

## Outreach nurses dispel common myths about hospice care

Our Clinical Outreach Nurses work to explain hospice care to patients, families, and physicians, and assess whether patients might benefit from admission to our services.



*Diane Gillen, RN (L), and Libby Hagman, RN, BSN (R), two members of our Clinical Outreach team, spend much of their time educating patients and families about hospice.*

As Mary Chigos, RN, NP, says, "It's very empowering to take control of the rest of your life. You plan for birthdays, baptisms, and weddings – we can help you plan and get support for your final months."

Every day, our Outreach Nurses explain what hospice is (and what it is not). Here, they debunk some of myths they often encounter.

**MYTH: Hospice means you're going to die immediately.**

**Outreach Nurses:** Hospice care neither hastens death nor prolongs life. Hospice care begins when the patient's medical goal changes from seeking a cure to managing symptoms and providing comfort. It's about making sure that your quality of life is enhanced for the time you have left. Hospice is about comfort, compassion, and support for the patient, family, and caregivers.

**MYTH: Hospice care is expensive.**

**Outreach Nurses:** Fortunately, hospice care is covered by Medicare as well as by most private insurance plans. The majority of our patients use the Medicare hospice benefit, which covers virtually all hospice services – so there is little or no out-of-pocket cost. For patients who do not have Medicare or other insurance, Mission Hospice donors allow us to offer our quality care free of charge for those who need it.

*...continued on back*

## A lifelong practice: Yogi Arley Gaines

Arley (Arlington) Gaines may be confined to a wheelchair, his speech limited by Parkinson's disease and other ailments, but the 85-year-old still meditates regularly, as he has since he became a Kriya yogi in his 30s.

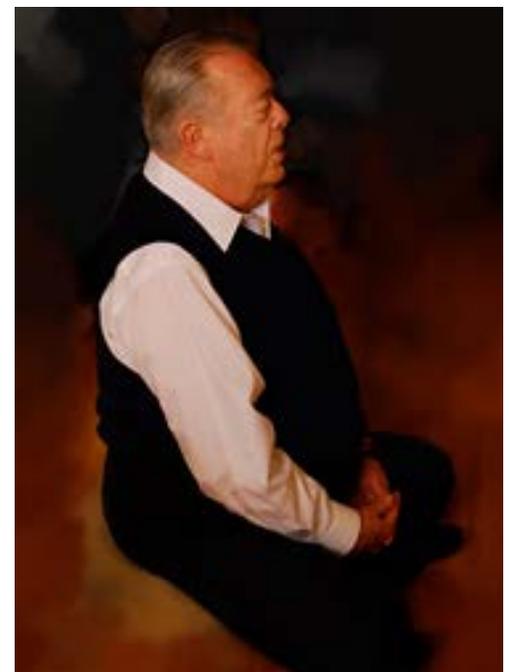
In fact, his yoga practice is what led Arley to Mission Hospice. While he was being treated at Mills-Peninsula Hospital in Burlingame, he met fellow yogi and spiritual counselor Rani Ferreira, Mission Hospice Volunteer Coordinator. "Rani and Arley had an immediate and strong connection," said Arley's wife Karen, and the two began meditating together in the hospital.

His cardiologist had recommended that Arley begin hospice care, but Karen was reluctant because her mother had a disappointing experience with another hospice program. But the connection with Rani, along with the recommendation of a trusted nurse friend, led Arley and Karen to Mission Hospice, and he entered hospice care in August.

Arley's care team now includes Rani, along with nurse Naoko Ishikawa, social worker Sara Wolfowitz, home health aide Mitch Park, volunteer Michael Diane San Felipe, and physician Shelley Salpeter.

Both Karen and Arley are very pleased that he can receive such wonderful care in their Foster City home. "Mission Hospice helps with so much more than I had expected," Karen said. "Because the team is taking such good care of Arley, I can take care of myself," Karen said, including having time to volunteer with a local herd of camels, her life's passion. Michael, also a yogi, supports Arley in his spiritual practices several hours each week.

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*Hospice patient Arley Gaines has meditated regularly for decades. Members of his Mission Hospice team share his meditation practice.*

## Community leaders provide guidance and support

Dwight Wilson, CEO



In the eight years I've been with Mission Hospice, our organization has grown in just about every way possible. We've extended our services and grown our staff and volunteers accordingly. We're caring for more than 300 patients and families every day, and we have launched an ambitious campaign for San Mateo County's only hospice house.

Our dedicated volunteer Board of Directors, led by Chair Judy DiPaolo, is overseeing this growth, and is our organization's guiding light, ensuring that we stay true to our mission of serving patients and families, that we are financially and legally sound, and that we are able to raise the support from the community we need to continue to provide care for all who need it.

To help guide our continued growth and sustainability, we have added to our team a Strategic Advisory Committee. These extraordinary

community leaders from throughout the Bay Area will advise and inform our work, sharing their expertise and perspectives, leveraging resources, and serving as ambassadors for our work throughout the community.

On behalf of the entire board and staff, a hearty "welcome" to the Advisory Committee members. Their guidance will help us keep our focus where it has always been: on helping our patients make the most of the time they have left.

I'd also like to acknowledge some other incredible volunteers who make our work possible. Thanks to Terry Anderlini, Bert Salvato, Tammy Del Bene, and the entire Columbus Day Italian American

Heritage Celebration committee for a fun and festive bocce tournament and dinner/dance to support Mission Hospice.

A huge thanks to Co-Chairs Martha Melton and Amy Newman and the Mission Hospice Auxiliary for another amazing Fall Gala, which raised more than \$140,000 to support our Hospice House Campaign.

It's no wonder that the Association of Fundraising Professionals Silicon Valley Chapter just named the Mission Hospice Auxiliary "Outstanding Philanthropic Organization" of the year! — DW

### Strategic Advisory Committee

Stephen Weller, MD, Chair  
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Bob Hortop  
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To find out more about our **Hospice House Campaign**, call Campaign Director Marsha Eddleman at **650.532.2550**.

## Upcoming events

### Movie night: Go in Peace!

Thursday, November 12, 2015 • 6:30pm

Mission Hospice & Home Care, 1670 South Amphlett Blvd., Suite 300, San Mateo  
In honor of Veterans Day, we close our film series with this "magnificent, moving" 2014 documentary about helping veterans who are facing the end of life – and struggling to resolve the past. Free; reserve a seat at [MissionHospice.eventbrite.com](http://MissionHospice.eventbrite.com).

### Inappropriate in All the Right Ways

Friday, November 13 • 7:30 – 9:30pm

Peninsula Jewish Community Center, 800 Foster City Blvd., Foster City  
A funny, provocative evening with award-winning author, playwright, and performer Ann Randolph. Her show includes humor, some profanity, and loads of inspiration. Tickets \$20 at [MissionHospice.eventbrite.com](http://MissionHospice.eventbrite.com) or 650.532.2396.

### The Art of Saying Goodbye

Saturday, November 14 • 9:30am – 4:30pm

Peninsula Jewish Community Center, 800 Foster City Blvd., Foster City  
A hands-on workshop about using the creative arts to express grief. Registration is \$80 (sliding scale) including all art materials and lunch. Call Susan at 650.532.2396 or register at [MissionHospice.eventbrite.com](http://MissionHospice.eventbrite.com).

### Grief and the Holidays Support Group

Monday nights, November 16 - January 11

Mission Hospice & Home Care, 1670 South Amphlett Blvd., Suite 300, San Mateo  
Meeting for a total of seven sessions, this semi-structured group facilitated by Isabel Stenzel, MSW, will help grieving people manage the holiday season. Attendance is free; registration is required. To sign up, contact Roby Newman at 650.931.8236.

### Drop-in Grief Support Groups

Weekly, San Mateo, Half Moon Bay, and Redwood City

Our free drop-in bereavement support groups are open to all. English-speaking groups meet in our offices in San Mateo and at the Adult Day Health Center in Half Moon Bay; the Spanish-speaking group meets at the Fair Oaks Community Center in Redwood City. For schedule and directions, visit [www.MissionHospice.org](http://www.MissionHospice.org).

### 37th Anniversary Celebration

Sunday, January 31, 2016, 4-7pm

**New location!** Sharon Heights Golf & Country Club, Menlo Park

Celebrate 37 years of service to the local community. Tickets go on sale in December. For more information, call 650.554.1000.

### New Volunteer Informational Meetings

Tuesday, February 9, 2016 • noon-1pm or 5:30-6:30pm

Mission Hospice & Home Care, 1670 South Amphlett, Suite 300, San Mateo  
Interested in volunteering with our patients? Join us to find out more and learn about our training. To register, contact Volunteer Coordinator Craig Schroeder at 650.532.2323 or [cschroeder@MissionHospice.org](mailto:cschroeder@MissionHospice.org).

### Mission Hospice Auxiliary Bridge Day & Luncheon

Early February • Date and location TBA

The Auxiliary's 19th annual bridge tournament to support Mission Hospice will take place in early February. For more information, call Martha Melton at 650.996.7930.



Photos by Frances Freyberg Blackburn.  
More at [www.MissionHospice.org/photo-gallery](http://www.MissionHospice.org/photo-gallery) and on our Facebook page.

## Costume Party!

A cordial crowd of almost 250 in creative costumes enjoyed another amazing Fall Gala hosted by the Mission Hospice Auxiliary – which raised more than \$140,000 to support our Hospice House Campaign.

**Thank you** to the event committee for a fun evening of auctions, dinner, and dancing!



### Special thanks to our major sponsors:

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## Arley Gaines ...continued from front

Arley began yoga practice during the 1960s, after having earned a Purple Heart as a paratrooper during the Korean War and a degree in English at the University of Texas in El Paso. He worked as a technical writer in the aerospace industry, including a three-year assignment in Iran teaching technical writing to local engineers – people he so enjoyed that he wrote a collection of short stories about his adventures.

He and Karen met in 1978 when she was his publications manager at Lockheed. “On our first date, I felt very comfortable and at ease with him, like I had known him a long time,” Karen recalled. “He was a gentleman, a romantic, like in the days of King Arthur.” They were married in 1981.

As he confronts the challenges at this time in his life, Arley says his meditation practice has helped him immensely in maintaining his serenity. Rani explained, “We learn that we come into this incarnation to learn certain lessons, and though God gives us as many incarnations as we need to learn them, we try to align our actions with our beliefs. Arley has probably been doing that for the last 50 years!”

Arley grinned and heartily affirmed, “Yes!” 🐾

## Eight tips for grieving through the holidays

by Isabel Stenzel, MSW, MPH, Bereavement Social Worker

The holiday season can be a difficult time for those who have recently lost a loved one. While others are celebrating, the bereaved may feel isolated, with intensified pangs of longing for their loved one. These tips may help grievors survive the holiday season.

- **Be kind to yourself.** Find the balance between what needs to be done and what you are capable of doing. Try not to judge yourself if you have to say no.
- **Accept your feelings.** Be mindful about feelings of sadness and loneliness; just acknowledging these difficult feelings will often allow them to pass more quickly than if you keep avoiding them.
- **Ask for help.** Turn to your family and friends when you need support.
- **Take care of yourself physically.** Eat well and get plenty of sleep. Try to get moderate physical exercise. Try relaxation exercises when you feel tension in your body.
- **Change something.** So many things have already changed. Be open to changing some traditions.
- **Let go of perfectionism.** Release your vision of what a perfect holiday needs to be. Open yourself up to spontaneity and unexpected moments.
- **Consider a ritual.** Consider a new ritual to recognize the absence of a loved one. A candle lighting, a symbolic gift, a tree planting or writing a letter to a loved one can be new family traditions to help you connect to your beloved departed.
- **Look for joy in the moment.** Joy happens when you look for it. Live in the present. Renowned grief researcher Ken Doka, PhD, recommends that the most important things grievors can do for themselves during the holidays are the three Cs: **Choose** what works for you; **communicate** what you need; and **compromise** with others who want you to engage in holiday traditions. 🐾

Isabel leads our Grief and the Holidays Support Group; details in our calendar at left.

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

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**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](http://www.MissionHospice.org) • 650.554.1000

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**INSIDE: A lifelong practice: Yogi Arley Gaines  
Tips for grieving through the holidays  
Photos from our gala costume party**



## Our outreach nurses dispel myths of hospice care

...continued from front

**MYTH: If I enter hospice, they will take away my medicines.**

**Outreach Nurses:** Our goal is to be sure that patients use only the medicines they need. When a patient enters hospice care, our physicians review their prescriptions (together with the patient and the primary care doctor), and decide which are still beneficial to meet the current goals of care. Hospice care gives families the opportunity to discuss the purpose of the medications their loved one is taking.

**MYTH: Hospice means I will have to go away somewhere.**

**Outreach Nurses:** We provide hospice care for patients wherever they are: home, board and care homes, nursing homes, hospitals, and long-term care facilities. For those who can no longer stay in their own homes, our social workers help families find a place with the right level of care; our hospice house will be an option for some patients. In most cases, entering hospice care means patients can remain at home to receive the support they need.

**MYTH: If I start hospice, I won't be able to see my doctor any more.**

**Outreach Nurses:** This is definitely not the case! A patient needs the consent of a primary care doctor to begin hospice care. Our medical staff works closely with our patients' primary care physicians (and specialists as appropriate) to develop individualized care plans. It is important to keep these doctors connected because sometimes patients "graduate" from hospice and will need these doctors to know what their course of care has been.

**MYTH: Once you're on hospice care, you can't get off.**

**Outreach Nurses:** Hospice is a choice – not an obligation. You can always change your mind. And you can start hospice care again later, assuming you are still eligible. Medicare lets you use the benefit multiple times. It is not unusual for a patient to begin hospice services because they are so ill they simply cannot function well any longer. When hospice care helps control symptoms, sometimes time will heal the body. If a patient's condition improves, they can be discharged from hospice and resume medical treatment, returning to hospice care later as needed.

**MYTH: Hospice is scary.**

**Outreach Nurses:** The thought of dying is frightening to many people, but our patients find that hospice care makes it much less scary. Hospice offers compassion, comfort, and a network of support to help patients, families and caregivers through this period of transition.

Hospice is a real gift to families and loved ones, who are supported throughout the process. We coach family members in caregiving (and offer respite care), offer emotional and practical support, help families navigate medical benefits, and of course offer grief counseling. The earlier you start, the more planning and control you have over your future. 🐾



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