HOSPICE OF THE VALLEY TO UNITE WITH SUTTER CARE AT HOME

Hospice of the Valley and Sutter Care at Home approved a formal agreement to join forces, continuing a legacy of high-quality programs and services dedicated to those with serious illness or needing end-of-life care.

The agreement will go into effect in August 2015 – pending approval from the California Department of Public Health.

Under terms of the agreement, Hospice of the Valley will maintain its name, not-for-profit status, programs, philosophy of care and broad outreach to diverse communities. Celebrating 35 years of service, Hospice of the Valley will continue its full spectrum of high-quality programs and support in the greater Santa Clara County community.

For our donors and grantors, it’s important to note that all funds raised by Hospice of the Valley will continue to help us develop new programs that will enhance our ability to serve our local community.

Sutter Care at Home is part of the not-for-profit Sutter Health network and delivers personalized care.

MEET HOSPICE’S NEW PRESIDENT AND CEO, PAULA ALDERSON

Hospice of the Valley named Paula Alderson as president and CEO in April.

Alderson comes to Hospice of the Valley after serving as president of TrustBridge, a healthcare company formed from the merger of Hospice by the Sea with Hospice of Palm Beach County. Previously she served as president and CEO of Hospice by the Sea, and was a member of the board of directors. Hospice by the Sea was a not-for-profit, community-based.

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More about Hospice of the Valley and Sutter Care at Home, pages 2, 4.

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HOSPICE OF THE VALLEY TO UNITE WITH SUTTER CARE AT HOME

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to more than 150,000 patients in 23 Northern California counties each year. Sutter Care at Home’s dedicated teams of healthcare providers support patients and their families through skilled home healthcare, hospice, home medical equipment, respiratory therapy and home infusion.

“Hospice of the Valley and Sutter Care at Home share a strong commitment to delivering compassionate, high-caliber care,” said Paula Alderson, president and CEO of Hospice of the Valley. “Current demand for our services is rapidly growing. Aligning with Sutter Care at Home allows us to address this growth, further expand and strengthen our services – all the while maintaining our core values and unique, community-focused programs.”

“This is an exciting time for healthcare as two quality not-for-profit organizations with long histories start a new chapter together,” said Marcia Reissig, CEO of Sutter Care at Home. “Both Sutter Care at Home and Hospice of the Valley believe it is always our duty to enhance the health and well-being of our patients and their families. Our care teams work together to provide timely, affordable and high-quality healthcare and services. Our organizations’ new partnership will only strengthen that tradition.”

“As a not-for-profit organization, re-investing in our community is a top priority,” Alderson added. “In today’s dynamic healthcare environment, this commitment to our local community is now more important than ever.”

Palliative and hospice care are becoming better integrated throughout the care continuum. Sutter Care at Home and Hospice of the Valley are working together with an eye toward this vision. The combined clinical workforce will share innovative best practices in caring for all patients, including Hospice of the Valley’s Palliative Care Center Silicon Valley and Sutter Care at Home’s Advanced Illness Management (AIM) program.

We look forward to continuing our legacy with Sutter Care at Home. ■

SOBRATO CHALLENGE GRANT MAKES YOUR DONATION GO TWICE AS FAR

Your donation to Hospice of the Valley goes twice as far right now under the Sobrato Family Foundation 2:1 challenge grant. For every dollar raised for Hospice of the Valley, the Sobrato Family Foundation will match it times two, up to $149,650.

The Sobrato Family is committed to building a strong and vibrant Silicon Valley community through business and philanthropic leadership.

Please consider making a donation to Hospice of the Valley today. ■

ABOUT SUTTER CARE AT HOME

Founded in 1906, Sutter Care at Home is part of the not-for-profit Sutter Health network and delivers personalized care to more than 150,000 patients in 23 Northern California counties each year.

Sutter Care at Home’s dedicated teams of healthcare providers support patients and their families through skilled home healthcare, hospice, home medical equipment, respiratory therapy and home infusion.

Sutter Care at Home offers local service at branch offices and is leading the transformation of home care to achieve the highest levels of quality, access and affordability. Its best practices have earned nationwide recognition — most notably for the Advanced Illness Management (AIM) program.

Additionally, eight Sutter Care at Home centers recently received Top Agency awards from the 2014 HomeCare Elite™, which identifies the top 25 percent of Medicare-certified home health agencies in the country.

Please visit suttercareathome.org for more information. ■
Honor and Remember a Special Life on Hospice’s Giving Tree

A tree is like a life well-lived. With nurturing, it grows tall and strong, and flowers and blooms year after year. Seasons come and go, high winds blow, and the blooms may fade and drop, but resilient as ever, the tree carries on, growing even stronger and deepening its roots.

Artist Marsha Rafter has created a beautiful new Giving Tree exhibit for the Hospice of the Valley lobby. The art was created with unique mosaic art using intricate shattered glass pieces from recycled sliding glass doors.

The beautiful tree and memorial owners were crafted with clay and paint. The colors sparkle and textures and patterns dance.

Hospice of the Valley invites you to celebrate the life of a loved one by sponsoring an owner on our special Giving Tree for a tax-deductible donation of $100. You are welcome to sponsor as many owners as you’d like on the tree. We will place your loved one’s name next to the owner, and at the end of the exhibit, you are welcome to keep it.

For details, visit hospicevalley.org/givingtree.

Meet Hospice’s New President and CEO

Continued from page 1

provider of hospice care, palliative care, caregiver support, bereavement counseling and home health agency services throughout Broward and Palm Beach counties in South Florida.

“Alderson’s background as a nurse, academician, Fortune 100 executive, business leader, entrepreneur and caregiver have come together in a set of skills and experiences that shape her leadership style and business philosophy,” said Jeff Strawn, Hospice of the Valley chairman of the board. “She is a visionary and tireless healthcare advocate. We are delighted to have her join Hospice of the Valley.”

“I have always viewed my leadership role as a privilege,” Alderson said. “I am delighted to be working with Hospice of the Valley during the transition to our merger with Sutter Care at Home. We look forward to expanding the continuum of care for our patients.”

For the past 10 years, Alderson led Hospice by the Sea with a focus on clinical excellence, business growth and expansion of the valuable services it provides for those in need in the community. Using creativity and leadership skills combined with many years of executive-level healthcare experience, she oversaw several innovations in hospice care, including adding palliative care services and an award-winning complementary therapies program that includes massage, reiki, healing touch and music therapies.

Alderson has an extensive background in the healthcare delivery system, having held several leadership positions on a national, regional and local level, including: president of a Fortune 100 HMO; chief operating officer of a complementary healthcare company; corporate head of national initiatives; vice president of health services in the New York metro market; senior vice president of medical operations; director of regional health services; and corporate director of product development. During this time, she served on several boards and received an Outstanding Executive Leadership award.

Additionally, Alderson sits on the Florida Hospice and Palliative Care Association board of directors and the membership committee of the National Hospice and Palliative Care Organization.
HOSPICE OF THE VALLEY AND SUTTER CARE AT HOME—UNIFICATION WITH A PURPOSE

By Jeff Strawn, Chairman of the Board, Hospice of the Valley

At Hospice of the Valley, we’ve seen a lot of innovation during the past few years. For example, in 2013, we opened the Palliative Care Center Silicon Valley, the first independent, community-based, licensed outpatient center of its kind in California for seriously ill patients and their families.

To further our goal of being an innovator in our community and to set ourselves up for what the future holds as the new healthcare landscape unfolds, we plan to unite with Sutter Care at Home.

Sutter Care at Home, a part of the not-for-profit Sutter Health network, delivers personalized care through home-based services to more than 150,000 patients in 23 Northern California counties each year. Its best practices have earned nationwide recognition — most notably for their Advanced Illness Management (AIM) program.

An agreement that will unite both of our organizations is anticipated to go into effect in August 2015 — pending approval from the California Department of Public Health.

A Partnership with a Purpose

As we know, the specialized areas of palliative and hospice care and support are now becoming more tightly integrated throughout the entire care continuum as the new healthcare landscape continues to evolve. Patients are becoming more and more engaged in the process of driving quality care. The results include lower hospital readmissions and savings for government payers and commercial health plans.

According to a 2013 Journal of Palliative Medicine report, homebound patients in palliative care showed greater satisfaction and a 45 percent decrease in cost, less use of emergency rooms, fewer doctor visits and reduced hospital days.

Sutter Care at Home and Hospice of the Valley are working together with an eye toward this vision.

Our combined clinical workforce will share innovative best practices in caring for all patients, including Hospice of the Valley’s Palliative Care Center Silicon Valley and Sutter Care at Home’s AIM program.

Keeping the Focus Local

Hospice of the Valley has proven that our home, Santa Clara County, is where our heart and focus are — that will not change. For our donors and grantors, this means any funds that we raise will continue to help us develop new programs that will enhance our ability to serve our local community.

For executive leadership, staff, volunteers, contractors and other partners, including referrers, rest assured that we will continue to work collaboratively with you to ensure we are appropriately serving the needs of those living with serious illnesses as well as those nearing the end of life’s journey.

While our two organizations will become one, Hospice of the Valley will maintain its name, unique identity and programs, philosophy of care and broad outreach to diverse communities.

Celebrating 35 years of community service, Hospice of the Valley will continue its full spectrum of high-quality programs and services dedicated to those with serious illnesses, needing end-of-life and palliative care in the greater Santa Clara County community.

Please know we are always listening, and would love to hear from you, particularly if you have any questions or comments on our plans with Sutter Care at Home.

“Hospice of the Valley has proven that our home, Santa Clara County, is where our heart and focus are — that will not change.”

— Jeff Strawn, Chairman of the Board, Hospice of the Valley
HEALTHCARE DECISIONS DAY 2015
A BIG SUCCESS

For those who have gone through a health crisis or a serious illness of a loved one, you know from experience how much easier it is when wishes are spelled out. But making future healthcare decisions includes much more than deciding what care you would or would not want; it starts with expressing preferences, clarifying values, identifying care preferences and selecting an “agent” to express healthcare decisions if you are unable to speak for yourself.

An advance healthcare directive is a legal document in which people specify what actions should be taken for their health if they are no longer able to make decisions for themselves because of illness or incapacity. National Healthcare Decisions Day on April 16 encouraged everyone to take the time to learn about and complete their advance directive.

More than 125 people attended Hospice of the Valley’s Healthcare Decisions Day 2015. It was a fun day of learning about advance directives and palliative care, including workshops, “go-wish” card games, personal assistance from our staff, volunteers and notaries, as well as a free lunch!

Everyone over age 18 is encouraged to have an advance directive completed and on file with their medical providers.

“Thanks so much for an excellent event,” wrote attendee Carol Thornton, director of pastoral care at Saint Mary Parish in Los Gatos. “My husband and I attended and updated our advance directive. The engaging speaker also raised issues regarding the value of children 18+ having an advance directive, which caused us to follow-up on this with our own family.”

More than 25 people completed their advance healthcare directives on-site that day, with lots of good personal assistance from our team. If you and your loved ones haven’t completed your own advance healthcare directives, contact Hospice at info@hospicevalley.org for assistance.

Thanks to everyone who made Healthcare Decisions Day 2015 such a success.
Anyone who has been a caregiver knows how difficult it can be.

But for Connie Poynter, caring for her Navy veteran husband, Russell, is a labor of love.

Married 53 years, Connie has led the care and garnered the medical help and support Russell has needed for the past seven years. He initially had a series of small strokes, compounded by Parkinson’s with Lewy body dementia.

With her faith and the help of Hospice of the Valley team and the Veterans Administration (VA) and ongoing support from caregivers and her sons, Connie is thriving.

California native Connie and Russell, from Kentucky, met when he was in Stockton on leave from the Navy with a group of friends. “I liked his sense of humor. He had me laughing all the time.”

They corresponded by letters as he completed his four-year stint in the Navy throughout the Asia Pacific region in the early ‘60s, before marrying in 1962. They lived in Fresno before settling in San Jose more than four decades ago. They have three sons and three grandchildren.

Connie Poynter cares for her husband, Russell, in their San Jose home

Hospice of the Valley has been there to support Russell and Connie. “Hospice of the Valley has been a lifesaver for us,” Connie said. “We get frequent visits by the hospice nurse, the aides, the social worker and the chaplain.

“Sometimes it’s overwhelming to be a caregiver,” she admits. “Dealing with family problems and this problem. The Hospice staff talks to me and makes me feel a lot better.”

She also finds solace in gardening in her yard. “Whenever I’m having a bad day, I go garden.” She also loves to cook and bake for family and friends.

Supporting veterans is a vital mission of Hospice of the Valley. Hospice partners with the VA and other community agencies to best support veterans with the challenges they may be facing from illness, isolation or traumatic life experience.

Hospice of the Valley has Level 2 status with the National Hospice and Palliative Care Organization’s We Honor Veterans Program. Hospice’s Veteran to Veteran Program offers trained veteran volunteers to accompany and guide the community’s veterans and their families through their life stories toward a more peaceful end-of-life experience.

Russell enjoys his weekly visits with Morgan Lucid, a volunteer with Hospice of the Valley who is also a retired Navy veteran. Russell lights up when Morgan visits. Veteran volunteers have a unique ability to relate to and connect with veteran patients and their families due to their common life experiences.

Connie’s advice to other caregivers? “Get a hobby. You need a distraction when you’re having a bad day. Cook, bake, garden, sew. Do whatever you like to do.”

“Caregivers have to be open to help. Often people don’t realize how much they need to talk until they are able to do so. People also may be resistant to have strangers in their home, desiring privacy, but when the support comes in, it is so helpful. You don’t have to do this alone.”

If you are a veteran with a serious illness or know of a veteran needing end-of-life support or want to volunteer for our Veteran to Veteran Program, call Hospice of the Valley at 1.408.559.5600 or visit hospicevalley.org.
VETERANS HAPPILY SUPPORT VETERANS’ CAUSES

Hospice’s goal is to meet the unique needs of veterans and link them to all the services and resources to which they are entitled.

Supporting veterans and veterans’ causes, including Hospice of the Valley’s We Honor Veterans program, comes naturally for retired Air Force Col. Bobby Moorhatch and his wife, retired Lt. Col. Ruth Moorhatch. Between the two of them, they have 59 years of active military service.

Both Bobby and Ruth served extensive deployments all over the world with the Air Force, with Bobby serving multiple tours in Southeast Asia. Their San Jose home is full of mementos from their global missions.

They met at the Armed Forces Staff College in 1975. Bobby, a San Francisco native, was just off an Inspector General’s team, and Philadelphia native Ruth was on the faculty. He spotted her in a receiving line, and asked her to dance with “the best dancer here.” They danced until 4 in the morning. That ultimately led to 38 years of marriage and a long life dancing together.

“My motto has always been to be firm, be fair, and be friendly,” Bobby said.

Following a final assignment at NATO headquarters in Brussels, Ruth retired first, in 1980, followed by Bobby in 1986. Their passion in retirement has been to stay active by plugging into military organizations to help other veterans. They currently support more than 30 non-profit organizations, including Hospice of the Valley.

Hospice of the Valley’s We Honor Veterans program is of much interest to the Moorhatches. The rigors, values and experiences of military service may significantly impact and shape a veteran’s perception of serious illness and the end of life. Hospice’s goal is to meet the unique needs of veterans and link them to all the services and resources to which they are entitled.

Bobby also has had firsthand experience as a patient in Hospice of the Valley’s Palliative Care Center in San Jose. “Hospice has the most professional, honorable, caring staff,” he said.

The Moorhatches support Hospice’s mission to affirm dignity and hope for those facing serious illness by providing comfort through compassionate palliative, hospice and grief care.

“We hope to be able to die in our home, whatever it takes for us to do that,” Ruth said. “Hospice makes that possible.”

Hospice of the Valley is honored to serve our nation’s Veterans 24/7, 365 days a year.
REMEMBERING OUR PARENTS  By Brad Leary, LCSW, CT

“During the early stages of grief, you may find it helpful to share stories about your parents with your own children, family members and friends.”

Spring is a time to welcome fresh air, warmer temperatures, budding owners, and baseball. This is also a time when we celebrate two important days: Mother’s Day and Father’s Day.

Did you know our Mother’s and Father’s days were first celebrated in 1908? Mother’s Day was officially sanctioned in 1914 and Father’s Day later followed in 1972.

We take the time to honor our parents for their many sacrifices and selfless acts. Some of us consider our parents to be heroes. Others are close confidants and friends. Still others are disciplinarians who may have been hard to please.

Nonetheless, the common thread of parental loss is the loss of their physical presence in our lives. I was reminded of this by my friend, Sylvia, whose mother recently died. Sylvia did not speak of her mother’s dedication to teaching and counseling youth. Most difficult for Sylvia is missing her mother’s smile, kindness and their daily phone conversations.

Hope Edelman, author of Motherless Daughters, speaks to the difficulties of losing her mother to breast cancer at age 47. Edelman suggests that grief lasts a lifetime and the loss of a mother represents an “imprinting” that affects a daughter’s ability to cope with later loss.

I would argue this holds true for sons as well. How significant is the loss of a parent? Look no further than the more than two dozen Motherless Daughters Day luncheons that take place throughout the United States each May.

For the loss of a father, you may find it helpful to read On Grieving the Death of a Father by Harold Ivan Smith and Father Loss by Elyce Wakerman. There is a growing community of men banding together to cope with the absence of a father in their lives. The National Compadres Network is a national effort whose focus is the reinforcement of the positive involvement of Latino males in the lives of their families, communities and society.

Many find it helpful to honor the lives of their mother and fathers who have died. There are many ways you can do this. During the early stages of grief, you may find it helpful to share stories about your parents with your own children, family members and friends. This helps carry on their legacy.

You may also choose to attend a support group. The Center for Grief and Loss at Hospice of the Valley has a designated group specifically for parental loss.

My friend Sylvia has found art to be a helpful medium to address her sadness. As you progress in your grief journey, remember to be gentle with yourself, focus on your breathing, eat healthy foods, exercise and surround yourself with good listeners.
MEET THE NEW COUNSELING MANAGER

The Center for Grief & Loss at Hospice of the Valley has a new leader, Counseling Manager Kristina Gatto.

Gatto started as an intern at Hospice of the Valley in 2004. She received her bachelor’s degree in psychology—child development and her master’s degree in marriage and family therapy from Saint Mary’s College in California. She is a member of CAMFT (California Association of Marriage and Family Therapists) and is a licensed marriage and family therapist.

“It has been quite the journey since I started at Hospice,” she said. “I am thrilled to embark on this new journey as counseling manager. I have had many steppingstones from intern to licensure, and this is yet another opportunity in my career for personal growth.”

Support Groups Schedule

At the Center for Grief & Loss, you will find a trusted companion to help you rediscover your life and give you practical advice and support that will carry you through the grief process.

We offer support to anyone who has experienced the loss of a loved one, whether or not your loved one received care through Hospice of the Valley. Please contact Hospice of the Valley for an appointment at 1.408.559.5600.

Mondays
- Parent Loss 6:30 to 8 p.m.
- Partner Loss 6:30 to 8 p.m.

Every Other Monday
- Step by Step (second-year loss group for individuals who have lost a partner) 6:30 to 8 p.m.

Wednesdays
- Littles Group (Ages 5–8) 4:00 to 5:15 p.m.
- Middles Group (Ages 9–12) 4:00 to 5:15 p.m.
- Suicide Loss 6:30 to 8 p.m.

ANNUAL SUMMER MEMORIAL JUNE 10 AT HAKONE GARDENS

Hospice of the Valley will host its annual Summer Memorial from 5:30 to 7:30 p.m. Wednesday, June 10, in the serenity and beautiful setting of Hakone Gardens in Saratoga.

Hospice of the Valley Grief Center staff and volunteers will join together with our bereaved families to honor the legacy of our loved ones.

The program includes music, inspirational messages, client testimonials, refreshments, as well as the opportunity to visit with our bereaved families.

More details are available at hospicevalley.org.
Internationally known hospice and counseling experts addressed the human side of palliative and end-of-life care.

The event, which took place at Santa Clara University, attracted a capacity crowd of more than 225. Hosts for the day were Sally Adelus, Hospice of the Valley then-president and CEO, and Dale Larson, Ph.D, professor of counseling psychology, Santa Clara University. Martha Twaddle, MD, FACP, FAAHPM, senior vice president, medical excellence and innovation associate professor of medicine, Northwestern University, won the Compassion in Action award, and presented on “Community-Based Palliative Care.”

Other speakers included David Feldman, Ph.D, associate professor of counseling psychology, Santa Clara University, on “Personal Growth in the Midst of Suffering”; Allen Klein, MA, CSP, on “The Healing Power of Humor”; and Louise Aronson, MD, MFA, associate professor, UCSF Division of Geriatrics, on “The Human Side of Healthcare: Medicine as Stories, Stories as Medicine.”

See highlights from their presentations on Hospice of the Valley’s Facebook page at facebook.com/hospicevalley.
Hospice of the Valley’s Community Life Program provides education and outreach on end-of-life care, life transitions, advance care planning, estate and financial planning, and more. The Community Life Program relies on the generous support of our community to meet the needs of our aging population. Please consider making a donation in support of the Community Life Program. To make your gift, visit hospicevalley.org.

UPCOMING EVENTS

Join us for any of our upcoming events and workshops. See details at hospicevalley.org.

Hospice of the Valley Annual Summer Memorial
June 10 — Hakone Gardens, Saratoga

The Magic of Motown Annual Gala
June 13 — Montalvo Arts Center, Saratoga

“The Do’s and Don’ts of Advance Directives” Workshop
June 23 — The Villages, San Jose

6th Annual Hits for Hospice
Aug. 15 — Bay Club Courtside, Los Gatos

Advance Care Planning Facilitator Workshop
Oct. 28–29 — Hospice of the Valley, San Jose

To register for any of these events, visit hospicevalley.org or contact Amy Ramsey at 1.408.559.5600.
Join Hospice of the Valley as we celebrate 35 years of non-profit service in Silicon Valley.

SATURDAY, JUNE 13
MONTALVO ARTS CENTER, SARATOGA

Highlights Include:
- MOTOWN TRIBUTE CONCERT
- SILENT & LIVE AUCTIONS
- GOURMET FOOD & WINE

PURCHASE TICKETS
hospicevalley.org/magicofmotown

All proceeds benefit Hospice of the Valley, to affirm dignity and hope for those facing serious illness by providing comfort through compassionate palliative, hospice and grief care.