



## **Letter to the editor**

### **Hospice of the Valley, San Jose Honors National Hospice and Palliative Care Month by Raising Community Awareness**

**By Sally Adelus**

Coping with a serious life-limiting illness can be overwhelming—most people don't know where to turn for help. Fortunately, high quality care and support that provides individuals and their families with hope, love and dignity at the end of life is available.

November is National Hospice and Palliative Care Month, a time to reach out to our community to raise awareness about the compassionate care that hospice and palliative care offers. Hospice of the Valley is an incredible resource in our community that provides comfort, love and respect to those coping with a serious life-limiting illness. The hospice team provides expert medical care so individuals can remain comfortable and able to enjoy time with loved ones. They answer questions, offer advice on what to expect, and help families with the duties of being a caregiver. And they provide emotional and spiritual support for the entire family.

Covered by Medicare and most insurance plans, hospice care may be provided in the home, nursing home and assisted living facilities.

If you or a loved one is facing a serious life-limiting illness, the time to find out more about hospice and palliative care is now.

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Sally Adelus is the president and CEO of Hospice of the Valley of northern California. Since 1979, Hospice of the Valley has provided compassionate palliative, end-of-life and community grief-care to over 35,000 people. Hospice of the Valley was the first community-based, nonprofit hospice and grief care organization founded in Santa Clara County and the second hospice established in California. For more information, visit [hospicevalley.org](http://hospicevalley.org).