



California Hospice Foundation



CHOICES

Empowering People

Spring 2010

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California Hospice Foundation Receives \$30,000 NHPCO Grant to Advocate for Veterans Nearing End-of-Life

The National Hospice and Palliative Care Organization selected the California Hospice Foundation as one of six programs in the United States to receive a second year "Reaching Out" grant. The Project will continue to focus on both homeless and rural veterans from VISN 21 and VISN 22 and encompass hospice programs and veterans throughout California and Nevada.

We will work closely with the VA, local VSO's and the California Hospice and Palliative Care Association (CHAPCA) to increase the level of awareness among community based hospice providers, that Veterans are a special needs group and target specific issues regarding rural and homeless populations. A group from VA and Hospice will collaborate to develop and present a core curriculum based on the 2009 VA and Hospice Working Together Project that will retain educational components about the homeless/rural veteran, information about accessing the VA system, information about successful VA/Hospice collaborations, a focus on key VA contacts, relationships and a multidisciplinary section regarding the clinical needs of veterans. Once the program is complete it will become a traveling road show and will be presented in 6 different areas.

The 2010 grant also allows us to continue our efforts to further develop mutual respect and understanding between Hospice and VA, and thus the local relationships that are essential if all veterans are to have access to quality hospice care in their own communities.

If you or anyone you know has a need for Hospice Information and Referral services please call the California Hospice Foundation's toll free number: 888-252-1010

CONTACT

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Does Your Company Offer a Matching Gift Program?

Ask your Human Resources Department if they match employee gifts to charitable organizations. Fill out your employer's matching gift paperwork and send it to us with your donation. Many companies will match your gift up to 100%. The following list is a just a few of the companies that offer a matching gift program.

21st Century Insurance	Integrated Circuit Systems
3M Corporation	Libby, Inc.
American International Group	Mellon Financial Corporation
Automatic Data Processing	Merck Company
Becton Dickinson & Co.	Qualcomm Inc.
California Endowment	Nokia
California HealthCare	Novartis US
Capital Group Companies	Oracle Corporation
Citigroup	Roche Diagnostics
Corning Incorporated	Sprint
Fannie Mae	Tenet Healthcare
General Mills	Unilever United States, Inc
GlaxoSmithKline	UPS
Household International	

It's Never Too Late To Make A Will

Many people want to support the California Hospice Foundation but are unable to donate the amount they want to give while they are alive. Most donors have assets that are needed during their lifetime to cover living expenses, rising healthcare costs and the many other costs of every day necessities. Remembering the California Hospice Foundation in your will, living trust, or other estate plans is an easy way to make such a gift. A bequest through a will or living trust can be a stated sum of money, a percentage of your estate, a percentage of the residue of your estate after other bequests have been fulfilled, a specific asset such as personal or real property, or the portion of your estate that would otherwise be taxable. Please consider including us in your will or living trust. Your gift will honor the past as it benefits the future.

Before implementing any plans, be sure to seek the advice of your professional advisors.



The California Hospice Foundation thanks the following individuals for their generous support. The levels are cumulative for 2009, and are based on new gifts since Summer 2009.

Humanitarian - \$5,000 to \$9,999

Martin McDonough, PharmD, Outcome Resources

Patron - \$2,500 to \$4,900

The Elizabeth Hospice
Neptune Society of Northern California
Pacific Healthcare Consultants, Inc.

Benefactor - \$1,000 to \$2,499

Martha Anderson
Deborah Brown*
Ann Hablitzel
Gene and Barbara Kraus
Lawrence Livermore National Laboratory*
James McGregor, M.D.
Laura Miller
Karl and Katherine Tipre

Shareholder - \$500 to \$999

Sally Adelus
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Robert Fairbanks
Craig and Deborah Massie
Evie Meadows
Midori Morofuji
Harry Thomasen

Sponsor - \$200 to \$499

Gene Bakenhus
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Michael and Carol Caito
Verna L. Christian
Jack Fisher
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Virginia Howard
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Robert Morrison
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Harold A. Peterson, III
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Deborah Santucci*
Jerome L. Shapiro
Kathy Swann
Donald and Kay Thomas
United American Mortgage
Janet W. Veloz
Robbie Wasson

**Thank you to all those individuals who give to the California Hospice Foundation by pledging through their employee campaigns.*



Cicely Mary Strode Saunders - Founder of Hospice

Dame Cicely Saunders (June 1918 – July 2005) founded the first modern hospice and, more than anybody else, was responsible for establishing the discipline and the culture of palliative care. She introduced effective pain management and insisted that dying people needed dignity, compassion, and respect, as well as rigorous scientific methodology in the testing of treatments. She abolished the prevailing ethic that patients should be cured, that those who could not be cured were a sign of failure, and that it was acceptable and even desirable to lie to them about their prognosis.

She fought the notion that dying people should wait until their painkillers had worn off before they received another dose, and disagreed with the notion that the risk of opiate addiction was an issue in their pain management.

In 1967 she founded St. Christopher's Hospice in southwest London. It was her personal achievement and has been imitated all over the world. St Christopher's was the first modern hospice, although there were a number of homes in existence for the dying, most of which were run by religious orders. She raised the funds for the hospice and contributed some of her own money.

Saunders introduced the idea of "total pain," which included the physical, emotional, social, and spiritual dimensions of distress. She regarded each person, whether patient or staff, as an individual to the end.

She developed breast cancer but continued to work, even from her deathbed. She died at St. Christopher's in July 2005, at the age of 87. We each have much to thank her for.

"You matter because you are you. You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but also to live until you die."

—Dame Cicely Saunders, founder of Hospice

Editor's Note

The California Hospice Foundation would like to hear from you. Are there subjects you want us to cover in future issues? Do you have questions you want answered? Please submit ideas and suggestions to Martha (Marcie) Larkey at the CHF address, email to mlarkey@calhospice.org or call toll free 888-252-1010.

Grief

The death of a loved one is always very difficult. When someone you love is terminally ill and you must watch their health decline and often their suffering, it can be one of life's most difficult experiences. How do you survive the ordeal and then how do you go on without a person who has been such a vital part of your life and world?

Grieving the loss and coping with the related changes is slow, hard work. Grieving is a very personal experience and while we have long known about the stages of grief identified by Elisabeth Kubler-Ross, we also know that each person grieves in their own way and in their own time. There is no 'right way' to grieve. Grief is not orderly and predictable; some people are able to handle it better than others, some go through the stages in order, some don't. The only absolute is that grief lasts until it's done.

For more information on Grief, ask for our newest educational handout, [Frequently Asked Questions About...Grief](#). Just call 888-252-1010.

As A "Friend Of Hospice" Do You Know About CHF's Information And Referral Program?

As the population ages, there is an increasing demand for our information and referral services. Whether people are dealing with a difficult diagnosis, thinking ahead about options, or facing end of life, it's very real and very painful. No one need go through this alone. CHF stands ready to assist in finding local support, referral to appropriate resources, as well as basic information about many topics including: hospice, pain management and advance directives. Each year hundreds of people turn to the California Hospice Foundation for answers to their questions. The majority (93%) of our calls come from California and seven percent (7%) come from other states throughout the Nation. Please tell your friends about this invaluable, toll free resource. 888-252-1010.

A Callers Note

3/8/2010

Hello dear friends,

I wanted to share that _____ moved on last week, with dignity and complete comfort. He began Hospice on Christmas Eve and had a most peaceful passing. I thank you for your caring spirits and support.

Be well,



3841 North Freeway,
Suite 225
Sacramento, CA 95834-1969

Donate Your Vehicle

Are you thinking of selling or trading in that unwanted car, truck, boat or RV?

Why not donate it to the California Hospice Foundation and receive a tax deduction? Your donation will be used to support the programs and services of the California Hospice Foundation. The vehicle donation program accepts most vehicles, running or not (exceptions include older vehicles when the value will not offset the cost of towing).

Donating is easy! Just find your title/pink slip and write down your VIN #. Then, call the California Hospice Foundation office at 888-252-1010. We fill out the forms and make arrangements with the Car Program to conveniently pick up your vehicle donation at no cost to you. Within 4 days one of their service representatives will contact you by phone and arrange the best time to pick up the vehicle. The Car Program will handle the title transfer requirements and provide you with a tax deductible donation receipt at the time of pickup.

Something New

There is a new tool for individuals who wish to make their own health care decisions called the Physician Orders for Life-Sustaining Treatment (POLST). POLST clarifies an individual's wishes regarding life-sustaining medical care, including CPR, antibiotics, artificial nutrition, intubation, mechanical ventilation, pain management, and other medical interventions. The form is completed and signed by both the patient and the physician. It is different from the Advance Directive because it has the force of a physician's medical order and the original of this highly visible, bright-pink document remains with the patient wherever they go.

POLST has been adopted by Oregon, Washington, West Virginia, New York, and some regions within 12 other states. In addition, many states are in the process of developing POLST programs. Last year Governor Schwarzenegger signed legislation (SB900) requiring that POLST forms be honored across all settings of care in California and provided immunity to clinicians who honor a POLST document in good faith. This new law took effect January 1, 2009.

POLST is intended to improve the quality of care people receive at the end of life. It is based on an honest discussion between the patient and a health care professional regarding the patient's wishes, and then it is signed by the physician. POLST brings clarity to difficult decisions for end of life care. When used with an Advance Directive that names a proxy decision-maker, it can reduce unwanted care, as well as unnecessary patient and family suffering.

This program is very new and many people, including health care professionals, may not be aware of POLST or how it works. Several California organizations will be spending considerable time over the next few months to be sure the world is ready.

If you are interested in more information, a copy of the POLST document and a very helpful brochure please call 888-252-1010 or email mlarky@calhospice.org



In Honor Gifts Can Make a Difference All Year

We are very thankful that so many people choose to send gifts to CHF in memory of a loved one or friend. When we receive these gifts we notify the appropriate person that a gift has been made in memory of their loved one.

Please consider how you can use "In Honor" gifts as a special way to remember birthdays, anniversaries and other special occasions. When a gift is received, we will send a letter stating that a gift has been made "In Your Honor" or "In Honor of your 'Oh Birthday'" or "In Honor of your 'Heart Work'" whatever you want to honor or celebrate! Your support can make a difference.

None of us wants to think about our own death. We all know it will happen, but few want to think or talk about it. However, estate planning is as important as any other piece of financial planning you have done. Estate planning is an opportunity to celebrate and support the things that are important to us. Each of us has the opportunity to decide what we want to do with the assets we have accumulated in our lifetime and to provide for the people, the institutions, and the causes we hold most dear.

We know hospice has had a significant impact on many lives. We ask that you remember us in your estate planning. Help us assure timely access to quality hospice programs for all individuals. For a free Financial Giving Handbook please call Marcie Larky - 888-252-1010.

The California Hospice Foundation is a 501 (c)(3) organization. Its mission is to improve access to quality hospice and palliative care services through research, education and public awareness.

There are things that we don't want to happen but have to accept, things we don't want to know but have to learn, and people we can't live without but have to let go.

Author Unknown

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Does Your Employer Offer a Matching Gift Program?

Many employers do offer this opportunity and will match charitable contributions made by their employees. Ask your Human Resources Department. Just complete your company's matching gift form and send it to us with your contribution. Many companies will match your gift 100%. The following is a very brief list of known matching gift programs.

- Abbott Laboratories
- Adobe Systems, Inc.
- Axon Corporation
- Bancorp Global Investors
- Bidartech Corporation
- Chemtronics
- CIGNA Foundation
- Coca-Cola Foundation
- Duke Energy Foundation
- Emerson Electric Company
- First Data Corporation
- Freemont Group
- General Electric
- Google
- HIM Corporation
- Janus Income Foundation
- Lehman Brothers
- Levi Strauss
- McClatchy Company
- Microsoft Corporation
- Prudential
- National Science Foundation
- Pennant Company
- Rockwell International
- Sony Electronics
- Sony Music Entertainment
- Union Pacific Railroad
- West Group
- Xcel Energy

What Kind of Legacy Will You Leave?

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Complete and return to: California Hospice Foundation, 3841 North Freeway Boulevard, Suite 225, Sacramento, CA 95834

I would like to support the work of the California Hospice Foundation.

Enclose my donation of:

\$100 \$200 \$250 \$500 Other _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check the appropriate box:

I am a donor I am a volunteer I am a board member

Card # _____ Exp. Date: _____

Name on card: _____

Signature: _____

CVV: _____