



care matters

Hospice of the Foothills **Community Report**

October, 2013

Caring Planning Giving

Plan Ahead

Wherever you are on life's journey, peace of mind comes from planning ahead. A **tear-out guide** to end-of-life planning is enclosed in this publication.

Pay it Forward

A donor **shares her story** of giving back to Hospice of the Foothills.

inside...



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Community
Support
Matters

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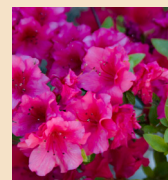
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Letter from the Executive Director and Board President

Dear Supporters and Friends,

“Planning Ahead,” one of the themes of this year’s community report, may not prevent certain events from occurring; but it can certainly better prepare you before a crisis strikes. After all, it wasn’t raining when Noah built the Ark!

Retaining control over life decisions and maintaining dignity as the end of life approaches are top priorities for nearly everyone. These objectives can be achieved by good planning and the preparation of the proper directives. That is why we include in this Community Report a Guide to Advance Care Planning. The Guide will help you consider and identify your health care choices and priorities, talk about your decisions with loved ones and your physician, and write down your plans in an Advance Directive.

For Hospice of the Foothills, sound financial planning enables us to maintain our services and programs without

sacrificing breadth or quality. Because we plan ahead you can rest assured we’ll be here when you need us.

“Retaining control over life decisions and maintaining dignity as the end-of-life approaches are top priorities for nearly everyone.”

Despite the combined challenges of an economic downturn, a 2 percent sequestration cut in Medicare payments and ongoing reimbursement cuts that have forced many hospices across the country to reduce services or even close their doors, Hospice of the Foothills continues to grow. During the past year we served 530 patients - 68% more than 10 years ago and more than ever before in our 34 year history.

Our other theme, **“Paying it Forward”**, reflects our community’s support of our patients and

families. Because of the community’s generous contributions to our annual fund’s Circle of Care, we continue to provide the vital care patients and families depend on at their time of most urgent need.

People helping people. That’s what makes Hospice of the Foothills the community’s hospice. Thank you for helping us celebrate and enhance the quality of life of our loved ones by making comfort, dignity, and peace of mind possible at the end of life’s journey. **“Plan Ahead”** and **“Pay it Forward”**— words to live by.



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Paying it Forward...



4-H Mike Butler *Passing on the gifts of community & compassion*



Fourth generation Nevada County native, Robert (Mike) Butler, grew up in the 1930s in the rough and tumble of a sprawling sheep ranch. With his six siblings, he learned early the lessons of rural life, responsibility and a strong work ethic. Following his Naval service in WWII, Mike returned to his hometown, married, raised a family, and looked for a way to pass on his values.

For Mike, 4-H was the ideal youth organization for boys and girls to learn the values of leadership and service. So in 1960, Mike embarked on the personal mission of teaching and mentoring 4-H Club members who, like him, would pay it forward in the future. Mike served for 19

years as the director of the Placer-Nevada County 4-H Club Camp at Cisco Grove in the high Sierra.

Mike and Karen married in 1982 and retired from 4-H to enjoy their home, garden, and time together. Nearly 30 years passed “in a flash,” Karen says, before age began to creep up on Mike who was 16 years her senior. Soon, Karen was caring for Mike through a series of ailments. In the fall of 2011, Mike underwent a serious surgery which was followed by a slow physical decline. By February, Karen knew she needed help with Mike’s care, medications, diet, and other daily needs. She called Hospice of the Foothills.

Karen remembers the relief she and Mike felt when the Hospice care team came alongside them in their home. “We were comforted by their presence and finally at peace with Mike’s condition. Hospice reinforced our belief that this is how life goes; there is nothing to fear. Mike was comfortable and alert until the last day of his life.” Mike passed away peacefully at home in August 2012, at age 86.

Following his death, Karen honored her husband’s memory through a generous gift to Hospice of the Foothills. A portion of her

donation was designated to two Hospice of the Foothills’ endowments: the Community Service Fund that supports HOF community services including bereavement programs, at no cost, for those in the community grieving the loss of a loved one; and the Compassionate Care Home Fund that supports patient care and services in Hospice’s in-patient residence.

“Mike would have wanted to pay it forward,” Karen reflected recently: “To pass on the gifts of community values and caring compassion from which he benefitted. That’s what he had been teaching the kids at camp for 19 years. It’s a good feeling being able to help others in our community receive the compassionate care and support Hospice gave us.”



There is a leaf on the inspirational artwork oak tree on the Hospice of the Foothills’ Memorial Wall in the garden adjacent to the Compassionate Care Home. It is a memorial, a tribute, and a reminder of a unique legacy. It reads: **“4-H MIKE BUTLER.”**

Myth BUSTERS

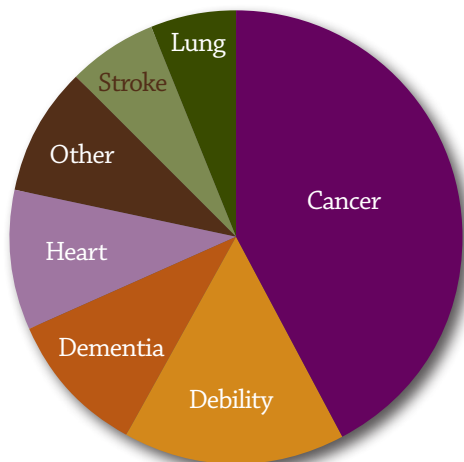
How well do YOU know Hospice of the Foothills?

Take a few minutes to read about the myths commonly surrounding hospice care and learn a few new facts. The more you know about Hospice of the Foothills, the more you can help your friends, family and maybe even yourself in a time of great need.

Did you know...?

- 85% of Americans say they want to die at home. **Less than 25% do.**
- Making an advance care plan better ensures an individual's wishes are fulfilled.
- Nearly 100% of families whose loved ones received Hospice of the Foothills' care say they would recommend it to others.

Disease Reported Upon Admission to Hospice of the Foothills 2012-13



1 MYTH: Hospice is for when there is no hope.

TRUTH:

Research shows that people receiving hospice care can, depending on the life-threatening illness, live longer than similar patients who do not opt for hospice care. Our physician-led care team supports living life to its fullest. Hospice is a philosophy of care providing medical, emotional and spiritual care focusing on comfort and quality of life.

2 MYTH: Patients can't keep their doctor when they enter hospice.

TRUTH:

A patient's physician becomes part of the Hospice of the Foothills' care team, collaborating with the patient and family to develop personalized goals of care. HOF places the patient and family at the center of the care-planning process and provides high-quality pain management and symptom control.

3 MYTH: Hospice is just for the patient.

TRUTH:

Hospice of the Foothills involves families and offers them professional support and training to care, with confidence, for their loved ones. We focus on comfort, dignity, and emotional support for the patient and their families.

4 MYTH: Hospice is only for the last days.

TRUTH:

Patients and families can receive care for six months or longer, depending on the progression of the illness. Bereavement support is available for up to 13 months.

5 MYTH: Hospice is only for the elderly and/or people with cancer.

TRUTH:

Hospice is for anyone with a life-limiting illness, regardless of age or diagnosis. We work with patients and families to determine hospice benefit eligibility through Medicare, HMO/PPO/ Medicaid and private insurance. With Hospice of the Foothills, care is available to all eligible patients regardless of ability to pay.



Start the conversation...

...the process of considering your health care choices and communicating decisions can be daunting...

People often think of end-of-life planning only when they or a family member are seriously ill. But if a stroke or other unexpected medical event occurs, it may be too late. If people cannot make decisions for themselves and do not have an Advance Directive or Power of Attorney in place, decisions may be made for them that may not meet their quality-of-life intentions.

Studies show that individuals who make end-of-life plans and engage in conversations about such plans with

their healthcare provider and family members experience a better quality of life in their final days, weeks, or months. Such patients receive earlier referrals to hospice and palliative care, experience less aggressive treatment, and opt for less invasive procedures near the end of life. But the process of considering your health care choices and communicating decisions with family and physician can be daunting and time consuming.

Advance care planning is an ongoing process

that takes more than one conversation. Our *Quick Guide to Advance Care Planning* provides an overview of the necessary steps. Start the conversation today about your goals and treatment options you want considered if you're ever in a position where you can't make those decisions on your own. The goal of advance care planning is for you to live well, in a way that is meaningful to you, for as long as you live.

Dr. René Kronland



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

Dr. Kronland is board certified in both Family Medicine and Hospice and Palliative Medicine. She currently maintains a primary care practice in Grass Valley and sees patients of all ages. She specializes in chronic disease and chronic pain management. She is involved in efforts to further the development of more palliative care and end-of-life services in our community. Dr. Kronland also serves on the Bioethics Committee at Sierra Nevada Memorial Hospital.



THINK ABOUT IT! TALK ABOUT IT!

Why do I need an Advance Care Plan?

An Advance Directive is a very important part of advance care planning. In the event of an unplanned or unexpected medical crisis, your Advance Directive will be used by family and medical providers to make sure your intentions for your own health care are honored. It can save a family much turmoil and even serious disagreement during an already stressful and confusing time.

What do I do to create an Advance Directive?

The Advance Directive form is simple to complete AND you don't need an attorney to document your wishes. But, before you complete the form, there are a few steps you need to take:

1. Think about it!

Ask yourself the important questions: Would you wish to receive life sustaining treatments such as ventilation machines, tube feedings, etc? If so, for how long? Or, if faced with a life-limiting illness, would you want to pursue aggressive treatment? At what point would you opt for comfort care if your illness were incurable?

2. Talk about it!

Find time to discuss these questions with close family and friends. Once the ice is broken, the conversation starts. Many say the discussion is very life affirming. Understanding the intent behind your wishes will be very important for your appointed healthcare agent and medical providers.

3. Appoint a healthcare agent.

Your healthcare agent is the person that will make medical decisions for you if you become incapacitated. This person is authorized to speak for you only if you are unable to communicate your wishes.

4. Document it!

Advance Directive forms are easily found on the internet. For example: www.calhospital.org/resource/advance-health-care-directive or www.agingwithdignity.org/five-wishes.php. The form will need to be signed by qualified witnesses or acknowledged before a notary public. Once complete, your Advance Directive should be shared with your healthcare agent, family and medical provider(s).

Does my healthcare agent have to be a family member?

Your healthcare agent can be a family member, spouse or friend. Many people choose to have a non-family member take this role to minimize spousal or family stress. However, this is a personal decision best made with all involved parties.

Do I need to complete a POLST form, too?

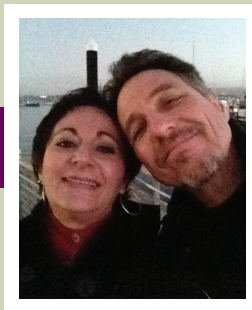
You should discuss this with your physician. "Physicians Order for Life Sustaining Treatment" or POLST is a form a physician signs for facility residents to detail which medical treatments patients may want towards the end of their lives. POLST helps give seriously ill patients more control over their end-of-life care.



Although it may be awkward to start conversations about what medical treatments you may or may not desire, the benefit of having a plan will ensure your goals of care are met. Exploring your own personal values and beliefs defines what your quality of life goals are, allowing choices and clear direction about how you want to spend your last months or days. Advance care planning is not something to do only as you become older or infirm, but at any stage of life in case the unexpected occurs.

Community Members

Share Their Ways of Giving to Hospice of the Foothills...



"We frequently shop and make donations to the Hospice of the Foothills' Gift & Thrift Stores."

David & Marilyn Brandfass
Grass Valley



"I support Friends of Hospice events."

Carol Scofield
Alta Sierra



"3% of my purchase cost goes to Hospice of the Foothills by using my S.H.A.R.E. card at Save Mart."

Karin Opel
Nevada City



"By shopping at SPD with my eScrip card, I donate 3% of my purchase to Hospice of the Foothills."

Laurel Vieaux
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"Giving is easy, fast and secure using the online giving page."

Diane Wilson
Lake Wildwood



"My employer matches my contributions."

Larry Jostes
Nevada City



"I volunteer at Hospice of the Foothills."

Susan Martin
Lake of the Pines



"I joined Circle of Care and Pay it Forward."

Charles Fowler
Nevada City



"I remember my loved ones through a Memorial Wall leaf."

Dan Bibelheimer
Nevada City

Circle of Care

Donors Dedicated to Compassionate Care

Hospice of the Foothills is pleased to recognize our 2012/13 donors to the Circle of Care, our premier stewardship and donor recognition program.

The 2012/2013—Circle of Care

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Circle of Care listing from July 1, 2012 to June 30, 2013.
The pages that follow list general support donors.

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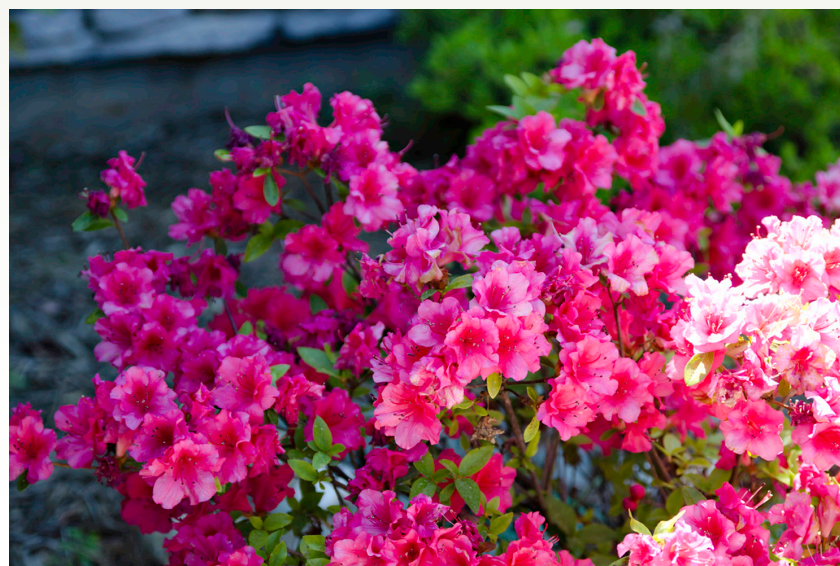
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 Company, DES, GD

Grass Valley/Nevada County
 Chamber of Commerce, GD
 Holland Gray, MEM
 Lyle & M. Ann Gray, MEM
 George & Mary Grayeb, AF
 Greater Kansas City
 Community Foundation, GD
 Anna Greco & Michael Pugh, GD
 Karen Green & R. Spangler, MEM
 Hinda Greenberg, AF, MEM
 Susan Griffin, GD
 Julius & Lorraine Groeser, MEM
 Charles & Jeanette Grove, MEM
 Betty Grubb, MEM
 Elmer & Alberta Grueneberg, MEM
 Glenn & Zona Grupe, MEM
 Nancy Guild, MEM
 Donna Gullickson, MEM
 George Gumulinski, AF
 Barbara Gunder, AF
 Al & Rachel Gutierrez, MEM
 Marla & Marge Haddy, MEM
 Richard & Pat Hahn, MEM
 William & Joyce Haire, MEM
 Douglas & Deborah Hake, GD
 Anthony & Charlene Halby, DES, AF
 L. V. & Ella Hall, AF
 Reed & Judy Hamilton, AF, MEM
 Ryan Hamilton, MEM
 Gary & Joyce Hammer, MEM
 Maryalyc Hansen, AF, MEM
 James & Charlotte Hanson, MEM
 Charles & Mary Harbaugh, MEM
 Karen Harding, MEM
 Tracy Harrington, AF
 Jeffery & Glenna Harris, MEM
 Keith & Maureen Harris, AF
 Thomas Harrison, AF
 Sandra Hartley, MEM
 Carvel & Nancy Hase, MEM
 Donald & Carol Hauswirth, MEM
 James & Norma Hawkins, MEM
 Clifford & Joan Haynes, MEM
 Susan Heacock, GD
 William & Marion Hedge, MEM
 Janice Hedman, MEM
 Clifford & Doris Heisler, AF
 James & Pamela Hellen, MEM
 Jean Helm, MEM
 Lucetta Helmrich, MEM
 James & Darlene Helzer, GD, MEM
 Mel Henderson, GD
 Joseph & Barbara Hennessey, MEM
 Helen Henning, GD
 Lawrence & Myrna Heppe, MEM
 Herrmann Machines Co LLC, AF
 Lissa Herschleb, MEM
 Robert & Elizabeth Hertz, MEM
 Helga Hight, GD
 Richard & Janice Hill, MEM



KEY: AF = Annual Fund; DES = Designated Fund; GD = General Donation; MEM = Memorial

Lorrie Hill, GD
 Cliff & Tonya Hilligoss, MEM
 Samuel Hillman, DES, MEM
 Jo Ann Hinchcliffe, AF
 Jency Hines, GD
 Alan & Susan Hodges, MEM
 Milton & Mary Claire
 Hoever, GD, MEM
 Paul & Leilani Hofmann, DES
 Kay Hogan, GD
 Gerhard & Astrid Holder, MEM
 George Holeman, AF, MEM
 Kristopher & April Holland, MEM
 Carmelita Holleman, MEM
 Tipton & Sandra Holloway, MEM
 Hal & Nancy Holtz, AF
 Home Instead Senior Care, AF
 Carlton & Helen Honebein, DES
 John & Betty Hood, AF
 Randolph & Christina Hood, MEM
 Tom & Susan Hopkins, AF, MEM
 Philip & Paula Horrell, MEM
 Eldon & Virginia Horsley, AF
 Gertrud Howald, MEM
 Aha Howard, GD
 Debbie Howery, MEM
 Marion Hoyer & Jeff Briegel, MEM
 Fred & Sandra Hubbick, MEM
 Donald & Carol Huckaby, AF
 Jack & Theresa Huckobey, DES
 Robert & Valerie Hudelson, GD
 David & Cora Hughes, MEM
 Celia Huguely &
 Michael Gardner, AF
 Lyle Hunt, MEM
 William & Geraldine Hunter, MEM
 Keith & Lynne Hurrell, MEM
 Gary & Sarah Hursh, MEM
 IBM Employee Services Center, GD
 Barbara Inch, AF
 Robert & Genevieve Ingram, MEM
 Victoria Isadore, GD
 George & Teruyo Ito, MEM
 Magdalene Jaeckel, MEM
 Thomas & Kimberly Janousek, MEM
 Lowell & Patricia Jenny, MEM
 Charlotte Jensen, MEM
 Mary Jensen, DES
 Arlys Jepson, MEM
 Mary Johnen, MEM
 Alf & Cleta Johnson, MEM
 Delmar & Margery Johnson, MEM
 Elizabeth Johnson, MEM
 Larry & Gail Johnson, MEM
 G. Brian & Cherie Jones, GD
 John & Martha Jones, GD
 L. P. & Lola Jones, MEM
 Mirriam Jones, MEM
 Myles & Susan Jones, MEM
 Steaven & Judith Jones, MEM

Dorothy Jordan, MEM
 Larry & Mary Jostes, AF
 Dieter & Martha Juli, AF
 Marian Juvinal, MEM
 Dr. Albert & Mildred Kahane, MEM
 Kaiser Permanente Community
 Giving Campaign, GD
 William & Nancy Kales, MEM
 Joseph & Netta Kandell, AF
 Nadia Kaplan, MEM
 Karel Staple Chapter SDC, MEM
 Girard & Virginia Kasparian, MEM
 Jane Kastner, AF
 Mark Katz, MEM
 Timothy & Connie Kays, GD
 Paul & Margaret Keckley, MEM
 Doris Keeler, MEM
 William & Sandra Kelley, MEM
 Denise Kendrick, GD
 Lloyd Kimball, MEM
 Arlena King, AF
 James & Lois King, MEM
 James & Sharon King, MEM
 Virginia Kirk, MEM
 Adrian & Pamela Kissler, GD
 Jean Kjar, MEM
 David & Sandra Kloose, MEM
 Carol Knarr, MEM
 Anastacia Knight, GD
 Raymond & Joanne Knowles, MEM
 Dr. Ivan & Jean Kochan, AF
 Colin & Gloria Kosack, AF
 Gary Kraft, MEM
 Robert & Ina Krapp, MEM
 Guthrie & Susan Kraut, GD
 Michael & Suzan Krill, MEM
 Wallace & Mary Krill, MEM
 Wallace & Dr. René Kronland, AF
 Kruger Development Company, AF
 Ronald Kuhn, MEM
 Beth Kurtenbach, MEM
 Jack Kurtz, AF
 Kathleen Kusanovich &
 Jeff Greenwood, MEM
 Tony & Susan Kwiesielewicz, MEM
 Lori Labrash, MEM
 Jean LaFlamme, MEM
 Brian Lafreniere, AF
 Kennen Lafreniere, DES, MEM
 Catherine Laird, MEM
 Lake Wildwood Nine Hole
 Men's Golf Club, MEM
 Catherine Lamb, MEM
 Robert & Nancy Lambert, MEM
 Bill & Ann Lambros, AF
 Donna Landi, GD
 Gene & Sidney Langford, MEM
 Robert & Betty Larimer, MEM
 William Lary, MEM
 Gerald & Mary Lass, MEM



Paul & Marlene Laufman, MEM
 Paul & Gayle Lauriano, MEM
 Mark & Judy Lauver, MEM
 Robert Lauver, MEM
 Law Office of Minor & Keene, AF
 George Lawton, AF
 Robert Leary, AF
 Jerry Leavy, MEM
 Brian & Lauren Lee, MEM
 Lanell Lee, MEM
 Jean-Jacques &
 Elizabeth Legras, MEM
 Pauline Leinfelder, MEM
 Milda Leiter, MEM
 Louis Lester, AF
 Stanley & Donna Levin, MEM
 Dr. Leonard & Beryl Levine, MEM
 Donald & Mary Lewin, MEM
 James & Pamela Lewin, MEM
 Eugene Lewis, AF, GD
 Robert Libutti &
 Mary Tendall, MEM
 Robert & Janine Liddle, AF
 Dامنchor Liederkrantz, MEM
 Charles Lindquist, AF
 Susan Lindsay, GD
 Pat Litchfield, AF
 Charles & Janeille Litton, AF
 Peter Lockyer &
 Juliet Erickson, DES, MEM
 Eleanor Logsdon, MEM
 Valerie Logsdon, AF
 Catherine Long, MEM
 Corrie & Nancy Long, AF
 Suzanne Longan, AF
 Lotus Pre School, MEM
 Mary Love, GD
 James & Irene Lucas, MEM
 Bruce & Sharon Ludeman, MEM
 Donald & Ralene Luis, MEM

Manuel & Pamela Luna, MEM
 Kenneth & Marlene Lytle, MEM
 Margaret Machado, MEM
 David & Kathleen
 MacLeod, AF, MEM
 Frances Macomber, MEM
 Gary MacRae, AF
 Macy's Foundation, MEM
 Mark & Pamela Maier, AF
 Ruby Malone, MEM
 Richard Malott, AF
 Dayle & Gaynl Mandle, MEM
 Farley & Mary Frances Mann, MEM
 Janet Mann, MEM
 Roger & Marie Marcellin, MEM
 Robert Marking, MEM
 Robert & Rhonda Martens, MEM
 Ronnie & Patty Martin, MEM
 Richard & Rena Marundee, MEM
 Larry & Joanne Mason, MEM
 Marc & Nanci Mason, DES, AF
 Ronald & Beverly Mathis, AF
 Liz Matson, MEM
 Katherine Matsumura, AF
 Marc & Gayle Mayfield, MEM
 Barbara McCann, MEM
 James McClain, AF
 Rose McClain, MEM
 Joe McClellan, MEM
 Katherine McCollough, MEM
 Thom & Karen McConnell, MEM
 Louise McCreary-Bradley, MEM
 Grace McFall, GD
 John & Virginia McGee, MEM
 Lorraine McGuinness, DES, AF, GD
 David McKay &
 Suzanne Koliche, GD
 Dorothy McKinney, AF
 Charles & Theresa McLaughlin, GD
 Judy McLaughlin, MEM

2012/2013 Community Support | *continued*

McSweeney & Associates, MEM
 Miriam Meakin, MEM
 Ruth Meier, MEM
 Richard & Ann Mentzer, MEM
 Keith & Constance Mercer, MEM
 Martha Meredith, MEM
 James & Candace Meshwert, MEM
 Richard & Betty Messenger, MEM
 Alma Meyer, MEM
 Wendell & Sharon Meyer, MEM
 Michael and Ina Korek
 Foundation Trust, GD
 David & Rosemarie Midtvedt, MEM
 Thomas & Beth Mies, MEM
 Joseph & Gloria Mignogna, MEM
 Barbara Miller, AF
 Billie Miller, AF
 Stanton & Marilyn Miller, AF
 Nancy Miller, MEM
 Willard Miller, MEM
 Mary Mintline, MEM
 Michael & Diane Mintline, MEM
 Miranda Technologies
 (G.V.D.), Inc., GD
 Richard & Alice Mischke, MEM
 Linda Moller, MEM

Ethel Monestier, MEM
 Pamela Money, GD
 Janice Moore, MEM
 Lee Moore, MEM
 Arthur & Gay Morgan, GD
 Sarah Morgan, MEM
 Louise Morley, MEM
 Sharon Morris, MEM
 Craig Morton, MEM
 Stephen & Joan Mosley, MEM
 Bruce & Elizabeth Motley, MEM
 Larry & Marsha Moustiris, AF
 Thelma Mulanax, MEM
 Scott & Jennifer Murray, MEM
 Martha Naythons &
 William Crouch, MEM
 William & Helen Neff, MEM
 Donald & Betty Nelson, MEM
 James & Judith Nelson, MEM
 Marie Nettell, AF
 Network For Good, GD
 Nevada City School District, GD
 Douglas & Mary Ann Newnan, MEM
 Suzanne & Doug Nicoletti, GD
 James & Judith Nielsen, MEM
 Lynn Nimmo, MEM

Nine Hole Mens Golf Club, MEM
 Carolyn Nixon, MEM
 Lawrence & Carla Nordstrom, MEM
 Gary & Juliette Nowak, MEM
 David & Barba Nurse, GD
 Wayne & Jacqueline Odom, MEM
 Sherri O'Driscoll, MEM
 Bob & Annette Oftedal, GD, MEM
 Jerry O'Kane & Marjorie Berte, AF
 Susan Oliviera, MEM
 Christine E. Olson, MEM
 Ralph & Dolores Olson, MEM
 Sylvia O'Neill, MEM
 Stan & Kay O'Rourke, MEM
 Hans & Jeannette Orsch, MEM
 Lawrence Ouellet, GD
 Alice Overby, AF, MEM
 Marilyn Oveross, MEM
 David Painter, GD
 Denise Painter, MEM
 Jonathan & Jennifer Palmer, GD
 Patricia Papas, MEM
 Marian & Julie Pardee, MEM
 Harry & Marilynn Parigini, MEM
 Thomas & Corinne Parilo, MEM
 Richard & Martha Parish, MEM
 Michele Parker, MEM
 Connie Parsons, MEM
 Pasco Foundation, GD
 Francis Patchin, MEM
 Ruth Ann Patterson, GD
 Carla Paulos, MEM
 Michael & Constance
 Pederson, MEM
 Frank & Hazel Peeler, MEM
 Diana Pello, AF
 Melo & Jeanne Pello, MEM
 Ray & Barbara Perkins, MEM
 Robert & Teri Personeni, MEM
 Phillip & Patricia Peters, MEM
 John & Nikki Peterson, DES
 Robert & Dale Peterson, MEM
 PG&E — Division Employees, MEM
 PG&E Corporation, GD
 Ardith Phelan, MEM
 Nancy Piette, MEM
 Robert Pittman, MEM
 Pamela Pitts, MEM
 Pat Pitts, MEM
 Deborah Place, MEM
 Richard & Laura Poma, MEM
 James Pope, GD
 Mark & Suzanne Potampa, MEM
 Rebecca Powers, MEM
 Iris Preuitt, GD
 Delton & Karen Price, MEM
 Kim & Roberta Proctor, GD
 Corinne Pryor, MEM
 Michael & Barbara Quinn, MEM
 Arthur & Cynthia Raedeke, MEM

Mildred Raiche, MEM
 Frank & Frances Ramirez, MEM
 Dr. Holger & Linda
 Rasmussen, DES, AF
 Karen Rasmussen, AF
 William & Beverly Ratterman, MEM
 William Raymond, MEM
 None Redmond, MEM
 Richard & Suzanne Reese, AF
 Reflections Skin Oasis, Inc., GD
 Robert & Janet Reinecke, MEM
 Robert Reshatoff, MEM
 David & Aimee Retzler, GD
 Richard & Virginia Reuter, MEM
 John & Sharon Richardson, MEM
 Marilyn Rickabaugh, MEM
 Donald & Frances Ricketts, AF
 Robert & Ruth Riley, MEM
 Ben & Leslie Roberts, MEM
 John & Barbara Roberts, AF
 W. Lowell & Diane Robertson, MEM
 Beryl & Betty Robinson, MEM
 Lowell & Wanda Robinson, MEM
 Michael Robinson, GD
 Michael & Jerri Robinson, MEM
 Neil & Nellie Robinson, AF, MEM
 Francis & Mary Lou Rodeo, MEM
 Linda Rodriguez, AF, MEM
 Manuela Rodriguez, MEM
 G. Rogers, MEM
 Michael & Sharon Rogers, MEM
 Beatrice Rood, AF
 Janis Root, MEM
 Linda Rose, AF
 Brita Rozynski, AF
 Marlene Rua, AF
 David & Martha Rust, AF
 Nicole Rutherford, GD
 Carolyn Ryan, MEM
 Sacramento Educational
 Cable Consortium, MEM
 Saint Canice Ladies Guild, MEM
 Jerry & Emi Sakai, GD, MEM
 Suzanne Sammons, MEM
 Roger & Nancy Sanford, MEM
 E. Frank Santos, AF, MEM
 Else Sanzone, AF
 Dr. Ken & Nancy Sargent, AF
 Save Mart Supermarkets, GD
 Penny Savelly, MEM
 Phyllis Sawwell, MEM
 Larry Schmidt, AF
 Michael Schmidt & Sonia Rhea, AF
 Dorothy Scholtens, MEM
 Schott & Lites, LLC, MEM
 Henry & Anne Schriefer, MEM
 Lucille Schuler, MEM
 Jules & Marion Schwartz, MEM
 Jenna Scimeca, GD
 Richard & Margaret Scott, MEM



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2012/2013 Community Support | *continued*

Thomas & Sandra Seat, MEM
 William & Karen Seckington, AF
 Elaine Seibel, MEM
 Walter Shackelford, AF
 Angela Shannon, MEM
 Elmer & Jacqueline Shapiro, GD
 Elsie Sharpe, MEM
 Hazel Shewell, MEM
 Forrest & Dana Shigley, MEM
 Thomas & Brenda Shilling, MEM
 Michael Shiner, MEM
 John & Margaret Short, AF
 C. Blaine & Marian Shull, AF
 William & Esther Shultz, MEM
 Betty Shuman, GD
 Harold & Joyce Shuster, MEM
 Eugene Shy, MEM
 Sierra Center for Spiritual
 Living, GD
 Sierra Presbyterian Church, MEM
 Significance Foundation, DES, AF
 Dr. Donald & Madeleine
 Simborg, GD
 James & Nancy Simila, AF
 Alice & Karen Simmons, MEM
 Barbara Simmons, AF
 Dr. Carson & Miriam Skaggs, MEM
 Smith Vineyard & Winery, Inc., GD
 Barbara Smith, MEM
 Bryan Smith, MEM
 Charles & Winabeth Smith, GD, MEM
 Donald & Linda Smith, MEM
 Joanne Smith, MEM
 Roberta Smith, MEM
 Lew & Tricia Smith, AF
 Robert & Kay Smittle, MEM
 Marilyn Snider, MEM
 H. Kirke & Diane Snyder, MEM
 M. Southern, MEM
 Raymond Sowden, MEM
 Spa Blends USA, Inc., GD
 SPD Market, Inc., GD
 John & Patti Spencer, AF
 Jon Spens, MEM
 Cynthia Stack, MEM
 Staff at Sierra Nevada
 Gastroenterology Medical
 Assoc., Inc., GD
 Staff of Child Support
 Services, MEM
 Susan Stantejsky &
 Janice Arey, MEM
 Floyd & Majil Steiner, AF
 Paul & Delores Stemm, MEM
 Lynda Stephenson, AF
 Elaine Stevens, AF
 Nancy Stevenson, MEM
 James & Kristen Stillman, MEM
 Janell Stokes, MEM
 Rose Story, MEM
 Lauren Stowe, MEM

James & Mary Stradinger, AF
 Sandra Stranahan, GD
 Helen Stransky, MEM
 Thomas & Annabel Straus, AF
 Joseph & Maryann Streng, MEM
 Donald & Marilyn Streseman, AF
 Timothy & Jennifer Strickland, MEM
 Phyllis Stroh, MEM
 Barbara Strottman, MEM
 Janie Sturman, MEM
 John & Barbara Sullivan, MEM
 Mary Sutow, MEM
 Patricia Suttman, AF
 Robert & Cynthia Swarouth, AF, MEM
 Lauren Swietlicki, MEM
 Bradley & Nancy Switzer, MEM
 Jerry & Lois Sykes, MEM
 Sam & Gail Tagart, AF, MEM
 Nancy Tanner, MEM



Gerard & Lisa Tassone, GD
 Charles & Arlene Taylor, MEM
 Elaine Teghtmeyer, MEM
 Tektronix Foundation, AF
 Glenn & Francine Theodore, MEM
 Douglas Thoeny, MEM
 Edward & Barbara Thomas, DES
 Isabell Thomas, MEM
 James & Marie Thomas, AF
 Jeffery & Gayle Thomas, GD
 William & Juanice Thomas, MEM
 James & Cathy Thompson, MEM
 Charlene Thompson &
 Patricia Reardon, GD
 Philip & Susan Thompson, MEM
 Tanis Thorne, AF
 Joseph & Kathy Thorpe, MEM
 Olga Thorson, AF, MEM
 Dieter Thurow, MEM
 Nancy Tilman, MEM
 J. & Diane Timko, MEM
 Michael & Miriam Timrott, AF, MEM
 Phyllis Tindell, MEM
 Mary Todd, AF
 Carol Tompkins, MEM

The Tool Shed, GD
 Richard & Ruth Topolewski, MEM
 Chuck & Judy Train, MEM
 Jim & Marianne Treese, MEM
 Richard & Carol Tremewan, MEM
 Joan Troppmann, MEM
 Dr. Raymond & Elizabeth Truex, AF
 Truist, GD
 Mick & Kathy Tuttle, GD
 Gary & Carolyn Twing, AF
 Karen Tyner, AF
 United Way, GD
 United Way of Nevada County, GD
 Brian & Joan Unter, MEM
 Anthony & Bobbie Urata, MEM
 John & Mary Valentine, AF
 John & June Valentini, MEM
 Daniel van Alderwerelt, MEM
 Terry & Sandra VanEtten, MEM

Edward & Barbara Weiss, MEM
 Judith Weld, MEM
 Wilbur Wells, GD
 Lena Werner, AF
 Kenneth & Bonnie West, MEM
 Gerald & Elaine Westfall, AF
 Robert & Jerrye Wharton, MEM
 Donna Jo White, MEM
 Herulf & Rosita Wikstad, AF
 Hugh & Barbara Wilcox, GD
 Lowell & Shirley Wilde, MEM
 Wildwood Niners, MEM
 Bruce & Karen Wilgers, MEM
 D. May Williams, AF
 James Williams, MEM
 Kenneth Williams, GD
 Nancy Williams, MEM
 Betty Williamson, MEM
 Brant & Patricia Wilson, MEM
 Dan & Deborah Wilson, AF, MEM
 Daryl & Judy Wilson, MEM
 Douglas Wilson, AF
 Fosten Wilson &
 Kathy McCreery, MEM
 Jean Wilson, MEM
 William & Anne Wilson, GD
 Glenda Winegar, MEM
 Albert & Ellen Wing, AF
 John & Nancy Wolff, MEM
 Pamela Wolff, MEM
 Milton & Lovelle Woo, MEM
 Tonya Wood, GD
 James Woodyard, MEM
 Meredith Worswick, MEM
 Mike Wransh, MEM
 Richard & Mary Ann Wynne, GD
 Joe Yanci, MEM
 Marilyn Yerkes, AF
 Dena Youle, MEM
 Randy Young, DES
 Taylor Young, MEM
 YourCause, LLC—
 HP Company Match, GD
 Charles & Elizabeth Zavitz, AF
 Margaret Zawacki, GD
 Eugene & Nina Zepp, AF
 Edith Zimmerman, MEM
 Helen Zunino, MEM
 Kimberly Zwick &
 Andrew Bernadett, GD

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 2012/2013 were \$6.9 million.

100% of the gifts & donations made to Hospice of the Foothills remains 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	78	2,481
Clinical & Administrative Support	35	2,359
Gift & Thrift Store Support	151	19,648
Friends of Hospice (fundraising events)	201	7,912
TOTAL	465	32,760

Non-Patient Support*



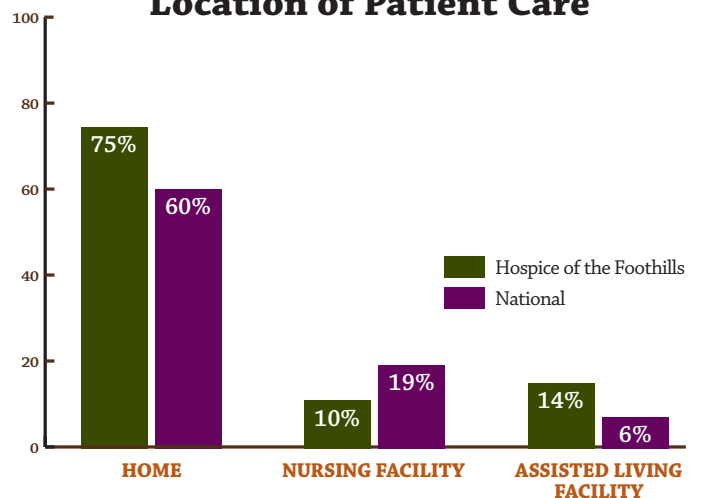
*more than \$700,000 funds gap support for all programs and community services

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

Location of Patient Care



Patient Care & Community Program Expenses for 2012/2013 were \$7.7 million.

Caring for Our Community...

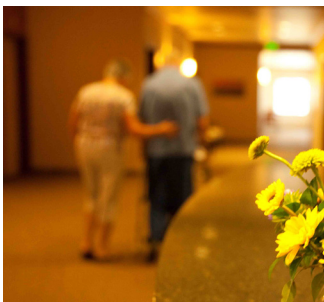
Hospice of the Foothills provides patient care & support for families when and where they are needed.

Hospice of the Foothills' interdisciplinary care team comes alongside patients and families in a variety of settings. Our patients, families, and community receive skilled, compassionate end-of-life care when and wherever it is needed.



Care in the Patient's Own Home

Most hospice patients want to be cared for in their own home. Once a personalized plan of care has been formulated and home accessibility and safety are confirmed, the HOF care team comes alongside the patient and family to provide skilled end-of-life care, pain and symptom management, medications, and needed durable medical equipment—all at no cost to the patient. The team also gives family members and caregivers support and guidance to assure their loved ones receive the comfort and care they need.



Care in our Compassionate Care Home

Some patients cannot be cared for in their own home. When circumstances are not conducive to ongoing in-home care, Hospice of the Foothills' Compassionate Care Home (CCH) is the ideal, state-of-the-art medical facility for those needing advanced care. The CCH offers the comforts of home while providing round-the-clock, skilled hospice and supportive care. Patients receive personalized care in private suites where family members and loved ones are welcome. CCH amenities include a library, cozy fireside, children's corner, family pantry, intimate chapel, and garden patios.



Care for the Caregiver

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 break. In the comfort of their private suites, respite patients are cared for by the CCH staff, receive family and friends, and may even enjoy the visit of a favorite pet. Respite care is also provided in the patient's home by trained respite volunteers who perform light housekeeping tasks, prepare simple meals, run errands, or share quiet time with the patient and family.



Care for the Community

Hospice of the Foothills offers a number of end-of-life support services for the benefit of the community. HOF's Transitions offers care coordination for non-hospice patients, seniors, veterans, and under served populations to connect them to a wide range of services that are essential to health, safety, and quality of life. Bereavement support is available to everyone in the community whether or not their loved one has been in hospice care. Support from our bereavement professionals is provided through a program of weekly groups and special presentations throughout the year. In addition to these supportive services, HOF's leadership and trained Ambassadors are available for presentations to community civic and service organizations interested in learning more about our programs and services.

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



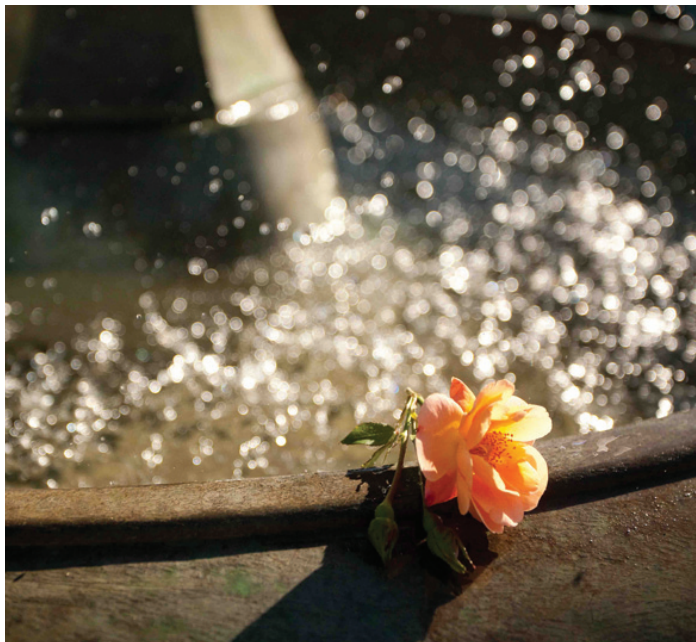
11270 Rough & Ready Hwy.
Grass Valley, CA 95945

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.



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Contact us...WE CARE

530.272.5739
www.hofo.org

As you **Plan Ahead** we encourage you to take this information and share it with friends, family and neighbors to help raise awareness about the compassion, comfort and dignity that Hospice of the Foothills provides.

And please, use the enclosed envelope to **Pay it Forward** and support Hospice of the Foothills.