

Author and patient Boyd Hurtado: Writing his own final chapter



Boyd Hurtado with his father Raule. Boyd's Mission Hospice team has been with them throughout Boyd's journey with ALS.

Boyd and Raule Hurtado are about as close as a 59-year-old man and his 89-year-old father can be. Boyd helped Raule care for his stepmother when she was dying of cancer eight years ago, and then stuck around to help his aging father care for apartments he managed.

But in a reversal that no parent would ever wish for, it is now the younger Hurtado who requires care.

In early 2014, Boyd was diagnosed with a particularly fast-moving form of ALS (known as Lou Gehrig's disease). It was not a surprise. Boyd's mother died with ALS when he was nine; since then, one of his sisters died with ALS, and another is living with it.

By the time his diagnosis was confirmed, Boyd had already become a Mission Hospice & Home Care patient – first as a home care recipient, then as a Transitions patient, and most recently, receiving hospice care at Brookside Skilled Nursing in San Mateo.

"Our continuum of care model has enabled us to serve Boyd throughout the progression of his illness, and he has been involved with all of the services

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Getting the conversations started

As has always been the case, Mission Hospice is deeply rooted in our community, where our patients, families, volunteers, and staff live. Our team is representative of the community for which we care, with a diversity of ages, ethnicities, religions, skillsets, and passions.

Susan Barber, our Community Education & Volunteer Coordinator, spends a lot of time thinking about how to engage our community in end-of-life care. "We're looking to start conversations about how we want to live and die," she says.

On any given week, you might find Susan having these conversations – at wellness fairs, at senior centers, and even walking around her neighborhood. Ultimately, her focus is on finding people who are interested in learning about, or helping provide, end-of-life care.

"Our job at Mission Hospice is to help people feel as prepared and supported at the end of life as they are at the beginning of life."

To reach and educate our greater community, Mission Hospice & Home Care will be hosting a number of educational events. We're starting with a free film series, **Movies @ Mission Hospice**. The series features a variety of beautiful, provocative films, each of which will be followed by a discussion (and refreshments).

We invite you to join us for these films, to bring your friends and family, and to join in conversation. 🍷

For information about our education events, contact Susan Barber at 650.532.2396 or sbarber@missionhospice.org.

Movies @ Mission Hospice

A free series of films and discussions about how we live and die



All films are at **6:30pm** in the Mission Hospice & Home Care office in San Mateo. Refreshments will be served.

Thurs., August 27 • *The Heart of Grieving*

Thurs., September 10 • *The Power of Two*

Thurs., October 22 • *Alive Inside*

Thurs., November 12 • *Go In Peace!*

Free tickets and more information at
MissionHospice.eventbrite.com

Exciting news about our hospice house

Dwight Wilson, CEO



On behalf of our Board of Directors, I am thrilled to announce that Mission Hospice & Home Care has signed an agreement to purchase a beautiful facility in the heart of San Mateo – soon to become our hospice house!

After a long search for affordable land, we found in San Mateo an exceptional residential care home whose owners are looking to retire. We will be assuming care for the current residents, who will stay in the facility as long as they wish.

The home is bright, well-kept, and centrally located in the Hayward Park neighborhood. The common areas and lovely gardens are a beautiful, welcoming environment for patients and families.

This home gives us the opportunity to offer hospice house care almost immediately – in fact, we are already providing hospice care for some of the residents. The facility has 10 rooms, including two that are set up to accommodate couples.

The hospice house will allow us to care for patients who wish to die in a peaceful, home-like setting but whose symptoms cannot be managed at home. It will also allow us to offer a safety net for patients whose caregivers are unable to care for them any longer – reducing hospitalizations and offering families the emotional, spiritual, and bereavement support they need.

Our adjusted campaign goal is to raise \$6M by June 2017. This total will cover the purchase, start-up costs, and care for uninsured patients. We are currently developing a business and development plan for the property, and look forward to sharing more details soon. Thank you for your support! – DW

For more information about our hospice house campaign, please contact Campaign Director Marsha Eddleman at 650.532.2550 or meddleman@missionhospice.org.

You are invited!

2015 Columbus Day Celebration

Saturday, October 10, 6pm

A dinner-dance benefitting
Mission Hospice & Home Care
hosted by the Peninsula Italian American Social Club

For information and to buy tickets,
call Terry Anderlini or Patsy Spiers at 650.212.0001.

Upcoming events

Movie night: The Heart of Grieving **MEET THE DIRECTOR!**

Thursday, August 27, 2015 • 6:30pm

Mission Hospice & Home Care, 1670 South Amphlett Blvd, Suite 300, San Mateo

This film from sociologist Michelle Peticolas, Ph.D shares the stories of four people who are grieving, surviving death, and re-engaging with life. Dr. Peticolas will lead a discussion following the 30-minute film. Free tickets at MissionHospice.eventbrite.com.

Writing Through Loss Support Group

Wednesdays from 6:30-8pm, Sept. 9-Oct. 28, 2015

Mission Hospice & Home Care office

This eight-week group helps grieving adults explore how creative writing can help express and move through grief. No writing experience necessary. For information and to sign up, call Isabel at 650.532.2338 or email istenzel@missionhospice.org.

Movie night: The Power of Two **MEET THE AUTHOR!**

Thursday, Sept. 10, 2015 • 6:30pm

Mission Hospice & Home Care, 1670 South Amphlett Blvd, Suite 300, San Mateo

This award-winning film tells the story of identical twins Isabel and Ana Stenzel, their battle with cystic fibrosis, and survival through double lung transplants. Based on their memoir, the story is powerful and inspiring. Isabel, a bereavement counselor for Mission Hospice & Home Care, will join us for refreshments and a discussion following the 94-minute film. Free tickets at MissionHospice.eventbrite.com.

New Volunteer Informational Meetings

Tuesday, October 6, 2015, noon-1pm or 5:30-6:30pm

Mission Hospice & Home Care, 1670 South Amphlett, Suite 300, San Mateo

Interested in volunteering with our patients? Here's your chance to find out more and sign up for our fall training sessions. To sign up, contact our Volunteer Coordinator Rani Ferreira at 650.554.1000 or rferreira@missionhospice.org.

Auxiliary Fall Gala: Costume Ball!

Saturday, October 17, 2015, 6pm

Peninsula Golf & Country Club, 701 Madera Drive, San Mateo

Join us for the Mission Hospice Auxiliary's annual Fall Gala – dinner, dancing, and live and silent auctions, all to benefit our hospice house campaign. Tickets available at www.MissionHospice.org/fallgala or by calling 650.554.1000.



The Art of Saying Goodbye

Saturday, November 14 • 9:30am – 5pm

Mission Hospice & Home Care, 1670 South Amphlett Blvd, Suite 300, San Mateo

A hands-on workshop about using the creative arts to express grief. Workshop is \$75 (sliding scale) including all art materials and lunch. For more information, call Susan at 650.532.2396.

Drop-in Bereavement Support Groups

Weekly, San Mateo, Half Moon Bay, and Redwood City

Our free drop-in bereavement support groups are open to all. English-speaking groups meet in our offices in San Mateo and at the Adult Day Health Center in Half Moon Bay; the Spanish-speaking group meets at the Fair Oaks Community Center in Redwood City. For schedule and directions, visit www.MissionHospice.org.

Boyd Hurtado ...continued from front

we offer," says Tracie Pyers, his Mission Hospice social worker. "He's used speech therapy, occupational therapy, physical therapy, social work, medical services and supervision, as well as regular visits from spiritual counselors and volunteers. Most recently, we've helped him move from in-home care to receiving hospice care at Brookside."

Tracie said that given the nature of Raule and Boyd's relationship, it was critical that she find a nursing home close enough for Raule to visit daily. In addition, Mission Hospice volunteer Adelaide Nye visits Boyd a couple of times a week.

The nursing home staff works closely with Boyd's Mission Hospice team. "Brookside can and does call us anytime with a question or issue," Tracie says. "We have the expertise in end-of-life care. Our nurse writes the care plan, and a member of our medical staff visits every week. Raule and Adelaide help keep him company."

Although Boyd says that his last "job" was helping Raule, he's worked mostly as a veterinary and pathology assistant and histotechnologist in the biotech industry. He worked for UC Davis and taught himself what he needed to pass the exams necessary to be certified in his profession.

His pathology experience formed the backdrop for his supernatural thriller, "To Meet with Darkness," published in 2010.

Two more novels followed: "By Darkness Deceived" and "Assassin for Darkness," both growing out of his work at Mills Hospital in San Mateo in the 1980s.

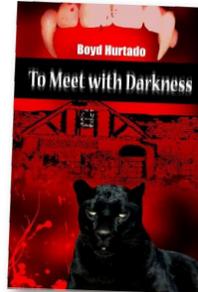
"I wondered what would happen if a vampire worked with someone in the hospital, the assistant in the pathology lab," he said. Boyd is working on a new novel, but admits it's going slowly as his disabilities increase.

Adelaide said that although Boyd has difficulty talking, he continues his interest in literature and creates complex plots in his mind.

And of course, he's also thought through his own story. Boyd has arranged to donate his body to Stanford to research the genetic form of ALS – given his family medical history and his interest in science, this is a fitting final chapter. 🐾

Boyd's thriller, "To Meet With Darkness," is available on Amazon.

If you visit smile.amazon.com and register to support "Mission Hospice, Inc. of San Mateo," your shopping will generate a donation to our work.



Seeking volunteers!

Our volunteers help Mission Hospice & Home Care patients and families make the most of every moment.



As a volunteer, you could help patients in a number of ways:

- Provide companionship
- Offer respite for loved ones
- Read books or tell stories
- Sit vigil with patients

We're also looking for volunteers who are bilingual or who would like to share their interests in music, pets, art, and massage to provide comfort and companionship for our patients.

We offer free, comprehensive volunteer training, and our next training sessions begin in October.

Want to know more? Contact our Volunteer Coordinator Rani Ferreira at 650.554.1000 or email her at rferreira@missionhospice.org.



Our 2014 Community Report

We've just released our annual report, highlighting the support of thousands of Mission Hospice donors and volunteers. In 2014, we cared for a record number of patients who were facing cancer, cardiac and lung disease, and other life-limiting illnesses.

If you'd like a copy of the report, give us a call at 650.554.1000, or download a PDF at www.MissionHospice.org.

2014 by the numbers

Hospice

No. patients served: **703**
Age range: **17 – 106**
Total visits made: **24,981**

Advanced Care

No. patients served: **432**
Age range: **16 – 107**
Total visits made: **6,803**

Transitions

No. patients served: **64**
Age range: **35 – 101**
Total visits made: **671**

Mission Hospice & Home Care serves patients and families in the San Mateo County area with quality care and compassionate end-of-life support. Founded in 1979, we are a local, independent nonprofit that has provided thousands of patients and their families with physical, emotional, and spiritual support throughout the journey from a life-threatening diagnosis through death and the process of bereavement. www.MissionHospice.org • 650.554.1000

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To add or remove your name from our mailing list, please call 650.554.1000.

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Anthony Lupian, LCSW, Transitions Program Coordinator

Many of our patients are not physically or emotionally ready for hospice care. Those who need medical care at home can be served by our Advanced Care team, but a growing number of patients don't fit neatly into either of those programs.

This is where our free Transitions program comes in – offering creative and flexible care that can be adapted to patients' needs.

Launched in 2006, Transitions has been a lifeline for more than 500 patients, and our new Program Coordinator, Anthony Lupian, is making sure this lifeline gets to as many people as need it.

Working with LGBT youth in San Diego gave Anthony a taste for social work, and led him to graduate school at SF State for his MSW (Master of Social Work). After an internship with at-risk seniors in Berkeley and nearly



five years serving mentally-ill clients in San Francisco, Anthony heard his former classmate Meechal Hall describe how much she loved being a social worker at Mission Hospice. In January, he became our first full-time Transitions Program Coordinator.

Anthony's professional expertise is matched by his personal dedication to patients. He says his role is as a sounding board; sometimes he focuses on reducing patients' stress and anxiety. Other conversations include patients' wishes and fears.

"We have a patient-comes-first approach," he explains with a ready smile. "It's an ongoing collaboration with the patient and family."

The bounce in his step belies Anthony's passion when he's not working; he runs marathons. He especially loves the Presidio. "Everywhere you go there's a hill. It's a metaphor for life – keep going!"

Anthony definitely brings that energy to work: he and his team care for nearly 35 patients at a time. In addition to a social

worker like Anthony, each Transitions team includes an outreach nurse and a volunteer. Together, they offer emotional support, resource coordination, medical advocacy, discussions about end of life, and grief counseling.

"The flexibility of the service is really the key," Anthony explains. "This is a free service, so we aren't bound by any Medicare requirements. It can be whatever it needs to be. Instead of focusing on paperwork, I can focus on the patients and family."

"And if someone is ready to move into hospice care, we've already talked about it – so they know what to expect. Because we already have a relationship and know the patient, we are better able to support them. They're not alone to figure it out."

He spends much of his time educating patients and the medical community about how Transitions can help. His goal is to serve patients sooner, so they can focus on quality of life. "Hopefully, we can take some weight off their shoulders." 🐾