



VOICES

A Publication of Hope Hospice, Inc.

Hike for Hope

The Hope Hospice and Home Health community returned to Livermore's Del Valle Regional Park on May 4 for the ninth annual Hike for Hope, which raised more than \$90,000 for Hope's patient care, caregiver education programs, and grief support services.

The misty morning gave way to blue skies as more than 600 hikers and walkers hit the trails to support Hope's mission to provide exceptional hospice care in our local communities. Many participants were hiking in memory of departed loved ones.

"We are so grateful to the Hike for Hope participants, sponsors, donors, and volunteers," says Hope CEO Jennifer Hansen. "As a non-profit agency, Hope is blessed by the generosity of our community, which makes our programs and services possible."

Hope relies on this key event to fund many of its programs, including the Family Caregiver Education Series and grief support services, which are made available to the public at no cost.

"The event wouldn't have been possible were it not for our 60 amazing volunteers," says Jennifer Pettley, Hope's Director of Development. "We are also grateful for MCE Corp., which

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Child and Teen Grief Support Program

A teen tossed her school bag hard against the couch and collapsed into the cushion, seemingly worn from a tough day. Her stepmother gently inquired. The girl rapidly explained that the topic of her mother's death had come up in school, and her peers' reaction was one of disbelief, as if she'd been making up a story for attention. The girl was made to feel an outcast, the weird one. The stepmom prepared to settle in for a long talk, but the girl shrugged, changed her countenance, and asked what was for dinner.

"Kids grieve differently than adults, says Dawn Torre, Hope Hospice's child and teen grief specialist. "Whereas adults are typically steeped in their grief, feeling emotions and analyzing the permanence of the loss around the clock, kids tend to drift in and out of the process."

Depending on age, a child may have no frame of reference for what death means, or they may have times of sadness followed by days or even weeks when grief seems absent.

Earlier this year, Hope launched a grief support program for youth, broken down into groups for ages 5–10, 11–13, and 13–18. The groups meet twice a month during the school year and provide opportunities for kids to be with peers who are going through a similar circumstance.

"Kids generally have at least one thing in common—they don't like being different from their peers," Torre says. "Having a deceased parent is unusual, and in some cases the child may be the recipient of negative comments or behaviors from other kids."

(See "Grief" on page 3)



MESSAGE FROM THE CEO

Forty Years Strong



As we were preparing this issue of *Voices*, our office was celebrating National Nurses Week. The commemoration each May is an opportunity to honor the men and women who dedicate themselves to caring for others who are in a weakened state. Here at Hope Hospice and Home Health, our nurses go the extra mile to provide compassionate care to our patients, many of whom are at or nearing the end of life. Though many days are hard, most hospice nurses will tell you they feel called to this service.

It is with that heart of compassion and determination that Hope looks forward to our 40th anniversary in 2020. Hope exists because a small group of caring citizens expressed concern for terminally ill people who were facing death in the loneliness and isolation of a hospital setting.

Hope was founded in 1980 as a non-profit hospice provider serving the Tri-Valley area. Over four decades, we have expanded our service area into neighboring East Bay communities, added Home Health Care and Advanced Illness Care programs, and developed expert dementia care training for our staff and education for family caregivers. But in all this time, we have maintained our vision of being committed to people and patient needs rather than by profit or financial demand.

Stay tuned for information about celebrations in our 40th year of service. Please help spread word of this wonderful organization that puts people first. If you are looking for a way to get involved, read on for information about volunteer opportunities and how to bless Hope through planned giving.

Jennifer Hansen
Chief Executive Officer

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New Board Members

Hope Hospice welcomes four new members to our Board of Directors.



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WESLEY FISHER
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Owner, Nothing Bundt Cakes, Dublin



Hike for Hope participants gather for a group photo at Del Valle Regional Park in Livermore.

Hike (Continued from page 1)

treated all the hikers and volunteers to a wonderful barbecue lunch following the hike.”

With much appreciation, we thank our corporate supporters and top sponsors: Hitachi Vantara, Graham-Hitch Mortuary, Pleasanton Emergency Medical Group, MCE Corp., Bradley Tanks Inc., Skycam Aviation, Sansei Gardens Inc., New Image Landscape Company, Palo Alto Medical Foundation–Sutter Health, and Heritage Bank of Commerce.

We also recognize the hike teams and individuals who raised funds for Hope. The top team fund-raisers include Team Braveheart, \$3,232; Revelli Team Hope, \$2,073; Team Roger, \$1,815; and Team Peachy, \$1,352. Top individual fund-raisers include Victoria Oliver, \$1,540; Colin Ritchie, \$1,515; Linda Simpson, \$1,370; and Angie Birdwell-Royers, \$1,210.

Thanks to Hike for Hope’s 2019 planning committee: Brian Kehoe, chairman; Nicole Borchard, Mark Collins, Chuck Deckert, Ilene Marshall, and Vidya Rangachari, and staff members Jennifer Pettley, SheryAnne Wui, Patty Hefner, and Nikki Tildesley. ■

Toll Brothers Golf Tournament

Many thanks to Toll Brothers Northern California, Pleasanton Division, for naming Hope Hospice as the beneficiary of its annual charity golf tournament. The May 9 event, held at Castlewood Country Club, raised \$123,000 for Hope’s programs and services.

With nearly 190 participating golfers on-site this year, the vibe was lively and lighthearted, with a mix of those skilled with a golf club and those who, well, weren’t. The latter took advantage of mulligans for sale, which, along with raffle tickets, boosted proceeds.

“Many people collaborated to produce this exciting day,” says Hope’s Director of Development Jennifer Pettley. “We especially want to thank Toll’s tournament committee members: Brian Thierrin, Todd Callahan, Daniel Masterson, Andrew Gunson, and Celeste Johnson.” ■

Grief (Continued from page 1)

Support groups for youth are not as talk-focused as an adult group. Creative activities can help kids better express emotions, or even just to start internally processing. For example, a recent art project was to decorate a memory box. Homework for the next session was to bring in an object that calls to mind a memory of their loved one and discuss the object with the group—or they don’t have to.

The program gives kids the time and space to grieve in their own way.

A parent or caregiver must be on-site while the youth is in the group session, and the adults are welcome to attend a support group for parents/guardians that runs concurrently. Members share experiences and resources, such as tips related to struggles with concentration in school or behavior issues.

Hope’s Children and Teen Grief Support Groups are offered to the community at no cost. Donations are warmly received and allow us to continue to offer the service to others for free.

Sessions resume in September 2019. Consistent attendance is recommended to foster camaraderie and trust, but a specific start date is not mandatory. The youth program requires an initial assessment. Please connect with us at (925) 829-8770 or griefsupport@hopehospice.com. ■



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Grant Support

We are grateful for the generous community and corporate grants that support our work providing high-quality patient care, community education, and grief support. The following grants have been awarded in the current fiscal year, ending June 30:

City of Dublin
City of Livermore
City of Pleasanton
Dublin San Ramon Women's Club
John Muir Health
Kaiser Permanente

Palo Alto Medical Foundation–
Sutter Health
Pleasanton Weekly Holiday Fund
Rotary Club of Pleasanton
San Ramon Valley Kiwanis Club
Stanford Health Care–ValleyCare

Did you know that you can support Hope Hospice through your will or trust?

Your legacy gift will help ensure that Hope's care and support remain available for local families when they need it most. For more information about legacy giving, please contact our Development Department at (925) 829-8770 or jenniferp@hopehospice.com.



REGISTRATION IS OPEN for the Fifth Annual Hope 100 Golf Marathon. Join Hope Hospice for a fun and challenging event where you will be among passionate golfers completing 100 holes in one day, all for a good cause. The event will take place on September 30 at Castlewood Country Club in Pleasanton. Get details and register to play at Hope100GolfMarathon.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 and National Partnership for Hospice Innovation.

Jennifer Hansen, CEO; Kendra Strey, Editor. © 2019 Hope Hospice, Inc.
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