi-Cal assumes that each patient has a safe environment and adequate caregiving support at their residence that works in conjunction with the hospice team. For those with no family, low/no income and/or inadequate housing, receiving the care they need can be challenging. Without this care, it is difficult for their medical condition to be stabilized, resulting in frequent ER visits and/or hospital admissions.

Charity Care/Caregiving Fund Program allows these individuals to access end-of-life care by supporting them in one of three critical ways:

1. Helping them to stay in their homes by providing needed caregiving support, or
2. Arranging and paying for placement in a hospice residential facility during their final days,
3. If the patient is in marginalized housing, such as a single resident occupancy unit, the program can improve the safety of their environment so they can live comfortably in the final days of their lives.

Hospice by the Bay is committed to ensuring that no one is turned away due to personal or economic circumstances. The impact of these services on the quality of life for these patients is immeasurable.

Pediatric Palliative Care

Through our collaboration with California Children Services, we are expanding our services to teens, children and infants with life limiting illnesses from low income families in Alameda County who are currently unable to access palliative care services.

Every moment in a child's life counts and needs to be respected, whether that life is measured in hours, days, months, or years. To see a child live out the final months and weeks of his or her life in comfort, surrounded by loved ones and the things that bring them joy has a lasting effect on the entire family and the whole community.

This program allows us to provide culturally competent services, and address current barriers to these children receiving care. These children will be provided with nursing visits, social work visits, therapeutic visits (music, art and pet therapies) and pain management. Research shows that pediatric patients who receive coordinated home-based care have improved quality of life and reduced number of hospital stays. Their family members and primary caregivers experience reduced anxiety, have more confidence in caring for their child, and can access extended bereavement support before and after the loss.

Youth Bereavement Program

Hospice by the Bay is committed to giving children in our community the support they need to heal from significant loss.

Our Youth Bereavement Program offers counseling to children and teens:

- Individual and group counseling sessions for adults, children and teens who have lost a loved one.
- Art & Grief Support Groups in Bay Area schools. We use expressive art modalities to encourage each student to give voice to their unique experience of grief and loss. Of the 275 youth we have helped, 90% of the youth we serve come from low income families and 75 – 80% of these students have lost a loved one to violence.
- Camp Erin®, our annual youth bereavement camp, is designed to help children who are coping with the death of a loved one, to express their grief, build trust and self-esteem, and learn to cope with their loss through age-appropriate therapeutic activities. We offer this healing weekend, **free of charge**, to 50 children from all nine Bay Area counties.
- Crisis Intervention at schools when their community has experienced the loss of a teacher or student. Our counselors can provide on-site assistance to staff, students and parents.

Caregiver Tips

You do so much to care for your loved one. The physical and emotional demands can cause “caregiver fatigue,” so it’s essential that you take care of your physical, emotional and spiritual health. Self-care allows you to give the best care to your loved one.

- Balance caregiving activities with short rest periods or time away. Nourish yourself with activities that are just for you.
- Ask family members and friends to visit with the patient, cook a meal, or help with household chores, errands or shopping.
- Eat when you’re hungry and avoid skipping meals.
- Stay healthy with well-balanced meals, rather than fast foods. Drink plenty of water.
- Several times a week, get 30 minutes or more of moderate physical activity.
- Visit your own health care provider for checkups as needed.
- Watch for signs of stress, such as impatience, headaches, stomach aches, difficulty sleeping, loss of appetite and muscle tension. Ask for help when you need it.
- Use stress reduction techniques, such as relaxation recordings, soothing music and deep breathing.
- It’s natural to feel angry, frustrated or overwhelmed at times. Write in a journal or share feelings with family members or friends.
- Join a caregiver support group.



Hospice care focuses on dignity, comfort and quality of life.

We will help you live as fully and comfortably as possible, while providing support for your loved ones, wherever you call home – a family residence, assisted living, a nursing facility or a hospital.

The answers to many questions about hospice can be found on our website. The Patients and Families section includes informative articles such as:

Is it Time for Hospice? • **Advance Care Planning** • **Who Pays?**
Stories from our Families • **Video Library** • **Resource Library**