



# Community Connections

*It's about life!*

**May - October 2018**

TAKE CHARGE!

CONVERSATION & CREATIVITY

MOVIES@MISSION HOSPICE

GRIEF SUPPORT

VOLUNTEER OPPORTUNITIES

CELEBRATING COMMUNITY

MISSION  HOSPICE  
& HOME CARE



### ***It's about life!***

**Community connections are part of a life well-lived. These events offer you opportunities to connect with others and explore together what it means to live and die well.**

We envision a community in which death and dying are recognized as a natural part of life, and everyone is treated with compassion and respect.

Whether you want to learn or discuss, are considering future care for you or a loved one, know someone who is grieving, or are interested in supporting our mission, we invite you to **join us**.

**We're here to help.** Call us to talk about how we can assist you and your family.

**650.554.1000**

**[www.MissionHospice.org](http://www.MissionHospice.org)**

** [facebook.com/missionhospice](https://facebook.com/missionhospice)**

# Community Connections

May - October 2018

-  TAKE CHARGE!  
Plan for your future care based on what matters most to you
-  CONVERSATION & CREATIVITY  
Learn and talk about how to live and die well
-  MOVIES@MISSION HOSPICE  
View and discuss award-winning documentary films
-  GRIEF SUPPORT  
Find support for grieving or facing the death of a loved one
-  VOLUNTEER OPPORTUNITIES  
Offer help to our patients, families, and programs
-  CELEBRATING COMMUNITY  
Have fun and raise funds for our community and patients

**You can download a digital version of this guide at  
[MissionHospice.org/connections](https://MissionHospice.org/connections)**

# Learn how to take charge!

## Free advance care planning workshops

*How can your loved ones follow your wishes  
if they don't know what they are?*

*Planning for your future care can bring  
peace of mind - to you and your loved ones.*

### Menlo Park

#### Little House Activity Center

800 Middle Avenue, Menlo Park

#### One-part workshop

**Thursday, May 10 ▪ 6-8pm**

**Wednesday, June 13 ▪ 1-3:30pm**

**Wednesday, July 11 ▪ 1-3:30pm**

#### Q + A with Dr. Jerry Saliman, MD

Ask your questions about advance care planning!

**Tuesday, May 8 ▪ 1:30-3:30pm**

**Tuesday, July 31 ▪ 1:30-3:30pm**

#### Two-part workshop

**Wednesdays, August 22 + 29 ▪ 1-3:30pm**

**Thursdays, Oct. 25 + Nov. 1 ▪ 1-3:30pm**

**Free, but please reserve your place:**

650.272.5045 or [littlehouse@penvol.org](mailto:littlehouse@penvol.org)

**Bring a friend or family member!**



## Half Moon Bay

### Coastside Adult Day Health Center

925 Main Street, Half Moon Bay

#### Two-part workshop

Thursdays, June 14 + 21 ▪ 6:30-8:30pm

Thursdays, August 2 + 9 ▪ 6:30-8:30pm

Tuesdays, October 2 + 9 ▪ 6:30-8:30pm

#### Free, but please reserve your place:

Lynne Siracusa at 650.726.5067 x210 or

[siracusa.cadhc@gmail.com](mailto:siracusa.cadhc@gmail.com)

**Bring a friend or family member!**



Get your free advance care planning toolkit:

**[MissionHospice.org/TakeCharge](http://MissionHospice.org/TakeCharge)**

**In collaboration with** Coastside Adult Day Health Center | Family Caregiver Alliance | Peninsula Volunteers, Inc. | Palo Alto Medical Foundation | San Mateo County Health System Aging and Adult Services | Senior Coastsiders | Seniors At Home | Village of the Coastside | Villages of San Mateo County

# CONVERSATION & CREATIVITY

**Stories that heal:**

## **Weekend writing workshop with Ann Randolph**

**Saturday, May 19 + Sunday, May 20, 2018 • 9:30-4:30**

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



Learn how to tell your story of life and loss in this weekend writing workshop with the award-winning author and teacher Ann Randolph.

In this small-group workshop, you will discover your own unique and powerful story – and the profound transformation that occurs when you speak it out loud.

We will support one another in creating and speaking our stories of life and loss – through writing exercises, group discussion, and improvisation.

This special weekend workshop is limited to 15 people. 13 CEUs available.

**\$300. Register at [MissionHospice.Eventbrite.com](https://www.eventbrite.com).**

## **Take Charge: Seminar and film series at Channing House**

This four-part series offers practical perspectives to help you explore and communicate what dying well means to you.

**Wednesday, October 10 • 3-5pm**

**Session 1 • *Being Mortal***; Introducing the Take Charge series

**Wednesday, October 17 • 3-5pm**

**Session 2 • *New Rules for End of Life Care***; Talking about what matters most

**Wednesday, October 24 • 3-5pm**

**Session 3 • *Extremis***; Myths and facts

**Wednesday, October 31 • 3-5pm**

**Session 4 • Personal assistance with advance care planning documents**

**All events are at Channing House, 850 Webster St., Palo Alto.**

**Free and open to all. Register with Channing House at 650.470.5610.**

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## Death Cafés

At a Death Café, people – often strangers – gather to drink tea, enjoy snacks, and discuss death. Death Café offers everyone a chance to share ideas, opinions, and questions about death in a supportive and safe environment.

There is no agenda. This is a discussion group, not a grief support or counseling session.



**Free and open to all. Register at [MissionHospice.Eventbrite.com](https://www.eventbrite.com).**

**Tuesday, May 15 ▪ 6:30-8:30pm**

Bay Area Cancer Connections, 2335 El Camino Real, Palo Alto

**Monday, June 4 ▪ 6:30-8:30pm**

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

**Tuesday, July 24 ▪ 2-4pm**

Seniors at Home, 200 Channing Ave., Palo Alto

**Tuesday, August 7 ▪ 2-4pm**

Bay Area Cancer Connections, 2335 El Camino Real, Palo Alto

**Monday, September 17 ▪ 6:30-8:30pm**

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

**Tuesday, October 9 ▪ 6:30-8:30pm**

Bay Area Cancer Connections, 2335 El Camino Real, Palo Alto

**For more information about any of these opportunities, contact  
Community Education Manager Susan Barber at 650.532.2396.**



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Movies@Miss

Our FREE series of films about how we live

All screenings in our office: 1670 South  
6:30-8:30

**Thursday, June 28** ▪ Being Mortal

We all die – so why don't we die well? This PBS documentary (author of the bestseller by the same name) as he explores the dying patients. A panel discussion will follow.

**Thursday, July 26** ▪ Extremis + New Rules for End

The Oscar-nominated film *Extremis* documents the hard choices would have benefited from earlier conversations with physician *Care*, an award-winning film by Barbara Karnes, RN, about what

**Thursday, August 23** ▪ States of Grace

This award-winning film captures the profound transformation collision nearly killed Dr. Grace Dammann. The film is a must-challenges. Dr. Dammann and Family Caregiver Alliance will join

**Thursday, September 27** ▪ End Game

The newest film from award-winning directors Rob Epstein and medical professionals working on the edge of life and death – One of the filmmakers will join us.

**Thursday, October 11** ▪ Complaints of a Dutiful D

A 1994 Oscar nominee for Best Documentary Feature, this film what's happening to her brilliant, funny, and now ill mother as film will be followed by a panel discussion with the Alzheimer's

**Thursday, November 8** ▪ How to Die in Oregon

This documentary examines how physicians, patients, and Dignity Act, the first law in the US that allows physicians to We'll follow the film with a panel discussion of California's

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# Mission Hospice

live and die - with popcorn & discussion

South Amphlett, Suite 300, San Mateo

7:30pm

follows surgeon Atul Gawande, MD  
the relationships of physicians to their

## End of Life Care

issues faced by people with loved ones in the ICU - and who  
patients and family. Next, we'll watch *New Rules for End of Life*  
what happens at end of life. A panel discussion will follow.

story of a revered physician and her family after a head-on  
crisis - see for caregivers and those who struggle with physical  
join us.

and Jeffrey Friedman, this intimate film follows visionary  
and dedicated to changing our thinking about both.

## Daughter

film chronicles a woman's struggle to come to terms with  
as they navigate the changes that Alzheimer's brings. The  
Alzheimer's Association and our staff.

How families find their way through Oregon's Death with  
Dignity Act to prescribe lethal doses of drugs to terminally ill patients.  
The End of Life Option Act.

**FREE!**

RSVP at 650.532.2396 or  
[MissionHospice.eventbrite.com](https://www.missionhospice.eventbrite.com)

# GRIEF SUPPORT

It is painful to lose someone you love, and grief can affect all aspects of our lives. Our support groups and grief counseling help those who are grieving or facing the death of a loved one.

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## Drop-in grief support groups

**Free. Everyone is welcome; no RSVP needed.** The schedule is subject to change – please check [MissionHospice.org](http://MissionHospice.org).

**San Mateo** - *Mission Hospice & Home Care, 1670 South Amphlett, #300*

- **Tuesday** evenings ▪ 6-7:30pm  
Facilitator Roby Newman, LCSW, 650.931.8236
- **1st and 3rd Saturdays** ▪ 10-11:30am  
Facilitator Tracie Pyers, MSW, 650.753.4947
- **2nd and 4th Saturdays** ▪ 10-11:30am – **for young widows/widowers**  
Facilitator Tracie Pyers, MSW, 650.753.4947. Concurrent children's group is available on 2nd Saturday (RSVP required).

**Half Moon Bay** – *Coastside Adult Day Health Center, 925 Main St.*

- **2nd and 4th Thursdays** ▪ 6-7:30pm  
Facilitator Lynne Siracusa, LCSW, Coastside Adult Day Health Center

## Grupo de apoyo de duelo en español

- **Para información sobre apoyo de duelo en español**, por favor comuníquese con Sara Martinez al 650.727.7160 y [smartinez@missionhospice.org](mailto:smartinez@missionhospice.org).

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## Phone support and grief lending library

**Free** grief education and support, resources, and referral, open to all. Call 650.554.1000.

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## Specialized support groups

**Free. Everyone is welcome; registration is required.** These semi-structured support groups meet in San Mateo for about 8 weeks. For details and to register, call 650.554.1000 or visit [www.MissionHospice.org](http://www.MissionHospice.org).

- **Spouse/Partner Loss Support Group**

**Wednesday mornings, May 2–June 27, 2018** ▪ 10:30am–noon

Supports those grieving the loss of a partner.

Facilitators Lupita Almonte, PsyD and Laurie Grand, MFT

- **Parent Loss Support Group**

**Thursday evenings, May 17–June 28, 2018** ▪ 6:30–8pm

Supports adults who have lost a parent.

Facilitators Jan Prins, MFT and Maleka Mau, MSW Intern

- **Writing Through Loss Support Group**

**Wednesday evenings, May 23–July 18, 2018** ▪ 6:30–8pm

**Wednesday evenings, September 5–October 24, 2018** ▪ 6:30–8pm

Participants explore grief through writing; no experience necessary.

Facilitator Isabel Stenzel, LCSW

- **Grief and the Holidays Support Group**

**Wednesday evenings, Nov. 14, 2018–January 9, 2019** ▪ 6:30–8pm

Supports people through the holiday season.

Facilitator Isabel Stenzel, LCSW

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## Individual counseling

We offer individual grief counseling (in English and Spanish) for adults and youth, in our San Mateo offices or in your home.

Family members of our hospice clients receive eight sessions free; additional sessions are \$100/sliding scale. Community clients are seen as our schedule permits.

Contact Roby Newman, LCSW, Bereavement Coordinator, at 650.931.8236.

**For more information about grief support, visit [MissionHospice.org](http://MissionHospice.org) or call 650.554.1000.**

# VOLUNTEER OPPORTUNITIES

Mission Hospice & Home Care volunteers are the heart and soul of our care. Whether you are providing companionship and respite for patients and families, or supporting our work in the community and in our office, your hours will be flexible, and you'll be part of an amazing community.



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## Direct Care Volunteers - Informational meetings

Direct Care Volunteers provide emotional and social support for patients and families, helping them make the most of their time together.

As a volunteer, you might provide companionship, offer respite for loved ones, read books or listen to stories, or sit vigil with patients.

Find out all about volunteering with Mission Hospice in advance of our summer and fall training sessions. No RSVP needed.

**Tuesday, May 29, 2018 ■ noon-1pm or 5:30-6:30pm**

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

**Tuesday, September 18, 2018 ■ noon-1pm or 5:30-6:30pm**

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

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## Volunteer at Mission House

Volunteers at our hospice house in San Mateo provide compassion, dignity, and comfort to people in their last weeks of life. As a Mission House volunteer, you might sit with and care for residents, or help keep the house and gardens clean and beautiful.

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## Mission Hospice Auxiliary

The Mission Hospice Auxiliary is a group of women dedicated to raising funds for Mission Hospice & Home Care. As a member of the Auxiliary, you will help create and organize special events throughout the year.

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## Community Ambassadors

Our Community Ambassadors help people learn about end-of-life issues long before hospice is needed. As an Ambassador, you will support educational events, presentations, and workshops for the public.

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## Indirect Care Volunteers

You can volunteer to support our patients behind the scenes. As an Indirect Care Volunteer, you might write note cards, make phone calls, or help with other projects in our San Mateo office.



**For more information about any of these opportunities, contact Volunteer Services Director Craig Schroeder at 650.532.2323.**

# CELEBRATING COMMUNITY

Our special events are a fun way to celebrate community while raising funds to help provide care to thousands of patients and families each year.



**The Mission Hospice Auxiliary  
presents**

**21st annual  
Bridge Day  
& Luncheon**

**Friday, May 18, 2018 • 9:30am**  
**Peninsula Golf & Country Club**  
**San Mateo**

**\$70 entry to benefit Mission Hospice**

**For information,  
call Cathy McDermott  
650.554.1000**

MILLS-PENINSULA MEDICAL CENTER PRESENTS  
THE MISSION HOSPICE AUXILIARY FALL GALA

# Diamonds & Denim

Dinner, dancing, & auctions  
to benefit our Hospice House Campaign

Music by *Pride & Joy*

**Saturday, Sept. 29, 2018 | 6pm**

Crowne Plaza Hotel, Foster City

**Tickets \$150**

[MissionHospice.org/fallgala](http://MissionHospice.org/fallgala) | 650.554.1000

## Genovese Night Celebrating Columbus Day

**Saturday, October 6, 2018 • 6pm**

**Peninsula Italian American Social Club, San Mateo**

A dinner-dance benefitting Mission Hospice, this lively evening will include a delicious Italian dinner, a Queen Isabella pageant, live music, and dancing. Tickets \$65.

**For tickets and information, call 650.343.7981.**

**For more information about any of our community events,  
visit [www.MissionHospice.org/events](http://www.MissionHospice.org/events) or call 650.554.1000.**

## ***It's about life!***

**Mission Hospice & Home Care** honors and supports people's wishes for the last phase of life by providing our community with exceptional end-of-life care and education.

We help patients live life to the fullest, and support their loved ones so they can make the most of their time together. Our holistic, team-oriented approach includes physical, emotional, and spiritual care throughout the last phase of life.

## **By and for our community**

As an independent nonprofit organization serving the San Mateo County area since 1979, we are dedicated to caring for people regardless of their medical coverage or ability to pay. Donations from the community support our exceptional care and educational programs.



## **Mission Hospice & Home Care**

1670 South Amphlett, #300, San Mateo, CA

650.554.1000

[www.MissionHospice.org](http://www.MissionHospice.org)