



Community Connections

It's about life!

January - June 2019

TAKE CHARGE!

AUTHOR SERIES

CONVERSATION & CREATIVITY

CELEBRATING COMMUNITY

GRIEF SUPPORT

VOLUNTEER OPPORTUNITIES

CONTINUING EDUCATION

MISSION  HOSPICE
& HOME CARE

40 years of caring for the community



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

Monthly eNews: www.MissionHospice.org/enews

facebook.com/missionhospice

Community Connections

January - June 2019

-  **TAKE CHARGE!**
Plan for your future care based on what matters most to you
-  **AUTHOR SERIES**
Free readings and discussions by leading writers
-  **CONVERSATION & CREATIVITY**
Learn and talk about how to live and die well
-  **CELEBRATING COMMUNITY**
Have fun and raise funds for our community and patients
-  **GRIEF SUPPORT**
Find support for grieving or facing the death of a loved one
-  **VOLUNTEER OPPORTUNITIES**
Offer help to our patients, families, and programs
-  **CONTINUING EDUCATION**
Educational opportunities for family and professionals

**You can download a digital version of this guide at
MissionHospice.org/connections**

Advance care planning is more than a form.

Learn how to take charge!

Free advance care planning workshops

"Knowledge is power, and now I feel powerful."

- Take Charge participant

Our two-part workshops will help you learn how to prepare for your future care. We'll walk you through the steps of thinking about what matters most to you, talking about your wishes with family, friends, and doctors, choosing a health care agent, and communicating your wishes in a plan.

Take Charge workshops - Menlo Park

Little House Activity Center, 800 Middle Avenue

Tuesdays, January 22 + 29, 2019 ▪ 1-3pm

Wednesdays, March 20 + 27, 2019 ▪ 6-8pm

Wednesdays, May 22 + 29, 2019 ▪ 1-3pm

Questions? Call Little House staff at 650.272.5045.

Free, but please reserve your place at [MissionHospice.eventbrite.com](https://www.eventbrite.com).

Take Charge workshops - Half Moon Bay

Coastside Adult Day Health Center, 925 Main St.

Mondays, February 4 + 11, 2019 ▪ 6:30-8:30pm

Mondays, May 6 + 13, 2019 ▪ 6:30-8:30pm

Questions? Call Lynne at 650.726.5067 x210

Free, but please reserve your place with Lynne Siracusa at [650.726.5067 x210](tel:650.726.5067) or siracusa.cadhc@gmail.com.



Take Charge phone presentation: Advance care planning tips

Unable to attend a workshop in person? Join us for a one-hour, phone-based session that you can attend in the comfort of your own home.

This one-hour presentation will cover the basics of advance care planning. Presented in collaboration with Well Connected (A Covia Community Service for Seniors).

Tuesday, March 12, 2019 • 11am-noon

Free. To register, call Well Connected at 877.797.7299 before March 12.

They will provide instructions for joining the phone presentation.

Host a Take Charge presentation

To request a free presentation or workshop for your community group, complete the form at tinyurl.com/HostTakeCharge or contact Mary Matthiesen at mmatthiesen@MissionHospice.org.

Download your free advance care planning toolkit at
MissionHospice.org/TakeCharge

Take Charge is a community-led initiative developed 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 Coastiders | Seniors At Home | Village of the Coastside | Villages of San Mateo County

Mission Hospice Author Series

A FREE series of readings and discussions by leading writers about end of life, dying, and grief

Frank Ostaseski

The Five Invitations

Thursday, January 24, 2019 • 6:30-8pm

As a renowned teacher of compassionate caregiving and the cofounder of Zen Hospice Project, Frank Ostaseski has sat on the precipice of death with more than a thousand people. *The Five Invitations* is an exhilarating meditation on the meaning of life and how maintaining an ever-present consciousness of death can bring us closer to our truest selves.

Katy Butler

The Art of Dying Well

Thursday, February 28, 2019 • 6:30-8pm

Award-winning journalist Katy Butler is the author of the New York Times Bestseller *Knocking on Heaven's Door*.

Her new book, *The Art of Dying Well*, is a reassuring and thorough guide to living as well as possible for as long as possible and adapting successfully to change.

Cheryl Espinosa-Jones

An Ocean Between Them

Thursday, March 28, 2019 • 6:30-8pm

Cheryl is a trained psychotherapist and host of the VoiceAmerica radio show *Good Grief*. Her novel follows Chloe and her mom Sal. After a 10-year estrangement, Chloe's cancer diagnosis leads them to try to repair what has been broken. This is a story for anyone navigating a family estrangement, particularly during illness.

All Author Series events are in our office:
1670 South Amphlett, #300, San Mateo

Books will be for sale at each event.

Jackie Madden Haugh

The Promise I Kept

Thursday, April 11, 2019 • 6:30-8pm

The Promise I Kept is a poignant, funny, and often heartbreaking story of a daughter's journey to keep her promise never to put her father into a nursing home – his greatest fear for his final days. It follows Jackie's nine-year journey through which she, as a single mother, watched over her father's care, and learned about constant gratitude.

Judith Redwing Keyssar

*Last Acts of Kindness: Lessons for the Living from the
Bedsides of the Dying* WINNER, 2011 BOOK OF THE YEAR
AWARD, AMERICAN JOURNAL OF NURSING

Thursday, May 30, 2019 • 6:30-8pm

When Plato was asked to sum up his life's work, he simply stated, "Practice dying." *Last Acts of Kindness* allows a glimpse into this practice through the stories of those who have lived and died among us.

As an RN and midwife to the dying, Keyssar speaks about her extensive experience in palliative care. She encourages us to examine our personal relationships to impermanence and to consider the changes needed in our healthcare system to better serve us all at the end of life.

FREE!

Space is limited. RSVP at 650.532.2396
or MissionHospice.eventbrite.com

CONVERSATION & CREATIVITY

The Art of Saying Goodbye: A day-long exploration of loss, grief, and healing through the arts

Saturday, March 16, 2019 • 10am–5pm

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

Join us for a day of exploration and demonstrations to learn how the creative arts can help transform grief and promote healing. Our facilitators will teach through a panel discussion and hands-on activities.

Co-sponsored with Dignity Memorial.

Facilitators: Isabel Stenzel, LCSW; Cheryl Jones, MS, LMFT; Christine Kovach, LCSW; Robin Modlin, MA.

\$25, incl. materials and lunch. Register at [MissionHospice.eventbrite.com](https://www.missionhospice.org/eventbrite).

Stories That Heal: Writing workshop with Ann Randolph

Saturday, May 11 + Sunday, May 12, 2019 • 9:30am–4:30pm

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

Learn how to tell your story of life and loss in this small-group weekend writing workshop with the award-winning author and teacher Ann Randolph. Ann will help you discover your own unique story – and the profound transformation that occurs when you speak it out loud. We will support one another with writing exercises, group discussion, and improvisation.

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

\$320. Register at [MissionHospice.eventbrite.com](https://www.missionhospice.org/eventbrite).

Movies @ Mission Hospice: *Prison Terminal*

Thursday, June 27, 2019 • 6:30–8:30pm

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

The first in our 2019 series of films about how we live and die. When an inmate became terminally ill, his fellow prisoners volunteered to provide his hospice care. This documentary takes us inside the prison to learn about the power of hospice to transform everyone involved. We'll discuss the film, and our 2018 training at San Quentin with former prisoner Marvin Mutch and Sandy Fish of the Humane Prison Hospice Project.

Free. Register at [MissionHospice.eventbrite.com](https://www.missionhospice.org/eventbrite).

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.missionhospice.com/eventbrite) or with Susan at 650.532.2396.



Wednesday, January 16, 2019 ▪ 2-4pm

Seniors at Home, 200 Channing Ave., Palo Alto

Tuesday, February 19, 2019 ▪ 1-3pm

Seniors at Home, 2001 Winward Way, San Mateo

Thursday, February 21, 2019 ▪ 2-4pm

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

Wednesday, March 13, 2019 ▪ 3-5pm

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

Wednesday, April 17, 2019 ▪ 6:30-8:30pm

Seniors at Home, 200 Channing Ave., Palo Alto

Thursday, May 9, 2019 ▪ 6:30-8:30pm

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

Tuesday, May 14, 2019 ▪ 6:30-8:30pm

Seniors at Home, 2001 Winward Way, San Mateo

Wednesday, June 12, 2019 ▪ 6:30-8:30pm

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

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

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.



IT'S OUR 40TH ANNIVERSARY!

Let's celebrate
**Mission Hospice & Home Care's
40 years of caring for the community**

SUNDAY, JANUARY 27, 2019
2-5 PM ▪ MENLO PARK

- Hosted bar ▪ Hors d'oeuvres ▪
- Premiere of our new video ▪
- Photo booth ▪
- Celebrating our community ▪

40
YEARS

TICKETS \$75

MissionHospice.org/anniversary

For more information about any of our community events, including sponsorship opportunities, visit www.MissionHospice.org/events or call 650.554.1000.

The Mission Hospice Auxiliary presents



22nd annual
Bridge Day
& Luncheon

Friday, February 15, 2019 • 9:30am

Peninsula Golf & Country Club, San Mateo



\$75 entry; benefits Mission Hospice
For information, call 650.554.1000

The Peninsula Italian American Social Club invites you to the 11th annual

Night of Fun

Saturday, March 23, 2019 • 6pm

Peninsula Italian American Social Club, San Mateo

A dinner-dance to benefit the Woodside Hospice House Campaign
Honoring Founders Elena and Stefano Quilici • Pat and Mavis Dianda

Tickets \$85

MissionHospice.org/NightOfFun • 650.554.1000

THE MISSION HOSPICE AUXILIARY

FALL GALA

Saturday, Oct. 5, 2019 | 6pm

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

Music by Pride & Joy

Tickets \$150

MissionHospice.org/fallgala | 650.554.1000

GRIEF SUPPORT

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

Drop-in grief support groups

Free. Everyone is welcome; no RSVP needed. Schedules and locations are subject to change - please check MissionHospice.org or call 650.554.1000.

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

- **Tuesday** evenings ▪ 6-7:30pm
- **1st and 3rd Saturdays** ▪ 10-11:30am
- **2nd and 4th Saturdays** ▪ 10-11:30am - **for widows/widowers**
To ask about childcare, please call Tracie Pyers, 650.753.4947.

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

- **2nd and 4th Thursdays** ▪ 6-7:30pm

Pacifica - *Pacifica Senior Center, 540 Crespi Drive*

- schedule TBD



Specialized support groups

Free. Everyone is welcome; registration is required. These semi-structured support groups meet for about 8 weeks. These groups are in San Mateo unless otherwise indicated.

Schedules and locations are subject to change - for details and to register, contact Isabel at istenzel@MissionHospice.org or 650.532.2338.

- **Parent Loss Support Group**
Thursday evenings, January 31-March 21, 2019 ▪ 6:15-7:45pm
Supports adults who have lost a parent.
- **Spouse/Partner Loss Support Group** - *San Carlos*
Thursday mornings, February 14-April 4, 2019 ▪ 10:30am-noon
Supports those grieving the loss of a partner.
- **Resilience in Grief: From Surviving to Thriving**
Monday evenings, February 25-April 15, 2019 ▪ 6:30-8pm
For adults who have been grieving a loss for at least six months.
- **Suicide Loss Support Group**
Wednesday evenings, March 13-May 1, 2019 ▪ 6-7:30pm
Supports those who have lost a loved one to suicide.
- **Writing Through Loss Support Group**
Wednesday evenings, January 23-March 6, 2019 ▪ 6:30-8pm
Wednesday evenings, June 19-August 7, 2019 ▪ 6:30-8pm
Participants explore grief through writing; no experience necessary.

GRIEF SUPPORT

Art for healing through grief workshop series

First Thursday evenings of the month, April 4–October 3, 2019 • 6-8pm

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

This six-month long, once-a-month expressive arts workshop offers adults and mature teens a creative outlet for expressing grief. Participants are encouraged to attend as many sessions as possible. No workshop July 4.

Free; donations gratefully accepted. **Registration is required;** for details and to register, contact Isabel at istenzel@MissionHospice.org or 650.532.2338.

Grief & stuff workshop: Organizing belongings after loss

Saturday, April 6, 2019 • 1-2:30pm

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

This workshop is designed for people who struggle with getting rid of their loved ones' belongings. We will explore our emotional attachments to stuff and practical steps to letting go.

Free; donations gratefully accepted. **Registration is required;** for details and to register, contact Isabel at istenzel@MissionHospice.org or 650.532.2338.

In Memory: Honoring Our Loved Ones in Community

An interfaith community memorial service
for anyone grieving the loss of a loved one

Sunday, June 2, 2019 • 4-5:30pm

College Heights Church
1150 W. Hillsdale Blvd, San Mateo

All are welcome.
RSVP to 650.554.1000



Individual counseling

We offer individual grief counseling for adults and youth, in our San Mateo offices or in your home. Sessions are \$100/sliding scale. Family members of our hospice clients receive eight sessions free.

Contact Isabel Stenzel, LCSW, Bereavement Coordinator, at 650.532.2338.

Complicated grief treatment

It is natural to feel intense grief when someone close dies, but for people with complicated grief, it is hard to focus on the present and future. For those who are feeling stuck in grief a year or more after a loss, we offer structured evidence-based therapy for complicated grief. Fees are \$150 per session/sliding scale.

Contact Isabel Stenzel, LCSW, Bereavement Coordinator, at 650.532.2338.

Phone support and grief lending library

Free grief education and support, resources, and referral.

Call 650.554.1000.

For more information about grief support, visit 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.



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 winter and summer training sessions. No RSVP needed.

Tuesday, January 29, 2019 ■ noon-1pm or 5:30-6:30pm

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

Tuesday, May 21, 2019 ■ noon-1pm or 5:30-6:30pm

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

Volunteer at our hospice houses

Volunteers at our hospice houses in San Mateo and Redwood City 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.

Mission Hospice Auxiliary

The Mission Hospice Auxiliary is a group of volunteers 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.



Community Ambassadors

Our volunteer Community Ambassadors are passionate about helping people learn about end-of-life issues long before hospice is needed. As an Ambassador, you will support awareness and educational events, presentations, and workshops in the community.

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.

CONTINUING EDUCATION

Educating our community – from family members to professionals – is a core part of our mission to help everyone access compassionate end-of-life care.

PTSD: Healing Trauma with Deborah Grassman, NP

Saturday, February 9, 2019 • 10am-noon

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

Research shows that PTSD and other trauma changes the brain, and can alter attention, perception, and memory. Deborah, a pioneer in veterans' hospice care, will offer insights into the aftermath of trauma and how to support those suffering from PTSD. This talk will help professionals in veterans' care, health care, mental health, and anyone caring for trauma patients.

Co-sponsored with Dignity Memorial and the Hospice Veterans Partnership.

2 CEUs available.

Free, but space is limited, and registration is required.

Register at MissionHospice.eventbrite.com.

Treating Complicated Grief:

Level 1 and 2 training with Dr. Katherine Shear

Level 2: Saturday, January 19 + Sunday, January 20, 2019 • 9am-5pm

Level 1: Saturday, March 23, 2019 • 9am-5pm

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

This training will help professionals and graduate students working with those who are grieving. Level 1 focuses on understanding, identifying, and assessing complicated grief. Level 2 focuses on Dr. Shear's 16-step approach to treating complicated grief.

6.5 CEUs (Level 1) and 13 CEUs (Level 2) available.

Limited to 30 people per workshop. \$150 (Level 1) / \$375 (Level 2).

Register at MissionHospice.eventbrite.com.



Healing Touch

Healing Touch is a gentle, complementary energy-based approach to health and healing. Training in this evidence-based practice can be useful for all professional and family caregivers. We offer two-day training sessions (Level 1, Level 2, and Level 3) throughout the year.

16 CEUs available.

For information about this training, contact Constance Sweeney at 650.532.2538 or csweeney@MissionHospice.org.

In-service training and continuing education for clinicians

Mission Hospice & Home Care offers in-service training and professional education for clinicians on a range of topics. Our training is CDPH-approved, and CEUs are available.

Educational opportunities include:

- Presentations about various aspects of end-of-life care by our clinicians and educators
- Continuing education programs for professionals
- Training on complementary therapies
- In-service presentations for our clinical partners
- Internships for medical, nursing, and social work students

For information about clinical education, contact our Clinical Outreach Department at 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

Founded in 1979, we are an independent nonprofit providing compassionate end-of-life care throughout the San Mateo and Santa Clara County area. Donations from the community support our exceptional care, and help us serve people regardless of their medical coverage or ability to pay.



Mission Hospice & Home Care

1670 South Amphlett, #300, San Mateo, CA

650.554.1000

www.MissionHospice.org