

The Bright Side

Your Compassion At Work



How You Can Take That First Step

Thanks to our caring donors, our full-time intake coordinator makes sure grieving folks get the help they need

When you first call HSB after a loss, you will be connected to our intake coordinator, Michele Osborne. She understands it's a big step in the grieving process to reach out and ask for help, and that it can be a difficult step for many to take.

Over the course of the pandemic, demand for our grief counseling has increased. Some people have lost loved ones to COVID and are seeking support. But feelings of sadness from past losses unrelated to COVID can be triggered by the stress and pain of the pandemic. As a result, there is typically a waiting list for an adult to see a bereavement counselor. Michele manages the waiting list and takes great care to match folks with a clinician as soon as possible.

While you are waiting, Michele may send you helpful information, like symptoms of grief that people commonly experience, or tips about how to support a griever. You may

have a number of concerns or questions after experiencing a death. Michele can speak to these concerns, answer questions, and refer you to other services in our community as needed.

Each call we receive is very important to HSB, and Michele is ready to help. She says, "The best part of my job is knowing I am helping people during one of the most difficult times they may have faced. I like nothing better than hearing the relief in a caller's voice when they realize I am listening and that HSB is here to support them through their loss."

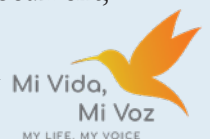
Please call HSB at (805) 563-8820 if you'd like to be connected to a grief counselor. Michele is waiting to talk to you!



You Can Get It Done in Spanish!

According to Cottage Health, very few of the MyCare health directive documents they receive are from Latino community members. Young Latino folks are even less likely to have documented their health care wishes. One recent exception was 26-year-old "David." He was motivated to complete his MyCare after a horrible experience with his family when his 36-year-old brother—who hadn't made his medical wishes known—unexpectedly died. His family experienced much turmoil and conflict while making end-of-life decisions because

they didn't know what his brother wanted. David says, "I wish everyone would complete their document because I don't want them to go through what my family went through." To help change this discouraging trend, Mi Vida, Mi Voz, Mi Regalo (Mi Life, My Voice, My Gift) recently helped create a Spanish MyCare document, and has trained volunteers who can lead ACP workshops in Spanish. You can email amarroquin@hospiceofsb.org for more information.



You've Done So Much for Us!

This issue of *The Bright Side* highlights what HSB can do for you

Our wonderful, compassionate donors are the reason Hospice of Santa Barbara is able to be there for people who are experiencing a loss or a life-threatening illness. We could not do any of our work without you! This issue of *The Bright Side* highlights several of our free programs that you may want to take advantage of.

First, we take a look at the intake process, walking you through what to expect if you call for bereavement counseling. While we hope you never have to go through a tragic loss, we know that part of the human condition is to sometimes lose those we love. We are here for you if and when you need us.

We also give you information about how Judy Goodbody, our Planned Giving Officer, can help get you started on creating a will or trust. Everyone needs a will, and truly, it's never too early to get started.

And it's also never too early to formally write down your health care wishes. The pandemic has reminded us all too well that even the healthiest among us can become incapacitated with little warning. This issue covers the basics of Advance Care Planning.

Once again, it is only because you care that we are able to provide these important services to you and our entire community.

With gratitude,



David Selberg, Chief Executive Officer



Judy Can Help You With Your Will

Judy Goodbody, our Planned Giving Officer, would love to help you get started on your will or trust.



“I guide people through the process of identifying their estate planning goals for themselves and their loved ones. No two people are the same, so it's always a very unique process. I enjoy getting to know people, and helping them bring their goals to fruition.”
~ Judy Goodbody

Judy is a registered tax consultant who has been helping people with tax and estate planning for more than 25 years. When you call, Judy will sit down with you (currently over Zoom or on the phone) to ask about your goals for your loved ones, and for your legacy. This process helps you organize your priorities. These can be long conversations, as your ideas may evolve based on the information gleaned from the discussion.

When talking about where you want your assets to go, Judy will explain the tax implications of assets given to your heirs, as well as the tax benefits of leaving assets to a charity such as Hospice of Santa Barbara. Once you have clearly defined your estate planning goals, Judy can refer you to appropriate resources to help you complete your plan. Please don't hesitate to contact Judy for free and confidential assistance at jgoodbody@hospiceofsb.org or 805-770-7119.

Please let us know if you have named HSB in your will so we can show you our appreciation! You can contact Heather Stevenson at hstevenson@hospiceofsb.org.

You Can Get It Done!

Your compassion enables us to help more people plan for their medical needs

“I’ve known for decades that I need to create a health directive and just procrastinated. I’m done with procrastinating.”

“I’m 81. I’ve started ‘my wishes’ three times and never finished. I think it’s time to finish.”

As we have seen over the course of the pandemic, almost anyone can find themselves seriously ill with very little warning. Many folks who landed in the hospital with COVID-19 had no formal plans in place indicating their health care wishes. This made things much more confusing and painful when it came time for family members to make decisions.

This reality has highlighted the critical nature of our Advance Care Planning (ACP) workshops that help people have meaningful discussions about the care wanted—or not wanted—in the event of a medical emergency.

When you come to one of these workshops (which we hold in English and Spanish), trained leaders will support you in thinking through your desires and completing the MyCare document. You are also able to appoint someone—such as a close friend or family member—to be your health care spokesperson. You will be able to indicate what decisions you would like your appointee to make for you, such as:

- ☼ What tests, medications, or surgery you should receive
- ☼ Who your doctors are and where you will receive care
- ☼ Plans for your care in a nursing home, if needed
- ☼ What should happen to your body after you die

In addition to choosing a spokesperson, you will make decisions about topics such as:

- ☼ Whether or not you want CPR, and in what circumstances
- ☼ Under what circumstances, if any, you would want to be connected to a ventilator or feeding tube
- ☼ If you want to be an organ donor

As you go through this process, we encourage you to talk with your family, doctor, and others who are important in your life so that you can make decisions that are best for you. We break the workshop into two or three sessions so you have time to do the thinking necessary to make these important determinations.

After you know what you want, you will be ready to attend the next session, where we will help you complete the MyCare document and have it notarized. In the end, you will receive a copy of the completed document and we will make sure one gets filed with Cottage Hospital. All this is free of charge!



If you have interest in hosting a workshop for a group, or want to attend one that is already scheduled, please contact Jeanne West, Community Engagement Manager, at jwest@hospiceofsb.org or (805) 770-7102. Or visit www.getitdonesb.org to download the MyCare document and learn more.

**Let’s move beyond the conversation stage.
Let’s get it done!**

Elizabeth Gilbert Uplifted and Inspired Us at Heroes of Hospice



Our Heroes of Hospice virtual event on September 22nd was a resounding success! Congratulations to our honorees Gary Simpson, Van Do-Reynoso, Mi Vida Mi Voz, and HSB's Beloved Bear program.

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