

Mary Jean Place: Focusing on what matters most

For all of her 88 years, Mary Jean Place has been a person who takes initiative. When she wanted to learn about art, she developed a plan for investing her money and time. When local libraries needed funding, she helped create a foundation to raise support.

And when, more than a decade ago, she was diagnosed with an incurable lung disease, Mary Jean completed her Advance Health Care Directive and talked to her family about her end-of-life wishes.

"I've been really impressed and inspired by Nana's straightforwardness in letting us know what is going on with her," says her granddaughter Adele Fournet. "I appreciate that, because I don't have to guess what she wants or would have liked."

Part of Mary Jean's take-charge plan was to begin hospice care as soon as she was eligible, more than two years ago. Her Mission Hospice team members – Dr. Howard Lee, RN Case Manager Chris Brady, Social Worker Liz Stein, Spiritual Counselor MK Nelson, Nurse Practitioner Anna Woods, and volunteer Bob Adams – have helped her learn to manage her breathing and the increased challenges of living with a terminal illness.

They also facilitated a recent trip to southern California with one of her daughters, handing off care to a local hospice program.

"One of the reasons Mary Jean wanted to get hospice care early," says MK, "was to have a team in place as she declined, enabling her to stay at home until the very end."

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Adele Fournet caught these expressions of her grandmother in a short video of Mary Jean and her berets: <http://vimeo.com/196892640>.

More than hospice: Advanced Care offers palliative home health care

Many people with chronic long-term or terminal illness need care at home, but they aren't ready or eligible for hospice. This is why we offer our Advanced Care Program – to bring a full range of medical services to people with serious illness who have a hard time getting to their doctors.

What is home health care?

Home care is a broad term that is often used to describe non-clinical assistance in the home, such as help with bathing, cooking, or laundry. This type of personal care is not covered by Medicare, and is not regulated or certified.

Home health care is licensed, skilled health care provided in the home – as in our Advanced Care Program. This is generally designed to help patients recover from or manage illness, injury, or surgery. Medicare and most insurance pay for home health care, which helps patients avoid a hospital or facility.

"Advanced Care is one of the things that makes Mission Hospice & Home Care special," says program director Rosie Carmick, RN. "We meet patients where they are, creating a plan for each one based on that individual's desires and values."

Education and symptom relief

By focusing on symptom management and rehabilitation, we help people learn to manage their illness so they can enjoy life – and stay at home. While this care is provided under the Medicare home health benefit, our teams often go above and beyond. "We see patients for what they need," Rosie says, "not for what their insurance will cover."

Advanced Care patients have a range of illnesses, including cancer, heart disease, pulmonary disease, and dementia. Some are recovering from falls or serious wounds. Many of them are pursuing aggressive treatments such as chemotherapy or radiation, and some are making the transition from the hospital to home.

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Gratitude

Dwight Wilson, CEO



In these times of change and uncertainty, I reflect with gratitude on the unique community that we have built within and around Mission Hospice. Considerable research shows that gratitude can improve mental and physical well-being, and I continue to be immensely grateful for the steadfast commitment of the Mission Hospice team to our neighbors and friends in the San Mateo County area.

This commitment is demonstrated every day by our clinical staff, who always put our patients first, and by our administrative staff, who keep the backbone of our growing organization strong and flexible.

It's demonstrated by our wonderful Board of Directors, who are thinking strategically about our future, and by our dedicated Auxiliary members, who last year raised a record amount to support our patients. It's demonstrated by more than 200 volunteers who share their time and their hearts, and by our generous donors.

We recently had the opportunity to recognize a few of these many special people. Board member Michael Teuschel and Medical Director Dr. Gary Pasternak each received well-deserved awards at our 38th Anniversary celebration last month.

Our Outreach RN and Board member Mary Chigos, along with Auxiliary member Martha Melton, were honored as Distinguished Volunteer Fundraisers by the Association of Fundraising Professionals, Silicon Valley Chapter.

As I look back on Mission Hospice's 38-year history, I am grateful for each one of you who has played a part in it. Our community is stronger and more compassionate because of you. — DW



Hospice House Campaign Update

Thanks to everyone who contributed to our special year-end appeal, we've raised \$4.7 million toward our \$6 million goal, and we're on track to complete the campaign in 2017!

Your support has enabled us to serve 130 patients and families since Mission House opened in October 2015. It's also allowed us to make needed renovations and upgrades, which should be completed by this June.

We are continuing to solicit gifts from groups and individuals. For information, contact Development and Campaign Director Marsha Eddleman at meddleman@MissionHospice.org or 650.532.2550.

Upcoming events

New Volunteer Training Sessions

Saturdays (February 18–March 11) from 10am-3pm and

Thursdays (March 2 and 9) from 6-8pm

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

These training sessions will prepare you for being a Direct Care volunteer for our patients and families. To sign up or learn more, contact Volunteer Coordinator Craig Schroeder at 650.532.2323 or cschroeder@MissionHospice.org.

NEW! Spouse / Partner Loss Support Group

Thursday afternoons, March 23–May 11, 2017 • 1:30-3pm

Mission Hospice & Home Care, 1670 South Amphlett Blvd., Suite 310, San Mateo

This free eight-week support group is a supportive place for those who have lost a partner. Registration required at 650.532.2390 or mhall@MissionHospice.org.

NEW! Parental Loss Support Group

Thursday evenings, March 23–May 11, 2017 • 6-7:30pm

Mission Hospice & Home Care, 1670 South Amphlett Blvd., Suite 310, San Mateo

A free eight-week support group for adults who have lost a parent. Registration required at 650.532.2338 or istenzel@MissionHospice.org.

"Night of Fun" at the Italian American Social Club

Saturday, March 25, 2017 • 6pm

Peninsula Italian American Social Club, 100 North B Street, San Mateo

The Club hosts the ninth annual dinner-dance benefitting Mission Hospice. The lively evening will include a special Italian dinner, dancing, raffle, and silent and live auctions. Tickets for sale at MissionHospice.org/NightOfFun or 650.554.1000.

Stories that Heal: Weekend Writing Workshop

Saturday, April 8 and Sunday, April 9, 2017 • 9:30am-4:30 pm **TWO DAYS!**

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

Learn how to tell your story of life and loss in this small-group writing workshop with award-winning author and teacher Ann Randolph. Ann is a master at sharing stories from the heart in ways that are funny and inspiring. Registration is \$300. This special workshop is limited to 20 people –register at MissionHospice.Eventbrite.com.

Drop-in Grief Support Groups

Our free drop-in bereavement support groups are open to the community.

The schedule is subject to change - check MissionHospice.org or call 650.554.1000.

In our offices in San Mateo

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

- **Tuesday evenings** 6-7:30pm, led by Roby Newman, LCSW
- **1st and 3rd Saturdays** 10-11:30am, led by Tracie Pyers, MSW
- **2nd and 4th Saturdays** 10-11:30am, *Group for Young Widows and Widowers*, led by Tracie Pyers, MSW and Meechal Hall, LCSW
- En Español: **Miércoles en la noche** 6-7:30pm, Dirigido por la Maestra en Trabajo Social Sara Martinez

In Half Moon Bay

Coastside Adult Day Health Center, 925 Main Street, Half Moon Bay

- **2nd and 4th Thursdays**, 4-5:30pm, led by Bethany Berkowitz, RN, BSN

For details on all of our events, visit www.MissionHospice.org.

More than hospice ...continued from front

We bring palliative and rehabilitative medical care to these patients in their homes. Our nurses provide education and training to help them manage medications, alleviate symptoms, and manage infection. They provide hands-on wound and ostomy care, and assist with catheters and drains.

Personalized teams

A team is formed to address each patient's needs, coordinated by an RN Case Manager. Medical Director Dr. Gary Pasternak, a palliative care specialist, is available to consult with patients' primary physicians.

In addition to our RNs, Licensed Vocational Nurses, and Home Health Aides, our teams include experts in wound care and cardiac disease, along with a registered dietician, occupational therapist, physical therapist, and speech therapist.

Medical Social Workers are critical members of our Advanced Care teams, providing social and emotional support for patients and families. They help with long-term needs, finding resources, and counseling.

On top of all this, our direct care volunteers help Advanced Care

patients in myriad ways – running errands, sharing conversation and company, or reading stories or poems.

Part of our continuum of care

Our continuum of care enables us to support people as their needs and priorities change. When a patient's symptoms improve and he or she no longer needs medical care at home, we can offer free social work and volunteer support through our Transitions program.

For those whose illness progresses, we provide compassionate

hospice care, which focuses on comfort care, along with emotional and spiritual support. Hospice also includes coordination of medications, assistance with obtaining durable medical equipment, and around-the-clock RN advice.

Unlike at other agencies, Mission Hospice & Home Care teams stay with patients even as they move between programs, so the transition is as smooth as possible for the patient and family.

"My job is to make sure our team members have the support they need," explains Rosie. "Our staff really care about their patients – their

love and commitment is beyond anything I've seen anywhere else. It really is inspiring." 🍌



Cardiac specialist Virginia Wilson, RN, visits Advanced Care patient Marie Rohilaht in her San Bruno home regularly to help her manage her disease.

Mary Jean Place ...continued from front

That home is filled with large pieces of modern art, a sort of theme for what Mary Jean calls her "itinerant life," which has crossed the US and Europe.

"I became interested in art when I was in third grade," she says, remembering a photo of a Raphael painting in the *Weekly Reader*. "I never forgot that picture."

The *Weekly Reader* turned out to be emblematic of a second important part of her life: printed material. Mary Jean earned degrees in philosophy and library science, and worked for many years as a reference librarian.

When her career took her to Stuttgart in the 1950s, she saw this as a chance to immerse

herself in the great art of Europe. "I used half of the money left over after paying bills to buy contemporary art," she says. "The other half went to museum admissions. It was a very good way to learn, and I came home with a lot of art."

Once she settled in the Bay Area in the late sixties, Mary Jean became a community leader, serving on the Palo Alto Library Commission and co-founding a library foundation. She opened an art gallery in San Francisco, worked for 35 years as an art consultant, and volunteered as a Palo Alto Arts Commissioner.

At 74, she spent two years in Paris, soaking up art once again, and starting her iconic

collection of berets.

As Mary Jean's breathing has become increasingly difficult, support from her family and her Mission Hospice team allows her to continue with a number of projects, including planning her memorial service.

"For the end of your life to be the way you want," says Mary Jean, "you have to be responsible. You have to play an active role."

Adds Adele, "My grandmother is a classy lady. She is stylish, she knows how to throw a good party, she makes meaningful social connections. The way she is planning for her death and her memorial is a natural extension of that classiness into her final chapters." 🍌

Mission Hospice & Home Care serves patients and families in the San Mateo County area with quality, compassionate end-of-life care and education. Founded in 1979, our local, independent nonprofit has provided more than 10,000 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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Michael Teutschel and Dr. Gary Pasternak awarded for service

At last month's 38th Anniversary Celebration at the Sharon Heights Golf & Country Club in Menlo Park, Mission Hospice honored two people who are very special to our organization and our community.

The Lotus Award, created to recognize individuals who have shown outstanding support of the organization, was presented to **Michael Teutschel**. Mike has served on our Board of Directors for well over a decade, and just completed a term as co-Treasurer.

Lotus Committee member Sheila Young says that Mike was nominated for the award by a number of people and was the committee's overwhelming favorite.

For years, says Sheila, "Board Chairs have turned to Mike as the go-to person for advice and input. He has excellent judgment and wisdom, and an invaluable ability to see all issues clearly."

Sheila says Mike's board colleagues respect his calm leadership. "He listens respectfully, hearing all sides. When he speaks up, people listen. He is a skilled communicator, a peacemaker, and a clear

thinker," she continues. "His ability to synthesize really helps the board come to an understanding on complex topics. And he does this all with a great sense of humor!"



CEO Dwight Wilson, Board Chair Stephen Weller, award winners Dr. Gary Pasternak and Michael Teutschel, and past Chair Judy DiPaolo (L to R) at our 38th Anniversary Celebration.

Mission Hospice also presented Medical Director **Dr. Gary Pasternak** with the Special Recognition Award.

Committee Chair Mary Chigos, RN, says that Dr. Gary is respected throughout the community for his compassion and patient-centered care. His leadership in hospice and palliative care extended to his vision for the hospice house, which was key to inspiring others to support the project.

"People are sometimes afraid of hospice," says Mary, "but Dr. Gary shows them that they can gain control over their final months, based on their

own wishes. He always starts by asking what the patient wants. Dr. Gary is known for going the extra mile for his patients."

The Mission Hospice family thanks both Mike and Gary for all that they do for the organization and our patients. 🐾

A list of past winners can be found at www.MissionHospice.org/volunteer/lotus-award.