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## Peaceful and at Home.

The story of one local family who found peace and comfort in the Compassionate Care Home

> By Guest Columnist Brian Hamilton City Editor, The Union

Anne Green wanted her brother John to die with dignity. She wanted him to be at ease, completely comfortable, with her at his side. She wanted to allow him to pass away at his own home, the apartment above her husband's workshop, where she would be his primary caregiver after learning of his pancreatic cancer diagnosis.

As his cancer progressed, John's strength faded. A walker was suggested, but the 68-yearold Aikido master made it clear that if he was going to fall, he knew how to do it without hurting himself due to his martial arts training.

"He was defiant about it," Green said. "He'd say 'I know how to fall' and when he did, he'd fall into a roll."

But his sister struggled to get him back to bed or into a chair.

"I could not pick him up," she said. "I always had to be there because I felt like he might hurt himself. I was the primary caregiver, but his needs were such that I couldn't handle it.

"My husband had to step in . . .I was falling apart. John defied all odds, but he was so

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weak at the end that I couldn't imagine him getting up.
But he would. He would get up and fall down. . . . That was when we decided to see what the Compassionate Care Home had to offer."

John Horlivy had been cared for by Hospice of the Foothills' visiting nurses since shortly after his diagnosis in June 2010. He appreciated their work, their support when they visited him at his sister's home twice a week. But when it came time for him to move to in-patient care, he and his sister, Anne, were uneasy about it.

"Some of the visiting nurses are also on [the Home] staff, so that was one big sigh of relief," Green said. "One of the visiting nurses was male which was positive for my brother. With [nurse] Dan there was a male bonding experience for my brother in his last months."

"The [staff in the Compassionate Care Home] were probably the kindest, most compassionate, tender-hearted, sweet people I've ever met. They're no phonies. It was that way before when we had visiting nurses; they're just so responsive and on top of their caseloads. They were so helpful when I didn't know how to handle situations [with] my brother. It was comforting to see so many of the same people when we went to the Compassionate Care Home."

Green said it was the people working inside the building that made it the perfect place for her brother to pass away.

fter retiring following nearly 40 years as a school teacher, John Horlivy moved to Nevada City in 2004 from Milwaukee, Wisconsin. Through his home visits, Dan, the hospice nurse who got to know John well during his final months, learned John played guitar. Soon after moving into the Compassionate Care Home, Dan made sure John would get a chance to strum his Gibson again.

"Dan is a singer and guitar player which was something my brother and Dan shared, "Green said. "So Dan and Nory Fussell, a respite care volunteer, met for a little half-hour concert in my brother's room."



"It was an absolutely fantastic gesture," she said. "They sang and whistled and John did his best, while Dan and Nory kept the music and rhythm going. It was the most wonderful send-off I could have wanted for my brother."

As the trio played folk and rock tunes from The Band and Van Morrison, Green said sadness lifted from the scene.

Another nurse, on a particularly tough night for John, knew he loved poetry and sat reading Emily Dickinson to help calm him down.

"I know these are probably some exceptional things that happened," Green said. "But they are an example of how wonderful these people are."

"It would have been a much more upsetting experience, I think, if I was alone with my brother when he passed," Green said. "It's such a beautiful place, but it was the unbelievable, loving, caring people that made such a difference to me."



Our thanks to City Editor Brian Hamilton and The Union newspaper for allowing us to reprint this inspirational story. John Horlivy passed away in our Compassionate Care Home in October 2010, surrounded by his family and our compassionate care staff. He was not alone.

## **Volunteers**

## Valued Members of the Hospice Support Team

In 2010, 400 volunteers gave almost 30,000 hours of service—valued at more than \$1 million—in support of Hospice programs and patients. Trained volunteers bring a wealth of talents and expertise to the care giving process. Friends of Hospice's annual events raise funds and friends. The Gift and Thrift stores in Nevada City and Penn Valley generate the largest dollar amount of operating support as well as a cadre of enthusiastic and loyal customers. Bereavement care volunteers join Hospice professionals to provide a valued community service.



#### **Hospice Volunteers**

Harpist Margie Mirken plays her beautiful cherry wood harp in the living room of the Compassionate Care Home. She is one of nearly 80 trained volunteers who give their time and talents to patients and their families, lightening the load of caregivers and the hearts of patients.



#### **Friends of Hospice**

"Pennies for Hospice," one of many fundraising events by Friends of Hospice, has been a popular community tradition in Nevada County for 20 years. In 2010, Pennies garnered more than \$14,000 in support for Hospice programs and services. The largest single "Pennies" donation recalled by Friends' members was four one hundred dollar bills deposited in a "Pennies" jar by an anonymous donor. Pennies Co-Chairs Judy Nelson and Jan Sherman greet donor Barbara Cisar.



#### Gift & Thrift

160 volunteers contribute to the Gift & Thrift work force. They receive, sort, repair, price, sell, and deliver thousands of tons of community-donated household goods, furnishings, clothing and vehicles each year. The familiar Hospice of the Foothills pick-up and delivery truck and drivers Terry Gorman and Eric Bredehoft are pictured here.



#### **Bereavement & Spiritual Care**

Spiritual Care volunteer Carol Richey visits with a patient's loved one, Jean LaFlamme, in the Compassionate Care Home. Hospice Allied Services Supervisor Cynthia Meilicke says volunteers like Carol bring a new dynamic to bereavement care. "Weaving the experience and expertise of our trained volunteers into the fabric of our existing programs adds a rich layer of care and concern that enhances this community service," she said.

#### **Volunteer Programs & Training Information**

**Volunteer Coordinator** Janis Lewis: 530.272.5739 or www.hofo.org

Friends of Hospice Judy Blue: 530.274.5121

Gift & Thrift General Manager Joseph Padua: 530.265.6500

**Bereavement & Spiritual Care** Cynthia Meilicke, MS, CT: 530.272.5739

# **Remembering Loved Ones**

## Hospice of the Foothills' Memorial Wall

Outside Hospice of the Foothills' Compassionate Care
Home is a place of reflection and comfort for patients,
loved ones, friends and guests. The north wall of the
Home adjacent to Cece's Garden has been dedicated as a
memorial. Loved ones' names will be permanently etched
on the leaves of an inspirational oak tree or small standalone plaque rendered in copper and mounted on the

wall. This original artwork was designed and crafted for Hospice of the Foothills by local artist David Burns.

Loved ones need not have been in hospice care to be remembered on the Memorial Wall. It is open to anyone desiring to memorialize their loved ones in a serene setting surrounded by the beauty of art and nature.

For information on how to have the name of a loved one placed on the Memorial Wall call Karen Wood at 530.274.5115.



# Photograph courtesy of Robert Lowe, MD

## All the Comforts of Home...

## Hospice of the Foothills Home & Gardens Catalogue







In 2010, through the generosity of several hundred donors, Hospice of the Foothills completed the basic furnishing of the Compassionate Care Home. Once again, Hospice is turning to a generous community to help acquire additional furnishings, amenities, and enhancements for the Compassionate Care Home and the grounds surrounding it. The Home & Gardens Catalogue, issued in May 2011, offers a selection of gift opportunities that will help provide additional furnishings, accessories, and amenities.

Also inaugurated in the catalogue is Hospice of the Foothills' Garden Club. Membership is extended to all Home & Gardens donors of \$300.00 or more. These gifts will help Hospice maintain and enhance all of the landscaped areas and gardens on the campus for a full year. To obtain a catalogue or find out how to join the Garden Club contact Karen Wood at 530.274.5115.

# **Circle of Care**

## **Donors Making a Difference**

Hospice of the Foothills thanks all those who gave generously in fiscal year 2010/11, supporting our mission, programs, patients and families.

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Alice & Robert Ringer, MEM
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Summers, LLP, MEM
Neil Robinson, MEM, GD
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Linda Rose, AF



#### continued

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David & Sally Ward, MEM Lori Ward, MEM Thomas Ward, MEM David Warner, GD Jill Warner, MEM Georgine Wasley, MEM Gerald & Nancy Wasley, MEM Joy Wasson, MEM Lorraine Wedekind, MEM Terry Welch, MEM Glenn & Michelle Wells, AF Wells Fargo Community Support Campaign, GD Lena Werner, MEM Kenneth & Bonnie West, MEM Robert West, MEM Western Placer Teachers Association, MEM John & Michele White, AF, GD Robert & Virginia Whitegiver, AF E. Diane Wiborn, AF Edward & Debra Wicks, MEM Kathleen Wiese, MEM Hugh & Barbara Wilcox, GD Lowell & Shirley Wilde, MEM Wildwood Art Club, MEM Michael Wilkie, AF Helen Williams, MEM James Williams, MEM Nathan Williams, MEM Cecil & Martha Willoughby, MEM John & Lisa Willoughby, MEM Anne Willson, AF, MEM Charolotte Wilson, MEM Dan & Deborah Wilson, MEM John Wilson, MEM Marvin & Barbara Wilson, MEM R. Marilyn Wilson, MEM James & Bonnie Windsor, MEM Jane Wingle, MEM R. H. & Loene Witter, MEM Chris Witzel & Mary Jo Ottman, MEM Milton & Lovelle Woo, MEM A. H. & Linda Wood, MEM Karen Wood, MEM Randy & Frances Woods, GD Donald & Carol Woosley, MEM Raymond & Astrid Worley, MEM Susanne Wyle, MEM Ted & Ruth Wymer, MEM Peter Yaholkovsky, GD Wallace & Dorothy Yun, MEM Eugene & Nina Zepp, MEM Lorraine Zimmerman, MEM Alfred & Helen Zunino, MEM Yolanda Zwart, AF

#### Thank you for remembering Hospice of the Foothills in your will or trust.

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

#### patients

FISCAL YEAR PATIENTS & FAMILIES SERVED				
2008/2009	439			
2009/2010	435			
2010/2011	477			

**Did you know...**that 30% of hospice patients served were Veterans?

How long are patients on hospice service?			age
0-30 days	53%		0-20
31-60 days	19%		21-40
61-90 days	10%		41-60
91-120 days	6%		61-80
over 120 days	12%		81+

care in our Compassionate Care Home?

**Disease Reported** 

**Upon Admission** 

Other

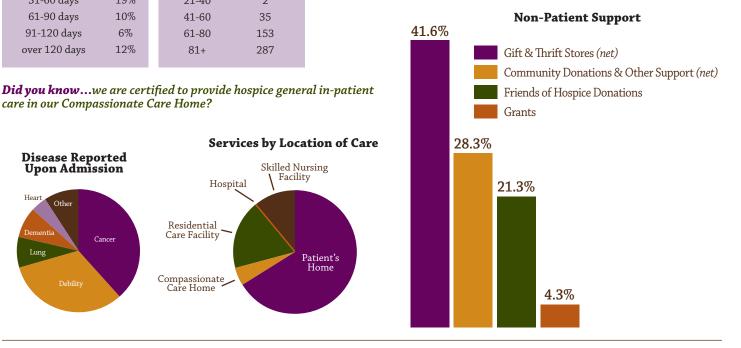
age	# of patients ge served			
0-20	0			
21-40	2			
41-60	35			
61-80	153			
81+	287			

Hospital

volunteers make a difference!

	number of volunteers	# of volunteer hours
Direct Patient Care	74	1,909
Clinical & Administrative Support	45	2,091
Gift & Thrift Store Support	168	20,971
Friends of Hospice (fundraising)	209	12,794
TOTAL	496	37,765

Did you know...Medicare, Medi-Cal, Private Insurance and Private Pay revenues were \$4.7million?



# When Opportunity Knocks

Residential Care Facility

Compassionate Care Home

A Message from Hospice of the Foothills' Executive Director, Vanessa Bengston, RN, CPHQ

Skilled Nursing

Patien<u>t's</u>



At Hospice of the Foothills, opportunity knocks in many ways. As you may have noted, the focus of our feature on page 3 is Volunteers. The volunteers featured responded to an opportunity to serve Hospice of the Foothills with their time and talents. In turn, we had the opportunity to learn their histories, hear their stories, and experience their gifts. We are very grateful for the 400+ volunteers who have seized the opportunity to serve on our support team, some for as far back as the founding of the organization.

I recently received a lovely note from a patient's family that included these words: "Hospice of the Foothills gave us the support we needed to navigate through unchartered territory, the means to be fully present for our mother, and the guidance to focus our grief on saying goodbye."

The compassion and quality of care recognized by this statement would not be possible without the ongoing encouragement and support of our generous community and donors. On behalf of everyone at Hospice of the Foothills, thank you for answering—by serving or giving—when opportunity knocks.



11270 Rough & Ready Hwy. Grass Valley, CA 95945

#### **Mission Statement**

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



#### **Board of Directors**

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Richard Keene Vice President

Charles Zavitz *Treasurer* 

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Contact us...WE CARE 530.272.5739 www.hofo.org

#### A message from Hospice of the Foothills Board of Directors President



Dear Friends,

On behalf of Hospice of the Foothills' Board of Directors and staff, I am pleased to provide you with our third annual Community Report high-lighting the achievements of the organization in fiscal year 2010/11 and, more significantly, your role in supporting our mission, patients, and programs with your gifts to our Circle of Care.

In fiscal year 2010/11, more than 1,000 donors contributed to a variety of programs, projects, and services which enabled us to serve more than 400 patients and families, such as the John Horlivy family, in western Nevada County and the surrounding communities.

Now, as we look to the future, our primary focus is on the need to sustain and enhance care and services for our patients and families in our Compassionate Care Home as well as in their own homes or other residential settings and care facilities.

You may not be aware that Hospice of the Foothills provides care to those with life-limiting illnesses regardless of their ability to pay. While more than 70% of our revenue comes through reimbursements from MediCare, MediCal, and private insurance, these reimbursements are not keeping pace with the rising costs of healthcare. This gap between care and cost is an ever increasing financial challenge for us.

Our Circle of Care gives you the opportunity to help us meet this challenge. We hope you will consider one of the opportunities described in the enclosed Circle of Care appeal envelope. Each tax-deductible donation to Hospice of the Foothills will enable us to continue to provide the quality and compassionate care to our patients and their families as they travel their life-ending journey.

On behalf of the patients, families, and community we serve, thank you for your ongoing generosity and support.

Sincerely,

Leo Granucci, President, Hospice of the Foothills Board of Directors