



# Community Connections

*It's about life!*

**January – June 2020**

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*



# Community Connections

January - June 2020

## ***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)

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

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

- TAKE CHARGE!**  
Plan for your future care based on what matters most to you
- AUTHOR SERIES**  
Free readings and discussions by acclaimed 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](http://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 - San Mateo

San Mateo Senior Center, 2645 Alameda de las Pulgas

**Two-part workshop: Saturdays, January 11 + 18, 2020 • 10am-noon**

Questions? Call Susan at 650.532.2396.

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

### Take Charge - Palo Alto

Bay Area Cancer Connections, 2335 El Camino Real

**Two-part workshop: Fridays, January 31 + Feb. 7, 2020 • 9:30-11:30am**

Questions? Call Susan at 650.532.2396.

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

### Take Charge - Half Moon Bay

Coastside Adult Day Health Center, 925 Main Street

**Two-part workshop: Fridays, February 7 + 14, 2020 • 3-5pm**

**Two-part workshop: Mondays, April 6 + 13, 2020 • 6:30-8:30pm**

Questions? Call Susan at 650.532.2396.

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

### Host a Take Charge presentation

To request a free presentation or workshop for your community group, contact Susan at [sbarber@MissionHospice.org](mailto:sbarber@MissionHospice.org).

Download your free advance care planning toolkit at  
**[MissionHospice.org/TakeCharge](https://www.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 acclaimed writers about end of life, dying, and grief

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

Books will be for sale at each event,  
thanks to Books, Inc. of Palo Alto.

## Jessica Zitter, MD

*Extreme Measures*

Thursday, January 23, 2020 • 7-8:30pm

Filled with rich patient stories that make a compelling medical narrative, *Extreme Measures* enlarges the national conversation as it thoughtfully and compassionately examines an experience that defines being human. Dr. Jessica Zitter, MD, MPH practices ICU and Palliative Care at the county hospital in Oakland, California. Her work is featured in the Oscar and Emmy-nominated short documentary *Extremis*.

## BJ Miller, MD

*A Beginner's Guide to the End*

Thursday, February 27, 2020 • 7-8:30pm

Leading hospice and palliative care physician BJ Miller – with coauthor Shoshana Berger – has put together a gentle, practical, detail-oriented plan that includes navigating the healthcare system, facing friends who might not be as empathetic as you'd hoped, and talking with your children about your will. The book also covers lessons for survivors, like dealing with a loved one's social media accounts and writing a eulogy.

## Lucy Kalanithi, MD

*When Breath Becomes Air* NEW YORK TIMES BESTSELLER

Thursday, March 26, 2020 • 7-8:30pm

Neurosurgeon Paul Kalanithi describes his terminal cancer diagnosis, his roles as a patient and care provider, and philosophical conundrums about a meaningful life. Paul's wife, Lucy, wrote the epilogue and continues to share Paul's story with the world and to talk – as a physician and a widow – about caregiving, end-of-life care, bereavement, resilience, and meaning in medicine.

## Louise Aronson, MD

*Elderhood* NEW YORK TIMES BESTSELLER

Thursday, April 9, 2020 • 7-8:30pm

*Elderhood* will transform how readers think and feel about aging. This intensely compassionate book reframes "life's third act" in ways both revolutionary and revelatory. A professor, educator, and leading geriatrician, Aronson writes with the precision of a scientist, the compassion of a clinician, and the eloquence of a literary writer.

## Gabrielle Jimenez, LVN

*Soft Landing*

Thursday, May 28, 2020 • 7-8:30pm

In her first book, Gabby writes about her experience going back to school in her 40s to become a nurse – and finding her passion for end-of-life care. She shares stories and lessons from her patients, and describes the art of dying with kindness and compassion. Gabby blogs at [thehospiceheart.net](http://thehospiceheart.net).

**FREE!**

Space is limited. RSVP at 650.532.2396  
or [MissionHospice.eventbrite.com](http://MissionHospice.eventbrite.com)

# CONVERSATION & CREATIVITY

## **Movies @ Mission Hospice: *The Nurse with the Purple Hair***

**Thursday, June 25, 2020 ▪ 6:30-8:30pm**

Mission Hospice, 1670 South Amphlett #300, San Mateo

The first in our 2020 series of films about how we live and die. This heartwarming, hopeful documentary by filmmaker Sean Cunningham tells the story of hospice workers, including his friend Michele Lasota, a hospice nurse with purple hair and a passion for her work.

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

## **Movies @ Mission Hospice: *Into the Night***

**Thursday, July 23, 2020 ▪ 6:30-8:30pm**

Mission Hospice, 1670 South Amphlett #300, San Mateo

This fascinating film features a range of individuals: old and young, believers and nonbelievers, the dying and the healthy, well-known and obscure. Whether through the imminence of their own death, the loss of a loved one, a sudden epiphany, or a temperament born to question, these are people who have truly 'awakened' to their mortality – and their eloquence is unexpected and provocative.

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

## **Movies @ Mission Hospice: *Young at Heart***

**Thursday, August 27, 2020 ▪ 6:30-8:30pm**

Mission Hospice, 1670 South Amphlett #300, San Mateo

With an average age of 81, the Young@Heart Chorus performs rock, punk, and R&B classics around the world, defying stereotypes and crossing generations of music. This delightful film follows members of the chorus as they prepare for a concert in their hometown of Northampton, Massachusetts, showing how their joy of music keeps their spirits young.

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

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

## **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.org/eventbrite) or with Susan at 650.532.2396.**



**En Español: Wednesday, January 15, 2020 ▪ 10:30am-noon**

Fair Oaks Activity Ctr., 2600 Middlefield, Redwood City (RSVP a 650.780.7525)

**Wednesday, February 12, 2020 ▪ 1-3pm**

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

**Tuesday, March 10, 2020 ▪ 3-5pm**

Rose Kleiner Center, 270 Escuela Street, Mountain View

**Wednesday, March 11, 2020 ▪ 3-5pm**

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

**Tuesday, March 17, 2020 ▪ 1-3pm**

Seniors at Home, 2001 Winward Way, San Mateo

**Wednesday, May 13, 2020 ▪ 1-3pm**

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

**Tuesday, June 9, 2020 ▪ 3-5pm**

Rose Kleiner Center, 270 Escuela Street, Mountain View

**Wednesday, June 10, 2020 ▪ 6:30-8:30pm**

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

**Tuesday, June 16, 2020 ▪ 6:30-8:30pm**

Seniors at Home, 2001 Winward Way, San Mateo

# 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.

Please join Mission Hospice for our

## *41st Anniversary Celebration*

**Sunday, January 26, 2020**

**2 - 5pm**

Peninsula Golf & Country Club, San Mateo

Celebrating our community

Honoring 2020 Lotus Award winner **Sheila Young** and  
Special Recognition Award winner **Patricia Matthews**

Hosted bar & plentiful hors d'oeuvres

Tickets \$75

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

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

The Mission Hospice Auxiliary presents

**23rd annual**

## **Bridge Day & Luncheon**

**Friday, February 14, 2020 • 9:30am**

Peninsula Golf & Country Club, San Mateo

**\$80 entry benefits Mission Hospice**  
**For information, call 650.554.1000**



The Peninsula Italian American Social Club invites you to the 12th annual

## **Night of Fun**

**Saturday, March 28, 2020 • 6pm**

Peninsula Italian American Social Club, San Mateo

A dinner-dance to benefit Mission Hospice  
Honoring Armando Dianda

**Tickets \$85**

[MissionHospice.org/NightOfFun](http://MissionHospice.org/NightOfFun) • 650.554.1000

THE MISSION HOSPICE AUXILIARY

## **FALL GALA**

**Saturday, Oct. 10, 2020 | 6pm**

Dinner, dancing, & auctions

Music by Pride & Joy

[MissionHospice.org/fallgala](http://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, 1670 South Amphlett, #300

- **Tuesdays** • 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 at 650.753.4947.
- **Third Thursdays** • 6-7:30pm - **for those who have lost a loved one to suicide;** call Isabel at 650.931.8236 before attending for the first time

**Pacifica** - Pacifica Senior Center, 540 Crespi Drive

- **3rd Fridays** • 10:30am-noon

## PREPARING FOR LOSS

### Preparing your heart for the death of a loved one

**Monday, March 9, 2020 • 6-8pm**

Gather for anticipatory grief education and support to prepare emotionally for your loved one's end-of-life experience and death.

### Preparing your heart for your own death

**Monday, April 6, 2020 • 6-8pm**

Gather for practical education and support to prepare emotionally for your own end-of-life experience and death.

## 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 Stenzel, LCSW, Bereavement Coordinator, at 650.931.8236 or [istenzel@MissionHospice.org](mailto:istenzel@MissionHospice.org).**

- **Writing Through Loss Support Group** (no experience necessary)  
Wednesdays, January 22-March 11, 2020 • 6:30-8pm  
Wednesdays, May 20-July 8, 2020 • 6:30-8pm
- **Grief and Fostering Resilience**  
Thursdays, January 30-March 19, 2020 • 6-7:30pm  
Coastside Adult Day Health Center, 925 Main Street, Half Moon Bay
- **Loss of a Parent Support Group**  
Thursdays, January 30-March 19, 2020 • 6-7:30pm
- **Resilience in Grief: From Surviving to Thriving** (for adults who have been grieving a loss for at least six months)  
Tuesdays, February 18-March 24, 2020 • 2-4pm
- **Suicide Loss Support Group**  
Wednesdays, March 25-May 13, 2020 • 6-7:30pm
- **Spouse/Partner Loss Support Group**  
Wednesdays, April 22-June 10, 2020 • 10-11:30am  
San Bruno Senior Center, 1555 Crystal Springs Road, San Bruno

## SEASON OF REMEMBRANCE

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

**Sunday, June 7, 2020 • 4-5:30pm**

College Heights Church  
1150 W. Hillsdale Blvd, San Mateo

All are welcome. RSVP to 650.554.1000

# GRIEF SUPPORT

**These workshops are free;** donations are gratefully accepted. **Everyone is welcome, but registration is required unless otherwise noted;** for details and to register, contact Isabel Stenzel, LCSW, Bereavement Coordinator, at 650.931.8236 or [istenzel@MissionHospice.org](mailto:istenzel@MissionHospice.org).

All workshops take place at Mission Hospice, 1670 South Amphlett #300, San Mateo.

## Grief support book club

**First Wednesday of the month, January 8–June 3, 2020 ▪ noon-1:30pm**

This monthly book club offers discussion and support for those interested in reading about grief in different genres (fiction, essay, memoir, poetry, self-help), and the chance to explore how the readings support you in your own grief.

## New to grief workshop

**Thursday, January 16, 2020 ▪ 6-8pm**

**Thursday, March 26, 2020 ▪ 10am-noon**

**In Mandarin: Monday, March 30, 2020 ▪ 6-8pm 理解哀伤**

**Thursday, June 18, 2020 ▪ 6-8pm**

An overview of what to expect in the grief process, including tips for proactive coping. No registration required.

## Grief & stuff workshop: Organizing belongings after loss

**Monday, March 16, 2020 ▪ 4-6pm**

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.

## Art for healing through grief workshop series

**First Thursday of the month, April 2–October 1, 2020 ▪ 6-8pm**

This six-month long, once-a-month expressive arts workshop offers adults and mature teens a creative outlet for expressing grief.

## Drumming circle for grief

**Saturday, May 2, 2020 ▪ 1:30-3pm**

Explore the rhythms of your grief through dynamic and soothing drumming; no experience necessary.

## Supporting your loved one with dementia through grief

**Monday, May 4, 2020 ▪ 6-8pm**

Learn how to help your grieving loved one cope with loss despite their cognitive impairment.

## OTHER BEREAVEMENT SERVICES

### Individual counseling

We offer individual grief counseling for adults and youth. Family members of our hospice clients receive eight sessions free. Additional sessions are \$100. Contact Isabel at 650.931.8236.

### 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. Contact Isabel at 650.931.8236.

### 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](http://MissionHospice.org) or call 650.554.1000.**

# VOLUNTEER OPPORTUNITIES

Mission Hospice 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 21, 2020 ▪ noon-1pm or 5:30-6:30pm**

Mission Hospice, 1670 South Amphlett #300, San Mateo

**Tuesday, May 19, 2020 ▪ noon-1pm or 5:30-6:30pm (tentative)**

Mission Hospice, 1670 South Amphlett #300, San Mateo

## Volunteer at our hospice house

Volunteers at our hospice house in 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.

## 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.

## Mission Hospice Auxiliary

The Mission Hospice Auxiliary is a group of volunteers dedicated to raising funds to support patients and programs at Mission Hospice & Home Care. The Auxiliary is seeking new members! As part of this fun group of volunteers, you will help organize and host the annual Fall Gala, the bridge tournament, and other special events. To learn more, contact Cathy McDermott at 650.532.2562 or [cmcdermott@MissionHospice.org](mailto:cmcdermott@MissionHospice.org).



## 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. To learn more, contact Susan Barber at 650.532.2396 or [sbarber@MissionHospice.org](mailto:sbarber@MissionHospice.org).

**For information about volunteering, contact Volunteer Services Director Craig Schroeder at 650.532.2323 or [cschroeder@MissionHospice.org](mailto:cschroeder@MissionHospice.org).**

# 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. All events take place at Mission Hospice, 1670 South Amphlett #300, San Mateo.

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## Mindful Caregiver Training

**Saturday + Sunday, January 25-26, 2020 • 9am-5pm**

This weekend workshop will teach family and professional caregivers skills to help them care for themselves and others. It will incorporate contemplative practices from Zen Caregiving Project's acclaimed Mindful Caregiver Education, and educators from Mission Hospice will teach practical skills such as symptom control, safe transfers, and infection management. We will explore communication, compassion, and loss through meditation, writing exercises, experiential activities, and discussion. **CEUs available for RNs, LVNs, and CNAs for an additional \$50.**

**\$75. Register at [MissionHospice.eventbrite.com](https://www.missionhospice.org/eventbrite.com).**

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## Understanding Complicated Grief with Dr. Katherine Shear

**Saturday, March 14, 2020 • 1-5pm**

Founder of Columbia University's Center for Complicated Grief, Dr. Katherine Shear will lead this workshop about complicated grief for community members and professionals.

A natural response to loss, grief is complex, varying, and multifaceted. While everyone grieves in their own way, for most people, grief diminishes as they find ways to accept the death and restore wellbeing. For about 10% of bereaved people, the process of adapting to the loss is derailed and acute grief is prolonged, impairing functioning.

Dr. Shear will explain how complicated grief can be reliably identified. Research suggests people suffering in this way respond better to targeted complicated grief treatment than other forms of treatment. **CEUs available for an additional \$50.**

**\$20. Register at [MissionHospice.eventbrite.com](https://www.missionhospice.org/eventbrite.com).**



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## Permission to Grieve with Dr. Dawn Gross

**Saturday, April 18, 2020 • 10am-noon**

Hospice physician, professor, and radio host, Dr. Dawn Gross is dedicated to removing taboos around discussing death. She will explore the expression of grief for lay persons and professionals, helping participants consider the role of community in the experience of grief, and discuss practices that offer permission to grieve. **CEUs available for RNs, LVNs, and CNAs.**

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

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## 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. **16 CEUs available.**

Level 1 training: **Saturday + Sunday, March 21-22, 2020 • 8:30am-5:30pm**

Level 2 training: **Saturday + Sunday, May 30-31, 2020 • 8:30am-5:30pm**

Level 3 training: **Saturday + Sunday, Sept. 19-20, 2020 • 8:30am-5:30pm**

**For information or to register, contact Constance Sweeney at [650.532.2538](tel:650.532.2538) or [csweeney@MissionHospice.org](mailto:csweeney@MissionHospice.org).**

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## In-service training and continuing education for clinicians

Mission Hospice offers in-service training and education for clinicians on a range of topics. Our training is CDPH-approved, and CEUs may be available.

- Presentations about various aspects of end-of-life care
- Continuing education and in-service presentations
- Internships for medical, nursing, and social work students

**For information about clinical education, contact our Clinical Outreach Department at [650.554.1000](tel:650.554.1000).**

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

**Mission Hospice** 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 support.

## **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 educational programs, and help us serve people regardless of their medical coverage or ability to pay.



## **Mission Hospice**

1670 South Amphlett, #300, San Mateo, CA

650.554.1000

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