



October 2014

For information on programs,  
services and upcoming events,  
please call  
805-563-8820

## What's Happening at HSB

### Dear Friend of Hospice of Santa Barbara

#### Heroes of Hospice Awards

October 24th - Join us as we honor  
three community and HSB Heroes  
[Read More](#)

Visit our  
[Heroes of Hospice of Santa  
Barbara Awards Art Gallery](#)

"crossings of my mind" - Solo Art  
Exhibition featuring  
Paula Re, on display through  
October.  
[Read More](#)

**Between Fires-Book Signing** on  
October 16th! Reading and Q&A  
session with Marilee Zdenek  
[Read More](#)

**Fall 2014 Support Groups**  
For all ages, led by licensed  
professional counselors.  
[See Calendar](#)

#### ***Did you know...***

Many former HSB staff, board  
members, and advisory council  
members have been recipients of  
the Santa Barbara Foundation's  
Man and Woman of the Year award  
including, **Sid Smith, Virgil  
Cordano, OFM, Bill Cirone, Sue  
Adams, Jane Habermann and  
Gerd Jordano.**

So far in 2014, Hospice of Santa  
Barbara has provided nearly **1,300  
volunteer hours to our  
community.**

Volunteers are the "hearts and hands" of our community. Recently, one of Hospice of Santa Barbara's volunteers, Jeanne West, was honored at the Santa Barbara Foundation's Man and Woman of the Year awards ceremony for the significant impact her volunteerism has had on the Santa Barbara community.

Congratulations Jeanne! We are honored and blessed by your work.

#### ***Caring, Compassion and Commitment***



"Caring, compassion and commitment, that's what led me to Hospice of Santa Barbara many years ago," says volunteer Jeanne West.

In the '70s, Jeanne's husband was diagnosed and hospitalized with metastatic cancer. She fought with the hospital and physicians to allow her to take her husband home to die. There was no hospice care and little support available to her, but she was determined to provide her husband with loving, compassionate care. As she cared for him until his death, Jeanne experienced first-hand the pain and loneliness of those facing the loss of a loved one.

Because of her experience, Jeanne began a quest to find a more dignified and compassionate way for people to face the end of life. Her journey took her to England where she studied with Dame Cicely Saunders, founder of the first modern hospice. Jeanne quickly became an advocate for hospice care.

By 1983, Jeanne and her second husband moved to Santa Barbara. Jeanne, a registered nurse, established a home health agency. Wanting her patients to experience death with grace and compassion, she forged a relationship with Hospice of Santa Barbara. It was that relationship that would support her later when her second husband was diagnosed with an incurable, degenerative disease.

**Volunteers have 27% higher odds of finding a job** after being out of work than non-volunteers. In addition to improving the lives of neighbors and communities, volunteers can improve their own lives by developing new skills, experience, and expanding personal networks that can be helpful in finding employment.

A study released by Harris Interactive and Fidelity Charitable Gift Fund reports that on average, people **donate 10 times more money** if they have volunteered in the past year. Two-thirds of volunteers said they give money to the same groups to which they donate time.



Celebrating 40 years of service to the Santa Barbara community

**100% of Hospice of Santa Barbara** staff have made a donation in honor of our 40th anniversary. Please help us celebrate by making your own \$40 for 40 contribution by [clicking here](#).

## New Donors

With sincere gratitude, we welcome our new donors. Without our generous donors it would be impossible for Hospice of Santa Barbara to continue fulfilling our mission of caring for those experiencing the impact of a life-threatening illness or grieving the loss of a loved one.  
(9/1/14 - 9/30/14)

Diane Alexander

Suzanne Arnold

Jennifer Cooper

Marilyn Crane

Phillip Dunkelberger

Having experienced Hospice of Santa Barbara both professionally and personally, she knew this was her calling. Jeanne trained as a Patient Care Volunteer offering respite to caregivers and improving the quality of life for patients and caregivers with thoughtful companionship, kindness and compassion. Jeanne has completed additional training to serve as a Spiritual Care Companion who helps address life's last fears such as, "How will I die?" "Why is this happening to me?" "What will I find after death?" She also gives her time to the No One Dies Alone (NODA) program where volunteers vigil with the dying in hospitals, residential and nursing facilities.

Over the years, Jeanne has volunteered countless hours bringing peace and dignity to the dying. On October 7th, Jeanne West was honored at the Man and Woman of the Year awards ceremony for the significant impact her volunteerism has made on the Santa Barbara community. On winning the award, Jeanne says, "Caring for a loved one at end-of-life is a long and lonely road. I am grateful to be in a position to give back and help those traveling on this journey."

To support our Volunteer Services, and other HSB programs provided to the Santa Barbara Community, [please click here](#).



**#GivingTuesday** celebrates giving. It's about ordinary people coming together doing extraordinary things. On December 2nd, show your support by making a donation to Hospice of Santa Barbara.

## Meet the Staff

Charles & Andrea Dunn  
Patricia Eder  
Donna Feazelle  
Ronda Gilman  
Betsy Green  
Harbor View Inn & Eladio's  
Restaurant  
Patricia Hendricks  
Mary Jane Hopkinson  
Linda & Bill Kitchen  
Patricia Klansko  
Brecia Kralovic-Logan  
Harold & Ina Light  
Ron Louis  
Petra McPhee  
Richard & Marsha  
Messmore  
Ronnie Morris  
Sabrina Papa  
Prances Piacente  
Chris Potter  
Paula Re  
Mayra Rosales  
SB Body Therapy Institute  
Susan Savage  
Wolf & Janet Thomsen  
Anne Tilchin  
Melanie Trent  
Vista del Monte  
Retirement Community  
Charles and Patricia Wolf



**Nicole Romasanta**  
**Director of Volunteers for Hospice of Santa Barbara**

Nicole's relationship to hospice work began many years ago when she began studying the works of Elisabeth Kübler-Ross, author of the groundbreaking book *On Death and Dying*. She knew then that she had a special connection to hospice work and end-of-life care. In 2009, Nicole joined Hospice of Santa Barbara as a Patient Care Volunteer. This year, Nicole became the Director of Volunteer Services.

About working with HSB volunteers, Nicole says, "What an amazing group of people our volunteers are! They walk into the hardest chapter of a family's life and are present through their grief. They are people of courage, with kind and generous hearts who donate their time and energy to finding ways to bring quality of life to people with a life-threatening illness. I am honored to have the opportunity to work with them."

Prior to joining Hospice of Santa Barbara, she worked at Sanctuary Psychiatric Centers in Home Supportive Services, as a Clinical Case Manager at Devereux, and as an office manager at Family Practice Medical Group. She holds a Bachelor of Arts from UCSB and a Master's degree in Clinical Psychology from Pepperdine University.

***Alternate Ways to Support HSB***

All services at Hospice of Santa Barbara are provided free of charge. We rely on the generous support of the community to continue our work. You can support our programs at Hospice of Santa Barbara by:

- Sending us a personal story about how Hospice of Santa Barbara has affected your life to [info@hospiceofsb.org](mailto:info@hospiceofsb.org) for possible inclusion in future newsletters.
- Forwarding this newsletter to your friends and family.

We would also like to acknowledge our new and renewing **Heart of Hospice** Supporters (annually renewable gift of \$1,000 or more) (9/1/14 - 9/30/14)

Carolyn & Dan Baham

Mary & John Blair

High Tide Foundation

If you wish to become a new *Heart of Hospice* member or renew your membership, please contact K.C. Murphy Thompson at 805-563-8820 or [visit our website](#).

- Following us on [Facebook](#), [Twitter](#) and [Pinterest](#).
- Adding us as your charity of choice on [AmazonSmile](#).

In-kind gifts have as much impact as a gift of cash. Some items currently needed are:

- Gift certificates for Community Supported Agriculture produce boxes to support healthy nutrition
- Gift certificates to "wash and fold" laundry services and/or dry cleaning
- Gas cards for transportation to and from medical appointments
- Drug store gift cards for personal and medical care items
- Petco gift cards to support a pet companion of those facing a life-threatening illness
- Grocery store gift cards for those experiencing financial hardship due to illness or death in the family

Create a lasting legacy by exploring some of the many charitable gift options by visiting our website or [click here](#).

## ARE YOU LOOKING FOR INCOME FOR RETIREMENT?

If you are concerned about the markets and your future, you need to know about charitable gift annuities. A gift annuity is a way you can make a gift to Hospice of Santa Barbara that pays you a fixed income. In exchange for your gift of cash, underperforming CDs or stocks, you can earn income for the rest of your life. So, your income is secure. What's more, because your payment rate is fixed at the time you make your gift, your income will never change.

To learn more about how to secure your future with a charitable gift annuity, visit our Planned Giving page at [www.hospiceofsantabarbara.org](http://www.hospiceofsantabarbara.org)