



# VOICES

A Publication of Hope Hospice, Inc.

## VALENTINE'S CHEER

### Project for Patients

A big thank you to all who participated in our Valentine's cheer drive—the ladies of the Pan Am World Wings International Oakland Chapter (pictured) who donated stuffed bears; volunteers who provided cards, assembled the bags, and delivered the items to our patients; and to the San Ramon Women's Group for care kits that we will deliver to facilities. ➔



Volunteers prepared and delivered 12 Valentine's Day care packages in February.

## FAMILY CAREGIVER

### Education Online

Hope Hospice continues to offer our Family Caregiver Education Series as free live webinars, with recorded versions available on our website for viewing at your leisure. Visit [HopeHospice.com/family](https://www.hopehospice.com/family) to find the lineup and to register. Topics include dementia care, understanding advanced illness, advocating for your loved one, hospice versus palliative care, and more. ➔



## HIKE FOR HOPE Returns to In-Person for 2022

We are so pleased to announce that our annual fundraiser hike returns to an in-person experience at Del Valle Regional Park in Livermore on May 14. Money raised through registrations and peer-to-peer supporting donations benefits patient care and helps us keep critical services like grief support, dementia education, and family caregiver resources available to the public at no charge.

### Four Ways to Get Involved

- ① **Sign up as a hiker** at [TheHikeForHope.com](https://TheHikeForHope.com) and fundraise for the cause by seeking support from your friends, family, and coworkers.
- ② If you aren't able to join us, you can still **make a flat donation** in support of our mission. Give online at [TheHikeForHope.com](https://TheHikeForHope.com) or call (925) 829-8770.
- ③ **We need sponsors!** If you own or manage a local business that can support this cause, please contact Marc Rovetti at [marcr@hopehospice.com](mailto:marcr@hopehospice.com) or call (415) 310-9703. We'll need your logo by April 15 to include it on the event T-shirt. We also offer a **Family & Friends Sponsorship** as a way for you to honor the memory of a loved one—whether you can join us at the hike or support us from afar. In lieu of a business logo, we'll include a memorial marker (pictured, right). Same deadline of April 15 applies for inclusion on the event T-shirt.
- ④ **Volunteer.** It takes about 50 people to produce this event. We have jobs like trail safety, check-in team, flyer distribution, and more. Sign up at [bit.ly/help\\_h4h](https://bit.ly/help_h4h). Questions? Email Nikki Tildesley [nikkit@hopehospice.com](mailto:nikkit@hopehospice.com) or call (925) 829-8770.



## Springtime **GREETINGS**



Springtime always rejuvenates me. I take in the gorgeous green hills that surround our Tri-Valley area. I notice the sun shines a little longer each evening. I stow my winter coat in exchange for a light jacket. This time of year feels like we're shedding something heavy and can move a bit more freely.

While we are still stepping carefully, we have, for the most part, reached a point in the pandemic where we know how to stay safe while we resume most activities. Masks, vaccines, and distancing are the norm, instead of feeling foreign. The data is showing that the worst of winter's omicron variant is subsiding, and we are thankful. I hope you are finding ways to safely engage in life again.

We have a wonderful event coming up this spring, and I personally invite all of our supporters to join. The Hike for Hope, which suffered a cancellation in 2020 and went virtual last year, will return to Livermore on May 14. It will be so nice to see familiar faces at this celebration. Many of us hike in memory of a loved one; we will again have our shoe memorial where you can write the name of your special person.

The event is also a critical fundraiser for Hope's patient care and community programs. Please join this important event—either as a hiker or by making a flat donation in support of the cause. Visit [TheHikeForHope.com](http://TheHikeForHope.com).

**Jennifer Hansen**  
Chief Executive Officer

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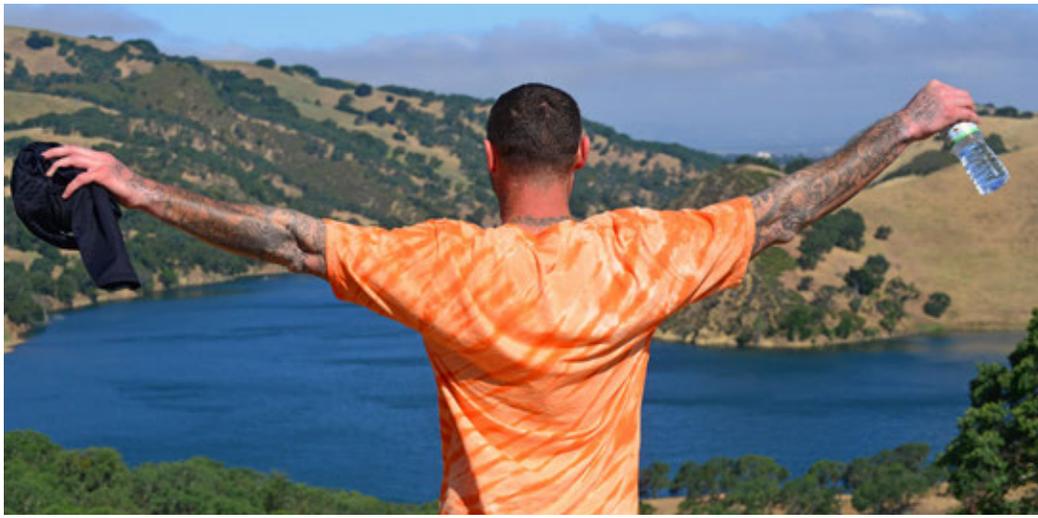


Community-based and non-profit, Hope Hospice is accredited by The Joint Commission, certified by Medicare and Medi-Cal, and is a member of the National Hospice and Palliative Care Organization and National Partnership for Hospice Innovation.



### Hope's March Fundraiser with **SEE'S CANDIES**

Hope Hospice has teamed up with See's Candies to raise support for our programs and patient care services. Visit [bit.ly/sees4easter](http://bit.ly/sees4easter) to purchase Easter goodies, and See's will donate a portion of the proceeds back to Hope. The storefront is open through March 25. Items ship starting March 7. ➔



Hike (continued from page 1)

## DETAILS

Del Valle Regional Park, Livermore

### Saturday, May 14, 2022

Start anytime between 8:30 and 9:30 a.m. When you finish, enjoy a FREE barbecue lunch sponsored by MCE Corp., or bring your own picnic.

Choose from two routes:

**2.6 miles:** easy out-and-back lakefront route that can be shortened to your comfort level

**4.4 miles:** adds a moderate incline loop

Registration remains open through the event day, but sign up by April 15 for a T-shirt guarantee.

### Tax-Deductible Registration Donation

\$35 ADULT

FOR PARTICIPANTS AGE 18 AND UP

\$15 YOUTH

FOR PARTICIPANTS AGES 13-17

FREE FOR KIDS 12 AND UNDER  
REGISTRATION STILL REQUIRED TO GET A SHIRT

NEW! \$80 FAMILY PACKAGE  
INCLUDES 2 ADULTS AND 2 YOUTH

Age 65+, use promo code SENIORS22

Past and present military, use promo code VETERANS22

**Register Today!**

TheHikeForHope.com  
(925) 829-8770



## DEMENTIA CAREGIVER Support Groups

While the effects of dementia can be difficult and frightening for the patient, it can also be very challenging for family members who aren't sure where to turn for support. Family may also find it difficult to interact with their loved one as his or her memory and other skills decline.

Hope Hospice is here to support you by facilitating a conversation group for those who care for a loved one living with dementia. In addition to meeting others with a shared experience, you will learn more about how dementia affects the brain and body and some ways that you can adjust your care tactics.

Groups meet twice per month for five months, a total of 10 meetings. At this time, all meetings are held online via Zoom. Hope's support groups are open to the public in our service area; it's not required to have a family member on our hospice service. There is no cost, but registration is required. Please email your request to [giab@hopehospice.com](mailto:giab@hopehospice.com) or call Gia Barsell at (925) 829-8770 on weekdays, 9 a.m.-5 p.m. ➔



## SAVE THE DATE

The next Hope 100 Golf Marathon will take place on September 19, 2022, at Castlewood Country Club in Pleasanton. Registration opens this spring at [Hope100GolfMarathon.com](http://Hope100GolfMarathon.com). ➔



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## WHAT OUR FAMILIES SAY



*We want to thank you from the bottom of our hearts for the loving care you gave our mom during her last weeks. You went above and beyond to make sure she was out of pain. It meant so much to us. Your services are incredible!*

*Thank you all for the care of my mother. The abruptness of her decline was something that we were not prepared for, but you helped us through this difficult time. More important, you helped make the last weeks of my mother's life to be comfortable and pain free. I know she would have been very grateful for all of your care and consideration.*

*Your staff were extremely caring and gentle with Mom, and she appreciated their visits very much. We take comfort in knowing we fulfilled Mom's wish to pass away at home with her family close by.*

