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## **Hospice of the Valley to Host Deborah Grassman Workshop for Veterans on End-of-Life Preparations on Jan. 21**

*‘Wounded Warriors: Their Last Battle’ to feature mental health and veterans expert*

**SAN JOSE, Calif., Jan. 14, 2015** – The experience of military service may significantly impact and shape a veteran’s perception of serious illness and the end of life. Palliative care and hospice preparations for our nation’s veterans take special knowledge and care. As part of its We Honor Veterans program, Hospice of the Valley will host mental health nurse practitioner and veterans expert Deborah Grassman in a workshop on “Wounded Warriors: Their Last Battle” on Jan. 21.

The event is free and open to the public and will be from 3 to 5:30 p.m. Jan. 21 at Hospice of the Valley, 4851 Union Ave. in San Jose. A book signing will follow. The workshop is in partnership with Dignity Memorial.

Grassman is a mental health nurse practitioner whose career at the Department of Veterans Affairs spanned nearly 30 years. She is recognized as one of the nation’s leading experts in caring for veterans nearing the end of life.

The session will:

- Cover the emotional, social, spiritual, moral injuries sustained by combat veterans and their families and how these impact their quality of life.
- Identify tools that respond to end-of-life issues so that a peaceful death can ensue.
- Verbalize influences that a military culture exerts on combat and non-combat veterans and their families.
- Describe the major components of Post-Traumatic Stress Disorder (PTSD).
- Outline three combat/dangerous-duty veteran trajectories requiring different treatment plans.

- Identify appropriate assessment and intervention for combat and non-combat veterans.
- Identify tools for combat or dangerous-duty veterans, including: rituals, therapeutic letter-writing, and forgiveness.

The workshop will also identify “normal” grief vs. “complicated” grief:

- Identify the special grief recovery needs of veterans and their families.
- Identify the fundamental role of rituals in facilitating grief recovery.
- Identify the fundamental role of letter-writing in facilitating grief recovery.

Attendees may RSVP at [www.hospicevalley.org/vets](http://www.hospicevalley.org/vets). Questions, please contact Amy Ramsey at Hospice of the Valley at 408.559.5600 or email [aramsey@hospicevalley.org](mailto:aramsey@hospicevalley.org).

### **About Hospice of the Valley**

Celebrating nearly 35 years of service to our community, Hospice of the Valley is a nonprofit organization that exists to support patients and their families during one of life’s most challenging – yet most meaningful – times. Hospice of the Valley provides serious illness and end-of-life care programs and services, including palliative and hospice care, grief counseling for adults, children and families, and emotional support, education and practical assistance. Established in July 2013, 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, is a division of Hospice of the Valley. Hospice of the Valley also provides a community resource website for patients and families at [seriousillness.org/santaclaracounty](http://seriousillness.org/santaclaracounty). Hospice of the Valley honors all cultures, beliefs, values and traditions and is committed to serving its diverse community and providing equitable access to care for all regardless of financial ability. For more information, call 408.559.5600 or visit [hospicevalley.org](http://hospicevalley.org).

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