

The Hike for Hope raises more than \$107,000 for Hope Hospice

Event brings generous support from business and local community

The Hike for Hope, a memorial hike and fundraiser for Hope Hospice raised more than \$107,000 in cash and in-kind donations. Held at Del Valle Regional Park in Livermore in May, it is one of Hope Hospice's largest annual fundraising events.

"The Hike for Hope celebrates the joy our loved ones brought us and raises funds for Hope Hospice," says Brian Kehoe, chair of The Hike for Hope 2017 committee. "We all enjoyed meeting the hikers who came to support Hope Hospice and to talk to the families whom we have helped."



Sponsors include: Hitachi Data Systems; Chapel of the Chimes; Heritage Bank of Commerce, Pleasanton Branch; Graham Hitch Mortuary, John Muir Health, BTI, Sutter Health/Palo Alto Medical Foundation, Pleasanton Emergency Medical Group, Spectrum Wealth, Tri-Valley Personal Home Care Services, Tri-Valley Bank, California Business Technology, Lange Enterprises, Pro Tek Manufacturing, Stanford Health Care/ValleyCare, Summit Financial Group, LLC; Kaiser Permanente, Sensiba San Filippo, LLP; Premier Pharmaceutical Services, Club Sport, Bank of San Francisco, Heritage

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Improving the care of dementia patients

An estimated 5.3 million Americans age 65 and older have dementia. This number is expected to increase 35 percent by 2025. A growing number of persons with dementia will need hospice care.



At Hope Hospice we are experiencing this trend as dementia-related diagnoses have surpassed cancer as our leading patient condition.

"We want to help our patients with dementia live with greater dignity and quality of life, and to aid family caregivers improve their own mental and physical well-being," says Hope Hospice CEO Bob Boehm. "Our Volunteer Services Department is building a greatly needed Dementia Care Program in our community," he notes. Hope Hospice was recently awarded a \$25,000 grant from the Arthur N. Rupe Foundation to help with the development of this program.

The Dementia Care Program is made up of three components: volunteer development, family caregiver education and palliative care. According to Jill Smith, RN, director of Volunteer Services, "Our goal is to provide core training to family caregivers and Hope Hospice's respite volunteers so they can better meet the needs of patients with dementia and provide support and relief to family caregivers." The educational classes help them understand the illness and their loved ones' needs, providing tools and strategies to help them care for the patient and themselves as caregivers.

Last year, our Family Caregiver Education Series program on

Alzheimer's disease had the largest audience of any other program Hope offered. Recognizing an overwhelming need, Smith, a registered nurse who is credentialed as a Certified Dementia Practitioner from the National Council of Certified Dementia Practitioners, has used her training to develop additional Family Caregiver Education classes on dementia-related topics. Like all of Hope Hospice's educational classes, these are offered at no charge to community members.

Currently, Hope is launching *All About Me*, a new program that will provide customized visual aids to highlight the patient's unique interests and life history. The aim is to provide meaningful connections during visits with the dementia patient.

Hope Hospice's Dementia Care Program relies on a team of volunteers to provide this important service to our patients with dementia and their families. If you are interested in becoming a Hope Hospice volunteer, contact Nikki Tildesley, Volunteer Coordinator at (925) 829-8770 or email [nikkit@hope-hospice.com](mailto:nikkkit@hope-hospice.com). To complete an application or learn more about this opportunity, go to HopeHospice.com/Volunteers.

Learn more about the Family Caregiver Education Series at HopeHospice.com.

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Message from the CEO

Our mission drives us to meet community needs

by Bob Boehm



During the past few years, we've seen our admissions increase by 48 percent. This means more people received comfort, support and guidance from our caring staff, and more families have turned to us for grief support.

We know how important grieving is in each person's personal journey and that it is a vital part of healing. To help make bereavement services more accessible to our community members who have lost a loved one, we are expanding our program with new support groups and adding flexibility so that more people can benefit from our services. Our Bereave-

ment counselors are taking programs out into the community where and when they are needed. If a critical incident occurs within the community, our counselors are available to provide critical incident stress debriefing and management in the schools and out in the community. See article on page 3 for additional information about our Bereavement programs.

Our growth in admissions also means we have seen a significant growth in admissions for dementia patients. As you read in on the page 1, dementia patients now exceed the number of cancer patients we treat. In order to provide the best care for our dementia patients and their families, we have been busy building a dementia care program as well as recruiting and training volunteers. Our Volunteer department is creating innovative programs that help families and friends find creative ways to connect with their loved ones.

To us, providing the highest quality of care includes being responsive to the community's needs. Our Bereavement Services programs and Dementia Care Program are examples of how we are doing this. As a non-profit, mission-driven organization, we are proud to continue to offer such services at no charge.

However, much of this would not be possible without the support of our amazing group of volunteers and through the financial support we receive through grants, sponsorships and individual donations. I want to thank our dedicated volunteers for all they do for Hope Hospice patients and families throughout the year, and to the city governments, organizations and individuals who provide financial support to Hope Hospice.

Take the challenge: Hope 100 Golf Marathon Golfers to play 100 holes in one day

Take the personal challenge to play 100 holes in a single day to benefit Hope Hospice.

The strenuous nature of the Hope 100 Golf Marathon symbolizes the challenges patients and families face at the end of life. Net proceeds from this event will help Hope Hospice provide the compassionate, high quality care necessary for hundreds of patients and their families throughout the year.

"When you participate by being a player, sponsor or donor, you are supporting Hope Hospice," says

Kathleen Berriatua, chair of the Hope 100 Golf Marathon and a member of the Hope Hospice Board of Directors. "We rely on the support of individuals and corporate leaders to make this worthy event a success."

*Hope 100 Golf Marathon
October 16, 2017
Dawn till Dusk
Castlewood Country Club, Pleasanton*



Learn more or register at Hope100GolfMarathon.com. For questions contact Kathleen Berriatua, (510) 461-2242 or katberriatua@gmail.com.

Philanthropy Update

Hope Hospice grateful for generous support

Hope Hospice is fortunate to benefit from the generosity our community and corporate supporters:

Tennis Invitational nets support for Hope Hospice

The Castlewood 2017 Ladies Tennis Invitational was held in May to benefit Hope Hospice. During this annual event, 44 women (22 Castlewood members and 22 guests) played four matches each over two days to benefit Hope Hospice. The tournament, along with a silent auction,



donations, raffle and games during the event raised \$7,230.

Since 2015, this event has raised more than \$323,000 thanks to the efforts of the players, sponsors and in-kind donors. “These ladies all have a passion for tennis, and raising money

for a cause like Hope Hospice made it even more exciting,” says Kathleen Berriatua, Ladies Tennis Invitational committee member and also a member of the Hope Hospice Board of Directors.

Thank you to the planning committee for your hard work at making this event a success: Lisa Bargeman, Jim Swansiger, Kathy D’Onofrio, Jennifer McNamara, Kathleen Berriatua, Michele Peterson, Lorna Smith, Karen Nelson and Shelly Schultz.

Toll Brothers Golf Tournament for Hope Hospice raises \$93,747



The Toll Brothers Northern California Division raised \$93,747 for Hope Hospice during their inaugural golf benefit this spring at Castlewood Country Club. “Thank you to Toll Brothers for their generosity and hard work in putting on an event of this size,” says Bob Boehm, Hope Hospice CEO. “This amazing donation makes it possible for us to carry out our mission to provide quality care, comfort and compassion to patients and their families at life’s end.”

More than 180 golfers participated in this tournament. “We could not have done this without our great sponsors

who helped us exceed our goal,” says Toll Brothers’ Deny Bart, who organized the event. “Hope Hospice’s staff members are angels dedicated to helping patients and their loved ones live each day to the fullest by providing compassionate care and helping them navigate their way through the end of life with dignity,” she states.

Many thanks to the Toll Brothers Northern California Division and their amazing committee behind this successful event: Deny Bart, Andrew Gunson, Joel McMillan, Brian Thierrin and Dan Masterson.

Hope Bereavement Services: A vital part of healing

Grieving the death of someone close to you is a personal journey. Hope Hospice recognizes this and is here to help support you in your time of need. We recently added new groups that offer greater flexibility and accessibility during challenging times. Here are some of them:

Drop-in Groups

Hope’s Drop-in Bereavement Support Group is designed for anyone coping with the death of a loved one. It offers an opportunity to join others who have a similar experience to yours. This group meets on the first and third Wednesday of every month from 4:30 to 6:00 p.m. with no planned end date.

You may attend this support group as frequently as you desire or your schedule permits. It is open to all

community members 18 and older.

8-week Groups

Our 8-week groups (Spouse & Partner Loss and Parent Loss groups) – known as our “Grief Journeys” group series – will return this fall. This is a structured group with eight consecutive weekly sessions and deals with specific kinds of loss such as the death of a spouse/partner, parent loss, etc. It is designed to offer time to process emotions through structured readings and other planned activities.

Our support groups are available to the community and there is no charge to attend. Additional support groups will be added this fall, including an 8-week parent loss group, children’s support groups, in-home support and holiday-grief workshops planned, so please check

our website, HopeHospice.com for details.

Our volunteers add an important dimension to our Bereavement program. This spring we expanded our volunteer opportunities, offering additional training and on-going mentoring to help volunteers learn how to provide emotional support to grieving adults, teens and children. Bereavement volunteers are trained to provide support in a number of different ways – in-home visitation, co-facilitation of either adult or child grief support groups, classes, workshops and on-going telephone follow-up.

If you are interested in learning more about becoming a Bereavement volunteer, contact Nikki Tildesley, Hope Hospice Volunteer Coordinator at (925) 829-8770 or email nikkiit@hopehospice.com.



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Philanthropy News

Community support

We are grateful for the community contributions and corporate grants that so generously support our work providing high quality patient care, community education and grief support.

The following community contributions and corporate grants were received between February through June in the 2016-17 fiscal year:

- Bart's Blazin' Q / 3 Steves Winery**
- General Federation of Women's Club
Dublin/San Ramon**
- Inner Wheel Club of Livermore**
- Kiwanis Club of San Ramon Valley**
- Lynnwood United Methodist
Church**



Make a difference - become a Hope Hospice volunteer

If you would like to make a difference in the lives of our patients and their families, consider being a volunteer. We are looking for volunteers who are interested in being a part of our Dementia Care Program and our highly regarded Bereavement Services.

To learn more, contact Nikki Tildesley, Volunteer Coordinator at [nikkit@hopehospice.com](mailto:nikkitt@hopehospice.com) or (925) 829-8770. To complete an application or learn more about this opportunity, go to HopeHospice.com/Volunteers.

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Estates, Stoneridge Creek, MCE Corporation, Union Bank, Lady Hustle, Grade Tech, Inc.; Family & Friends; and Media sponsors: 101.7 KKIQ, Diablo Magazine.

“Hope Hospice helps patients and their families live each day to the fullest by providing quality end of life care, home health care, bereavement and community education,” says Hope Hospice CEO Bob Boehm. “As a community-based, non-profit agency, we rely on community support to provide these needed services throughout the year,” he adds.

See the placings of many other noteworthy teams and individuals, and view all of the local corporate and in-kind sponsorships at TheHikeForHope.com.



Community-based and non-profit, Hope Hospice is accredited by The Joint Commission, certified by Medicare and Medi-Cal and is a member of the National Hospice and Palliative Care Organization, National Partnership for Hospice Innovation.

Bob Boehm, CEO; Patty Hefner, Editor © 2017 Hope Hospice, Inc.
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