



MISSION
HOSPICE

The Caring Line

IT'S ABOUT LIFE

February 2010

'Perk' Lackore's legacy of community service lives on in donation

In life, Marie Perkins Lackore – or “Perk” as she was known – was a community stalwart who managed the Millbrae Chamber of Commerce during the high-growth 1950s before becoming a medical secretary and longtime Peninsula Blood Bank volunteer.

In death, she continues to contribute to the community through her bequest of the majority of her estate to Mission Hospice. The gift, totaling \$765,000, is one of the largest Mission Hospice has ever received from an individual donor.

“How can I help?” was more or less Perk’s mantra,” recalled Dan Rogers, a Millbrae businessman who is the trustee of her estate. “She wanted to make as much of an impact as possible by leaving the bulk of her estate to a non-denominational community charity, and Mission Hospice was the charity she chose.”

Perk certainly accomplished her goal, according to Mission Hospice CEO Dwight Wilson.

“It’s donations like these that allow Mission Hospice to provide in-home care to people during the last part of their lives, regardless of insurance or ability to pay,” Wilson said.

Rogers said Perk chose Mission Hospice many years ago – long before she became a Mission Hospice patient just a week and a half before her death last March, a month short of



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Bob Sawyer receives 2010 Lotus Award



Bob and Ellen Sawyer

Bob Sawyer, this year’s recipient of the Lotus Award for outstanding support of Mission Hospice, has three criteria for participating in a cause:

- Is it worthwhile?
- Is it rewarding?
- Is it fun?

“Mission Hospice certainly passed the test for us,” said

Sawyer, whose late wife, Ellen, was a longtime board member.

“A few years after she died (in 2001), they asked me to serve on the board,” Sawyer recalled. “It caught me by surprise, but it met the same requirements as my longtime work on the Peninsula Hospital District and the Mills-Peninsula Hospital boards. It’s a wonderful

and valuable community asset. I get to associate with some really nice people. It’s all pluses.”

Mission Hospice Board President Sheila Young said Sawyer was overdue for hospice recognition.

“Bob has been involved with Mission Hospice since its founding more than 30 years ago, and his wisdom, wit and expertise have been invaluable to the organization,” she said. “He has faithfully served the Peninsula for many years through his participation in various charitable and community organizations, and we’re honored to present him with the 2010 Lotus Award.” (See Page 2 for photos.)

Sawyer said Ellen joined the Mission Hospice board to represent the San Mateo Assistance League, which contributed seed money to the new agency. He admits that the only reason he knew what she was talking about when she started was because he’d just seen a television program on hospice during a business trip to England.

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Calendar of Events

- **Bereavement Support Group**
 Every Wednesday 6 to 7:30 p.m., Mission Hospice office, 1900 O'Farrell St., Suite 200, San Mateo, CA 94403. Open to all members of the community. For more information, please call Cindy Carlson at (650) 554-1000.
- **Jewelry Trunk Show Benefit**
 Jewelry designer Marlo Faulkner will hold a trunk show to benefit Mission Hospice on Wednesday, Feb. 10 from noon to 8 p.m. at Meyer/Bunge, 301 Lorton Avenue, Burlingame.
- **New Volunteer Information Meetings**
 Tuesday, Feb. 9, from noon to 1 p.m. or 5:30 to 6:30 p.m. at the Mission Hospice office. If you can't make the February meeting but are interested in the training starting Feb. 27, please call Volunteer Director Hank Nourse at (650) 554-1000.
- **New Volunteer Training**
 Four Saturdays, 10 a.m. to 3 p.m. Feb. 27, March 6, 13 and 20, and two Thursdays from 6 to 8 p.m. March 11 and 18.
- **Second Annual Dinner and Dance Benefit**
 Friday, March 26 at 6 p.m. at the Peninsula Italian American Social Club in downtown San Mateo. For more information, please call (650) 554-1000.

From the CEO's Desk

2009 was an amazing year for Mission Hospice, and we've been blessed with your generosity in many ways.

Our census continues to grow as more members of the community seek our services. Our extraordinary staff provides the high quality, personalized care that our patients and families deserve. Our Auxiliary has provided tremendous support during this time of growth, and the group is actively recruiting new members for 2010. If you or someone you know would like to work with the Auxiliary, please contact the office.

I would like to thank the Hurlbut-Johnson Charitable Trusts, Mills-Peninsula Health Services, Peninsula League, Sequoia Healthcare District and Sobrato Family Foundation for their support of our Transitions and Home Health Aide programs, as well as support for patients who cannot afford hospice care. Because of the generous support of foundations and individual donors, we are able to provide compassionate care and comfort when needed most.

We are in the process of launching our Advanced Care Program, which will enable us to provide medical, skilled nursing and rehabilitation services at home for patients who have serious illnesses but are not yet ready or eligible for hospice care. We expect to obtain our home health license in March, and we will continue to update you and the community as we begin this important new program.

Finally, I'd like to thank Mary Chigos for her outstanding leadership as Board Chair these past three years. Mission Hospice has flourished under her direction. Please welcome Sheila Young, our new Board Chair. Sheila brings seasoned leadership experience to this role, and I'm confident that she will provide Mission Hospice with the guidance required for success in today's complex health care world.



Dwight Wilson
Chief Executive Officer

Mission Hospice celebrates 31 years of service



From left to right: Dwight Wilson (CEO), Karri Kaiser (Special Recognition Award Winner), Bob Sawyer (Lotus Award Winner), Sheila Young (Board Chair)



Mary Chigos (right) honors Adella Harris Feinberg as an honorary lifetime board member.

'Perk' Lackore's legacy lives on (continued from page 1)

her 101st birthday.

"When Mission Hospice was founded 30 years ago, she was in her 70s, so she would have watched Mission Hospice grow and witnessed its benefits to her friends and their families," he said. "Perk appreciated the sensitivity and care Mission Hospice had shown."

Marie Lackore was born in Oklahoma but met her husband, Charles, when she was a student at Chicago University in 1936. After the Pearl Harbor attack, she became executive secretary and assistant civil defense director under Col. Max Graham during World War II.

The Lackores, who were childless, moved to Millbrae and bought a new home in 1950. Charles, a salesman, died in 1951. By that time, Perk had become manager/executive secretary of the Millbrae Chamber of Commerce. Rogers remembers that she travelled around town on a Cushman motor scooter. It was a busy time for Millbrae with new developments, like Millsdale Industrial Park, and new subdivisions, including Meadow Glen, Mills Estate and others.



'Perk' Lackore at her 100th birthday party in 2008

"More often than not, it was Perk's foot on the shovel at each groundbreaking, where she was surrounded by male politicians and developers," added Rogers. She left the Chamber in 1958 to become a medical secretary. After retirement, she volunteered more than 5,000 hours to Peninsula Blood Bank in Burlingame.

Bob Sawyer receives 2010 Lotus Award (continued from page 1)

Over the years, he accompanied Ellen to a myriad of hospice events. He also witnessed its evolution from a completely volunteer organization to one that is fully staffed with professionals in addition to volunteers.

"Because we've had a strong board and excellent employees, we've been able to adapt with the changes and grow into the thriving organization we are today," he said.

Sawyer retired as president of Woodruff-Sawyer & Co. insurance brokers in San Francisco and from several other insurance-related businesses. He is one of the founding directors of the California Healthcare System. He also has served on the boards of the Children's Health Home (Poplar Center), the Insurance Advisory Committee of the Synod of the Presbyterian Church, and as a governor of the United Way.



Approximately 200 people celebrated on January 31 at Mission Hospice's 31st anniversary dinner, held at the Peninsula Golf and Country Club.



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Researcher finds dignity has different meanings for the sick and dying



The word “dignity” can have very different meanings to those who are seriously ill and dying, according to Anne Hughes, RN, PhD, an associate clinical professor in nursing at UCSF and advanced practice nurse in palliative (pain control) care at Laguna Honda Hospital in San Francisco.

“Some of those differences may be related to socioeconomic factors, such as poverty and other life circumstances,” she said during the Mission Hospice Fall Forum in October.

“What characteristics influence your sense of dignity? Many claim, ‘I want to die with dignity,’ but what does that mean?”

Through interviews with more than 30 patients cared for by San Francisco’s Department of Public Health, Hughes found that dignity was associated less with feelings of control, and more with personal value and humane treatment. For some patients in the sample – most of whom had cancer or HIV/AIDS – dignity revolved around such basic issues as access to healthcare, not being ignored, and having someone care about how they felt.

Hughes compared her findings, completed as part of her UCSF doctoral dissertation, with that of Canadian researcher Dr. Harvey Max

Chochinov and found significant differences. Patients from Manitoba were more middle class and received palliative care as part of Canada’s health system. They tended to feel they had less serious threats to their dignity than the people in Hughes’ sample.

“A lot of the stories from the people in the Tenderloin (in San Francisco) were hard to hear,” Hughes said. “There were patients who avoided hospitals because they’d been ignored previously. It’s important to remember that anyone who is sick is vulnerable. Anyone who is hospitalized is vulnerable.”

It may be easier to recognize when dignity has been “violated, threatened or withheld, than when taken-for-granted dignity is experienced,” she added. She also learned that many of the patients found dignity in their faith.

“Palliative care is not only for bodies, but mind and spirit and also souls, which often have been deeply wounded,” she said. “I learned I need to be much more forthright about talking about faith with patients. I also learned that we, as nurses, need to advocate for the people we take care of.”

To view Hughes’ PowerPoint presentation, please visit <http://www.missionhospice.org/documents/102909MissionHospicePalCareVulnerablePopulations.pdf>