

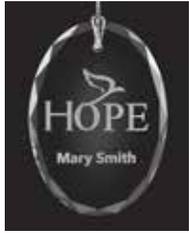


VOICES

A Publication of Hope Hospice, Inc.

Season of Hope

The holiday season is a time for celebrating those we love. It brings joyous memories of family, friends, and others who have enriched our lives. In remembering them, you can make a tribute gift to help a Hope Hospice patient or bereaved family member.



Your help is needed now more than ever. As our population ages, the need for care and support, particularly for dementia-related cases, is increasing.

Your tax-deductible gift of any amount can help provide care for those in critical need.

For your gift of \$200, you will receive an exquisite crystal ornament etched with your choice of the word HOPE or a dove in flight.

For your gift of \$250 or more, you can personalize either ornament style with a name, year, or phrase of up to 18 characters.

For your gift of \$450 or more, you receive your choice of two ornaments and may personalize each.

Order online or download a mail-in form at HopeHospice.com/hopeseason. Questions? Contact our Development Team at (925) 829-8770.

Allow two weeks for delivery. To receive an order before Christmas, we suggest that you submit your order by December 2, although we accept orders through January 15, 2020. ➤



Dementia Program's Rapid Growth

Among Hope's hospice patients, dementia and other brain disorders have now surpassed cancer as the top diagnosis upon admission. According to the Alzheimer's Association, one in every three seniors age 85 and older in the U.S. will develop dementia.

These statistics, while sad and worrisome, inspire our team to boost our education efforts, both for families on our service and for the greater community. Jill Smith, RN, Hope's dementia care specialist, recently redefined her role with the agency to focus more on our Living With Dementia (LWD) program. Smith had been serving as Director of Volunteers for seven years and was splitting her time between recruiting and training members for our stable of nearly 150 fantastic volunteers and developing the LWD education program for staff, volunteers, and family caregivers.

With the change comes the opportunity to grow the LWD program's reach. In Hope's Family Caregiver Education Series (see page 2), a free service available to family caregivers in the community regardless of whether their loved one is a Hope patient, dementia is the topic at four of the 12 classes, addressing such areas as dementia's impact on the brain, vision, and cognition; understanding dementia-related behaviors; and self-care for the caregiver.

Those four dementia-focused presentations within the Series are so well attended that, in January, Smith began offering them one additional afternoon per month, repeating year-round. Participation has grown steadily since then from about five attendees per class to consistently more than 20 each date.

(See "Dementia" on page 3)



Jill Smith, RN

Partner With Hope for a Positive Impact

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As we wrap up 2019, I reflect on the impact Hope Hospice and Home Health has had in our local community. In our past fiscal year, we experienced record number of admissions—565 hospice patients, and 472 for home health. Add to those figures each patient's circle of loved ones who also received care from our team, including social services support, spiritual care from our chaplains, and bereavement services.

Hope does important work. Our team considers it a privilege to support others in our community at a time when care is most needed. But we could not have as significant an impact without the help of people like you. Whether you give of your time as a volunteer, or of your finances in donations that support our community service, we appreciate you!

All of us at Hope wish you and your family a meaningful holiday season and a bright horizon in the new year. Please stay connected with us in 2020 as we celebrate our 40th year of service. We have some special events planned and will soon be sharing details. Watch your mailbox for news and follow along on Facebook (@HopeHospiceDublin). We can't wait to celebrate this important anniversary with you.

Jennifer Hansen
Chief Executive Officer

Family Caregiver Education

Hope is pleased to offer a series of classes designed to educate, support, and provide resources to family members engaged in caring for elderly, chronically ill, and/or disabled loved ones. Our Family Caregiver Education Series takes place at our office in Dublin. There is no cost to attend, though donations to Hope Hospice are warmly received. Seating is limited, so please register for each class that you want to attend by phone at (925) 829-8770 or online at HopeHospice.com/family. ➔

2020 Class Schedule

January 11 *Living with Dementia: Dementia Basics, Behaviors, and Communication*

February 8 *Making Decisions About Caregiving*

March 21 *Living with Dementia: Enhancing Well-Being and Person-Centered Care*

April 18 *Navigating the Healthcare Environment/Advocating for Your Loved One*

May 16 *Necessary Evils: Exploring Legal and Financial Issues*

June 13 *Living with Dementia: Developing Daily Care Plans*

July 11 *Essential Skills for the Family Caregiver*

August 15 *Understanding Advanced Illness*

September 12 *Living with Dementia: Self-Care and Preventing Caregiver Burnout*

October 10 *Facing End-of-Life Issues and Handling Grief and Loss*

November 14 *Medicare: An Overview and Update*

December 12 *Healthful Meal Planning for the Elderly and Chronically Ill*



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.



Congrats to our Five-Year Player Club, (from left) Greg Boudreau, Jacob Concannon, Jim Swansiger, Joe Berriatua, Jim Berriatua, Thad Buurkarl, Matt Berriatua, Tim Hogan, and Dan McClennon.

Fifth Annual Hope 100 Raises \$84K

Congratulations to our participants in the 2019 Hope 100 Golf Marathon! The Fifth Annual event was held on September 30 at Castlewood Country Club in Pleasanton. Twenty-four dedicated golfers hit the Valley Course at dawn to play 100 holes in just shy of 10 hours. Each player committed to raising at least \$2,500 by soliciting support of friends and family. At \$4,320, Thad Buurkarl was this year's top fundraiser.

A special tribute was made in honor of the late Stephen G. Thompson, who played in the inaugural tournament. The closest-to-the-pin challenge at Hole 14, sponsored by Jerry Thompson & Sons Painting in Stephen's memory, yielded \$10,000 for Hope.

Proceeds benefit Hope's community education and grief support programs. Thank you to our sponsors and volunteers for making this important event successful! The 2019 major sponsors were: Jerry Thompson & Sons Painting, Graham-Hitch Mortuary, Colliers International, Bayside Interiors, Smith Currie & Hancock LLP, Premier Pharmaceutical Services, Waddell & Reed Financial Advisors, and A&M Printing. ➤



Save the Date

Mark your calendar for the 10th Annual Hike for Hope! We'll need many volunteers to produce this important fundraiser and memorial hike at Del Valle Regional Park in Livermore on May 2, 2020; if you're interested, contact Nikki Tildesley at nikkit@hopehospice.com or (925) 829-8770. Hiker registration is expected to open in February. Watch for details at TheHikeForHope.com. ➤



Dementia *(Continued from page 1)*

As of this fall, Smith has doubled the schedule, adding evening classes to accommodate community members who work during the day. That means that Hope now fills our classroom 36 times per year with families seeking education on how to best care for their loved ones living with dementia.

Many participants are first-time family caregivers. The added challenges of caring for someone with dementia leave many people feeling overwhelmed.

Many class participants are first-time family caregivers with little to no training. The added challenges of caring for someone with dementia leave many people feeling overwhelmed and alone. For the Hope team, it's a privilege to stand with our neighbors and provide guidance and support.

Smith joins Hope's Outreach Team, led by Kari Rayford, LVN, which offers complimentary educational workshops to staff at local hospitals and nursing facilities, as well as group presentations to residents of senior communities. Workshops are on any of a variety of topics, from nutrition and skin care for the elderly to best practices of dementia care.

The operating costs of the LWD program, Family Caregiver Education, and in-service presentations are funded by generous donations from businesses, organizations, and individuals. We are grateful to our community for the support. ➤ Page 3

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SOME EMPLOYERS MATCH charitable contributions made by their employees as a simple, easy way to demonstrate that community leadership is a company priority. Check in with your HR department to find out if your company offers this option.

IF YOU ARE AGE 70½ or older, the IRS allows you to contribute to a qualified charity, like Hope Hospice, directly from your traditional IRA and save on your taxes. In most cases, the IRS allows you to donate up to \$100,000 of your Required Minimum Distribution tax-free. However, you must follow the IRS' rules for qualified charitable distributions (QCDs), also called charitable IRA rollovers. Check with your tax advisor first to see if you qualify.



PLAN TO PARTICIPATE in the 10th Annual Hike for Hope on May 2, 2020. Your entry fee is a modest personal contribution, but we encourage all participants to solicit additional financial support through peer-to-peer fundraising. Hope's Development Team will arm you with campaign verbiage to help you rally support from your friends and family through Facebook and/or a letter-writing campaign.

Connect With Us

If you have questions about donating to Hope Hospice, or to donate online, please visit [HopeHospice.com/donate](https://www.HopeHospice.com/donate) or contact our Development Team at (925) 829-8770. Hope is a 501(c)(3) non-profit agency.