



Mission Statement

Hospice of the Foothills affirms life and promotes dignity at the end-of-life by providing professional, comprehensive, and compassionate care to our patients, their loved ones, and our community.



care matters

Hospice of the Foothills **Community Report**

November, 2014



Contact us...WE CARE!

530.272.5739 • www.hofo.org
11270 Rough & Ready Highway
Grass Valley, CA 95945

Small acts, when multiplied...

Dear Supporters and Friends,

It's amazing how much can be achieved when selfless acts of generosity combine. Organizations like Hospice of the Foothills grow gradually, one person at a time, each doing what they can to contribute. It may be a financial gift, a conversation with a neighbor about the benefits of hospice, or in one of the many ways to volunteer. Hospice of the Foothills is a monument to countless small acts echoed throughout our community and multiplied over the years. Ours is a community that cares—a community that embodies 'my neighbor's keeper.'

today's professionally led health care organization employing nearly 100 professional staff and serving over 500 patients and their families this past year. Many more thousands of individuals take advantage of our bereavement programs, support groups, Advance Care Planning outreach, and our ongoing education to medical professionals in the community. Our state of the art in-patient care facility is one of only 12 in the state. And more change is on the way as we plan a new Palliative Care Program for 2015.

At 35 years of age we will see another milestone pass as our all volunteer fundraising auxiliary, Friends of Hospice, transitions their non-profit corporate status and merges the volunteer structure and operations into Hospice of the Foothills. They will continue to support the mission of Hospice of the Foothills, but no longer operate as an independent 501 (c) 3.

Over 33 years, Friends of Hospice has raised two million dollars and generated immeasurable awareness and

good will. We look forward to incorporating the boundless energy of the Friends of Hospice volunteers and their many signature community events into our core fundraising and outreach programs while maintaining the unique spirit of Friends of Hospice's legacy.

We'd like to thank you for playing such an important part in making Hospice of the Foothills an exemplar of its kind and one of the jewels in our community. As supporters of Hospice of the Foothills, you can take both pride and solace in knowing we will be there for you and your loved ones, if and when needed, to provide the best care possible at the end of life.



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*"I am only one, but still
I am one. I cannot do
everything, but still I can
do something; And because
I cannot do everything I
will not refuse to do the
something that I can do."*

Helen Keller

Since Hospice of the Foothills' founding 35 years ago, we have grown from a small all volunteer organization serving a handful of patients to



Friends of Hospice Over the Years

by Linda Rasmussen, Friends of Hospice volunteer and former Friends of Hospice president

Friends of Hospice started in 1981 with a letter writing campaign from Pat Chargin and a newspaper ad asking women to become members of an organization that would raise funds to support the all-volunteer Hospice of the Foothills that began serving patients in Nevada County in 1980. Pat had seen the struggles of the organization and recognized the need for an auxiliary group. The first donation to Hospice from Friends came one year after in 1982 in the amount of \$4,000. The funds came from several fundraisers that included a Hair-A-Thon (*beauty shops did \$6.00 hair-cuts and donated the money*), a Brownie Bake, and the first Breakfast in the Park that netted \$1,466.00. The years

went quickly and Hospice grew with Friends right along their side. By 1992, Friends wrote checks to Hospice totaling \$50,500.00, which according to former Executive Director, Dennis Fournier, constituted 25% of the Hospice budget. More recently, checks have totaled \$100,000.00 a year.

There were 127 members of Friends in 1992 and they created hand-made “Friends of Hospice Teddy Bears” for all the Hospice patients. These bears are still being made and have a special place in the hearts of the patients and families. Along the way, a series of events were tried and several signature events have come to represent the core of Friends’ fund raising. These are Breakfast in the Park (1982), Tree of Love (1988), Pennies for Hospice (1991) and Butterfly Garden of Remembrance (2001). The members also tried Ice Cream Socials, an Arts and Flowers show with the

support of Marie Johnson’s Foothill Flowers, featuring local artists and jewelers, fashion shows, Chili Cook-Offs, and even raffling off an Arabian horse in 1991.

When Hospice of the Foothills made the decision to build the Compassionate Care Home for patients who were unable to stay in their homes to receive care, Friends stepped up and designed four Galas plus the “Pave the Way” campaign to help “Raise the Roof” for Hospice. By the end of the Capital Campaign, Friends of Hospice had raised \$306,760 towards the home including \$10,000 towards furnishings. This made Friends the second largest donor to the campaign. Friends is still the second largest donor to Hospice of the Foothills.

Over the years, Friends’ members have spent countless hours planning 6-8 yearly events while making bears and favors for patient trays on holidays, collecting pennies, decorating candles

and stuffing envelopes for Celebration of Lives, and various events. All done with great joy and comradeship that made the journey worthwhile.

Keeping in mind the wonderful work Hospice does for patients and their families keeps us all working hard to support such a great cause. Now, after 33 years of hard work, loyalty and dedication, Friends has raised approximately \$2,000,000 for Hospice of the Foothills. Without the generous support of the community, Friends of Hospice would not have been able to continue to support the mission of Hospice of the Foothills. Friends of Hospice thanks you for all the ways you have supported us to, in turn, support the needs of the patients with life-limiting illness and their families through Hospice of the Foothills!



A Remarkable Patient... A Remarkable Man

Jim Wilson is a remarkable man. His eyes sparkle with intelligence, humor and kindness, and his home reflects a sense of whimsy and fun. He also has late-stage lung and intestinal cancer. Jim received his 'official' diagnosis in September of 2013. Jim had been a caretaker for his wife who lost her life a few months before, and during that time

"I want people to hear my story. I feel very strongly about Hospice of the Foothills. People are missing the boat if they feel they can do a better job for themselves."

Jim Wilson

he knew something was wrong. So when he made the appointment to see a doctor, he wasn't surprised to receive the diagnosis of cancer. Although, he wasn't as prepared to hear he only had 3 to 4 months to live.

His doctor provided two possible courses of action. Jim could undergo chemotherapy, which may

extend his life to 6 months. Or, he could opt for palliative (comfort) care and engage the services of hospice. Jim chose the latter and was admitted for care with Hospice of the Foothills.

This has been a tough morning for Jim, who still lives at home alone. He feels weak, tired and it was hard just getting out of bed. Jim's road since his diagnosis hasn't been easy. But, he's both a realist and pragmatist. "It is what it is", says Jim. He understood that in his situation, he needed to realign the goals and dreams for his life. So, he set the aggressive goal of reaching his 70th birthday, a goal he reached on July 4, 2014. He has set a new goal for himself that reaches forward to the month of September. He also did some advance planning and gave his family the great gift of ensuring his legal, financial and final plans were in place. "This has been a battle", he says. "Thank God for Hospice of the Foothills."

He is visited twice a week by his hospice nurse who stays on average of an hour per visit, thus reducing the need and stress of frequent doctor's visits.

At one point last December, Jim was experiencing severe pain and was unable to eat. He was admitted to Hospice of the Foothills' Compassionate Care Home and didn't think he would survive the crisis. But within a week, he was back on track with a new pain management plan, able to eat again, and returned home to his independent life. "I felt loved while I was in the Compassionate Care Home", he said. "Nothing but positive energy," he added.

Jim also has great appreciation for the non-medical support he receives from the Hospice of the Foothills interdisciplinary care team. His social worker visits weekly and helps in a wide variety of ways. By connecting Jim with a hospice volunteer to help with grocery shopping and other errands, many of Jim's domestic needs are met. This means he can simply enjoy the time with his family when they visit. In response

to Jim's progressing illness, one of the social worker's current tasks is to help and support him through the process of finding the right private, in-home caregiver. At other times she is there just to be with Jim; to quietly offer support and encouragement during this challenging journey.

Jim knows he doesn't have a lot of time left in this world. He's getting weaker, losing weight and doesn't want to live with a poor quality of life. Jim says, "I want people to hear my story. I feel very strongly about Hospice of the Foothills. I tell everyone 'if you're in this position, use hospice. People are missing the boat if they feel they can do a better job for themselves. I have nothing but praise for Hospice of the Foothills.'"

Well Jim, your Hospice care team feels pretty much the same about you—nothing but praise for a remarkable man.



Jim passed away peacefully on August 24, 2014 in the Compassionate Care Home.

Palliative vs. Curative Care

In 2015, Hospice of the Foothills will be launching a new palliative care program. The word palliative is one that was hardly spoken 20 years ago, but over the past decade it has found its way into mainstream conversation.

What does it mean and how will it augment Hospice of the Foothills' service offerings?

To palliate means to make comfortable by treating a person's symptoms from an illness. Hospice and palliative care both focus on helping a person be comfortable by addressing issues causing physical or emotional pain, or suffering. Hospice and other palliative care providers have teams of people working together to provide care. The goals of palliative care are to improve the quality of a seriously ill person's life, and to support that person and their family during and after treatment.

Whereas all hospice care is palliative care, not all palliative care is hospice care. There are different eligibility requirements. To qualify for hospice care and services under the Medicare hospice eligibility benefit, the patient must generally be considered to be terminal or within six months of death. The patient

is no longer seeking curative care, and is interested in focusing on measures that promote comfort and well-being. For palliative care there is generally no time restriction. Palliative care can be received by patients at any time or stage of their illness. Patients may seek curative care for their illness and palliative care for their symptoms at the same time. Based on our licensure requirements, we can provide palliative care to patients with a life expectancy of 12 months or less. This will expand our ability to provide comfort to more individuals needing chronic symptom management.

The patient's goals often determine the extent of the palliative care given. When a newly diagnosed cancer patient begins chemotherapy, the goal is usually curative. The physician and patient work to eradicate the cancer. Palliative care is provided as much as possible, but if the goal of the patient is to live longer, it is not uncommon for him or her to accept some unpleasant side effects of the treatment.

But when a person is very frail, of advanced age, or seriously ill, the goal may not be to cure, rehabilitate,

or restore, because it is not possible, or the patient does not wish it. Sometimes what is more important to the patient is to live well, and to be comfortable without the burdens of curative treatments. In such situations, it is time to make hospice care the primary course of treatment.

continue an alert, pain-free life while managing other symptoms that may occur. Hospice helps people facing end-of-life decisions choose how their final days will be spent, free of pain in a safe and compassionate environment. It is not a place or a program, but a philosophy of care focused



This is a tough call for many patients and families. When do you shift the goal from doing everything possible to keep living, to doing everything possible to keep living well?

Hospice helps people facing end-of-life decisions to make choices. Choices that will allow them to spend their final days with more control, dignity and comfort, surrounded by their loved ones. The goal of hospice is to enable patients to

on treating the person, not the disease. It affirms life and does not hasten or postpone death. Hospice should only be a shift in thinking—from hope of a cure to emphasizing quality of life.



Dr. René Kronland, M.D.
Hospice of the Foothills
Medical Director

Coping with Loss: Hospice of the Foothills' Grief & Bereavement Program

Hospice of the Foothills' Bereavement Program staff and trained volunteers help guide individuals and families in our community through their bereavement and grieving process. Bereavement support is available to all, regardless of whether the loved one was a Hospice of the Foothills patient. Our weekly and monthly grief support groups include both community and Hospice of the Foothill clients.

Grieving is the internal process of learning to cope with thoughts and feelings after a loss, while mourning is an external process. One of the many ways to help work through grief is to externalize it through ritual or creative efforts—works of art, music, writing or crafts—to acknowledge and honor the profound changes loss produces in one's life. Grief is commonly expressed physically, emotionally and psychologically. Many people report physical symptoms such as stomach pain, loss of appetite, sleep disturbances and loss of energy - all common symptoms of acute grief. Profound or prolonged emotional reactions include anxiety attacks, chronic fatigue, depression and thoughts of suicide.



Deep sorrow and anger are often common feelings as we struggle to come to terms with loss and change. To welcome these common grief symptoms and respond

to them, (instead of denying difficult thoughts or feelings), can move those impacted by loss toward healing and eventual growth. Although a universal reality, grief is one of those experiences in life we try to avoid. It is ironic that it is this very experience that holds for us the greatest possibility for growth. Change and loss are a constant in life. Each brings the opportunity to challenge ourselves to grow. "Few human experiences are as powerful and universal, and even fewer impact our lives so significantly as those related to death and mourning." David Kessler, *The Rights of the Dying*.

To learn more about Hospice of the Foothills' Bereavement Program, please call 530.272.5739 or visit the website at www.hofo.org.

Watch Hospice of the Foothills Gift & Thrift **Grow!**



Hospice of the Foothills Gift & Thrift volunteers Anita O'Shea (left) and Jane Anderson (right).

November 20, 2014 marks an exciting day for Hospice of the Foothills—that's Grand Opening day for our 3rd store located in the Pine Creek Shopping Center at 692 Freeman Lane in Grass Valley.

Revenues from the Gift & Thrift stores provide the largest annual contribution to Hospice of the Foothills' operating expenses. Donations and purchases at the Gift & Thrift stores are not only appreciated—they are vital to our ability to provide the compassionate patient care and family support for which Hospice of the Foothills is known.

Few people are aware that reimbursements from Medicare, Medi-Cal, and private insurance only cover a portion of a patient's care. The community, with their general contributions and Gift & Thrift donations, help bridge the growing gap between the actual cost of care and insurance reimbursements.

Don't miss the great values and treasures you can find at Hospice of the Foothills Gift & Thrift. Come visit all three stores and you'll see why we've been voted the "Best of Nevada County" for ten straight years.

You can also shop for special valued Gift & Thrift items at our eBay Store! Find the link at our website: www.hospiceofthefoothills.org/gift-thrift-stores

Hospice of the Foothills—A Year in Pictures



High Sierra Corvette club members present their donation to Hospice of the Foothills.

Frank Herwatt, Exalted Ruler and lodge members Mike Blanton and Kim West of Elk's Lodge #518 with Mark Waters, Dir. of Development & Outreach for Hospice of the Foothills.



Brad Helmuth, Karen Wood, and Vanessa Bengston of Hospice of the Foothills lead the Memorial Wall dedication ceremony.

Chuck and Betty Zavitz are presented with a Dame Cicely Saunders Award by Sharon Gebur, former Board President



HOSPICE HOEDOWN!



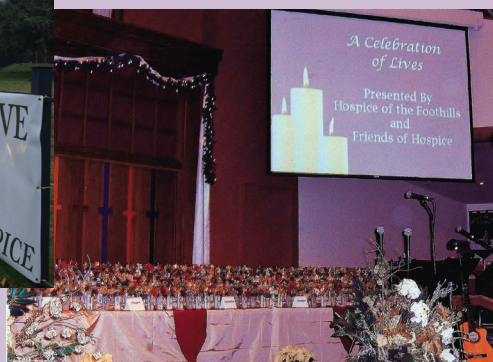
Abby Cornell kickin' up her heels



Goldancers Square Dancers entertain the crowd



Friends of Hospice Tree of Love



Celebration of Lives at Sierra Presbyterian Church



Bill Down & District 2 Supervisor, Ed Scofield



Judy O'Toole (HOF Board Member) & Karen Wood

Circle of Care—Donors Dedicated to Compassionate Care

Hospice of the Foothills is pleased to recognize our 2013/14 donors to the Circle of Care, our premier stewardship and donor recognition program.

The 2013/2014—Circle of Care

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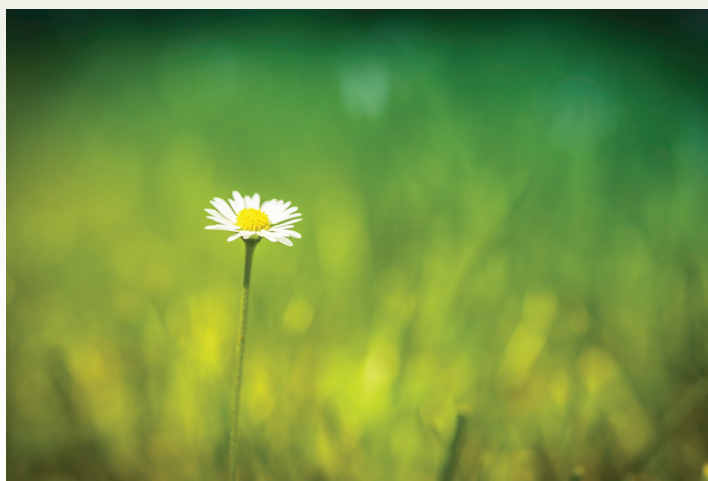
*Circle of Care listing from July 1, 2013 to June 30, 2014.
The pages that follow list general support donors.*

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Hospice of the Foothills deeply appreciates the commitment and gifts from all donors during fiscal year 2013/14 who gave so generously to support our mission, programs, patients and families.

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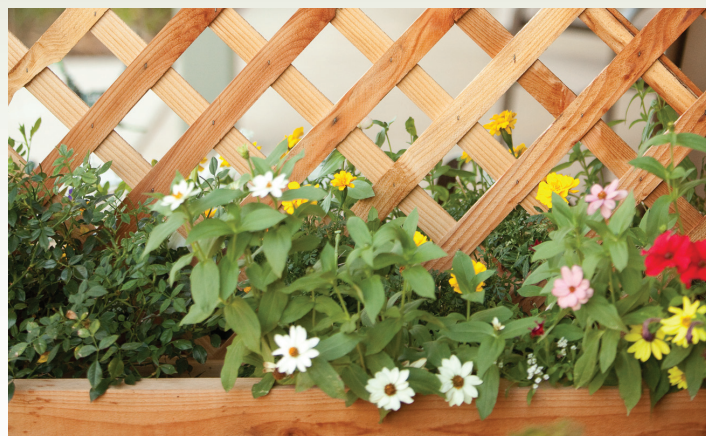
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KEY: AF = Annual Fund; DES = Designated Fund; FOH = Friends of Hospice; GD = General Donation; MEM = Memorial

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 Karen Wood, FOH
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 Katharyn Yonge, FOH
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 Suzie Younkin, FOH
 YourCause, LLC, GD, MEM
 Cheryl Zahm, GD
 Francis & Patricia Zangara, FOH
 Lynn Zankich, FOH
 Charles & Elizabeth Zavitz, AF, FOH
 Dr. Matthew & Lauri Zealear, FOH
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 Eugene & Nina Zepp, AF, FOH
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 Ronald & Mary Alice Zink, FOH
 Mary Zotalis, FOH
 Robert Zucca, FOH
 J. Zuehlke, FOH
 Kimberly Zwick & Andrew
 Bernadett, FOH
 Cathy Zyskowski, MEM

THANK YOU

*for remembering
 Hospice of the Foothills
 in your will or trust.*

*We also want to thank
 the many other individuals
 and organizations not
 listed here that donated to
 Hospice of the Foothills
 and the
 Friends of Hospice events.*

*Hospice of the Foothills welcomes notification of
 any omissions and/or misspellings.*

Patient Care & Program Insurance Revenues for 2013/2014 were \$7.2 million.

100% of the gifts & donations

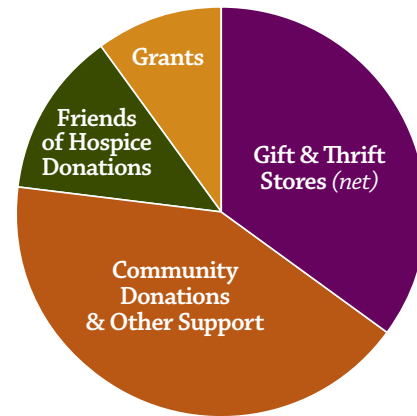
made to Hospice of the Foothills remain in the community we serve and helps pay for our many underfunded and unfunded programs and services.

volunteers make a difference!

	# of volunteers	# of volunteer hours
Direct Patient Care	77	3,475
Clinical & Administrative Support	69	2,349
Gift & Thrift Store Support	133	18,877
Friends of Hospice (fundraising events)	176	6,985
TOTAL	455	31,686

Back to the community salaries & benefits: **\$4.8 million** (with over 88 employees)

Non-Patient Support*



*more than \$700,000 funds gap support for all programs and community services

patients

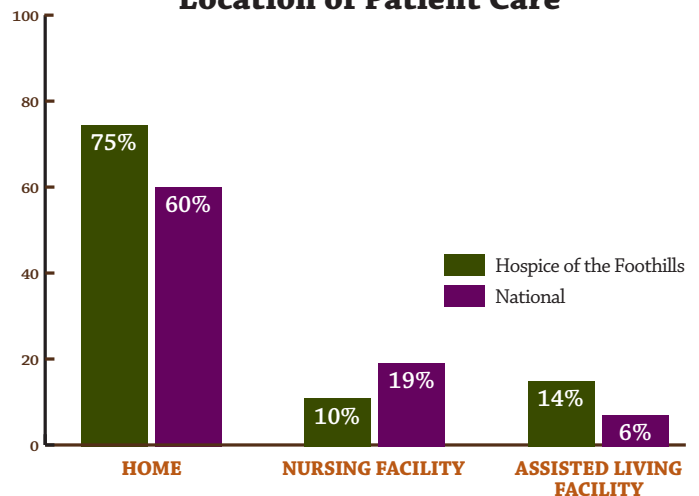
Patient Days of Care

FISCAL YEAR	PATIENTS & FAMILIES SERVED	DAYS SERVED
2009/2010	435	25,522
2010/2011	477	23,191
2011/2012	542	28,453
2012/2013	529	28,998
2013/2014	500	30,277

Patient Care & Community Program Expenses for 2013/2014 were \$7.3 million.

The average unfunded costs are \$390 per day.

Location of Patient Care



Shedding Light on Charitable Gift Annuities

A special way to help Hospice of the Foothills while giving you **guaranteed income** for life

Hospice of the Foothills supporters often ask about other ways to contribute to our mission. There are a variety of estate and tax planning techniques that provide for Hospice of the Foothills and other heirs in ways that maximize the gift and/or minimize its impact on the donor's estate. It's also a way to invest money so that the donor receives benefits during his/her life and then bequeaths the remaining funds to Hospice of the Foothills. In essence, the government is paying you to make a gift! In addition, the asset you have contributed also reduces the size of your estate, thereby reducing potential estate taxes which can be as much as 40%.

What is a Charitable Gift Annuity?

A Charitable Gift Annuity is simple. You donate an asset (cash, appreciated stock, or other assets) and we reinvest it. We agree to pay a fixed payment to you for your lifetime (and/or the lifetime of your spouse or another person). The remaining balance from the annuity will benefit hospice.

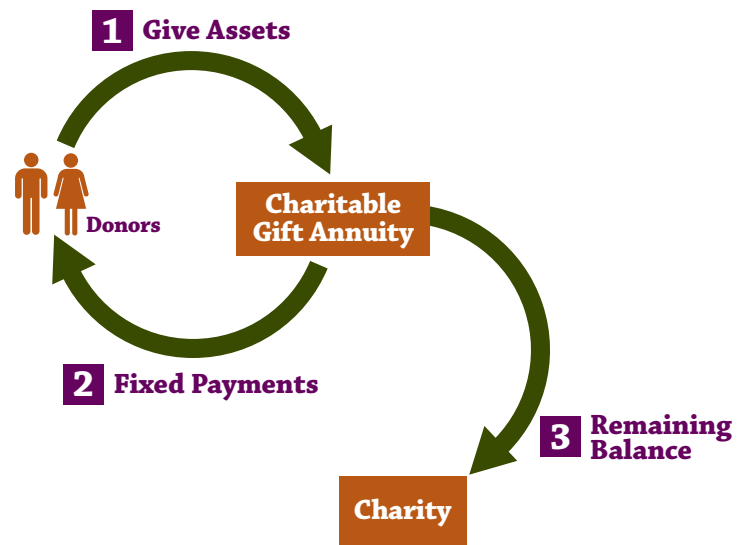
How do Charitable Gift Annuities Work?

1. You make an irrevocable gift of cash, appreciated stock, or other assets to Hospice of the Foothills. This is designed to reduce your taxable income, and you receive the income tax benefits the year you establish your annuity.
2. In exchange, we pay you (or you and a person you designate) a fixed amount each year for life.
3. The remaining balance passes to Hospice of the Foothills to ensure programs and services for the benefit of future generations.

Sample Annuity Rates

Gift Amount	Age	Payment Rate	Annual Payments to you for Life
\$20,000	60	4.40%	\$880
\$20,000	65	4.70%	\$940
\$20,000	70	5.10%	\$1,020
\$20,000	75	5.80%	\$1,160
\$20,000	80	6.80%	\$1,360
\$20,000	85	7.80%	\$1,560

(American Council on Gift Annuities suggested rate schedule as of 04/2014)



Four Reasons to Consider a Charitable Gift Annuity to Hospice of the Foothills:

1. **Give to a cause you support**
A Charitable Gift Annuity allows you to make a major gift to Hospice of the Foothills, but still meet your personal and financial needs.
2. **Obtain income fixed for life**
Payments to you are fixed. They last a lifetime. Your payments will be unaffected by investment performance or market conditions. You will get the same amount each year for the rest of your life.
3. **Receive tax benefits**
You receive a charitable income tax deduction on the year you make your gift, as well as potential savings on capital gains tax and/or estate taxes.
4. **Create a lasting legacy**
Your gift will ensure hospice services for the next generation.

The payments you receive for life will depend on your age and the age of any other beneficiary you name at the time you make the gift. Structuring charitable annuities can be complicated and require the assistance of a qualified investment professional.

Learn how you can give a gift to Hospice of the Foothills—and receive in return. There is no obligation and all inquiries will be treated in complete confidence. Please email at giving@hofo.org or call 530.272.5739.



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Caring for Our Community...

Hospice of the Foothills provides patient care & support for families when and where they are needed.



Care in the Patient's Own Home

Most hospice patients want to be cared for in their own homes. Once a personalized plan of care has been formulated and home accessibility and safety are confirmed, the interdisciplinary care team provides skilled end-of-life care, pain and symptom management, medications, and needed durable medical equipment—all at no cost to the patient.



Care in our Compassionate Care Home

Some patients cannot have their symptoms managed in their own homes. Our goal is to treat patient symptoms without going back to the hospital. Hospice of the Foothills' Compassionate Care Home (CCH) is a state-of-the-art in-patient facility for those needing advanced care. Private suites in the CCH offers the warmth and comfort of home while providing round-the-clock, skilled hospice and supportive care.



Care for the Caregiver

Home care of a spouse, family member, or loved one can be exhausting and stressful. Hospice of the Foothills' Compassionate Care Home is ideally suited for the provision of respite care for hospice patients whose caregivers need a well-deserved rest for up to five days consecutively. Respite care is also provided in the patient's home by trained respite volunteers.



Care for the Community

Hospice of the Foothills offers a number of complimentary end-of-life support services for the benefit of the community. Bereavement support is available to everyone in the community whether or not their loved one has been in hospice care. Trained speaking Ambassadors are available year round for presentations to community civic and service organizations interested in learning about our programs and services. HOF's clinical staff also offers frequent continuing education seminars for health-care professionals throughout the community and region.

To learn more about the services described above,
call **530.272.5739** or visit our website at **www.hofo.org**

