Myths & Facts about Hospice Care

**Myths:**
It is usually expensive. It is usually paid for by the patient or his/her family.

**Facts:**
Medicare, Medi-Cal and most private insurance plans cover the cost of hospice, including medications, medical supplies and equipment. If you do not have any insurance coverage, we will work with you and your family to ensure you get the services you need.

The federal Medicare Hospice Benefit is covered under Medicare Part A. The Benefit covers virtually all aspects of hospice care with very little, if any, out-of-pocket expenses to the patient or family. Hospice by the Bay is fully certified by Medicare.

If you would like to learn more about the Medicare Hospice Benefit, call us at (415) 927-2273 or visit www.hospicebythebay.org and click on Patients and Families — “Who Pays?”

**Notes**

- **Thank you!** A list of Donors, including Legacy Gifts, Foundation Funders and Event Sponsors is now available on our website. Please visit www.hospicebythebay.org. Click Donors, then Our Supporters.

- **Save the Date – We’ll See You in the Spotlight!** Our 40th Anniversary Ball, Puttin’ On The Glitz, is Saturday, November 7. Join us for sparkling cocktails and dinner, a premier auction, and music made for dips and spins à la Astaire & Rogers.

- **Mark Your Calendar – Advance Health Care and Estate Planning Seminars, Services of Remembrance, Grief Support Groups, Book Sales and Community Events can be found on our website calendar. If you would prefer a paper event list, please call (415) 526-5500.**

- **LivingBeforeLeaving.org –** a collection of videos, articles, news stories, planning tools and other resources to make conversations about your end-of-life wishes easier to have with your loved ones.

- **Make a Difference –** Volunteers generously give their time and talents to support our missions, helping ensure that everyone who needs us – patients, their families and caregivers – receives our personalized care. Help your community by volunteering in Patient & Family Support or Organization & Community Support.

(Continued inside)
Grief is a normal reaction to the loss of a loved one. We can help.

GRIEF COUNSELING
Everyone experiences grief in their own way. Our experienced counselors are your guides through the process.

We create a confidential, safe place where you can feel comforted and understood, while learning skills for coping with grief. Both families of our hospice patients and community members at large learn to manage the changes and challenges that come with all types of loss — illness, age, sudden or accidental death, suicide, child or pregnancy loss. We offer several counseling and support options, so you can choose the best fit for you or your family.

INDIVIDUAL COUNSELING
One-on-one counseling allows you to privately explore feelings, understand your responses to grief, and face personal and practical challenges in healthy ways.

We can also help couples or families learn how to best support each other after a shared loss.

SUPPORT GROUPS
Talking with others who share a similar sense of loss offers emotional support and connection, and eases feelings of isolation. Led by a grief counselor, our groups offer you time to express feelings, learn how others cope with loss, and better understand the grief process.

Our six- or eight-week groups focus on topics such as parental or spousal/partner loss, or children’s grief. Current groups are listed on our website.

GRIEF EDUCATION
Our counselors offer community and school presentations to help teachers, students, social workers, health care professionals and community members understand the grief process and support others who are grieving.

SERVICE OF REMEMBRANCE
Our annual, community memorial gatherings honor loved ones who have died by sharing comforting messages, music and ritual.

YOUTH PROGRAM
Young children and teenagers can be deeply affected by the loss of someone close to them. However, they grieve differently than adults so they need specialized support and care.

Our youth counselors are trained to support the needs of children and teens. We work with ages 3 to 17, using age-appropriate family, individual and group counseling activities, including art therapy, symbolic play and grief education.

Fall grief counseling groups begin in September in Larkspur, Sonoma and San Francisco. A complete schedule is available at www.hbtb.org.

Meet Our Staff …

Kathryn Crowder, Clinical Social Worker
Hospice care is a team of dedicated professionals who care not only for patients, but their families and caregivers, as well.

When I first meet the family of a new patient, I explain that seeing how teens felt, and reading what they thought might help other teens deal with the pain they’re feeling now.

Fall grief counseling groups begin in September in Larkspur, Sonoma and San Francisco. A complete schedule is available at www.hbtb.org.

#Teen Grief

What’s so special about this book? Most books about grief are written by adults. Teen Grief was written with the help of grieving teenagers. When we put this book together, we talked to a lot of teens. As they shared their stories, they learned they had more in common with their grieving peers than they realized. After a loss, you may feel that no one understands what you are going through. You may wonder if it will ever get better. The teens we spoke to felt the same way. We hope that seeing how teens felt, and reading what they thought might help other teens deal with the pain they’re feeling now.

Please email hospiceinfo@hospicebythebay.org with your name, mailing address and telephone number or call (415) 526-5500, to request a copy of Teen Grief.

From the desk of Kitty Whitaker continued...