

“Home is where the Heart is”

# Visitors



Fall 2012

(805)642-0239

livingstonvna.org

## SEPARATED BY EIGHTY YEARS... IT'S NOT SO MUCH.

When I first approached **Maddy Hazard** about volunteering for Livingston Hospice I was 17 and unable to legally visit patients. So for me, my 18th birthday represented the day I was able to fill out all my forms, submit all of my finished training materials and officially volunteer.

I went on my first patient visit in May and I met **Avis Ahlfs**. Avis was new on care and I was new to visiting patients. On the first visit neither of us was entirely sure what to expect. However, the apprehensions disappeared as we began talking. Though we are separated by more than seven decades, we seem to have a lot in common: we both love dogs, we both think family is important and it turns out we both really like each other.

As I continued getting to know Avis, I learned she had an upcoming birthday and she invited me to join her at the celebration being thrown in her honor. Though my 18<sup>th</sup> birthday was the day my relationship with Avis could technically begin, it was on her 95<sup>th</sup> that I truly met her. She danced with her walker (now known as her “dance

partner”), blew out candles, and laughed and smiled the entire day. Even now, months after the event, her birthday party is a welcome topic and the pictures and videos from it always bring a smile. I suppose whatever age you’re turning, birthdays are important days to celebrate life and surround yourself with loved ones.

I feel lucky to have been included in this group.



*Averi James graduated as Valedictorian of her class from Foothill Technology High School this year and is now attending UCLA. She is continuing to visit Avis and although visits have become less frequent, she visits regularly when she is home.*

Inside  
This  
Issue:



Light Up A Life page 3



Recognizing Livingston's Best page 9



## Our Message to You



### 65 Years of Community Benefits

Livingston founding nurse Olivia Hathaway made her first house call on July 21, 1947. By 1955, the agency's three nurses were visiting nearly 300 patients a year – and a third were indigent residents who could not pay. Sixty-five years later, Livingston remains Ventura County's only nonprofit provider of comprehensive home healthcare, medical hospice and in-home support. Today we provide subsidized care to the majority of the County's uninsured and underinsured—over 400 patients a year.

Recently this program's growth has been unprecedented. In 2007 we took care of 186 subsidized care patients—last year that number had grown to 424 patients. We could not have met this challenge without your support. Thank you.

The growth in free Livingston educational programs is equally impressive. Last year 9,108 residents attended 60 diabetes classes, 60 joint replacement classes, 22 Advanced Directive and Physicians Orders for Life-Sustaining Treatment (POLST) classes (Livingston is now the only POLST trainer in Ventura County), and 22 health fairs. In addition, 1,467 healthcare professionals benefited from Livingston classes in palliative and hospice care, infection control, medication safety, and other important healthcare topics.

Many people attend Livingston's free grief and bereavement support groups. A unique aspect of this initiative is that annually 600 high school youth work with a Livingston professional and school counselors to assist them in dealing with grief and loss.

For a complete listing of current classes please see page 5 of this newsletter or visit our website: [livingstonvna.org](http://livingstonvna.org).

With flu season upon us, we hope you are taking care of yourself by getting a timely annual immunization. The Livingston flu nurses will provide the vaccine to nearly 1,000 primarily senior Ventura County residents. See page 4 for more information on the flu shot.

Some of our programs do not get much fanfare but serve a crucial role in the community. Not many people know that Livingston is the lead home healthcare agency in the County's disaster planning for emergency medical services.

Thank you for 65 years of supporting Livingston's Community Benefits programs.

Lanyard K. Dial, MD, *President/CEO and Medical Director*  
Laura K. McAvoy, *Chairman of the Board*

### BOARD OF DIRECTORS AND OFFICERS

Laura K. McAvoy  
CHAIRMAN

Jeffrey D. Paul  
VICE CHAIR

Thomas P. Pecht  
TREASURER

William J. Kearney  
SECRETARY

Charles M. Hair, MD  
CHAIRMAN EMERITUS

Carol H. Hambleton, RN  
Paul E. Lorenz

Bobbie McCaffrey, RN, MA, NEA-BC  
Edward P. Waters, RN, CRNA

#### Community Advisors

Donna Miller, Michael R. Lurie, Sherry Scott

#### Professional Advisory Board

Normand Bessette, MD      Rev. John Martin  
Barbara Gage, OTR      Joel Paule, MD  
Charles M. Hair, MD      Kathy Pierce, LVN  
Rev. Curtis Hotchkiss      Ron Pollack, MD  
Karen Jensen, RN, MN, PhD      John Walters, MD  
Lois Manning, MSN, MS, PHN

Lanyard K. Dial, MD  
PRESIDENT/CEO AND MEDICAL DIRECTOR

James Helmer, MD      Leslie Pawson, MD      Becky Wade, MD  
HOSPICE PHYSICIANS

### Mission Statement

Livingston Memorial VNA Health Corporation and Livingston Memorial Visiting Nurse Association recognize the growing need to provide services in the home environment for the sick, handicapped, elderly and homebound.

As community-supported, nonprofit organizations, they strive to provide professional, licensed and supportive home health and hospice care services of the highest quality in the most cost effective manner to the people of Ventura County to ensure a positive patient outcome.

LMVNA explores and develops health-related programs based upon community need and acceptance, economic viability, and availability of resources to provide services.

LMVNA is sensitive to the financial circumstances of its patients and provides needed services, including those at reduced or no charge to indigent patients, based upon the available resources for the organization.



The Livingston Memorial VNA Health Corporation is the parent organization of Livingston Memorial Visiting Nurse Association and Livingston CareGivers.

Livingston Memorial Visiting Nurse Association is licensed by the State of California, certified by Medicare and Medi-Cal, and is accredited by The Joint Commission.

Joint Commission accreditation is regarded as the most comprehensive review of patient safety and quality efforts in the industry. Accredited home health organizations have fewer readmits to the hospital after an episode of care.



Livingston CareGivers is a non-medical provider of in-home assistance and is CAHSAH certified and not associated with The Joint Commission.

28TH ANNUAL  
**Light Up A Life Celebration**

**Memory Tree Lighting Ceremony**

7pm Tuesday, December 4

Pacific View Mall — Ventura

Special Musical Guests:

**The Kyle O'Donnell Trio**

This year's celebration promises to be a heartfelt and memorable occasion. We invite you to honor friends and family with a memorial star. Stars may be purchased online at [livingstonvna.org](http://livingstonvna.org) or by calling (805)642-0239.

**DREAM ANGEL**

Mr. William F. Burke & Mr. Brian P. Burke  
Mrs. Richard S. Hambleton, Jr.  
NS Ceramic, Inc  
Pacific View Mall  
Karen & Tom Pecht  
Ventura County Star  
Mrs. R.D. Willis  
Robert D. Willis, Jr.

**EARTH ANGEL**

Anonymous  
Mr. & Mrs. Raymond Boyd  
Mrs. David J. Donlon  
Mrs. George D. Hansen  
Bob & Carol Lamb  
Ms. Sheila A. Lukehart  
Barbara Smith Stupay  
Mark Whitebook & Cathie Fields

**LIVING ANGEL**

Ms. Silvia Basich  
Mr. H.C. Brigham  
Laura McAvoy & Sol Chooljian  
Bill & Elise Kearney

**MEMORIAL ANGEL**

Mr. William R. Eberhardt  
Mr. C. Richard Huntsberger  
Mrs. Barbara S. Meister  
Mr. Sam Perricone, Jr.  
Tania & Mark Sussman  
Ms. Maria Tauber  
Mr. Marc D. Wilde



*Sponsors as of October 15<sup>th</sup> – All funds raised through Light Up A Life benefit Livingston Hospice.*

# Ask Livingston...

**QUESTION:** I want to protect myself from the flu, but I'm concerned about mercury in the flu shot ... should I be?

**ANSWER:** There's plenty of misinformation floating around about dealing with the flu, so you are wise to ask questions. In regard to mercury, the flu vaccine contains Thimerosal, a mercury based preservative that is added during the manufacturing process to prevent microbial growth. It has been used for decades, does not stay in the body, does not reach harmful levels, and has a proven track record of being very safe.

Another misconception is that people think they can get sick from the vaccine. The vaccine is made from an inactivated virus that cannot transmit



**Ada Kralian, RN**  
Flu Immunization Nurse

infection, thus you can not get sick from it. Because it takes a week or two for the vaccine to become effective, people who do get sick were exposed to something else before the shot took effect.

In the United States, 36,000 people die and more than 200,000 are hospitalized each year with flu. Getting a flu shot makes good sense. The

influenza virus changes (mutates) each year so it's important to get vaccinated every year to make sure you have immunity to the strains most likely to cause an outbreak.

Livingston is committed to keeping our staff, patients and the community healthy. Starting in early September, Ada Kralian, RN, our Flu Immunization Nurse coordinates the Livingston Community Immunization Program and operates flu clinics in various locations throughout Ventura County. Last year, in addition to our staff and their families, over 850 people received the flu vaccine. "There is no reason for anyone to suffer from the flu so take advantage of our flu clinics," says Ada.

Call Livingston at 642-0239 to find the date and location of a clinic near you.

*Please send "Ask Livingston" questions to Sandy Morse, RN, [smorse@lmvna.org](mailto:smorse@lmvna.org) or call (805) 642-0239 x653.*

## Tell Me More About... Hospice Memory Boxes

**R**emember when you were a child and kept all your little treasures in a special box. You would sit quietly, no one else around, and go through your items one by one. Maybe an old baseball card, a ticket from the fair, or a pressed flower from your first dance would surface. Whatever it was, you would reminisce about those good times as you held those trinkets and memories close to your heart.

When facing the end of life, the memories of loved ones and days gone by are places we visit and cherish. These memories bring happiness, peace and comfort like they did so many years ago, but most of us don't have that old box anymore to safeguard these treasures. Livingston Hospice recognizes the value and importance of keeping memories alive during and after a loved one passes. Through the

generous donation of Livingston friend and supporter Otto Schimmel, we now provide Memory Boxes to our hospice patients. As the owner of Guardian Memorial, Otto has been helping Ventura County families for nearly two decades and is dedicated to caring, compassionate and personal service.

Patients first receive their lovely mache encased Memory

Box with some personal items from Livingston. As cards and photos are received, notes are left and visitors come, the box will begin to hold many mementos. These special boxes will be a comforting place for patients to visit. For the family afterwards, the box serves as a remembrance of their loved one. To open the Memory Box, is to open oneself to remembering that



special someone; by remembering we keep what is precious as treasures in our heart forever.

# LIVINGSTON CALENDAR

ALL CLASSES ARE FREE TO THE PUBLIC

## BEREAVEMENT SUPPORT GROUPS

Drop-ins are welcome to bereavement support groups. For information 642-0239, or 642-1608 [griefinfo@lmvna.org](mailto:griefinfo@lmvna.org), or visit the website [livingstonvna.org](http://livingstonvna.org).

### 2nd & 4th Tuesdays — 10:30am to 12pm

Help of Ojai - West Campus  
370 Baldwin Rd., Ojai  
Please call to RSVP: 218-9798

### Wednesdays — 3 to 4:30pm

First Presbyterian Church  
850 Ivywood Dr., Oxnard

### Wednesdays — 6:30 to 8pm

Livingston Memorial VNA  
1996 Eastman Ave., Ventura  
Enter Suite 112

## JOINT REPLACEMENT CLASSES

Preparation for total knee or hip replacement surgery: home safety, exercises and rehabilitation information are discussed.

### 1st Wednesday of the Month - 10 to 11am

Cypress Place, 1st flr. pvt. dining rm.  
1200 Cypress Point Ln., Ventura  
Please call to RSVP: 642-0239 x739

### 2nd Wednesday of the Month - 10 to 11am

St. John's Pleasant Valley Hospital, 3rd flr.,  
Conference rm. 2  
2309 Antonio Ave., Camarillo  
Please call to RSVP: 797-7699

### 2nd Wednesday of the Month - 1 to 2pm

Thousand Oaks Surgical Hospital  
South Conference Room  
401 E. Rolling Oaks Dr., Thousand Oaks  
Please call to RSVP: 797-7699

### 3rd Wednesday of the Month - 1 to 2pm

Sunrise Senior Living of Wood Ranch  
190 Tierra Rejada Rd., Simi  
Please call to RSVP: 797-7699

## GRIEF CLASS

For the newly bereaved to assist in understanding the grief process.

### 2<sup>nd</sup> Thursday of the Month — 6 to 7:30pm

Livingston Memorial VNA  
1996 Eastman Ave., Suite 112, Ventura  
Please call 642-0239 x624

## DIABETES CLASSES

*No registration necessary*

For info, please call 642-0239.  
Basic information on Type 1 and Type 2 diabetes with emphasis on the development of an individualized plan of care.

### 1<sup>st</sup> Tuesday of the Month - 1 to 2:30pm

Livingston Memorial VNA  
1996 Eastman Ave., Ventura

### 1<sup>st</sup> Wednesday of the Month

10:30am to 12pm

Simi Valley Senior Center  
3900 Avenida Simi, Simi Valley

### 1<sup>st</sup> Wednesday of the Month - 2:30 to 4pm

Camarillo Community Center Room 3  
1605 Burnley St., Camarillo

### 4<sup>th</sup> Wednesday of the Month - 1:30 to 3pm

Goebel Senior Ctr. - Foothill Room  
1385 E. Janss Rd., Thousand Oaks

## Diabetes en Español

### 2<sup>nd</sup> Monday of the Month - 3 to 4:30pm

Livingston Memorial VNA  
1996 Eastman Ave., Ventura

### 4<sup>th</sup> Monday of the Month - 3 to 4:30pm

Santa Paula Hospital  
825 N. 10th St., Santa Paula

# Did you Know...

## *Livingston is accredited by The Joint Commission*

**Y**ou may have noticed The Joint Commission gold seal on several of our publications and wonder what does it mean?

This seal is awarded to organizations that have been accredited by The Joint Commission, which is the nation's oldest and largest standards-setting and accrediting body in healthcare.

Established in 1988, The Joint Commission evaluates and accredits more than 19,000 healthcare organizations and programs in the United States, including more than

10,300 hospitals and home care organizations. The standards address a home care agency's performance in specific areas, and specify requirements that ensure patient care and services are provided in a safe manner.

The Joint Commission accreditation is a voluntary process and represents the highest healthcare standards. Participating healthcare organizations make a commitment to provide the best quality patient care available. Livingston



*The nation's oldest and largest standards-setting and accrediting body in healthcare.*

first obtained Commission accreditation in 1996 and has maintained this distinction continuously.

Accreditation is the result of an unannounced week-long rigorous on-site survey conducted every three years. This June a team of The Joint Commission surveyors evaluated Livingston

for standards of care specific to the needs of patients, including infection prevention, leadership and medication management.

We are proud of our staff for successfully undertaking this

challenge to elevate Livingston's standard of care and instill confidence in the community we serve. "The Joint Commission accreditation represents the highest health care standards and demonstrates that we are committed to providing the best quality patient care. Accreditation represents diligent work from our employees and clinical staff," said **Lanyard Dial, MD**. "It is truly the result of innovative teamwork on all organizational levels."

## A Trusted Name... a Trusted Site

**W**hen a loved one needs personal assistance or care at home, how do you begin gathering information that is helpful and accurate? This can be a confusing and stressful time as help is now needed and appropriate decisions must be made. Families want professional and skillful care and there are so many choices that it can become overwhelming.

Most people look to the internet for information as web sites are now our phone book, newspaper, and personal library. Finding a trusted, reliable website can be a task in itself. The good news is there is a web site where education is available, questions can be answered, resources are listed, and help is available... *LivingstonCareGivers.org*.

Everything you need to know about providing care at home is right at your fingertips. Here you'll learn

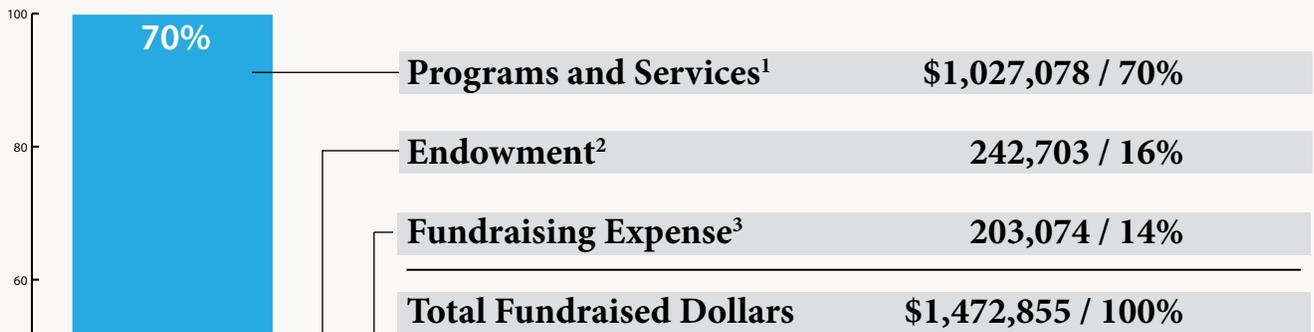
what non-medical home care really is and what the various levels of care are: personal, respite, transitional. You can read actual family testimonies and find answers to your questions. Posted are the educational and licensing requirements our certified caregivers maintain to insure the highest quality of care for our clients. The FAQ tab can help you find information on a subject you want to know more about. Click on the resources tab to learn about community organizations. It's all here — a safe trustworthy resource, a one stop shop, a place to gain awareness and find answers.

The Livingston CareGivers mission is to help you preserve independence, dignity and quality of life when you want to live at home. Our web site can help you achieve this goal by providing information, offering solutions, and opening a gateway to help.



**Livingston  
CareGivers**  
**(805)642-9570**

# Where do the donations go?



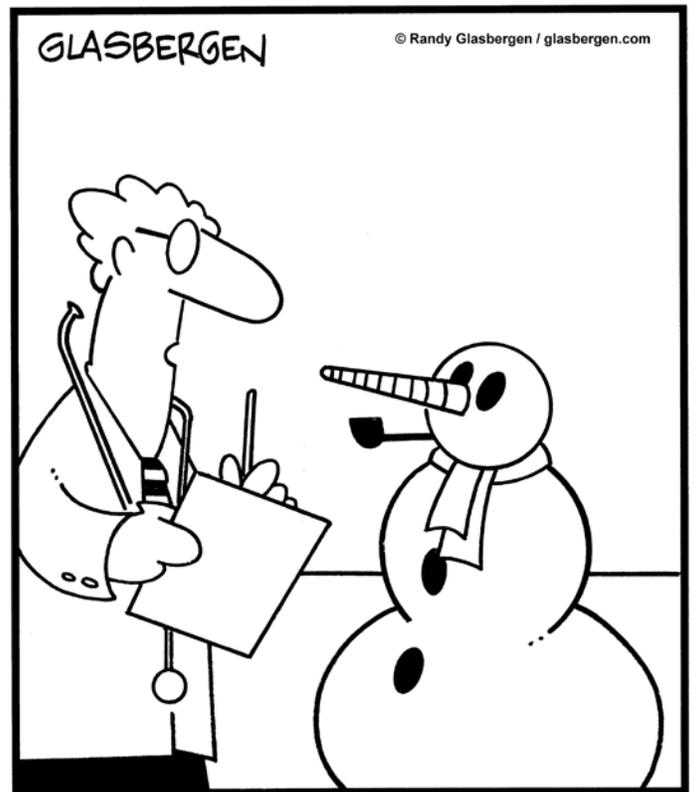
Source: 2011 Audited Financial Statements

- <sup>1</sup> Includes Livingston's Home Healthcare, Hospice and Caregiver programs, as well as Community Benefits: Subsidized Care, Community and Professional Education Programs, Community Health Clinical Services and more. For a complete report on Livingston's 2011 Community Benefits, please visit our website: [livingstonvna.org](http://livingstonvna.org).
- <sup>2</sup> Raymond and Dorothy Huston designated their funds to the Livingston Endowment, which is intended to provide operational income to the agency in perpetuity based on the funds' earnings. More information on Livingston's Endowment is available at [livingstonvna.org](http://livingstonvna.org).
- <sup>3</sup> According to [CharityWatch.org](http://CharityWatch.org) fundraising expense ratios of 35% or less are reasonable for most charities.

## She Does Not Dance, My Marion, She Dances

In remembrance of Marion McIsaac 1928-2011  
By Don McIsaac

I with solemn tread,  
Hear drums  
And place each foot with care  
Upon the earth.  
Marion does not hear drums  
But tambourines and castanets.  
One does not march to tambourines  
And so,  
She dances.  
We live not solemn life,  
Nary a drum.  
To tambourines  
We laugh.  
To castanets  
We play,  
We do not march,  
We dance.



**“Lose some weight, quit smoking, move around more and eat the carrot.”**

## Volunteer paves the way for future

**J**oan Anderson was, as she describes it, “Not in a good place.” She was healing from surgeries related to a chronic skin cancer condition and depressed from a failing marriage.

One day in church she was talking about her troubles with **Bob Hunter**, coincidentally a Livingston Chaplain, and Bob referred her to the church bulletin board.

Posted was a wanted notice for Livingston Hospice Volunteers. Joan thought she might “go give someone a hug and make them feel better.”

Joan feels that by signing up for the 2011 Volunteer Training she “joined a new family that was her salvation.” As she puts it, she was “healing herself by helping others.”

She was amazed by the Livingston Hospice Team, “They talk about people like they are taking care of their grandparents.” Her first volunteer experience included celebrating the birthday of an 88 year old patient.

Since then she has become more involved with Livingston not only as a volunteer, but as a seasonal employee, helping with the agency’s annual Light Up A Life event, volunteer appreciation dinner, and training other hospice volunteers. When the seasonal work ends, Joan continues to volunteer with data input related to hospice families.

**Maddy Hazard**, Livingston Volunteer Coordinator, says of Joan that “her ability for fine detail is greatly appreciated. She is very kind, meticulous, creative and artistic.”

Joan’s personable nature has made her well received by other volunteers and a welcome addition to the Livingston family. She has made many dear friends. She even took a trip to Hawaii with another volunteer she met in the office.

Joan sees life as full of transitions and that she is now “transitioning in a safe environment.” Her experience with Livingston Hospice has led to her belief that “this work needs to continue.” Her belief has led to action and she has recently joined the Livingston Legacy Society by including Livingston as a beneficiary of her IRA account.

*It is forward thinking, kind and compassionate people like Joan who are putting into place the foundation for Livingston’s next 65 years. If you would like more information on becoming a Livingston Legacy Society member, please contact Marc Wilde at (805)642-0239 x603 or mwilde@lmvna.org.*



**Joan Anderson**  
Livingston Volunteer

## Hospice Volunteer Training Begins in January

Join Livingston’s remarkable core of volunteers, community heroes that give special gifts of time and compassion to patients and their families at the end of life. We will provide you with training that gives you the confidence to enter the homes and lives of others to support them as a part of the Livingston Hospice Team. What you will receive back is as priceless as what you give. For more information contact **Maddy Hazard** at (805)642-0239 x775 or mhazard@lmvna.org.



# Recognizing Livingston's Best

*Howdy y'all,*

*This letter is concerning the in-home treatment which I am currently receiving from one of your employees, **Johanna Zee, RN**. She came into my home totin' all manner of gear and askin' questions 'til my ears got numb. I've dealt with hundreds of supposed health care professionals over the past few years, and she takes the cake. You should give her a big fat raise and a new car. She's excellent, smart, well-mannered and a pleasure to deal with, under the circumstances. Keep her. Clone her. Send me one.*

*- Ojai patient*

Many Livingston caregivers are often thanked by patients and family members for their hard work and dedication. Kind words are always meaningful and touch the hearts of caregivers, lingering longer than you can imagine.

*Dear **Teri Helton**,*

*Many thanks for your dedication to my brother during his final days. You were always there when we needed you. I am so grateful, words cannot express. I will continue to express my gratitude about you and Livingston Memorial whenever the occasion rises. Please know all my brothers and sisters are grateful as well.*

*- Family member of hospice patient*

One more story from a grateful patient...

*With huge gratitude to **Sheila Galinsky** who kept me sane, and took great care with physical therapy on new knees, January and April this year. She is an angel.*

*- Camarillo patient*

If you would like to make a donation with a note of appreciation in recognition of a Livingston caregiver, return the enclosed envelope with the "In Recognition of a Livingston caregiver" box checked or you can make a gift online at [livingstonvna.org](http://livingstonvna.org). If you have any questions or want some help, please contact Michelle Pyfrom at (805)642-0239 x607.

## Dear Catherine,

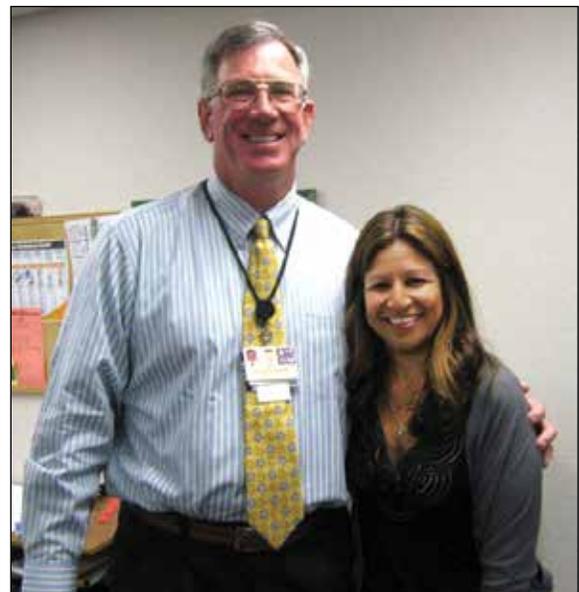
Congratulations! Please accept the enclosed check as an acknowledgement of this honor and our appreciation. Your role as a Patient Team Coordinator for Scheduling and Admissions is key to ensuring our patients receive the care they need. Your unique ability to match the clinicians' time with the needs of the patients is much appreciated.

In 2003 you took on the responsibilities as a full time Patient Team Coordinator and have an exceptional talent for this role. You juggle the complex schedules of our clinicians on a daily basis to match the planned and immediate needs of individual patients. In describing your role to others I frequently use the analogy of an air traffic controller trying to handle the details of safety and efficiency while all the time dealing with the stress of those individuals who depend upon your skills. You do this exceptionally well and we are thankful for your gifts.

We appreciate your calm and yet decisive demeanor. You have a precision in accomplishing your tasks that give our clinicians great trust in your planning. In addition, you mix in a keen sense of humor and quieting attitude that eases the stress inherent in this work.

The last year has seen many challenges in our Admissions Department. We have had steady growth in patient volumes and in new clinicians to manage these patients. In addition, we have faced unexpected shortages in scheduling staff. Your experience and knowledge in dealing with these situations and your willingness to repeatedly take on extra roles to cover for others has been invaluable. Your exemplary job performance deserves to be recognized.

*With Gratitude, Dr. Dial*



**Dr. Dial and Catherine Lovato**

# Memorials & Tributes

JUNE to SEPTEMBER 2012

Honoring and recognizing our donors is very important to us. We apologize for any omissions and/or errors. Please call Michelle Pyfrom at (805)642-0239 x607 to update us with any changes, corrections or preferences. Your support is greatly appreciated!

## IN RECOGNITION OF

**Michelle Clisby**  
Mrs. Desiree D. Peckham  
Ms. Theresa Parks

**Janet Coleman**  
Mrs. Norma Fulckerson

**Lanyard Dial**  
Mrs. Sue Tatangelo

**David Dufresne**  
Mrs. Norma Fulckerson

**Brian Elster**  
Mrs. Desiree D. Peckham

**Sheila Galinsky**  
Ms. Kathleen A. Pierce

**Karen Hillman**  
Ms. Theresa Parks

**Dan Kaplan**  
Ms. Mary Carini  
Ms. Theresa Parks

**Livingston Staff**  
Mrs. Fe Eborada

**Jane McCullick**  
Ms. Theresa Parks

**Julie Nishida**  
Mrs. Desiree D. Peckham

**Chari Petrowski**  
Ms. Audrey J. Herbison

**Kurt Rice**  
Mrs. Robert O'Connell

**Lori Robinson**  
Ms. Theresa Parks

## IN HONOR OF

**The Daily, Donlon, Livingston & Petit Families**  
Mrs. David J. Donlon

**Louis & Sally Gabrielsen**  
Ms. Teresa J. Schaeffer

**Ida Bernice Glaser**  
Ms. Kristine A. Dawson

**Charles Hair**  
Mr. Sam Perricone, Jr.

**Laura McAvoy**  
Mrs. Carolyn S. Berenson  
Lowthorp, Richards, McMillan,  
Miller & Templeman

**W. Cloyce Huff**  
Mr. & Mrs. Charles Covarrubias

## IN MEMORY OF

**Nancy Albright**  
Mr. Jack R. Albright

**Peg Armstrong**  
Mrs. Helene J. Dufau

**Mary Ballor**  
John & Mariam Gafone

**Mirko Basich**  
Ms. Silvia Basich

**Bob Beltramo**  
Mrs. Robert Beltramo

**Willard Berg, Sr.**  
Mr. Loyal D. Frazier

**Eleanor S. Bernal**  
Mr. Lionel M. Bernal

**Chuck Borchard**  
Mr. & Mrs. Joseph D. Hansen

**Mr. & Mrs. George Boyd**  
Mr. & Mrs. Raymond Boyd

**Rose Brand**  
Ms. Sheila Kay Smigel

**Irving Braverman**  
Mr. Mel Braverman

**Vivian A. Brigham**  
Mr. H.C. Brigham

**Carl Brubaker**  
Mrs. Vickie Patton

**Irene Brynes**  
Mr. William J. Brynes

**Emerson Bunn**  
Michelle & Charles Pyfrom

**Irene Brynes**  
Mr. William J. Brynes

**Celia G. Calzada**  
Mr. Richard G. Calzada

**Dorothy Carini**  
Ms. Mary Carini

**Michael Caulson**  
Charles & Barbara Kaveney

**Anne Chase**  
Richard & Susan Kunz

**Lee & Jim Cline**  
Mr. Donald W. Mueeting

**Florence Conrad**  
Mrs. Myrtis M. Butler

**Chris John Cooluris**  
Mr. & Mrs. Charles Covarrubias  
Hoffman, Vance & Worthington  
Laura McAvoy & Sol Chooljian

**Robert D. Crain**  
Robert & Debra Anderson

**Marva D'Ambrogio**  
Anonymous  
Ms. Diane Elaine Benson  
Robert & Loretta Crawford

**Mr. & Mrs. Kenneth D. Felch**  
Mrs. Doris Manley

**Ms. Leslie Matney**  
Laura McAvoy & Sol Chooljian

**Mrs. Desiree D. Peckham**  
Mr. & Mrs. Paul W. Sasse

**Mr. & Mrs. Robert E. Thompson**  
Mr. & Mrs. Jerrel C. Yakel

**Paul Dextraze**  
Mrs. Jacqueline M. Dextraze

**P.K. & Minnetta Dial**  
Drs. Lanyard & Mary Dial

**Jim Edwards**  
Mrs. Lina Lee Edwards

**Inga Emerick**  
Ms. Sue Shoenberger

**Charles E. Farmer**  
Ms. Margaret Farmer

**Ruth Mitchell Farr**  
Mrs. Robert Beltramo

**Lawrence Feith**  
Mrs. Jean D. Ludwig

**Stan Feldman**  
Mrs. Rosalind Feldman

**Mary E. Ferro**  
Ms. Myra McLaren

**Janice Friel**  
Mr. Edward S. Friel

**Lawrence W. Fuller**  
Mr. Norman Fuller

**Maria Elfida Gaitan**  
Ms. Cecilia Gaitan

**Vi & Howard Geer**  
Mr. Howard Geer

**George D. Hansen**  
Mrs. George D. Hansen

**Rog & Lois Hill**  
Mr. & Mrs. Donald Hill

**Garry Hughes**  
Mrs. Denise Hughes

**Anne C. Huntsberger**  
Mr. C. Richard Huntsberger

**Gretchen A. Johnson**  
Mrs. Virginia G. Charters

**Eleanor Kane**  
Mr. & Mrs. John F. Caine

**John Katuzney**  
Mr. Matthew J. Katuzney

**Mr. & Mrs. James A. Kelly**  
Mr. & Mrs. Raymond Boyd

**Helen Koehn**  
Pat & Cathy Busch  
Mr. William F. Byrnes  
Ms. Jacque M. Trembly

**Sally Koss**  
Ms. Margaret H. Brown  
Mr. William F. Carroll  
Ms. Linda Fisher  
Ms. Maxine H. Grimm  
Ms. Kathleen K. Mandaglio  
Ms. Gisele L. Shuford

**John LaSalle**  
Jack & Bonnie Love

**Ellen Angel Daily Lipari**  
Mrs. Carolyn S. Berenson  
Mrs. David J. Donlon  
Mrs. Helene J. Dufau  
Carolyn & John Menne

**Pat Loft**  
Mr. & Mrs. Ned Bartels  
Mrs. Robert Beltramo  
Ms. Martha Breyer  
Ms. Gail Brockett  
Ms. Raye Burkhardt  
John & Lois Bustard  
John R. & Mary J. Buzzell  
Dr. & Mrs. James E. Carlson  
Cobett & Richard Clark  
Heather W. & Milton F. Daily, Jr.  
Mr. Thomas D. Deardorff  
Mrs. David J. Donlon  
Mrs. Pat A. Doring  
Janice & Bruce Fuhrman  
Alan M. Gross, M.D.  
Mr. C. Richard Huntsberger  
Mrs. Carol Isleib  
Laura McAvoy & Sol Chooljian  
Mr. & Mrs. Bill E. McKinley  
Ms. Janet L. McLorn

Carolyn & John Menne  
Mr. & Mrs. Rudy G. Muro

**Mrs. Lois B. Pesce**  
Mr. Fred J. Phipps  
Ms. Marta Ramirez  
Ms. Patricia R. Robinson  
Mrs. Christa Stiernelef  
Mrs. Dan Stuart  
Ventura County Foundation for  
Medical Care  
Mrs. Adele S. Walsh  
Mr. & Mrs. Edward Waters, III  
Winfred & Judy Wilcoxson

**Dwight & Adda Lukehart**  
Ms. Sheila A. Lukehart

**Peggy Gavenman Mahler**  
Mr. Dale Glasser  
Mrs. Jessica Harris  
Ms. Norma Leifer  
Mrs. Laurie J. McKnett  
Ms. Lee Ann Mitchell

**Inez & Blinn Maxwell**  
Mr. & Mrs. Thomas P. Pecht

**Loise McClain**  
Frank & Marilyn Cadinha  
Cal-Cel Marketing, Inc.  
Mr. & Mrs. Frank Hiji  
M. Nishimori Farms  
Mrs. Chris Mason  
John & Joan Miyamoto  
Ms. Mutsumi Nakashima  
Jon & Janice Nishimori  
Ms. Frances Nishimori  
Mrs. Beverly J. Wagstaff  
Mr. Richard White

**Howard H. McDonald**  
Mr. & Mrs. John R. McConica

**Daniel McGrath**  
Mrs. Nancy Huff  
Maulhardt Industrial Center

**Clinton John McKillop**  
Anonymous

**Teruyo O. Melhorn**  
Mr. R. William Melhorn

**Jacobus Midde**  
Ms. Gertruida Midde

**Charles Moore**  
Ms. Barbara Cogert  
Ms. Penny L. Davis  
Ms. Paula R. Fullmer  
Ms. Katie Johnston  
Ms. Beverly A. McGrath  
Ms. Jane Seymour  
Tom & Suzi Weber  
Bill & Pat Werber

**Joe Morsoli**  
Anonymous

**Juanita Patisaul**  
Mr. & Mrs. David Corrente

**Paul & Ann Pecht**  
Mr. & Mrs. Thomas P. Pecht

**Mary Pennisi**  
Ms. Theresa Parks  
Lynn P. & John W. Ridout

**Bernice Persky**  
Mrs. Marlene T. Votion

**Erma Phenning**  
Ms. Leona H. Bovberg

**Graciela Pons**  
Ms. Silvia Basich

**Olga & Jakob Popov**  
Tania & Mark Sussman

**Patty B. Prevost**  
Mr. Herbert L. Prevost

**Mary Puopolo**  
Mr. Joseph Puopolo

**Cristina Ramirez**  
Mr. Richard G. Calzada

**Charles Randall**  
Mrs. Edith Randall

**Florence Robles**  
Ms. Maren English

**Adele Rosenbluth**  
Mr. Murray Rosenbluth

**Annemarie Roth**  
Anonymous

**Roz & Peter**  
Mr. Edward F. Van Lier Ribbink

**Elfrida Saitan**  
Joe & Janice Mendoza

**John Schwartz**  
Ms. Adrienne N. Clark

**Freadus Seal**  
Ms. Reba Leggieri

**Jessica Shepard**  
NS Ceramic, Inc

**Betty Sher**  
Friendship Connection

**Charles M. Slaton**  
Ms. Florence L. Slaton

**Mary A. Stoutenburg**  
Mr. Eric Stoutenburg

**John W. Strobel, III**  
Jack & Bonnie Love

**Lucy, Richard & Jeffrey Tauber**  
Ms. Maria Tauber

**John Thieman**  
Ms. Catherine J. Arnes  
Friendship Connection

**Mavis Tracy**  
Mr. & Mrs. Jack L. Hock

**Dawn Vodka**  
Mr. Joseph Vodka

**Richard Vogel**  
Annette & Ronald Myavec  
Ms. Louann Negrete  
Richard & Cathy Vogel

**Ferol Wadlington**  
Ms. Justine E. Thomas

**Rosemary Westfall**  
Michelle & Charles Pyfrom

**Opal T. Wilhite**  
Mr. Rolla J. Wilhite

**Sy Wyler**  
Mrs. Ruth Wyler

## A Message About Planned Giving



### A Gift With Legs

It took a lifetime of disciplined savings to accumulate your estate. Although you are feeling generous about leaving all or a portion of it to charity, you would like to insure that the gift has a lasting impact. If this is the case, you might want to consider designating your legacy gift to an endowment fund.

Endowments are funds that provide charities with yearly income from their earnings, usually about 5%, while preserving capital.

Two important factors to look at when selecting a charity for your endowment gift are sustainability and fund management.

This is a milestone year for Livingston, we are celebrating 65 years of providing Ventura County residents with kind and compassionate home health and hospice care, and typically the best indicator of future sustainability is past performance.

As for a well managed fund, Livingston established its

endowment fund, the Livingston Memorial Visiting Nurse Association Endowment Fund, in 1996 with the Ventura County Community Foundation, which consistently ranks as a top performer among community foundations.

Last year, due to the cumulative generosity of many donors, Livingston's endowment fund topped \$1 million. The fund now produces about \$50,000 in annual income that can be used for subsidized home health and hospice care for the under and uninsured, community health education programs and other community benefits.

So if you want to make a lifetime gift that has legs, endowments are truly gifts that won't run away.

*Do you have questions or want more information regarding Livingston's endowment? Please contact Marc Wilde, CFRE at (805)642-0239 x603 or [mwilde@lmvna.org](mailto:mwilde@lmvna.org).*

## Livingston's Work Place Giving Program Reaches Out



Photo by Andrea Howry / Lighthouse

**Elizabeth Alonzo**, an administrative officer in electronic warfare, Naval Air Warfare Center Weapons Division, learns about Livingston Memorial Visiting Nurse Association from the agency's Development Associate, **Michelle Pyfrom**. Livingston was one of 13 agencies at the California Gold Coast Combined Federal Campaign kickoff on Thursday, Sept. 27, at Naval Base Ventura County (NBVC) Point Mugu.

Livingston is involved in many work place giving programs throughout Ventura County. If you would like more information about participating in a work place giving program, please contact Michelle Pyfrom (805)642-0239 x607 or speak directly to your company's human resources department.

## Beyond Grieving...

In recent months I have been grieving the loss of my wife to the ravages of Alzheimer's disease. After 61 years of beautiful marriage this has not been easy and an unexpected tear will appear almost daily as a fond memory will be recalled. Despite these feelings, I know Virginia would be disappointed if I let them dominate my life. Life goes on and I have children and their families who need my love and support in their lives. In addition, we live in a troubled world where the ravages of war, disease, famine and pollution need our attention.

Yes, I will continue to grieve for Virginia as long as I live, but she would not want it to be the main focus of my life. It's time to move on as we work together to make this a more peaceful, just and sustainable world. It's time to move from mourning to morning.

Bob Unruhe  
Ojai, California

On the Fall 2011 Visitors newsletter cover we featured Bob and Virginia Unruhe's struggle with Alzheimer's disease and the decision to place Virginia on Livingston Hospice care. You can read Bob's original letter at [livingstonvna.org](http://livingstonvna.org), click on the About Livingston link and Newsletters.

