



care matters

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11270 Rough & Ready Highway
Grass Valley, CA 95945

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





Dear Supporters and Friends,

In March 2014, my 36-year nursing career led me to Nevada County and Hospice of the Foothills. I was initially contracted to fill the interim Director of Patient Care Services. Shortly thereafter, I was asked to accept the role of interim Executive Director which led to a three-year contract as Hospice of the Foothills' Executive Director. When I accepted the position, there were many known challenges, key leadership positions to fill and an overall re-organization. It also became clear that the Compassionate Care Home, Hospice of the Foothills' former inpatient care facility, had been operating at a significant loss for eight years. After researching every possible option to keep the home open, it was my duty as a steward of our community's only nonprofit hospice to recommend to the Board of Directors that we close the Home. It wasn't really a choice as the business model wasn't sustainable. Had the Board of Directors not voted to close the Compassionate Care Home, Hospice of the Foothills would have been forced to close our doors. It was a very sad and stressful time in my professional life. But that feeling wouldn't last long because I have had the privilege of leading a team of extremely dedicated and compassionate employees who were willing to make sacrifices to keep Hospice of the Foothills afloat during that tumultuous year.

We've come a long way since then. Hospice of the Foothills is healthier and better than ever. Not only are we financially sustainable, but we are also

compliant with all federal and state regulations. With the help of everyone in the organization, we prevailed. I could not be prouder!

As the end of my contract draws near, I have my eye to the future and will follow another path. I am not retiring quite yet, rather looking for something less demanding with more time to spend with family and loved ones. My husband, Richard, and I will be staying in the community we have grown to love. The Board of Directors has formed a search committee and is actively recruiting for the new Executive Director. In the next few months, in addition to my regular duties, I will serve as a resource for that committee. Our goal is to have a seamless transition, so that all the progress we've achieved as an agency will be maintained for the benefit of the staff, the community, and most importantly, our patients and their families.

It has been my honor to serve this community. Thank you for supporting Hospice of the Foothills through 38 years of some challenges, but mostly great successes. The future is indeed bright!



Carolynn Peterson
Executive Director

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Advocating for THE BEST!

In early 2015, my mother's health began rapidly declining. Two trusted registered nurses encouraged me to ask her physician to order a hospice consult. When my father and I approached her doctor with this request, he refused, commenting that she was not ready. He stated that he would agree to make the referral to hospice when she had two or three days of life remaining. We insisted and, thankfully, within the week my mother was accepted for care through Hospice of the Foothills (HOF). She passed away four months later.



Because my mother was a recipient of the quality professional and compassionate care that HOF provides, the last months of her life were pain free and peaceful. My mother, father and our entire family felt our prayers were answered when we received the loving guidance from someone we could trust. We are eternally thankful to HOF and for the wonderful care their staff provided.

Then, in the spring of 2016, my father was suffering from dementia and extreme pain. Again, there was a struggle with the

same doctor to get a referral. Once my father was accepted for care with HOF, his quality of life improved dramatically. We were again blessed by having the same visit nurse and case manager that had taken care of my mother. My father's comfort was a top priority, and his pain was expertly managed. Each time the caregivers arrived to visit my father he would say, "I feel relieved knowing that all is well with my world." They would always reassure him that "Team Pat" was watching over him. I knew that I could call with any questions or concerns. With HOF overseeing my father's care, I was confident that his directive to "keep me comfortable" was being honored to the highest possible degree.

For my family, a very important aspect of HOF is the spiritual care available. The spiritual care team visited my father regularly bringing God's love and compassion. The blessing of their visits was instrumental in my father's peaceful transition.

Bereavement support offered by HOF was extremely beneficial to my father and me. After my mother died, dad began attending a HOF support group. He found that attending the group was very helpful and the weekly commitment gave him purpose. My father attended the group until his own health began declining—that is when I began attending. I was able to grieve the loss of my mother while overseeing the care of my father. Later I attended the grief support group to grieve the loss of my father. Bereavement support offered by HOF has been essential in helping me find joy once again.

The journey taught me that family members may need to become outspoken advocates for the patient. It is the right of each patient and their advocate to instruct the physician to request a hospice consult. Since my parents' physician resisted upon each request, I insisted that a request be sent to Hospice of the Foothills immediately, being specific since not all hospice care is equal. Along with clinical expertise and care, HOF brought comfort, relief and compassion. I remain exceedingly thankful for the final months and days that were filled with love, joy and sharing.

Names withheld at the request of the author.

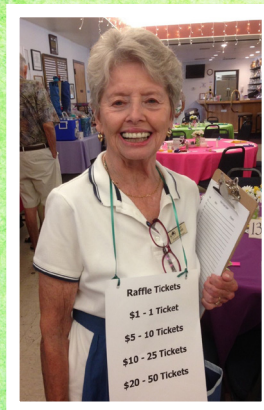
A Year in Pictures



Celebrating the 25th anniversary of the first Hospice Gift & Thrift store.



Dieter Juli and Ann & Dick Mentzer enjoy a pleasant evening on the Gordon Patio during the 2016 Dame Cicely Saunders Awards.



Friends of Hospice member, Pat Nash, sells raffle tickets at Breakfast in the Park.



HOF Gift & Thrift managers, Heather Adams and Larry Irwin, accept our 13th consecutive "Best of Nevada County" award.



Ken & Kay Baker receive a Dame Cicely Saunders Award.

Friends of Hospice volunteers work hard to set up The Butterfly Garden of Remembrance.



Visitors find their loved ones' memorial leaves after the dedication ceremony in CeCe's Garden.



Judy Boom & Marji Kerhart enjoy a toast at the annual Circle of Care Appreciation event.



Another Jewel in the Crown

It's hard to believe that another year has come and gone. In last year's Care Matters, I wrote about the "jewels in the crown" of Hospice of the Foothills. I told the story of a gentleman who had twice experienced the wonderful services HOF provides to patients and families in the same



year. Needless to say, it was a difficult time and he felt truly blessed to have the expert care we provided. Now I'm pleased to say HOF has been able to add a new "jewel to the crown".

In 2016, HOF introduced the Foothills Transitions Palliative Care Program. The program provides support to "pre-hospice" patients, many of whom are still receiving potential life prolonging therapies. This program is run by our nurse practitioner, with my oversight, and is designed to assist the patient's primary care provider and any pertinent specialists with their daily management of the patient's pain, shortness of breath, or other chronic serious symptoms. We are also able to support other non-symptom related needs with the help of our medical social worker. The goal of this program is to improve the quality of life for seriously ill patients prior to their eligibility for hospice care. We've served over 100 patients and their families in the first year, and are averaging 25-30 patients per day.

The Feedback we've received regarding The Foothills Transitions Palliative Care Program has been very positive, and affirms that we are meeting our goals of service. We appreciate and need the financial support of our community, which has allowed us to add this new "jewel" to our crown. We look forward to continuing and expanding this program to meet the growing needs of our community.

Dr. Rene' Kronland, M.D.
*Hospice of the Foothills
Medical Director*



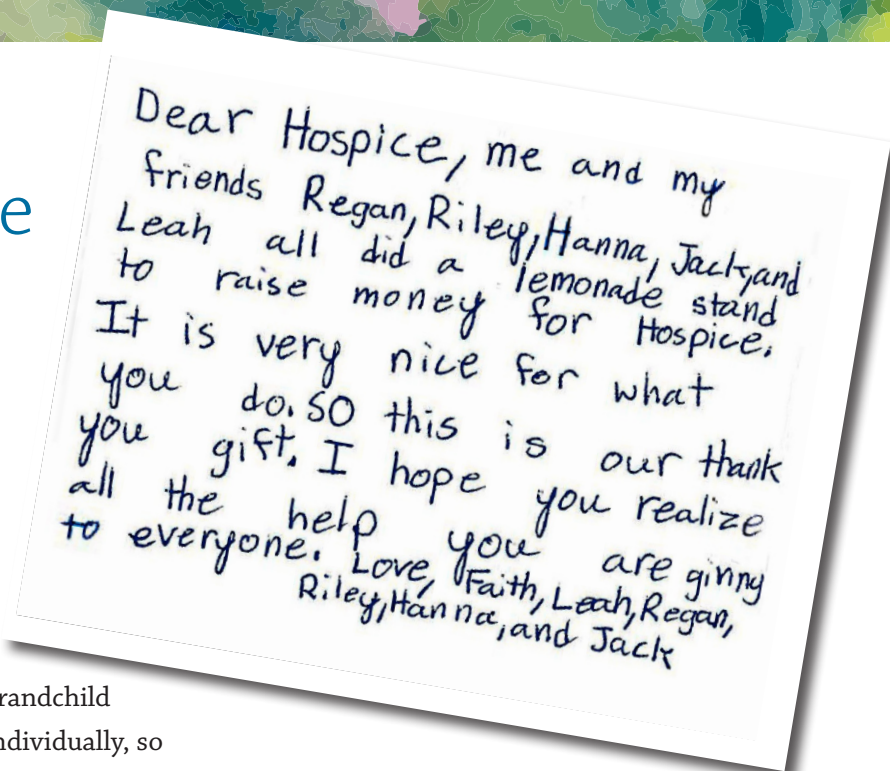
Making Lemonade

It's not every day that an end-of-life care provider receives a letter of gratitude in child's handwriting, so when one arrived at the Hospice of the Foothills office on July 20,Carolynn Peterson, Executive Director, wanted to know more. We reached out to their mothers, and set up a time to meet these special donors and hear their story.

During the Penn Valley Tools, Trash & Treasure yard sale at Lake Wildwood, six neighborhood entrepreneurs, ranging from ages 4 to 10, set up a lemonade stand. Their sign promised that all money raised would be donated to hospice. The reaction and generosity from the passersby enabled these extraordinary youngsters to raise \$61.08—that's a lot of lemonade! There were also donations from shoppers who were touched that these children, at the beginning of their lives, were concerned with those facing end-of-life challenges.

The moms shared that earlier in the year, the kids had observed Hospice of the Foothills caring for Jack and Hanna's beloved grandmother, Mimi, and were impressed by the loving care she received.

When Jack and Hanna reminisced about Mimi, they spoke of her delicious brownies, her vibrant sense of humor, and the sleepovers she arranged with each



grandchild individually, so they could form their own distinct bond.

Jack and Hanna's mom, Sadina, said "we could not have done it without Hospice of the Foothills' help".

Hospice of the Foothills is honored to have cared for Mimi, and in doing so earning the admiration of these amazing children...we hope they will inspire others to ask, "how can I help?"





Donna Brown, RN, CHPN

Clinical Liaison Nurse

My job involves actively listening to the patient and family's goals of care and providing education and options. I often see stress and anxiety leave their faces, just by knowing they have choices and professionals who will be with them every step of the way.



Brad Helmuth, MDiv

Spiritual Counselor

When someone is facing a season like our patients and families, my desire is to provide a loving presence to help everyone involved connect with that which has been, and is, most important to them. My goal is to help everyone settle into the gift this time can, and should be.

HOF has a new tag line...

Adding Quality to Life

Let's ask some of Hospice of the Foothills' interdisciplinary care team how they "Add Quality to Life!"



Cynthia Meilicke, MS, CT

Bereavement & Community Service Manager

I help our community members learn what healthy grief is and how to grieve, because grief is not about forgetting. It is learning to cope while we remember.



Lisa Fletcher, MSW

Social Worker

I add to my patient and family's quality of life by bringing my whole self to the bedside. I bring my heartfelt listening, caring, and ability to help find the simple pleasures in life for the patient and their loved ones.



Dan Curtin, LVN, CHPLN

Visit Nurse

I spend a lot of time with patients. I'm able to emotionally connect with patients while providing the care and compassion they need. I'm able to share real-time changes so the HOF team can help ensure the patient's comfort.

Circle of Care

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Hospice of the Foothills is pleased to recognize our 2016 donors to **Circle of Care**, our premier stewardship & donor recognition program.

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facts & figures

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INCOME
VOLUNTEERS

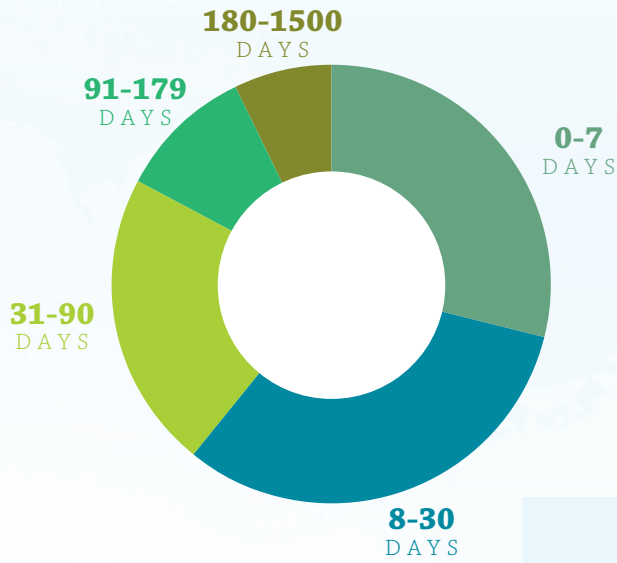
Patient-Related Income:	\$5,736,124
Expenses	\$5,952,543
Reimbursement GAP	\$ 216,418

Net Fundraising Income:	
Community/Event Donations:	\$ 386,451
Gift & Thrift:	\$ 178,782
Grants:	\$ 24,000
Other	\$ 54,086
Total Net Fundraising	\$643,319

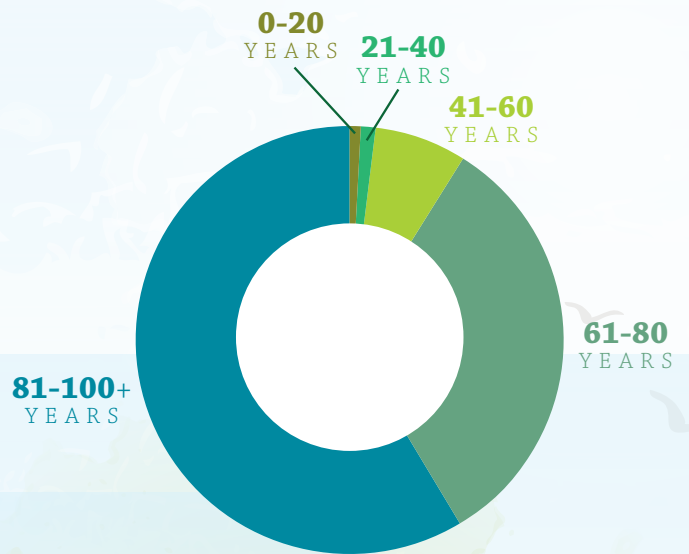
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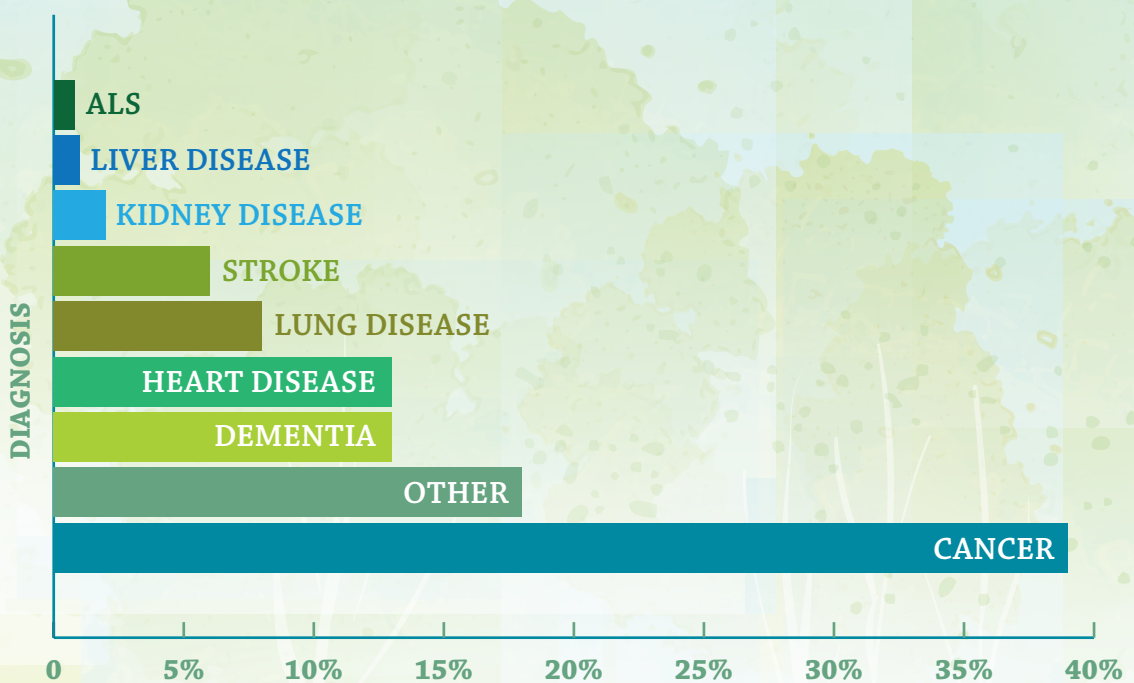
Patient LENGTH of Stay



Patient AGE Range



Patient Admission by DIAGNOSIS





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President's Message | Valerie Logsdon

Having just completed my first year as President of the Board of Directors, I can genuinely say that Hospice of the Foothills BRINGS QUALITY TO LIFE!

I have heard countless heartwarming stories shared by those we've served and know the exemplary care Hospice of the Foothills provides to the patient and their family. HOF is essential to the wellbeing of our community. Speaking on behalf of the patients and families we serve each year; their gratitude is profound.

Please help ensure HOF is there to serve the needs of your friends, neighbors and family by making your gift today. Also, you can remember HOF in your estate through a planned gift or designate HOF as a beneficiary of your retirement fund. A thoughtful gift is one of the most meaningful ways you can ensure compassionate end-of-life care will be available for our community in the future.

