

FROM REV. LINDA SIDDALL, CHAPLAIN AND DIRECTOR OF SPIRITUAL CARE

Grief and the holidays: Six ways to cope with the season

For people who are grieving, the holiday season can be especially difficult. When you've suffered a loss, family traditions may have changed, and celebrations can feel uncomfortable or wrong. Here are six tips to help those who have lost a loved one.



Our annual "Light Up A Life" event, held this year on November 3, helps many deal with the feelings of grief that can arise around the holidays.

- Realize – and help those around you realize – that because of your loss, this year may be different. You will exhaust yourself if you try to pretend nothing has changed.
- Decide how much of your normal holiday routine you feel up to doing this year. Remember that changing your traditions is okay.
- Consider having a family meeting where everyone can discuss wishes and plans for the holidays. Try to respect one another's ideas and be gentle with each other. Let children and teens find a way to participate.
- Think of ways to honor your loved one's life. Create a special place with the person's picture, special objects, and personal items. As a symbol of your love and memories, light a candle in this place or wherever the family gathers.
- Some people find volunteer work satisfying. Others make donations or buy gifts in their loved one's name. These ways of giving can be very rewarding and healing.
- Allow yourself time to think about and to acknowledge your feelings. It is important to find a balance between being alone and being with others. Decide which social engagements you want to attend. Savor the time spent with family and friends – as well as the times when you choose to be alone with your thoughts and memories. 🍂

Dr. George Kromhout: A good life with "red carpets of opportunities"

Mission Hospice & Home Care patient Dr. George Kromhout, who will be 96 in December, would be the first to tell you he's had a good life.

"I've had nothing but red carpets of opportunities during my life," he said during an interview. He is now recovering at home from a broken femur, pneumonia, and the effects of several heart attacks. "Despite this, I am one of the most fortunate men I know."

Dr. Kromhout was one of the earliest Kaiser Permanente doctors in San Francisco. He says his life has included a series of fortuitous events, including a full scholarship to the University of Chicago and making contacts during World War II that resulted in admission to

medical school and a residency at Johns Hopkins, and a residency and fellowship at University of Utah Medical School.

He met his wife, Thelma, on his first day at Bridgewater College in Virginia. They will celebrate their 72nd wedding anniversary in December. Their lifetime together has included four children, six grandchildren, and three great-grandchildren.

Thelma, 94, still plays tennis once a week and goes to the gym. She has been an active volunteer in many organizations, including the League of Women Voters, AAUW, and Friends of Filoli. She continues to be involved in her church, three book groups, and a garden club.



...continued on page 2

George and Thelma Kromhout will celebrate their 72nd wedding anniversary in December.

A visit of gratitude and generosity

Dwight Wilson, CEO



In this work, gratitude comes in many forms. Several of us here at Mission Hospice recently had the chance to share lunch with a family that was full of gratitude, and that reaffirmed the work we do here every day.

In August, Elsie Ashley and her children Angela Ferrar, Bryon Ashley, and Myles Ashley came to the Mission Hospice office from their homes in Oregon and Florida.

Earlier this year, we'd cared for Elsie's sister, Miriam Broughton. The family wanted to personally thank her care team, including Dr. Gary



Pasternak, social worker Roby Newman, and nurse Heidi Keng. They also wanted to deliver a generous check to support our work.

The gratitude the Ashleys expressed really reaffirmed that our model of care – focusing on the needs of our patients

and their families – is so much more important than the bottom line.

Of course, as a nonprofit organization with a goal of serving all patients, regardless of their ability to pay, we are grateful for those of

Upcoming events

❖ 35th Anniversary Celebration ❖

Sunday, January 26, 2014, 4-7pm

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

Mission Hospice & Home Care will celebrate 35 years of service to the community and honor June Field and Alice Flynn, 2014 Lotus Award winners. For more information, please call 650-554-1000.

17th Annual Mission Hospice Auxiliary Bridge Day & Luncheon

Friday, January 31, 2014, 9:30am

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

The Mission Hospice Auxiliary will host its annual bridge tournament to support Mission Hospice. For more information or to buy a ticket, please call Martha Melton at 650-996-7930.

Bereavement Support Group

Wednesdays from 6-8pm, or 1st and 3rd **Saturdays**, 10-11:30am

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

Open to all members of the community on a drop-in basis. We also offer a Spanish speaking support group at St. Anthony's Church in Menlo Park from 6-7:30pm on Wednesdays. For more information, please call 650-554-1000.

you who, like the Ashleys, are in a position to help support this work with your charitable contributions.

As we reach year-end, we are preparing to mail our annual fund appeal. I hope you will consider making a gift to support our services.

While we grow to serve more patients, Mission Hospice remains dedicated to supporting not only patients, but also their family members. It's part of the continuum of care that makes us special. Visits like the one we enjoyed with the Ashley family tell us we are on the right path. – DW

IRA charitable rollovers allowed through 2013

Until the end of the year, donors age 70½ or older can contribute funds from a traditional IRA to charitable organizations. Distributions from an IRA that are directed to eligible charities can be excluded from gross income – meaning a potential savings on income taxes.

Although the law allowing this has been extended several times, it is set to expire December 31, 2013. Now is the time to consult with your tax advisor to consider this for your year-end giving.

A good life ...continued from front

Thelma supported Mission Hospice from early in its history. She served two non-consecutive terms of six years each on the Board of Directors, including two years as President from 1985 to 1987.

"I thought it was wonderful that people could have terminal care at home," she said. George also endorsed this concept. Thelma added that Mission Hospice was originally a volunteer organization that provided services only for dying patients and their families. Today, volunteers supplement a paid staff that also provides the pre-hospice Transitions program and the Advanced Care program. The

Kromhout care team includes Dr. Gary Pasternak, nurse Annette Lacey, social worker Karri Kaiser, chaplain Rev. Linda Siddall, and volunteer Curt Elsbernd.

George knows that hospice care is based on a prognosis of six months or less to live, but he also points out that patients have been known to "graduate" beyond hospice care. He and Thelma say they certainly didn't expect to need hospice themselves when they first became a part of the organization, but they are grateful that it is available for them now, as well as for thousands of families who have received this care over the years. 🐾

Sold-out fall gala benefits Mission Hospice

An enthusiastic group of 250 people enjoyed the South Pacific theme of the 2013 Mission Hospice Auxiliary annual fall gala in October. The sold-out crowd dined, danced, and bought auction items – all to raise more than \$100,000 to support the work of Mission Hospice and the dream of opening a hospice house for our patients.

Huge thanks to event chair Martha Melton and her hard-working committee – Glenda Carney, Yolanda Crosby, Amy Newman, Rosemary Rayburn, and Sunny Trammell – for a fun and successful gala!



PROFILE: Cindi Gill, RN, Director of Advanced Care

With a ready smile and positive attitude, Cindi Gill exudes warmth. A self-described “people-person,” she’s taken quickly to her new job as Director of Advanced Care at Mission Hospice. She’s absolutely dedicated to her team and their patients, and knows that creating a supportive environment is the key.

Cindi has lived in the Bay Area her entire life, so it’s no surprise she’s found her home at an organization dedicated to serving her community. Born at Mills Hospital, she was raised in Burlingame, earned her RN degree at USF, and now lives in her hometown. Cindi’s office photos and conversation are filled with her family – her mother, husband, and three grown children.

Still, her path didn’t lead her to Mission Hospice right away. After working as a plastic surgery nurse for 20 years, Cindi found a new challenge working as an oncology case manager at Peninsula Hospital. This was her first experience working in acute care, and she welcomed the intensity and the challenge.

On the oncology floor, Cindi got to know a number of Mission Hospice staffers as they cared collaboratively for cancer patients. “I could see that Mission Hospice really put the patient first,” Cindi said. And when the opportunity arose to join the organization as Director of Advanced Care, she jumped at it.

This program, also known as Home Care, serves homebound patients, many of whom suffer from heart trouble or who are undergoing chemotherapy or radiation treatment. “Our goal with these patients,” Cindi says, “is to keep them from being readmitted to the hospital.”

“It’s so great to be able to care for patients in their homes,” Cindi says. “We can see how they live and what their support system is – not just what they tell you, but what is really going on.” The Advanced Care team includes nurses, medical social workers, home health aides, physical and occupational therapists, our medical directors, and chaplains.

“The beauty of Mission Hospice and our continuum of care is that a nurse can stay with a patient as their disease progresses – even if someone moves from home care to hospice,” Cindi says. “What we offer here at Mission Hospice – caring for the whole patient – is really special. Word is getting out, and our program is growing, which is very gratifying.” 🐣



MISSION  HOSPICE
& HOME CARE

1670 South Amphlett Boulevard, Suite 300, San Mateo, CA 94402



Nonprofit
Organization
US Postage
PAID
Permit No. 63
Burlingame, CA

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

Board of Directors

Maryann Raab
Chair

Kim Ladd
Vice Chair

Sheila Young
Past Chair

Robert Adams
Treasurer

Judy DiPaolo
Secretary

Andrea Bolts
Kathryn Breaux

Dr. Gail Brown
Dr. Karen Chee

Mary Chigos
Ralph Garcia

Kevin Gilmore
Jane Lennon

Sheila Littrell
Danette Magilligan

Betty Stern

Michael Teutschel
George Thomas

Dr. Stephen Weller
Patricia Wyrod

**Honorary
Lifetime Members**

Helen Lagen, *Co-founder*
Adella Harris

Auxiliary President

Yolanda Crosby

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

**INSIDE: Grief and the holidays: Six ways to cope
Meet Cindi Gill, Director of Advanced Care
Photos from our fall gala**



Stock gifts: Smart for donors and Mission Hospice

If you have stock that you've held for more than a year and that has appreciated in value, donating that stock can be a win-win. Using these securities for your year-end giving – instead of cash – can make a lot of financial sense.

Mission Hospice Auxiliary member Glenda Carney learned this with her most recent gift. Although she's supported Mission Hospice since 1998, she hadn't donated stock until her financial advisor suggested it as a way to save on capital gains taxes.

"My advisor explained that if I'd given the same amount of money in cash, I would have paid taxes," said Glenda. "All I had to do was ask to make a transfer of stock worth the dollar amount I wanted to contribute. She took care of the rest."

Because Mission Hospice is a 501(c)(3) nonprofit, you can deduct the current market value of the stock when you donate it – and avoid capital gains taxes that would be due if you sold the shares. Mission Hospice is able to use the current market value of the stock to support compassionate end-of-life care.

Glenda used her stock gift as a way to sponsor the Auxiliary's fall gala, and she is thrilled that all three of her daughters were able to join her at the event. We're grateful for her long-term support, and pleased that she's found a way to support a cause to which she's deeply committed in a way that makes financial sense for her.

Your broker can help you transfer stock directly to our account:

**Merrill Lynch
Account No. 632-02139 DTC-5198**

Charles Phelps, Financial Advisor
650.579.3091
101 South Ellsworth Ave., 4th Floor
San Mateo, CA 94401

Charles can also help you if you hold paper certificates for stock that you'd like to donate to Mission Hospice.

Electronic transfers don't include donor information, so if you make such a gift, please contact our Development Director Frances Freyberg Blackburn at 650.554.1000 or ffreyberg@missionhospice.org so we can acknowledge your gift properly. 🍂



This fall, our 2012 Leadership Circle donors heard from Medical Director Ken Barnes and visited with one another at the home of Board Member Sheila Young, below right.

