

A Dogs Life!

By Ana Hays

There is one thing we all can be certain of—that we will die. Yet knowing this are we prepared? Most of us do not take the time to tidy up our affairs. Simple things like creating an Advanced Health Care Directive or designating a friend to adopt our pets if we are no longer able to care for them.

Such was the story of Maggie, Bella, Strider, and Tiffany; four dogs living with their devoted owner, who considered them family and loved them beyond measure, and who was admitted into service with Hospice of the Valley. When it became apparent to the hospice team that the patient was no longer able to provide all the care they needed and that these rambunctious dogs would soon need a new home—who did Victoria Wild, director of volunteers call? The Pet Companions!

Off they went; Hospice of the Valley's dedicated Pet Companion volunteers to assess the situation. They were introduced to a Chihuahua named Tiffany and three Labrador mixes, Maggie, Strider and Bella. "When we arrived at the home, we had to gain the patients' trust. It was very important to the patient and meant a lot that we find a home for his dogs. But the dogs were very active—not aggressive—just needing socialization," said Nancy.

"They were big dogs who had gotten away with being big dogs. And they just needed the discipline of someone telling them they couldn't be like that," said Judy.

"On that first day we visited with them, we weren't sure how often they were getting fed, as the patient tired easily," said Nancy. "We took them outside and the patient was pleased with how they responded to Mary, Judy and I. We came daily to make sure they were fed and walked them on leashes.



Left to right: Bella and Strider take a walk.

Each day as the dogs got more used to us, we gained more of the patients' trust."

Luckily Tiffany, who was over run by her rambunctious canine companions, was adopted early on by a friend. However the task of finding a home for the other three remained. Pictures of the dogs were taken and sent via email to friends, family, humane societies, and Labrador rescue organizations. Challenges ensued! Bella needed to be spayed. The dogs were not purebred. Luckily for Maggie she looked like a purebred and was soon adopted by a rescue society.

With Bella and Strider remaining, it was time for temperament testing to ensure they could be safely placed in another home. "There was an organization in Emeryville that said if the dogs passed their temperament tests, they would consider them for a foster home," said Ann. "So Judy and Nancy packed Strider and Bella in the truck and off they went on a road trip. The dogs passed the temperament test, but because the organization had so many dogs

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Special Insert:
Hospice of the Valley
Into the Future
Supplement

Letter from the President and CEO

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HOSPICE OF THE VALLEY MISSION STATEMENT

We affirm dignity and hope for those facing serious illness by providing comfort through compassionate palliative, hospice and grief care. We strengthen our community through advocacy, education, research, and volunteerism.

HOV is a not-for-profit public benefit organization and a member of the California Hospice and Palliative Care Association and the National Hospice and Palliative Care Organization.

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Managing Editor: Ana Hays
Copy Editors: Judy Dotson, Chelsea Mathis, Danae Myers, Carlene Schmidt, and Victoria Wild



Welcome to the spring issue of *Passages*!

Spring is the season of growth and transformation. So what better time to introduce Hospice of the Valley's new vision and strategic plan! Spanning the next five years, the plan builds upon Hospice of the Valley's solid foundation of quality and compassionate services—focusing on key initiatives of access, outreach and sustainability. Hospice of the Valley's 2015 vision represents a truly collaborative effort as stakeholders infused with passion and a readiness for frank and open discussion came together to begin the dialogue. Our journey through 2009 is reflected in the Vision 2015 supplement included with this issue.

As a non-profit hospice, we are held in public trust and our board of directors assumed the governing charge of the strategic planning process with vigor and serious intent. 2009 was a remarkable year, honoring our 30-year anniversary and legacy, as well as focusing on the present while creating an exciting future!

My sincere gratitude goes to the many individuals who contributed to this important work: chairman, Chris Worrall; our board of directors; and a special mention to Héctor Sánchez-Flores, chair of the Strategy Committee, whose fine leadership affected a seamless, engaged and stimulating process! Along with the adept navigation and wise counsel of Juli Betwee, the planning process was inclusive and collaborative. Grateful appreciation is also extended to the members of the Strategic Core Planning Team for their enthusiasm, hard work and their relentless efforts in keeping the momentum on track.

To our wonderful staff and volunteers, we thank you for your support and valuable contributions—you are the heart of Hospice of the Valley! And to our many stakeholders who participated in the focus groups and *Futures and Vision Conference*—your support and contributions made this initiative possible. As we embark upon the first year of Hospice of the Valley's strategic plan, please join us as we set forth on this incredible journey! Together we will fulfill the promise of our mission and vision.

Sally Adelus
President & Chief Executive Officer

Hospice of the Valley Exceeds Sobrato Challenge Grant!

Hospice of the Valley is excited to announce that our special donors far exceeded the Sobrato Challenge! In January 2009, the Sobrato Family Foundation challenged Hospice of the Valley to raise \$80,000 in a 2:1 challenge grant. For every \$1 donated, \$2 was matched!

The Sobrato Family Foundation's unrestricted funds will be used to support general operations, and new funds raised will provide end-of-life care to adults and children facing advanced-illness.

"We appreciate the generosity of our community and the support from the Sobrato Family Foundation," said Chris Worrall, chairman of Hospice of the Valley's board of directors. "This is a gratifying achievement—it speaks to our mission and the invaluable service that our organization provides in Santa Clara County."

Hospice of the Valley received the Sobrato Family Foundation's first installment of \$80,000 in January 2009 and the additional \$80,000 in new matching funds qualifies Hospice of the Valley for the Sobrato's second year grant award.

To those who contributed to the Sobrato Challenge, we thank you for helping Hospice of the Valley exceed the \$80,000 goal! And thank you to the Sobrato family for their wonderful support of Hospice of the Valley and the community.



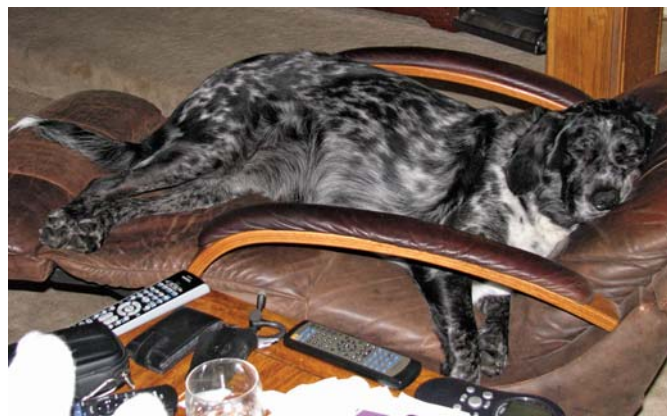
SOBRATO
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Building Community • Investing In People & Places

A Dogs Life! *(continued from page 1)*

to process quickly, they required socialized dogs. Bella and Strider proved to be too shy and... were sent home."

Speaking with and emailing countless shelters and dog rescue organizations, Ann finally happened upon a low-kill shelter in Santa Cruz, who told her that even though the dogs were from Santa Clara County that they had openings and would take them. "So we gathered up their beds, toys, balls, food and let their owner say goodbye," said Nancy. "The patient instructed us to take everything that belonged to the dogs, toys and all!"



Bella settled in her new home

"And we drove Bella and Strider over the mountain to Santa Cruz. When we arrived they informed us that the shelter couldn't take them because the two spaces available were needed for dogs in Santa Cruz County. But the patient has already said goodbye we exclaimed. You can't send them back we pleaded. Eventually we persuaded the shelter to keep them," said Judy.

The next day as luck would have it again; a couple who had expressed interest in Strider and Bella emailed Ann to tell her that they wanted to adopt the dogs. "Because the dogs were now in a shelter, they would spay Bella," said Ann. "This was perfect for the couple, who were students, because they didn't have a lot of money."

An adoption process that began on December 3rd ended successfully on December 16th due to the dedicated, loving, caring and tenacious spirits of the Pet Companion volunteers and hospice team that supported them along the way.

"This is what hospice is all about," said Victoria Wild. "It's about people coming together as a team to support patients and family members—even the four legged variety!"

Hospice of the Valley is happy to report that all four dogs are content, well loved and enjoying their new homes.

The 2010 Western Gala—Into the Future!

Hospice of the Valley's Gala Committee chair, Anne Cashman, is excited for this year's Western Gala to be held Friday, May 14, 2010 at Villa Ragusa in downtown Campbell.

"I'm looking forward to riding "Into the Future" with this year's attendees at the 2010 Western Gala," said Anne. "Join me for an evening of good wine, tasty beer and fabulous food! Hospice of the Valley has touched many lives, and we know the organization will touch many more. Over the past year and a half, the leadership and staff of Hospice of the Valley have been strategizing on the 2015 vision and direction for the organization. In 2009, the Gala celebrated Hospice of the Valley's 30th Anniversary, and this year's event will focus on the future."

So don those cowboy boots and join us as we celebrate Hospice of the Valley's ride "Into the Future" on May 14th!



Top photo from left to right: Skip Adams, John Cainglit and Gala guest. Bottom photo from left to right: Frank Ubhaus, Gala guest and Andy Pavich



From left to right: Rajeev Singh and George Pentz

HOSPICE OF THE VALLEY INVITES YOU TO ATTEND THE 2010 WESTERN GALA INTO THE FUTURE

Friday, May 14, 2010 * 6:00PM
Villa Ragusa * 35 S. Second St. * Campbell
For more information: 408.559.5600
gala@hospicevalley.org * hospicevalley.org

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Hospice of the Valley

Did You Know?

By Victoria Wild

Did you know that Hospice of the Valley is supported by over 150 volunteers, who enrich every facet of the organization? Bringing unique skills and talents they support not only our clerical, community outreach and fund raising efforts but over half are involved directly with patients and families providing compassionate care and assistance. According to the NHPCO (National Hospice and Palliative Care Organization), what patients value most is volunteer assistance to help with the burdens of caregiving.

Over 40 % of Hospice of the Valley families request a volunteer. They benefit from companion volunteers as well as accessing the integrative services offered. Patients and family members enjoy the gentle touch of massage or warm to the presence of a furry friend offered through the Pet Companion Program. Comforting those imminently dying and being with those close to them is offered by the Hospice of the Valleys Vigiling Program—Calm Companions. And the Community Grief and Counseling Center volunteers support family members as they process their grief.

Plans are underway to introduce a teen program with hopes of involving youth with patients—particularly in nursing facilities where approximately 40% of Hospice of the Valley's (hospice) patient's reside. To enhance services, complimentary aromatherapy will be added, and looking towards the future, Hospice of the Valley is excited at the prospect of adding new special volunteer programs.

Spring Community Open House

Featuring A Journey of Hope

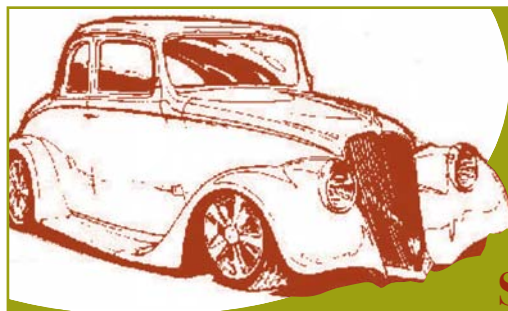
Hospice of the Valley held its second community Open house on Friday, March 19th showcasing *A Journey of Hope*—an art exhibit of work from the Community Grief and Counseling Center.

A Journey of Hope depicts the journey of loss and healing as adults and children move through their grief process. The Community Grief and Counseling Center at Hospice of the Valley offers many unique opportunities to explore feelings around grief and loss. When words are not enough, clients turn to images to guide them.



Left to right: Patricia Kissel-Ogle and Hospice of the Valley founder Jennie Magid

Guests at the spring art exhibit were able to view these extraordinary images, which move through the journey of loss to hope and healing.



7th Annual Classics & Hot Rods

In Memory of Manny Costa and Jack Leopardi

Sunday, June 27, 2010 * 9:00am–4:00pm

Elks Lodge #2347, 1680 Martin Avenue, Santa Clara, CA 95050

Show exhibit is open to ALL custom and classic cars, trucks, motorcycles and hot rods.

Event Free and Open to the Public!

All Proceeds Benefit Hospice of the Valley

For more information, please call Hospice of the Valley at 408.559.5600 or visit hospicevalley.org.



Jane Brody's Guide to the Great Beyond

By Jane Brody

Reviewed by Susan Weisberg, LCSW

Described as a healthy living advocate, practical, clear-headed, and problem solver *New York Times* Personal Health columnist, Jane Brody, has accomplished that and more in her book entitled *Jane Brody's Guide to the Great Beyond—A Practical Approach to Help You and Your Loved Ones Prepare Medically, Legally, and Emotionally for the End of Life*.

In *Jane Brody's Guide to the Great Beyond*, Brody covers salient topics with pithy titles such as: Death is Inevitable: So Be Prepared; Life After Death: What You Leave Behind Counts; and Living Well to the End: Where and How. Brody's writing style is clear, direct, and understandable and has the uncanny wisdom and ability to take complex information and translate it into digestible, understandable and reasonable prose.

Through her writing, Brody teaches us to feel that, within an area where we ordinarily may feel powerless and out-of-control, there are moments in life's dilemmas where we can exert some control and make thoughtful choices. The key is sorting through those choices. We can guide the people who love and care about us; they can know our concerns, values and wishes and help us to make those known; and we can demystify some of the more taboo subjects by directly confronting them.

Brody's message on all levels is to take charge: know what your options are, think through your decisions, and make them known to those who care about you both in writing and verbally—and then live your life to the fullest! To add balance and comic relief, *Jane Brody's Guide to the Great Beyond* is peppered with delightfully humorous *New Yorker* cartoons.

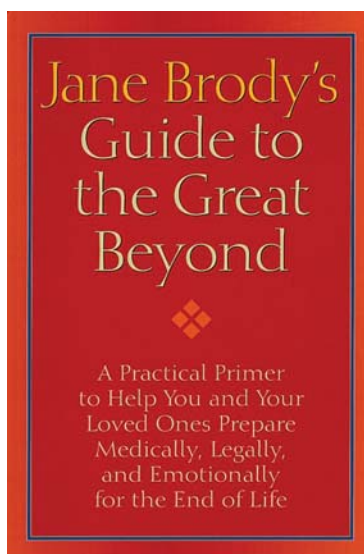
Recently, Jane wrote in her column (March 16, 2010) published in the *New York Times Science Times* section every Tuesday, "When I wrote *Jane Brody's Guide to the Great Beyond*, I had no idea that I would be putting its precepts into practice in my immediate family within a year of its publication. But, as I said in my book, you never know. So it is best to prepare sooner than later." In February, Jane learned that her husband Richard of 43 years has stage IV inoperable lung cancer.

As those who know Jane's writing would expect, years before his diagnosis, she and Richard had talked about their wishes thoroughly and openly. Because of the extent of his disease, Richard's wishes were for palliative and comfort care. He wanted to minimize pain and discomfort and maximize his function. Later in her disclosure about her personal situation, she quotes Francine Russo as saying that "the real challenge in making decisions about life-extending treatment is how can we focus on what our dying parent, spouse, or loved ones needs are rather than our own anguish. This is the ultimate test of emotional separation."

Jane definitely teaches us how to go "smartly into that good night" and has chosen bright red for her dust jacket, which certainly got my attention. And I will leave you with this quote from Brody: "Even the healthiest of lives must

come to an end. In this book, I hope to help my readers make that end for themselves and for those they love as peaceful and, yes, as enjoyable as it can be."

Read on and read well!



Living with Serious Illness

Are you caring for someone with a serious illness? If so, Hospice of the Valley has a resource website to help individuals and families cope with living with



advanced disease. Whether you need tips on handling the medical and physical aspects of care (e.g., pain management, nutrition and eating), are concerned about emotional or spiritual issues (e.g., grief, hope, family dynamics), or simply want to know about important legal and financial decisions, this website will address your needs. Visit seriousillness.org/santaclaracounty.

Leaving a Legacy

Art Adams became involved with Hospice of the Valley when he was referred to the grief counseling program for his 10-year old son after the death of his wife in 1995.

"The program worked so well for my son, I sought out the Community Grief and Counseling Center for myself. One of the best things about the Center and its programs is seeing other people going through the same process. I spent a year in the program, and it made a big difference in my life. It gave me my 'hospice heart'."



In 1999, Art was asked to join Hospice of the Valley's board of directors and served on the board for six years. After a three year hiatus, he accepted another invitation in 2009 to join the board and now serves on the Funding and Ethics Committees as well.

"I was so grateful to Hospice of the Valley for how they helped me to maintain what was left of my family that it spontaneously struck me to name Hospice of the Valley in my will when I was working on my estate planning. This organization has done so much good for so many people. And as a non profit, I wanted to ensure that Hospice of the Valley is here in the future to serve and carry out its mission."

If you are interested in becoming a member of Hospice of the Valley's Legacy Circle, please contact Beth Williams, director of development, at 408.559.5600 or visit hospicevalley.org/plannedgiving.

Staff Profile

Jeanne Fabricius, RN, Case Manager

By Chelsea Mathis

Growing up in Denmark, Jeanne Fabricius always knew she wanted to be a nurse. After graduating from nursing school in Copenhagen, she married her husband and raised two children as she began her career.



In 1977, Jeanne's family moved to Canada where Jeanne's third child was born. There, she refreshed her nursing skills and two years after passing her nursing exams the family relocated to California.

"I learned about hospice care when we returned to Canada to visit our friend who was dying," said Jeanne. "This type of holistic care was foreign to me. When I saw how the hospice team held heart-to-heart conversations with my friend about his end-of-life wishes and how it supported his family—this intrigued me."

Returning from Canada, Jeanne spied an ad in the *Saratoga News* for Hospice of the Valley, who was recruiting volunteers. She applied, was accepted and while working as a volunteer passed her registered nurse state board and later received her green card in June of 1990. Then, a nurse relocated to the east coast, and Jeanne applied for her position—launching her 20-year career as a hospice nurse at Hospice of the Valley.

"I knew this type of nursing was my calling because we are a team consisting of physicians, social workers, chaplains, hospice aides, and volunteers—all coming together to treat patients holistically on their terms, and in their home where they are comfortable. And for

me it has been a privilege to serve patients and families. They give me so much fuel, which has kept me going. This awesome journey has taught me so much about people and, most of all, life."

SILICON VALLEY DUCK RACE

Sunday, June 13, 2010 Vasona Park, Los Gatos



Adopt a Duck and Support Hospice of the Valley!

On Sunday, June 13th, 15,000 rubber duckies who've been "adopted" by people like you will race down Vasona Creek! Lucky winners will receive fantastic prizes and one may even win \$1,000,000!

Duckies go on sale May 1st!

Visit hospicevalley.org/duckrace for more information.



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Living with
Dignity
Redefining
Hope

CALENDAR of Events 2010

Hospice of the Valley Events

Western Gala

Friday, May 14

Silicon Valley Duck Race

Sunday, June 13

Classics & Hot Rods

Sunday, June 27

The Kent Kirkorian Memorial Golf Tournament

Friday, September 24

Community Grief and Counseling Center

Events

Mother's Day Tea

For Daughters Who Have Lost a Mother

Friday, May 7, 2 p.m.

Hakone Gardens Spring Memorial Service

Wednesday, June 9, 6–7:30 p.m.

Support Groups

Beginning the week of April 26th

Weekly

Mondays: Partner Loss, Parent Loss, Widows/Widowers,
Teen Group, Child Loss (Men's Group)

Wednesdays: Kids Groups

Fridays: Child Loss (Women's Group)

Twice Monthly

2nd Tuesday and 4th Tuesday: Step by Step

Second Year Partner Loss Group