



When Helen needed support, her daughter Gail knew that hospice care could help her stay in her home, surrounded by a lifetime of art and memories.

Helen Holmgren: Home is where the art is

Bay Area native Helen Holmgren has always had a thing for art. The many paintings, drawings, and collages that fill her Menlo Park home are just a part of what makes that home such a special place for her. It's not only full of art – it's full of memories.

In 1951, Helen met a handsome young sailor on the tennis courts of Treasure Island, where John Holmgren was stationed. Married the next year, the couple moved to the Peninsula where they raised their four children in the home where Helen still lives.

While raising her family, Helen also volunteered for peace and justice issues, and was an avid runner, consistently winning races. And always, she painted, in both acrylic and oil, creating many of the pieces that now hang in her home. Helen passed her love of art to her daughter Gail Ragains, now a full-time artist.

Gail says that for both of her parents, staying in their home, even as their health declined, was important. "We talked about it. Sometimes I had to start the conversations so I had the information I needed to give them what they wanted," she said. "I'm so glad we did."

When John died at home in 2015, Helen was already suffering from dementia. Gail knew that hospice could help her mom as well as it had served her father.

...continued on back page

New Woodside Hospice House Campaign will expand care for families

Since we opened San Mateo County's first hospice house in Fall 2015, we have cared for hundreds of patients in their last weeks of life, ranging in age from 26 to 106. The many kind words and notes we've received from families tell us that this is something our community really needed – and that need continues to grow.

That's why we have just launched a new capital campaign to support the opening of a second hospice



**Woodside
Hospice House
Campaign**

house. The goal of the campaign is to raise \$4 million to fund the purchase of

the home, start-up costs, and care for patients who are underinsured or cannot afford to stay at the house.

The six-bedroom home is conveniently located in Redwood City's Woodside Plaza neighborhood. The additional beds and second location will greatly enhance our capacity to care for the San Mateo County and northern Santa Clara County community.

...continued on page 3



Campaign chairs Dr. Robert Roe and Lisa Deal in front of our new Woodside hospice house. Located near Woodside Road and Highway 280, the house will allow us to care for more patients at the end of life who need intensive, round-the-clock symptom management that cannot be provided at home.

Better together: partnering for our patients

Dwight Wilson, CEO



Just as it takes a village to raise a child, it takes a village to care for loved ones at the end of life. It's hard for any one person to go it alone, and similarly, organizations like ours are best when working with others.

Partnerships are the way we work every day. Our care teams are focused on the patient's needs and wishes, regardless of how Medicare classifies them. Our administrative team works together to see that our staff has the supplies, funds, and other support they need to provide this care.

We know from years of experience that the earlier a patient starts hospice care, the better his or her quality of life. So we spend a lot of time partnering with physicians, social workers, and other health care providers in our community to make it easier for them to recognize when we can help them care for patients.

These partnerships with other health care providers are helping all of us play to our strengths, learn from each other, and improve and coordinate care. Our Chief Clinical Officer, Lisa Deal, and I are building relationships with Kaiser, Mills-Peninsula, Sequoia Hospital, Stanford Health Care, and others. By learning what each organization's strengths are, and referring patients to one another, we can provide the best possible care for patients and families.

Our most fun partnerships come through our signature events, like the recent 10th annual Night of Fun hosted by the Peninsula Italian American Social Club. My thanks to the many members of the Night of Fun committee and our event sponsors and donors for a wonderful and successful evening.

You are an important partner as well. With the launch of our new \$4 million Woodside Hospice House Campaign, I ask each and every one of you to help us make this vision a reality. Together, we can expand this incredible offering into the Redwood City community, helping to care for even more patients and families who need our support. —DW



Find your Community Connections!

We've just published our new guide for living well, full of opportunities for you to connect and explore with others.

Find your copy inside this newsletter or online at MissionHospice.org/connections.

Upcoming events

Bridge Day and Luncheon

Friday, May 18, 2018 • 9:30am • Peninsula Golf & Country Club, San Mateo
The Mission Hospice Auxiliary hosts this annual fundraiser. Coffee and pastries, tournament or party bridge, and luncheon. Tickets \$70; call Cathy at 650.554.1000.

Stories that heal: Weekend writing workshop

Saturday, May 19 & Sunday, May 20, 2018 • 9:30-4:30
Mission Hospice & Home Care, 1670 South Amphlett, Suite 300, San Mateo
Learn how to tell your story of life and loss in this small-group writing workshop with author Ann Randolph. Fee \$300; register at MissionHospice.Eventbrite.com.

New Volunteer Informational Meetings

Tuesday, May 29, 2018 • noon-1pm or 5:30-6:30pm
Mission Hospice & Home Care, 1670 South Amphlett, Suite 300, San Mateo
Find out all about volunteering with Mission Hospice, including more information about our June-July training sessions. No RSVP needed. Questions? Contact Craig Schroeder at 650.532.2323 or cschroeder@MissionHospice.org.

Death Cafés

Multiple dates in Palo Alto and Half Moon Bay
All are welcome to our Death Cafés, where people gather to discuss death, with tea and snacks. There's no agenda, just a supportive environment for sharing ideas, opinions, and questions about death. Free. Register at MissionHospice.Eventbrite.com.

Movies@Mission Hospice

Thursday, June 28 • 6:30pm • *Being Mortal*
Thursday, July 26 • 6:30pm • *Extremis* and *New Rules for End of Life Care*
Mission Hospice & Home Care, 1670 South Amphlett, Suite 300, San Mateo
Join us for the first two events in our 2018 series of films about how we live and die – with popcorn and discussion. Free. Register at MissionHospice.Eventbrite.com.

Take Charge! Advance Care Planning Workshops

Multiple dates in Menlo Park and Half Moon Bay
Bring a friend or family member and learn how taking charge of your future care can bring peace of mind – to you and your loved ones. Free. Details at MissionHospice.org/TakeCharge.

Special Community Q&A with Dr. Jerry Saliman, MD

Tues., May 8 & Tues., July 31 • 1:30 • Little House, 800 Middle Ave., Menlo Park
Bring your questions about advance care planning. Free. RSVP to 650.272.5045.

Specialized Grief Support Groups

Spouse / Partner Loss Support Group • Wednesday mornings May 2-June 27
Parent Loss Support Group • Thursday evenings May 17-June 28
Writing Through Loss • Wednesday evenings May 23-July 18
Mission Hospice & Home Care, 1670 South Amphlett, Suite 300, San Mateo
Our semi-structured support groups meet weekly for about 8 weeks. Free, but registration is required. For details, call 650.554.1000 or visit MissionHospice.org.

Drop-in Grief Support Groups

Every week in San Mateo and Half Moon Bay
Our drop-in bereavement support groups are free and open to all. For details, check MissionHospice.org or call 650.554.1000.

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

Sold-out Night of Fun raises a record amount

For the past ten years, the Peninsula Italian American Social Club has hosted the Night of Fun to benefit Mission Hospice & Home Care.

Last month, the 10th annual event was the best yet – a sold-out crowd raised more than \$70,000 to support the Woodside Hospice House Campaign.



Many thanks to the Night of Fun Committee, Stefano and Elena Quilici, Pat and Mavis Dianda, Angelo and Angie Fanucchi, Pietro Quilici, Lois Giannoni, Paolo and Grace Quilici, Jerry and Karol Podesta, Bert and Janice Salvato, Dr. James Linehan and Sheila Young, and Mary Chigos for a fun and successful evening. 🍷



Woodside Hospice House Campaign...continued from front

"Having this second hospice house will let us support more patients and families across the Peninsula," says Lisa Deal, RN, Chief Clinical Officer for Mission Hospice & Home Care.

Thanks to generous lead gifts from the Sequoia Healthcare District and Stanford Health Care, we have raised \$1.5 million toward this goal. Our Campaign Co-Chairs Dr. Robert Roe and Lisa Deal are working with others to identify additional major gifts.

As we raise funds to support this project, we are renovating the facility so that it, like the San Mateo hospice house, can offer a peaceful, homelike place for patients in the last weeks of life who need intensive, round-the-clock symptom management that cannot be provided at home. The house will also offer a safety net for terminally ill patients whose caregivers need a few days of respite. We expect to open the house this summer.

We are now asking everyone in the community to join us in supporting our Woodside Hospice House Campaign. Together, we can raise the remaining \$2.5 million necessary to give patients the gift of compassionate end-of-life care at the Woodside hospice house – and support for the entire family. 🍷

To find out more about our hospice house campaign, contact Marsha at 650.532.2550 or MEddleman@MissionHospice.org.



Robert and Lisa reviewing the plans for the new house, scheduled to open this summer.



Meet Triage Nurse Nancy Cavallero, LVN

Raised in: San Francisco

With Mission Hospice: Since 2016

How I came to hospice work:

I have been a nurse for more than 35 years, and wanted to be able to ease, comfort and support folks in their last months. I was recruited to Mission Hospice by the wonderful Elle James.

Mission Hospice in three words:

Love – Dignity – Caring

Passions: Walking, entering races, and my family – especially being a "Gamy"

Little known fact: I've wanted to be a nurse since I was a little girl!

Favorite movie: An Officer and a Gentleman

Bucket list: To travel in Italy again

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 thousands of patients and their families with physical, emotional, and spiritual support throughout the journey from a life-threatening diagnosis through death and bereavement. www.MissionHospice.org • 650.554.1000

Board of Directors

Dr. Stephen Weller <i>Chair</i>	Peggy Andrews Sally Bergman	Christine Regan Michael Teutschel
Dr. Robert Roe <i>Vice Chair</i>	Lisa Burris Dr. Karen Chee	Sheila Young
Judy DiPaolo <i>Past Chair</i>	Mary Chigos Sara Craven	Honorary Lifetime Member
Kevin Gilmore <i>Treasurer</i>	Dr. Adil Daud Steve Fick	Adella Harris
Debbie Goodin <i>Secretary</i>	Ann Fyfe	Auxiliary President Vibeke Gade

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

**INSIDE: Campaign launched for Woodside Hospice House
Meet triage nurse Nancy Cavallero
Photos from the Italian American Social Club Night of Fun**



Helen Holmgren, still at home with her art ...continued from front

Helen began hospice care about two years ago, and with our support, her condition improved enough that she no longer qualifies for the Medicare hospice benefit. Through our Transitions program, her Mission Hospice team can stay with Helen, providing practical and emotional support.

“When Mom is ready to go back into hospice care, Mission Hospice will make it easy. It’s very comforting.”



“When the hospice team came on, it really put my mind at ease,” says Gail. “And when Mom is ready to go back into hospice care, Mission Hospice will make it easy. It’s very comforting.”

Gail and her husband Joe both felt that they wanted to share all that they have learned over the course of caring for Gail’s parents. They have since become Direct Care Volunteers with Mission Hospice, and now – in addition to caring for Helen – visit other patients each week.

“I’ve learned so much from my experiences,” says Gail, “and I understand how difficult these times can be. Volunteering is a



very meaningful thing to do,” says Gail. “And it puts my situation into perspective.”

Perspective – whether in reference to art or to life lessons – is something that both Gail and Helen share. And watching mother and daughter sit together in Helen’s bright living room, it’s hard to miss that this home is both full of art and full of heart. 🐾

To watch a short film of Helen and Gail drawing together, visit <http://tinyurl.com/HelenandGail>.