

Visitors

"Home is where the Heart is"



Winter 2017

(805) 642-0239

lmvna.org

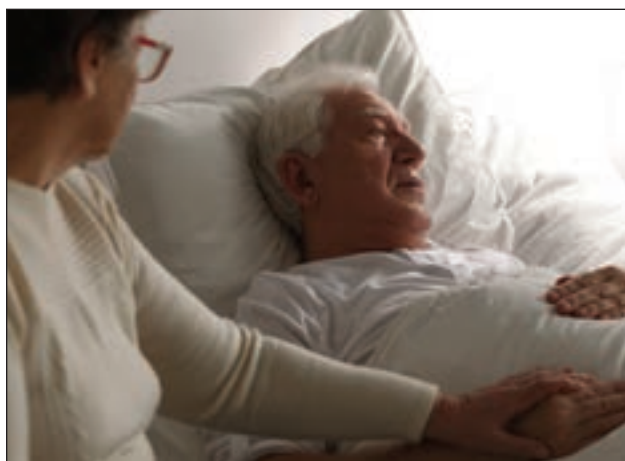
Living with Livingston Hospice

You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but to live until you die.

— Dame Cicely Saunders, founder of the first modern hospice in London in 1968.

A woman stands at the bedside of a dying man. Her eyes fill with tears as he, her husband of 65 years, takes his last breath. She speaks softly to him, gently touching his hands; telling him how much she loves him. She is saying good-bye.

She feels deep sadness, but also a strong sense of satisfaction. Everything that could have been done for her husband's comfort and for her support has been available. She knows this transition in her life could have been much harder without the loving support of her hospice team.



It is a privilege that families open up and allow us to enter their lives.

— Doug Van Bogelen, Volunteer

Without the presence of knowledgeable, skilled and dedicated end-of-life caregivers, she would have been alone in a frightening and unfamiliar landscape. Her support team — including her primary doctor, nurses, social workers, chaplains, home care aides, therapists and volunteers — were there to support and guide her through this profound loss.

Living with hospice, not dying on hospice

Hospice is actually about how you live.

Hospice is a philosophy that benefits people at the end of their lives by promoting and enhancing the quality of a patient's remaining life.

Hospice care focuses on providing compassionate comfort care for those facing the end of their life. Our goal is to help the patient — and their family — live their final days to the fullest, as free as possible from pain and mental anguish while remaining in familiar surroundings.

The hospice experience can be more meaningful when it is provided over a period of months, rather than days. Hospice care focuses on palliative (prevention and relief of suffering) rather than curative treatment and quality, rather than quantity, of life.

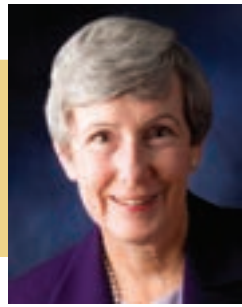
Creating comfort

The focus of hospice care is on the patient — not the disease. Each family receives a customized plan of care. The goal of hospice is to relieve pain and the uncomfortable symptoms that are present as a result of a terminal illness — in the comfort of a person's home, nursing home or assisted living facility.

Typically, a family member serves as the primary caregiver and, when appropriate, makes decisions for the terminally ill individual. Our hospice team members make regular visits to assess the patient and provide additional care or services. Families are never alone — our staff is on-call 24 hours a day, seven days a week. *Continued on page 6*



Our Message to You



FIVE STAR STORIES

How would you like to be part of a great story? One of the wonderful opportunities presented by our recent merger is the expansion of the **Life Stories Program** run by **Camarillo Hospice**. We would like to expand this program in Camarillo and be able to share it with Livingston patients throughout Ventura County. To do this we need more Life Story Program volunteers.

Everyone has an important story to tell, especially the elderly and those nearing the end-of-life. A person's background and life experiences form a legacy of wisdom and love that has immeasurable value to family and friends. We need your help to capture and record those stories. We also need editorial help with the media production to create a living memorial.

If you are the interviewer, you will meet with the subject five or six times for about an hour each visit. You will talk about ideas for telling the patient's story, organize a general outline with them, and then talk about the chapters of their life. The subjects may want to talk about growing up on a farm, life overseas, military service, children and family, faith, loves and losses. It's their story and your job is to help facilitate its telling. During a recording session, you may ask questions to clarify something or to keep the story on track.

We also need volunteer editors who review the recordings to remove background noise, unrelated comments, and prepare a CD for the subject who can then make copies and distribute to family and friends. The editors are the people that create the magic behind the scenes.

Training is provided to volunteer interviewers and editors. If you've ever wanted to be an investigative reporter or behind the scenes director, this is your chance to step forward. Please call **Sandi Biggs**, Camarillo Hospice Volunteer Coordinator, (805)389-6870 x453 or sbiggs@lmvna.org.

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Lanyard K. Dial, MD, *President/CEO and Medical Director*

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HOSPICE PHYSICIANS

Mission Statement

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

As community-supported non-profit organizations, they strive to provide professional 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.

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

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



You are invited to join us as we remember
and honor loved ones and special friends.

33RD ANNUAL

Light Up A Life Celebration

MEMORY TREE LIGHTING CEREMONIES

Camarillo Tree of Life

Saturday, December 2, 2017 – 4:30pm
Constitution Park, Camarillo

Ventura

Thursday, December 7, 2017 – 6:30pm
Pacific View Mall, Ventura

Ojai

Thursday, December 14, 2017 – 5:30pm
Chaparral Auditorium, 414 E. Ojai Ave., Ojai

All events are free
to attend.

The warmth and spirit of the holiday season is ushered in each year as we present our **Light Up A Life** memory trees. Now in its 33rd year, this annual free community event gives us the opportunity to remember, honor, and celebrate the special people who have touched our lives.

We hope you will join us for this cherished event by becoming an event sponsor or by purchasing a memorial star. You can purchase your sponsorship or star online at www.lmvna.org/lightupalife or by calling (805) 642-0239.

For additional information about the events, please contact Maddy Hazard at (805) 642-0239 x775 or lightup@lmvna.org.

All funds raised through Light Up A Life help ensure comfort, enhance quality of life and preserve dignity for Livingston and Camarillo Hospice patients and their families.

Camarillo
Musical Guests



Duo Subito

Ventura
Musical Guest



Sherry Hursey

Ojai
Musical
Guest



Mark David

Thanks to our Sponsors

DREAM ANGEL

Anonymous
Margaret & John Given
Mr. & Mrs. Jurgen Gramckow
Bill & Elise Kearney
The Hon. David W. Long &
Ms. Shirley Critchfield
Pacific View Mall
Karen & Tom Pecht
Rains of Ojai

EARTH ANGEL

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Drs. Mary & Lanyard Dial
Lisa Dunlap
Dr. & Mrs. Charles M. Hair
Maureen & Brian Hefelfinger
Mark & Terri Lisagor
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Ms. Sheila A. Lukehart
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H.C. Brigham
Nina Butler
Louisa & Stephen Carleton
Ms. Patti Channer

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Larry & Pam Davis
David L. Fish
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Linda & Marc Wilde

Updated as of 10/31/17



GRIEF AND THE HOLIDAYS

*Lisa Ann Rood, LCSW, Bereavement Services
offers ways to cope this holiday season.*

When I was a little girl, my best friend's father died on Thanksgiving morning. My heart broke for what she and her family had to go through. I remember her dad with a twinkle in his eye and apple red cheeks. And as Thanksgiving approaches almost fifty years later, I enjoy remembering him on this day of celebration and family.

Each of us enter this holiday season with loved ones in our hearts — perhaps a treasured parent or beloved spouse, dear friend or precious child. For some, the loss is fresh. For others, it's just beginning to fade.

Learning to Cope

Several years ago, I made the decision to go inward during the holiday season and make it one of quiet and reflection. I decided that my friends and family could live without the cards I spent hours addressing and sending. Instead, I thoughtfully considered who I might get together with and what I might bring as a small token of love.

I introduced this idea to a man I was working with who was grieving the loss of his only son. Facing the holidays brought up his pain all over again. The

best plan he could manage to come up with for himself was to walk over to his neighbor's house to sit with them over dessert. The neighbors were close family friends and would understand.

Another year I asked the teens I meet with in a Grief Group to write holiday cards to their loved ones — what they'd like to say if they could. I brought boxes of cards and watched as they sorted through and selected just the right card. The room grew quiet — words were being written on paper that was blank minutes ago.

One by one, the students looked up and put down their pens. Perhaps entering the holiday season without their loved ones present was made just a little easier by the act of opening their hearts.

I hope you, too, can find a way to release your sorrow and allow others the gift of offering you love and support as you remember your loved ones this holiday season.

To learn more about our free bereavement services and groups, contact Maddy Hazard at (805) 642-0239 ext. 775 or visit our website www.lmvna.org/bereavement.



Personal Care is Peace of Mind

Livingston CareGivers has provided vital, non-medical, personal assistance in the home to residents of Ventura County for over 15 years. Our clients encompass not only the frail, disabled and elderly, but anyone and any age that needs personal help at home.

People can remain in their home, when daily needs are managed and addressed, which is often a preferred option to long term placement. Many studies show that home is where the elderly prefer to be and where they do best.

Livingston CareGivers provides numerous services, but the most important benefit we provide you with is the peace of mind in knowing that a trusted agency, part of the Livingston Family, is here for you and your loved ones.

Livingston CareGivers | (805) 642-9570
lmvna.org/caregivers

*For all your caring,
all your caregiving:*

*Thank you.
Thank you.*



LIVINGSTON CALENDAR

CAREGIVER SUPPORT

Share, listen and explore thoughts and feelings about caring for your loved one.

1st and 3rd Mondays — 10:00 to 11:30 am
 Ojai Valley Community Hospital
 Continuous Care Unit, Fireside Room
 1306 Maricopa Hwy., Ojai
 For information call: 633-9056

1st and 3rd Wednesdays — 1:00 to 2:30 pm
 Camarillo Hospice Office
 400 Rosewood Avenue, Camarillo
 For information call: 389-6870 x452

BEREAVEMENT SUPPORT

Explore, learn and feel supported in a safe environment. Our programs are designed for anyone who has experienced the loss of a loved one.

The merger with Camarillo Hospice has expanded our bereavement support groups. Meeting dates/time for support groups can be found on our online calendar. Please call (805) 642-0239 x775 or email griefinfo@lmvna.org before attending the first time.

Ongoing Support Groups: Adult Loss of a Parent, General Bereavement, Survivors of Suicide Loss, Young Widows and Widowers.

Intermittent/Time-Limited Support Groups: Bereaved Parents, Good Grief Club (children 6-14), Healing Through Creative Writing, Newly Bereaved, Pet Loss, Teenage Grief (ages 15-19), Young Adult Grief. Individual, couple and family grief counseling available.

DIABETES CLASSES

Learn basic information about type 2 diabetes — including prediabetes with an emphasis on meal planning, exercise, blood sugar monitoring, medications and new developments in diabetes.

1st Tuesday of the Month — 1:00 to 2:30 pm
 Livingston Community Conference Room
 1996 Eastman Ave., Suite 109, Ventura

1st Wednesday of the Month — 10:30 am to Noon
 Simi Valley Senior Center
 3900 Avenida Simi, Simi Valley

1st Wednesday of the Month - 2:30 to 4:00 pm
 Camarillo Community Center, Room 3
 1605 Burnley St., Camarillo

4th Wednesday of the Month - 1:30 to 3:00 pm
 Adult Community Center, Foothill Room
 1385 E. Janss Rd., Thousand Oaks

JOINT REPLACEMENT CLASSES

Prepare for knee or hip replacement surgery with information about home safety, exercise and rehabilitation.

2nd Monday of the Month - 4:00 to 5:00 pm
Spanish Speaking Class 5:30 to 6:30 pm
 Livingston Community Conference Room
 1996 Eastman Ave., Suite 109, Ventura
 Please call to RSVP: 642-0239 x739

2nd Wednesday of the Month – 10:00 to 11:00 am
 St. John's Pleasant Valley Hospital,
 3rd floor, Classroom #2*
 2309 Antonio Ave., Camarillo
 Please call to RSVP: 797-7699

2nd Wednesday of the Month – 1:00 to 2:00 pm
 Sunrise Senior Living of Wood Ranch
 Activity Room
 190 Tierra Rejada Rd., Simi Valley
 Please call to RSVP: 797-7699

* New Location to be announced in January.
 Call for more information.

For a current and complete listing of classes, visit the [CALENDAR](#) section at www.lmvna.org.

These **FREE** community classes are available to anyone learning to care for or cope with the loss of a loved one, managing their diabetes or living with new mobility after a hip or joint replacement.

Living with Livingston Hospice

(continued from page 1)

Hospice doesn't mean giving up hope

Hospice is not “giving up.” — It is comfort and support.

Even though death can lead to sadness, anger and pain, it can also lead to opportunities for reminiscing, laughter, reunion, and hope. The support team for each family helps them understand the impact that a terminal illness will have on their plans, hopes, dreams and relationships. They offer tools to communicate and cope.

Enough time to say goodbye

You are in your bed, you are well cared for, and safe.

These are simple — yet profound— words that capture the intent of hospice.

When death is imminent, we create a loving and reassuring atmosphere. Families are encouraged to stay close, but not interfere. Simply holding the patient's hand and repeating a simple phrase helps the patient complete his or her task.

Once a patient has died, our hospice team will help the family



in any way possible — honoring the wishes/customs of the family, coordinating with mortuaries, and arranging transportation. Support and comfort for each family member is offered and bereavement services are available.

Whether volunteer or medical hospice, the compassionate hospice teams of Livingston and Camarillo Hospice are dedicated to provide the absolute best care to meet the physical, emotional and spiritual needs of both the patient and their family.

Last year, 933 patients and their families were served by Livingston and Camarillo Hospice. For more information on how we can help you, please contact Mandy Furlong at (805) 642-0239 x755.

HOSPICE FAQ

Who qualifies?

Anyone who has a certified life expectancy of six months or less is appropriate for medical hospice care. Any and all individuals and families facing a life-limiting illness, including chronic disease, whatever the diagnosis and regardless of the stage qualify for our hospice Friendly Visitor Program.

Who refers?

Medical hospice requires a doctor's referral as well as the cessation of all curative treatment. Patients can self-refer to the Friendly Visitor Program — a non-medical hospice program. Or family members, friends, spiritual advisors, and neighbors can make initial contact on a patient's behalf.

Who pays?

Medicare, Medi-Cal and other insurance cover medical hospice care. Livingston/Camarillo Hospice is a non-profit organization and relies upon donations to make sure no patient is turned away due to the inability to pay.

Volunteer Training Starts Soon!



Join a remarkable core of volunteers — community heroes that give special gifts of time and compassion to patients and their families. We will provide you with training that gives you the confidence to enter the homes and lives of others to support them as part of the Livingston and Camarillo Hospice volunteer team. What you receive back is as priceless as what you give.

Each session meets for eight consecutive weeks and **volunteers serve throughout Ventura County**. Please visit our website www.lmvna.org/volunteers for more information.

Winter Session: Ventura January 2018

Contact: Maddy Hazard (805) 642-0239 ext 775 email: mhazard@lmvna.org



Birgitta Kastenbaum and Cheserae Scala share their mission to bring the art of dying into every home.

Using Connection to Heal What Medicine Cannot Cure

Imagine sitting with a family and their dying loved one — wishing there was something more you could do, something more you could offer. Maybe they are holding your hand — desperate to connect. Maybe they are looking into your eyes — searching for something unnamed.

That is where an “end of life Doula” can be of service.

What is an End of Life Doula?

If you are familiar with doulas, it is most likely someone who companions women and their families around

End of Life Doulas are also known as end of life coaches, soul midwives, transitions guides, death coaches, death doulas, doula to the dying, death midwives, thanadoula and end of life guides.

childbirth. There are also end-of-life doulas. They provide non-medical support to individuals who are facing end-of-life. They provide another kind of companionship — one that offers

spiritual and emotional healing as well as practical but gentle guidance in dealing with the many challenges and decisions surrounding the end of life.

How fortunate we were when **Cheserae Scala** — known to us as “Ta” — reached out to Livingston. Ta participated in our hospice training class. Now she shares her expertise viewed as the “Art of Dying — with current volunteer trainees.

Programs that work in partnership with Livingston Hospice

Ta and her partner **Birgitta Kastenbaum**, support families through **Bridging Transitions™**. Not only do Ta and Birgitta go into homes of individuals who are terminally ill, but they offer training on **Sacred Tending™** to the community. Sacred Tending™ emphasis the sacredness, uniqueness and universality of the human experience of death.

The Livingston Hospice team is dedicated to providing the best quality of care to patients and their families. We embrace serving the physical, emotional and spiritual aspects of life. We welcome the opportunity to work with others, like Ta, to learn, share and ultimately enhance the Art of Dying.

To learn more about compassionate hospice services, contact Mandy Furlong at (805) 642-0239 ext. 755.

SAVE THE DATE

22ND ANNUAL
Garden Tour
April 15, 2018
Noon - 4:00 p.m.
lmvna.org/gardentour

10TH ANNUAL
Mother's Day Luncheon
May 11, 2018
11:30 - 2:30 p.m.
lmvna.org/mothersday

Celebrating a Mother's Memory

Jonathan Sandoval tells of his unique way to honor the memory of his mother.

I had such a fantastic experience raising money for Livingston during my 2015 Los Angeles Marathon journey; I decided to try it again in 2017. Once again, I asked my friends and family to sponsor individual miles along my 26.2 mile adventure through the streets of LA. Once again, they exceeded my expectations — by far! Nearly 30 individual pledges were made in honor of my mother, **Julie Sandoval**.

One of the promises I made to myself when my mom passed away in 2013 was that I would never let her spirit or her memory fade away. Since that tough day in December I have made it my duty to keep her flame alive and well — and tell her story every chance I get.

Her story is the way she lived

And I really love to tell her story. Whether it is about her illness or simply her life in general, I often find myself telling people about her and how she influenced something currently taking place in my life. Some stories are about her love for sports, some are about her never ending zest for life. Some focus on how she dealt with her diagnosis and the latter years of life, and some reference the way she approached raising my sister and me. No matter what the subject of the story was there is always a sense of joy and excitement, which is exactly how she tried to live her life.

My mom really did live life to its fullest. She made sure to take advantage of every opportunity that came her way, and she made it a point to celebrate even the smallest victories. One of the most important things that I learned from her in our 31 years together was to live life happy. Sure, bad things will happen — it's inevitable. But one thing you can always control is your reaction and your outlook on life each day.

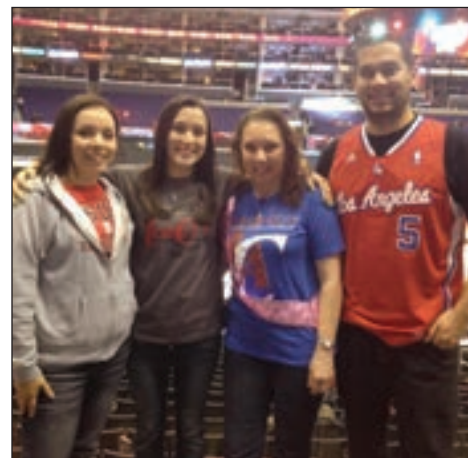
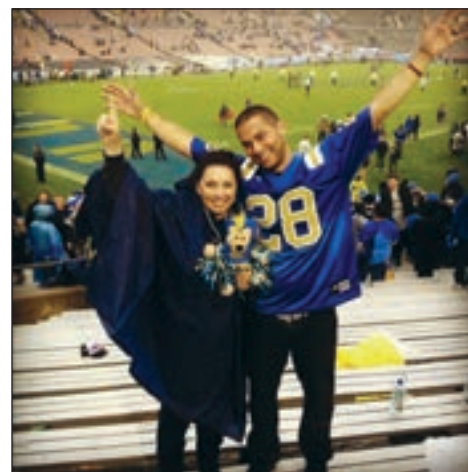
These days, when I talk about my mom and tell her stories, it is not an unhappy memory associated with losing her — it is a chance to celebrate her and the things she did to shape my life. Her story will always be one that guides me and that reminds me to stay on track and to always flourish despite the challenges of life.

Mom's Mile

My favorite part of every marathon I have run, 15 in total, is reaching “Moms Mile” or mile 25. I always dedicate the last 1.2 miles of my 26.2-mile journey to my mom and her memory. I consider this final stretch of my race to be my Victory Lap. It's a chance to run with mom and reflect on all that she taught me. This is my chance to ignore the pain and suffering of the moment and replace it with pure joy and elation — and to reflect on the many positive memories of my beautiful mother.

My mom was lucky to receive care from Livingston Hospice during her final days in 2013. I know she would appreciate giving back to such a wonderful organization. This year I was able to donate \$1,050 in her memory — the most I've ever raised with my Marathon Donation Project.

Jonathan raised over \$1,600 through his races to support Livingston through his Marathon Donation Project. Many donors create fundraising opportunities around important life event — birthday, holiday or “just because.” It's a great chance to tell your friends, family, colleagues, or partner that you'd rather have them give to Livingston in your honor than give you yet another pair of socks.



Memorials & Tributes

AUGUST 2017 THROUGH OCTOBER 2017

At its heart, Livingston is about helping people. It is with deep gratitude that we recognize gifts made in tribute to friends and family members. These thoughtful gifts will truly help someone when they need it most.

IN RECOGNITION OF A LIVINGSTON CAREGIVER

Dr. Lanyard Dial
Mr. & Mrs. Eric Leibovitch

Marilu Duarte
Rosalie Hoffberg &
Donna Lockwood

Laura Gallardo
Ilene & Howard Gavenman

Daniel Kaplan
Betty & Randy Fitzpatrick

Louanne Kroell
Lisa & Mark Fanjoy

Carrie Stinson
Sandra Marks

Dorothy Westbrook
Orville & Elaine Hernvall

IN HONOR OF

Alice Braun
Roberta Cordell

Marcia L. Donlon
Dr. & Mrs. Edward Waters III

Bridget Fischer
Rosalie Hoffberg &
Donna Lockwood

Dr. Charles Hair
Sam Perricone, Jr.

Holly Hoffer
Ed & Holly Hoffer

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Mrs. Claire Friel Carty
Margaret & John Given

Rose Smith
Sandra Marks

Camille Torgeson
Kenneth & Jane Winter

Tony Trembley
Delta Kappa Gamma Society,
Epsilon Phi Chapter

IN MEMORY OF

Raymond Acosta
Robert & Maria Acosta

Ron Acosta
Mrs. Larrilyn Bangs

Bob Allison
Jim & Melanie Smith

Mamo Allison
Jim & Melanie Smith

Mimi Allison
Jim & Melanie Smith

David P. Ammons
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Mr. Ildefonso Aviles

Mary Ballor
John & Mariam Giafone

Minerva 'Cookie' Barsky
Terry & Art Heller

Dale Bartle
Armine Bartle

Mirko Basich
Anonymous

George Beckers
Tom & Gloria Forgea

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Mrs. Robert Beltramo

David Benson
Drs. Mary & Lanyard Dial

Jerome Berenson
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Gerry & Joan Olsen

Pat Busch
Mrs. Catherine Busch

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Mrs. Nina M. Butler

Elizabeth D. Byrnes
Mr. William F. Byrnes

Beverly Campbell
Mr. Gordon Campbell

Ernest Carlson, MD
Richard J. Tushla, MD

Michael Owen Carson
Bernie & Darlene Conway

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Mr. Richard G. Calzada

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Anonymous

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Hal Coffman
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Mr. Peter T. Conforti

Joanne Ruth Connelly
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Ralph Cormany
Dr. & Mrs. James H. Beckett

Celia Corralejo
Linda Corralejo-Miranda &
Antonio Miranda

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Camarillo Certified Farmers Market

A project of Camarillo Hospice.
Every Saturday 8 a.m. to noon
— rain or shine —
2220 Ventura Boulevard
in Old Town Camarillo



How to Express Sympathy: What to Say and What Not to Say.

Although many people want to comfort and help the bereaved, the stress and anxiety of the encounter sometimes makes it difficult to know what is actually helpful. Often the phrase that is meant to help actually produces more pain and distress. What follows is a partial list of phrases that have been found to be helpful (and hurtful) in comforting the grieving person.

What to Say

I'm sorry.
I'm sad for you.
What can I do for you?
I'm here and I want to listen.
Please tell me what you are feeling.
This must be hard for you.
What is the hardest part for you?
I'll call you tomorrow.
It isn't fair, is it?
You must really feel angry.
Take all the time you need.
Thank you for sharing your feelings.

What NOT to Say

I understand how you feel.
Death was a blessing.
You're still young.
You have your whole life ahead of you.
You will feel worse before you feel better.
You can have other children.
You can always remarry.
Something good will come out of this.
At least you have another child.
He (She) led a full life.
It's time to put it behind you now.
Be strong!

Volunteer Spotlight

Remembering a Devoted Volunteer

Over twenty years ago, **Donna Miller** was looking for a way to “give back” after her father died of cancer on our hospice care. Warm, sincere, compassionate and dynamic, Donna was everything one could hope for in a hospice volunteer.

Donna eventually became the co-chair of the Light Up a Life event. As Donna would say, “I am all about Light Up.” During her tenure as co-chair, the event grew each year and raised over \$968,000 to support compassionate hospice care over 20 years.

“Donna provided volunteer help at our offices — editing the newsletter — and coordinating numerous fundraising events over the years. From Guerneville Turney to Miniature Golf tournaments to the first Mother’s Day Luncheon, Donna definitely put the “fun” in fundraising. But she never lost site of the purpose,” recalls Volunteer Coordinator Maddy Hazard. “We were very fortunate to have her as a part of Team Livingston for such a long time. Her kind and caring presence brought peace to so many people in our community.”

Donna passed away on April 24, 2017, from Alzheimers, with her family by her side. This year, Donna’s family will light the Ventura Tree in her memory.

We are lucky to have had such a devoted volunteer. If you are interested in volunteering for Livingston or Camarillo Hospice, please contact **Maddy Hazard** at (805) 642-0239 x775 or mhazard@lmvna.org.

