

Seasons Fall 2007

Every blade in the field, every leaf in the forest lays down its life in its season as beautifully as it was taken up - Henry David Thoreau



OF SANTA BARBARA, INC.

A Volunteer Hospice Organization

THE MIRACLE OF GENEROSITY

By Bunnie Chapman-Doyle



Sickness knows no social, economic, ethnic, or cultural bounds. At Hospice of Santa Barbara we provide services to people from all imaginable life circumstances. Some come to us already in a position of social and economic disadvantage. But severe illness can throw others who have known relative social and economic health into turmoil.

As a case manager with Hospice of Santa Barbara my role of making referrals and coordinating supportive resources for our patients can often times be challenging. My training and experience as a social worker help in meeting this challenge. However, the most rewarding part of my job does not come from helping someone fill out a government form, but from seeing the magic that transpires when people come together with their creativity, generosity, thoughtfulness, and hard work to help someone in need.

Recently, I had the opportunity to be part of an incredible chain of events that embodied this magic of which I speak. I received a telephone message from our volunteer coordinator, Dana Vander Mey, informing me that the family of a recently deceased Hospice patient had generously offered to donate a majority of this patient's household belongings to other Hospice of Santa Barbara

patients in need. I was currently working with two patients that needed immediate help. One was a man who would be homeless if not for the shelter of his small storage unit. His health requires him to sleep with his chest elevated and his old, worn, love seat wasn't doing the trick. The other, a woman who just moved out of an unhealthy environment into her own studio—with no furniture. The availability of this woman's belongings could not have been more timely.

With the family and executor needing to clear out the apartment of their friend and loved one as soon as possible, we needed to move fast to take advantage of this wonderful opportunity. Moving day was set—only a few days away. I needed to clear my schedule, find a truck to move the furniture and some strong arms and backs to help. Clearing my schedule was easy, but finding the transport was not. Dana Vander Mey scoured our volunteer list. No one had a truck; no strong backs available this Thursday. I turned to my personal resources and called a friend from the Unitarian Society of Santa Barbara whom I know has a truck. He was available and willing to lend a hand. I asked Father Jon Stephen Hedges from St. Athanasius Church to help find someone who could assist us when we arrived at our first patient's home to

deliver the lift chair. After swearing my friend to confidentiality concerning our patients, we were off. Within five hours, we packed a truckload of furniture and other household items out of one place and delivered them to two new homes.

I did not know this woman who died, whose personal

possessions—the evidence of a life well lived—were generously donated. She was someone's friend, a mother, a neighbor, an artist. As I stood in her apartment, looking at the things that, in some small way, spoke of who she was and listened to the stories her friends told, my heart warmed. I was touched by this woman. She would touch others she had never known. I was moved by strangers coming together to help and support one another. I was reminded of why I love this work I do.

Bunnie Chapman-Doyle is a Licensed Clinical Social worker providing counseling and case management at Hospice of Santa Barbara.

“the most rewarding part of my job... comes from seeing the magic that transpires when people come together with their creativity, generosity, thoughtfulness, and hard work to help someone in need.”

Gail Rink

AFTER THOUGHTS FROM GAIL



In the early 80s when I was starting my hospice work, I learned that hospice is not a place; *hospice is a philosophy of care*. Over time, I think many people do believe hospice is a place, a place where you go to die, a place to go to find comfort and caring. However, the broader

definition of hospice as a philosophy of care allows hospice to exist in many places and spaces. Hospice in the home. Hospice in the nursing home. Hospice in the hospital. Hospice in the classroom. Hospice in the homeless shelter.

Hospice of Santa Barbara staff and volunteers embrace our hospice philosophy of care.... *providing healing programs for the dying and bereaved through supportive human relationships*. We are vigilant about the sharing of our individual ideas and feelings that empower people to face their fears, to heal their sorrow and to have the constant comfort of a life well lived. Wherever the patient/family member is...at home, in the hospital, in a nursing home, at the office... is the space we embrace with our hospice care.

In February, 2007, Hospice of Santa Barbara moved its offices to a new *place* in the Riviera Park complex. Our campaign literature boldly stated:

“The time has come for a unique healing place; a place where life threatening illness and the sorrow of death does not impair the meaning of life or the joy of living.”

The time has come for a unique healing place; a place where life threatening illness and the sorrow of death does not impair the meaning of life or the joy of living.

In the face of death, we cannot heal the physical. And yet, death and the accompanying grief, provides the opportunity for us to clarify our emotional, social and spiritual strengths and to use those strengths to heal our fears, our fractured relationships, our beliefs and our sorrow. The patients/families who come to our offices, find a *healing place*. A *place* where the environment and programs are designed to welcome and comfort the dying and bereaved...a *space* where trusting relationships are built, where confidences are shared and where emotional, social and spiritual healing can begin.

We are grateful to Frank Schipper Constuction for building such a *place*. We are thankful to Barry Berkus, Dana Berkus and Keith Rivera for their gift of design and decorating the *space*. Their collective talent, coupled with their own hospice experiences,

created this *unique healing place*. We are blessed to be the steward of such a special *place*...and... we are committed to filling our *space* with relevant healing opportunities for the dying and bereaved.

The Mission of Hospice of Santa Barbara, Inc. is to provide care to anyone experiencing the impact of a life-threatening illness, or grieving the death of a loved one.

California does not require licensing for volunteer hospices, so long as neither a charge is made for its services, nor is skilled nursing provided. The State Attorney General monitors operations.

NEW “POSITIVE PARENTING GROUP”

By: Gabriela Dodson, Director of Clinical Services

The month of September is a time of renewal. New classes. New shoes. New school supplies. In the Clinical Services Department September is also the time for new. It is the beginning for new groups and the commencement of several children’s groups. This September we are excited to introduce a new group, “Positive Parenting”, for bereaved parents, grandparents and guardians who are parenting bereaved children and teens. The idea for this group arose at the suggestion from the parents of children in the I Have a Friend program. This “Positive Parenting” group will meet twice a month along with two children groups ages 4-8 and 10-14. The parents, with their children, will join together for dinner and then adjourn to their age specific group. The goal of Positive Parenting is to

provide socialization, support and education to parents who find themselves alone after the death of a spouse, grandparents or guardians who must take up the role of only parent. The curriculum for the parenting group will include clinical work, education and also activities such as walking a labyrinth, massage therapy and art therapy.

HSB listened to the needs of parents and the clinical staff was able to meet the needs of these families through creativity and compassion.

These parents, grandparents and guardians will be given the opportunity to learn, heal and become refreshed. Since this is a multigenerational service the children will be in “Kids Heal Too” groups. During this evening program HSB will be using all of its rooms! It will be a center full of energy. Two things came together for this new

program. HSB listened to the needs of parents and the clinical staff was able to meet the needs of these families through creativity and compassion.

HOSPICE OF SANTA BARBARA WELCOMES GABRIELA DODSON, MSW, LCSW, NEW DIRECTOR OF CLINICAL SERVICES



Hospice of Santa Barbara, Inc. is pleased to announce Gabriela Dodson as the new Director of Clinical Services. Prior to joining Hospice of Santa Barbara, Gabriela was the Program Director at Angels Foster Care of Santa Barbara. She also worked at Santa Barbara Cottage Hospital as a Medical Social

Worker from the University of Southern California. Gabriela volunteers for the American Red Cross and is a member of the Santa Barbara County Drug and Alcohol Commission and the National Association of Social Workers. She has been certified by the State of California Board of Behavioral Sciences and is a Registered Licensed Clinical Social Worker

Worker and at the Ventura County Department of Health as a Psychiatric Social Worker. She attended Scripps College and received a Bachelor of Arts degree in Sociology. She received a Master’s degree in Social

LIGHT UP A LIGHT

By Amanda Kastelic
Community Relations/Education Coordinator

Each December, Hospice of Santa Barbara's Auxiliary hosts our largest community event, *Light Up a Life*. *The Light Up a Life* tree lighting ceremonies are a unique opportunity for our community to come together and remember the life and joy of their loved ones by hanging ornaments on our memorial tree.

Mary Anne Knox, HSB Auxiliary member, shared why *Light Up a Life* is an important part of her holiday tradition.

Hospice of Santa Barbara has been a part of Mary Anne's life since she was a child. When her grandparents died, her mother sought support, and began to participate in the *Light Up a Life* tradition. Each holiday season, Mary Anne hung two star ornaments in memory of her grandparents, and attended the *Light Up a Life* ceremony.

As a teen, she didn't think much about the memorial aspect of the ornaments, but that changed three years

ago, when Mary Anne's mother died. The tree lighting ceremony was especially touching that year; Mary Anne hung five stars on the memorial tree, one was for her mother. Each time she drove by the memorial tree Mary Anne could say, "My family is on that tree, I hung stars for them," and in January, "I was sad

“My family is on that tree, I hung stars for them”

to see the tree gone.” Mary Anne continued to explain that hanging stars on the tree doesn't make loss any easier, but it is a special way for the community to unite and remember their loved ones together.

Join us at *Light Up a Life* this year in Goleta, at the Camino Real Marketplace on December 1 at 5:30 p.m., in Santa Barbara at the Lobero Theatre on December 2 at 5:30 p.m., and in Carpinteria at Holly Hock cottage, 789 Linden Avenue on December 12 at 5:30 p.m., and make *Light Up a Life* a part of your holiday tradition.

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RUSSION ORTHODOX BLESSING BRINGS COMMUNITY TOGETHER

By Marianna Mashek

Gail Rink described Dana Vander Mey's enthusiasm for the project of getting my mother to the Russian Orthodox churches to visit the icons she painted and to receive a special blessing from a priest, as so great, it was like that of "a puppy not letting go of a new slipper!"

The adventure first began with Dana's thought that it would be important to get my mother out of her facility and to church. It had been years since she had been to St. Vladimir's or the Holy Resurrection Church. In the past I would take her to Christmas Eve Mass at the Mission or Our Lady of Sorrows, but for one reason or another, we never made it to the Russian Orthodox churches. Many times there was no priest available in Santa Barbara.

My devout Russian mother contributed a lot of her life to the church. I was baptized in the first Russian chapel at the home of Lydia Witmer on East Arrellaga St. Years later it was there that Dana met Galina while caring for a Russian priest who was living there.

Joe Jowell, Hospice of Santa Barbara Inc. volunteer, suggested that the Dream Foundation might be able to make this happen. I wrote a letter of request on

behalf of my mother and sent photos and a biography. After many efforts to contact and coordinate with the churches to have a priest available, the Dream Foundation funded a priest from Los Angeles to come to Santa Barbara and meet with my mother.

Hospice of Santa Barbara took over and with a flood of generosity from the community, Easy Lift Services and the Fire Department helped with transportation and lifting the wheelchair up the steps to the church. Watching my mother raised up the steps of Holy Resurrection Russian Orthodox Church by three firemen brought me healing images of her being lifted to Heaven by angels.

My mother was blessed by Father Michael surrounded by icons, candles and incense. A photograph of her parents with her at age three was also blessed, an emotional act of completion for my mother. Liturgy and prayers were chanted. Hands crossing in the name of the Father, Son and Holy Ghost.

Friends that came to participate and support Galina in this blessed event truly appreciated the ceremony. Dana described it as "highest of Holy." My deepest

thanks to Hospice of Santa Barbara: Gail's huge heart, foresight and leadership; Dana's keen desire to make this dream unfold no matter what; Joe's dedication and thoughtfulness; Joe, driver for Easy Lift, who remembers Galina from pick-up and delivery of other residents at the facility ("She always says hello to me and smiles!"); the heroic firemen of two shifts who managed her getting up and then down the steps; Father Michael and Valerie and Lydia of St. Vladimir's church for allowing entrance; and loyal friends Leonard Dhein, Carol and Rick Heise, and Paul Hallam.



Galina Sakharoff-Mashek meets Father Michael in church she helped found as a young woman

Recent Special Events for Hospice of Santa Barbara

Open House Events at Hospice of Santa Barbara's New Home

Those representing all facets of Hospice of Santa Barbara work and activities were invited to a series of Open Houses to introduce them to our beautiful new Center. The Open House events offered an opportunity for guests to tour our new healing environment and find out about new programs and services in our future.



Executive Director Gail Rink and Architect Barry Berkus



Richard Aberle and Michael Salsbury



Board President, Mary Blair with Gail Rink and Campaign Chair, Jill Nida

The Mystery of Edwin Drood Production Raises Funds and Community Awareness for Hospice of Santa Barbara

YNOT Student productions, made up of local talented youth, put on four performances of the Charles Dickens play The Mystery of Edwin Drood at the Marjorie Luke Theatre. After production expenses, proceeds were donated to Hospice of Santa Barbara to support our free services.



"Arrivederci Joanne" (but not really Good-bye)

After 11 years of outstanding service to Hospice of Santa Barbara and those we serve, Joanne Talbot is retiring to spend more time traveling and with her family. Joanne's contributions to Hospice of Santa Barbara and the people of Santa Barbara is truly immeasurable. She had a tremendous positive impact on everyone she touched. While we say good-bye to Joanne, she promises she will not be a stranger and will continue to stay connected to her family here. To send Joanne off in proper style, we invited her co-workers, far flung family members, and old friends to a farewell barbeque "do" on Hospice of Santa Barbara's front lawn. Co-workers and friends chipped in to buy two round trip plane tickets for Joanne and her husband to travel to Italy. "Ciao Joanne, we'll miss you!"



(left to right) Bunnie Chapman-Doyle, Suzanne Retzinger, Nina Zimmer, Nancy Gunzberg, Debbie McQuede, Charlie Zimmer

Seaside Gardens Thank You

Seaside Gardens in Carpinteria hosted a Celebration of the Lotus event which also served as a fundraiser for Hospice of Santa Barbara. Guests heard from Lotus expert Dean Cornell of Santa Barbara Water Gardens, enjoyed wine donated by Herzog Wine Cellars, and

toured the beautiful Seaside Gardens grounds. Ten percent of the days proceeds were donated to Hospice of Santa Barbara. "I wanted to reach out to Hospice (of Santa Barbara) for all that they have done for me and my family," said Catherine Herrera, Seaside Gardens Manager and Hospice of Santa Barbara client.



Please Join us for

Light Up a Life

Tree-Lighting Ceremonies

Goleta

Sat., Dec. 1, 2007
5:30 p.m.

Camino Real Marketplace
Borders Courtyard

You are invited to participate in decorating a Hospice of Santa Barbara memorial tree. Your donation in memory of a loved one or in honor of someone living will be symbolized by a star ornament.

Hospice of Santa Barbara provides high quality non-medical care, free of charge, to:

- people adjusting to living with a life threatening illness
- people facing death
- people anticipating the death of a loved one
- people healing their grief after the death of a loved one

Your contributions secure our counseling, volunteer service programs and community education for everyone.

Join us at our tree lighting ceremonies to hang the stars you have personalized, or send stars to your friends and family to share this special remembrance.

For more information, please call (805) 563-8820 or visit our website at www.hospiceofsantabarbara.org.

Santa Barbara

Sun., Dec. 2, 2007
5:30 p.m.

Lobero Theatre Front Lawn
Canon Perdido

Carpinteria

Sat., Dec. 8, 2007
5:30 p.m.

Hollyhock Cottage
789 Linden Avenue



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Grief Tips During the Holidays

Hospice of Santa Barbara offers some helpful ideas for someone who has experienced the death of a loved one, to make it through and to even bring some joy back into the holiday season. Here are a few suggestions:

- Find a way to incorporate the one you loved and lost into the holidays
- Understand that the holidays will never be the same as they were before the loss
- Make new traditions—for example, take the family on vacation if you usually stay at home
- Help others—take a meal to a homebound person or volunteer in a shelter
- Buy gifts online or through catalogs if the idea of going shopping is overwhelming
- Make donations in the name of your loved one
- Accept only invitations that sound the most appealing and avoid the ones that feel more like an obligation
- Don't hide your feelings (especially not from children)
- Don't isolate yourself



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Thank You!

Ways of Giving

Santa Barbara Hospice Foundation

The Santa Barbara Hospice Foundation is a trust that was established by Hospice of Santa Barbara in 1984. Its purpose is to accept and invest endowment funds, the income from which is used to sustain and enrich the many programs of Hospice of Santa Barbara, Inc. Founded in large part by Leigh Block, one of Hospice of Santa Barbara's greatest supporters, the Foundation is a vehicle available to anyone who wishes to contribute to Hospice of Santa Barbara in such a way that their gift benefits Hospice of Santa Barbara in perpetuity. For further information concerning gifts to the Foundation, please contact Lana Hester at (805) 563-8820.

Charitable Gift Annuity Service

As one of its philanthropic services to the community, the Santa Barbara Foundation will partner with local charities wishing to offer gift annuities as part of their planned giving program. A Charitable Gift Annuity to benefit Hospice of Santa Barbara, Inc. gives the donor the option to provide a charitable gift with a reduction in their taxes, and generate a secure stream of income during their lifetime. For more information on this cooperative program with the Santa Barbara Foundation, contact the Hospice of Santa Barbara office at (805) 563-8820.

Remembering Hospice of Santa Barbara in Your Estate Plan

Hospice of Santa Barbara, Inc. is a volunteer hospice organization, entirely dependent on donor support. Hospice of Santa Barbara, Inc. provides all services free of charge. We are not reimbursed by insurance or Medicare. If you appreciate the services Hospice of Santa Barbara, Inc. provides, please consider naming "Hospice of Santa Barbara, Inc." as a beneficiary in your will or living trust. Your gift will be a legacy of continued free service to the dying and bereaved in the Santa Barbara community.

SUPPORT GROUPS

Daytime Widow/Widowers - Grief support for spouses and partners

Evening Widow/Widowers - Grief support for spouses and partners

Live for Now - For people living with a life threatening illness

Survivors of Suicide - For people healing from the death of a loved one by suicide

Healing Circles - For those grieving the death of someone who has touched their life

Organ Transplant - For people anticipating an organ transplant or who have received an organ transplant

***Healing Through Poetry** - For people dealing with a life-threatening illness and their caregivers or for bereavement issues

***Laugh Jest for the Health of It** - For people dealing with life-threatening illness and their caregivers

What Now? - For people dealing with life-threatening illness and their caregivers

Loss Later in Life - For residents of Retirement Communities

CHILD/TEEN/PARENT/FAMILY SUPPORT GROUPS

Parent Bereavement - For parents grieving the death of a child

Perinatal Loss - For Parents grieving the death of a still born baby, newborn, or infant death under one year

Positive Parenting - For adults who are caregivers of bereaved children and teens

I Count Too - Grief support for children recovering from the death of a parent, sibling, or cherished friend

- **I Count Too:** ages 3-6
- **Kids Heal Too:** ages 7-12
- **Teens Together:** ages 13-17

Registration is required for all of our support groups.

For more information, to arrange a pre-group consultation, or to register, please call Gabriela Dodson at Hospice of Santa Barbara at (805) 563-8820, ext. 105.

**Co-sponsored with the Cancer Center of Santa Barbara*

Clip and return in reply envelope for corrections

CUT IT: Please remove my name from your mailing list.

INCREASE IT: Please send two copies. I'll share with a friend!

COUNT IT: Save a tree! Please send only one copy to this address

FIX IT: Correct the information on my mailing label as indicated

ADD IT: I know someone who should get this... name and address attached

ADD IT: I know someone who should get this... name and address attached

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