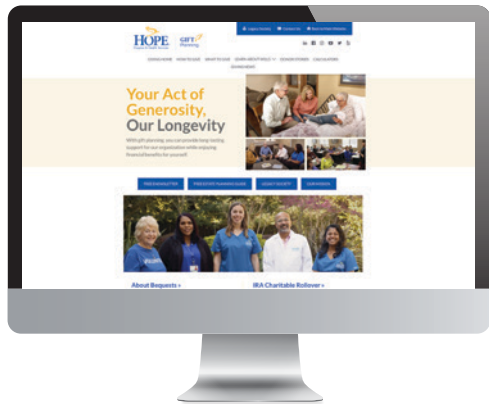




# VOICES

A Publication of Hope Hospice, Inc.



## A New Gift-Planning Resource

Over the years, Hope has received estate gifts that have enabled us to expand our presence in the community. Getting your affairs in order and setting up an estate plan should not be a daunting endeavor. That's why we've launched this online resource to help guide you in determining what is best for you and your family.

At [HopeHospiceLegacy.org](https://HopeHospiceLegacy.org), you can access helpful downloadables to help frame future conversations with your legal representative. Learn about preplanned protections for your assets that can save your loved ones tax troubles down the road. ➔

## Dementia Support Groups

People living with dementia are not the only ones struggling with their disease. Often, it is the family members who battle frustration and stress as they watch their loved one progressively lose their faculties and ability to engage. Hope Hospice is here to help these caregivers by facilitating support groups tailored to those in this situation. Learn more at [HopeHospice.com/dementia](https://HopeHospice.com/dementia). ➔



## Hope's Annual Fundraiser Hike Returns to Livermore

It's March, and that means we're full steam ahead on fundraising for the 2023 Hike for Hope. Sign up at [TheHikeForHope.com](https://TheHikeForHope.com) and start generating support for patient care and our community programs. Even if you don't want to hike, you can make a flat donation to support the cause. Prizes await our top fundraising team and individual.

We return to Del Valle Regional Park in Livermore on Saturday, May 6. We'll again have a free barbecue sponsored by MCE Corporation, as well as lawn games, raffle prizes, and a silent auction.

Help us beat last year's records of 1,300 hikers and \$180k raised! All proceeds help keep our dementia education program, grief support services, and family caregiver education series available at no cost to our community members—even if they don't have a loved one on our hospice service. Hope to see you on the trail! ➔

### Event Details

Saturday, May 6, 2023.  
8:30 a.m. start time.

Del Valle Regional Park,  
Fiesta Grande Picnic Area.

Choose from:

- A 2.6-mile easy out-and-back waterfront route.
- A 4.4-mile option adds a scenic loop and moderate incline.

Hike at your own pace.



Scan Me



for quick access to  
[TheHikeForHope.com](https://TheHikeForHope.com)

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MESSAGE FROM THE CEO  
**Thank You for Your Support**

Happy spring! We have a flurry of activity going on at Hope right now, and the many opportunities to interact with our supporters has been so encouraging. On February 25, we held our first annual Crab Feed for a sold-out crowd of 300 diners. Thank you to all who bought tickets and tables, and bid on our auction items and desserts. We were able to raise about \$10,000 to support our important community programs, including dementia-care education, grief support, and our family caregiver resources. That same purpose carries over to the Hike for Hope taking place on May 6. Sign up at [TheHikeForHope.com](http://TheHikeForHope.com) and join us for a fun morning at Del Valle Regional Park in Livermore.



On page 3, you'll read about our new palliative care service that launched earlier this year. This type of comfort care helps individuals living with serious illnesses to prevent repeated hospitalizations for symptoms that can be managed at home.

Palliative care is becoming increasingly important for the pre-hospice segment; i.e., those who have life-limiting illnesses but do not yet meet the Medicare requirements to use the hospice benefit. We are grateful to the Senior Assistance Foundation Eastbay, which awarded a grant to help us get started.

I hope you are well and that we can reconnect at one of our upcoming events. ➔

**Jennifer Hansen**  
Chief Executive Officer



**Hope Adds Palliative Care to Available Services**

Hope has launched a new palliative care program to help meet the needs of people living with serious illnesses who don't yet qualify for the hospice benefit under Medicare or private insurance. Palliative services are similar to those of hospice, but with a few important distinctions in terms of eligibility criteria:

Hospice	Palliative Care
The underlying terminal medical condition(s) has a prognosis of six months or less.	The underlying terminal medical condition(s) has a longer prognosis.
Services are available 24 hours daily.	Services are available Monday-Friday, 9 a.m.-5 p.m.
The patient and family are ready to discontinue curative care efforts.	The patient may choose to continue curative care such as chemotherapy.
The care team includes the hospice doctor, nurse case manager, visit nurse, social worker, home health aide, pharmacist, chaplain, and volunteers.	A doctor or nurse practitioner provides medical care, and other medical professionals may assist in managing the plan of care.
Hospice is a fully covered benefit under Medicare and most private insurance plans. There are no out-of-pocket costs for services and supplies.	Palliative care is billed through Medicare, private insurance, and private pay; a patient co-pay may apply.

Palliative care aims to prevent repeated hospitalizations. The goal is to manage pain and symptoms at home, eliminating the need to travel to a medical facility. Palliative care is provided by an interdisciplinary team of clinicians and support staff who work together to help improve patients' quality of life. We can:

- ✓ Assist with completing medical forms.
- ✓ Explain end-of-life Advance Directive options.
- ✓ Train family care partners on patient care.
- ✓ Assess and prescribe needed medical equipment.
- ✓ Coordinate required lab work or testing.
- ✓ Review prescriptions for optimal symptom relief.

As the disease progresses, the patient eventually becomes eligible for a higher level of in-home care provided through hospice. When that time comes, and if the patient and family want to remain with Hope, the transition to our hospice program is seamless.

Hope is deeply grateful to the Senior Assistance Foundation Eastbay for awarding us a grant that enabled us to launch this service. ➔



Learn more and connect at [HopeHospice.com/palliative](http://HopeHospice.com/palliative), or call us at (925) 829-8770.



**Volunteer Opportunities**

If you're looking for a way to serve your community, consider the volunteering opportunities at Hope Hospice. Even the smallest gesture, such as reading to someone, makes a positive impact. We have both patient-facing and office/event jobs.

- ✓ Companionship visits
- ✓ Reading at the bedside
- ✓ Art therapy
- ✓ Music therapy
- ✓ Beside vigil
- ✓ Pet therapy
- ✓ Veteran to Veteran
- ✓ Photography
- ✓ Massage or reiki
- ✓ Cosmetology
- ✓ Event assistance
- ✓ And more!

When you donate your time, skills, and energy to Hope, you're making a huge impact. Volunteering gives you a unique opportunity to positively affect the lives of patients and their families when they are truly in need.

Our programs are growing, and we need the support of volunteers to deliver the very best care to patients.

To learn about the requirements and onboarding process, visit [HopeHospice.com/volunteer](http://HopeHospice.com/volunteer), or call (925) 829-8770. In general, volunteers must be age 18 or older for patient-facing (homecare) roles; ages 16 and 17 can be approved for these roles, but they require a trained adult chaperone at all times. ➔

**Volunteer Thais Carlucci Awarded for Service**

At *Diablo* magazine's annual Threads of Hope awards event, held December 15, 2022, Hope Hospice volunteer Thais Carlucci was among five East Bay residents recognized for their exceptional community service. Thais has served at Hope Hospice for 13 years. She leads our Veteran Blanket Program, which provides a branch-themed lap blanket to our patients who served in the military. With funding from American Legion Post 237, Thais purchases fleece fabric in styles that represent the U.S. Army, Navy, Marines, and Air Force. She and other volunteers trim it to size and knot the fringed edges. A volunteer or social worker delivers the handmade blankets to patients.

"The military affects people, whether someone served three years or 30 years," Carlucci told *Diablo*. "It changes their life forever. These blankets tell a story to their children and grandchildren. It's a little piece of the puzzle that fills in the story of their life."

Read about and watch videos of all five 2022 award winners at [bit.ly/2022threads](http://bit.ly/2022threads). ➔



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## WHAT OUR FAMILIES SAY

### *Phenomenal*

On behalf of our family, I wanted to extend our appreciation and gratitude to the team involved in my father-in-law's care. The care you all provided was phenomenal. My family opened our hearts to your care and the vulnerability of grief, and you all exceeded our expectations!

—Veronica

### *Supportive*

Thank you, everyone, who took care of my mom. They kept everything together during all the rough times. You are wonderful, you are a star.

—Jim

### *Attentive*

We wish to express heartfelt thanks for the attentive, loving care to our parents. Thank you so much for helping us through this very tough journey.

—Sheila