

Illuminate

Your Donor Dollars At Work

F A L L 2 0 2 0

Your Generosity Makes it Possible for HSB to Help People with COVID-19

Since March 16th, our Patient Care Services staff have been working remotely, talking to their patients over the phone or video chat. While not ideal, our patients say that our help is invaluable. We currently have a very full caseload of 149 patients. A couple of months ago, we opened our program to those who are COVID-positive.

So far, we have assisted 39 COVID-positive patients, all of whom were referred by the Santa Barbara Neighborhood Clinics. Of these, 9 are currently still receiving services, and the others have recovered enough to not need our help anymore.

COVID-positive patients generally need assistance for less time than, say, someone with cancer. But our patients tell us that we make a big difference during that short period. Almost all our COVID patients have been low-income, and their most pressing need has been access to food. We connect them to the Food Bank for home-delivered dried goods, and we order dairy and other fresh food through our Instacart account.

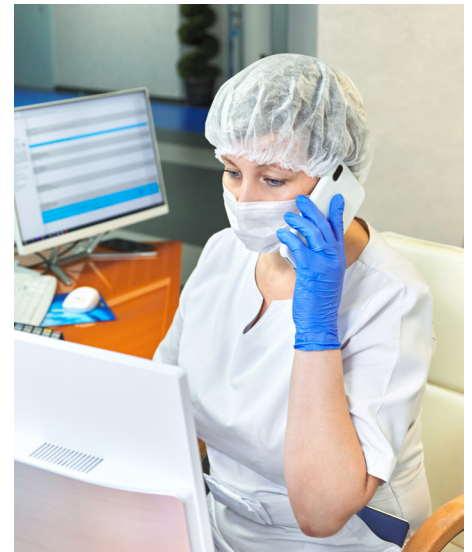
Instacart grocery delivery is paid for by our Quality of Life Grants. These grants are given to patients who need help paying for necessities like groceries, gas, rent, transportation, or medications. We have awarded twice as many grants than in past years due to the high demand during the pandemic.

One of the services patients and

their families are most grateful for is translation, as this story illustrates:

It was a huge blow to “Hilda” when her husband and older child tested positive for COVID-19. Her child is recovering at home but her husband is on a ventilator in the ICU. Nobody taking care of her husband at the hospital speaks Spanish, so Hilda hadn’t gotten any updates for almost three weeks. During that time, she was constantly in a state of anxiety and fear that her husband would die alone, without his family by his side. Now, our bilingual staff facilitates a daily call between the nurses and Hilda so she can be kept up-to-date on her husband’s condition. He continues to be sedated and in a delicate state, but together we are advocating on his behalf, giving Hilda and her family more peace of mind.

None of this work would be possible without the support of our inspiring and generous donors!



Your donations allow HSB staff to translate between ICU staff and Hilda

“HSB services can be a lifeline to people coping with a life-threatening illness that turns their entire world upside down and inside out. I’ve seen your team do everything from accompanying people to medical appointments, holding their hand in the hospital, shopping, picking up prescriptions, to providing marital support and one on one counseling, all invaluable forms of support. Thank you for being there.”

~ Amy Lebolt, who works in the palliative care field

Volunteers and Patients Find New Ways To Connect During the Pandemic

Thanks to you, we are supporting volunteers through this difficult time

Hospice volunteering has changed in the face of COVID-19, and in many ways we are in uncharted waters. Usually when there is a disaster or emergency, volunteers are some of the first people to jump in and help. But during the COVID-19 crisis, many volunteers understandably have wanted to stay safe—or keep others safe—from the virus. Nationally, 93 percent of non-profits have seen heavy volunteer cancellations, with some losing 100 percent of their volunteer force.

How has volunteering at HSB changed in the wake of the pandemic, when volunteers can no longer build rapport through in-person connection? We have been mightily impressed to see how many volunteers have successfully adjusted—with a bit of creativity—to a new way of connecting with patients, such as the story of Heather and Elizabeth below.

However, there are some patients who require face-to-face contact, with needs such as child care, respite care, or light housekeeping. So for the time being, the volunteers who help these patients are on hold. Unfortunately, our No One Dies Alone program is suspended as well since skilled nursing facilities are not allowing volunteers to sit with people who are dying.

It can be hard for volunteers whose assignments have been put on hold. Part of their identity is being an HSB volunteer, and without it volunteers can feel sad or a little lost. And they miss the connection they have with the patient they work with. We try to provide a safe space at our monthly volunteer meetings to allow these feelings to be expressed and

supported.

As we move through this pandemic, we will continue to support our volunteers and clients in whatever ways they need.

We hope you enjoy the story of Heather and Elizabeth below!

Heather and Elizabeth Maintain Their Beautiful Connection

Heather Weitzel has been volunteering with Elizabeth Duprey for about two years now. Elizabeth, retired engineer in her 70s, is wheelchair bound, and has limited use of her hands. Over these two years, Heather and Elizabeth have built a wonderful rapport, with Heather helping Elizabeth with her paperwork, wrapping Christmas presents, and reading poetry to her. They truly enjoy each other's company.

Before social distancing, Heather also helped Elizabeth to paint with pastels. Elizabeth would select the chalk pieces and Heather would put them into her hands. Elizabeth would apply the chalk and blend the colors, and they would talk about how it looked and what was next. When they were done, Heather would clean everything up. Elizabeth told us that she is not painting right now since Heather cannot come and help.

Since the pandemic began, Heather and Elizabeth have had to



Pre-pandemic, Heather helped Elizabeth create beautiful paintings like “Sunset at the Wharf”



Heather, pictured above, and Elizabeth read the *Lord of the Rings* series to each other over the phone every week.

adjust how they spend time together. Instead of in-person visits, they now talk on the phone for about an hour, twice a week.

During one of these calls, Elizabeth was reminiscing about her childhood, and told Heather how she had to be in isolation from her family when she was 20 years old because she had the Hong Kong flu. Elizabeth shares, “Mom wanted me upstairs all day long and that was really boring because nobody was home.” To pass the time, Elizabeth read the *Lord of the Rings* series by J.R.R. Tolkien.

After this conversation, Heather and Elizabeth decided that they would take turns reading these books to each other over the phone. Elizabeth expressed that she is getting so much more out of the books the second time reading them since she is going through the collection with Heather. This has been a fun and unique way to connect for both of them.

Elizabeth shares, “Talking to Heather is the highlight of the week. I would be down in the morning, and when I hear her voice it is like liquid sunshine in the room. I visualize her face when I talk to her.”

Although their relationship has changed, both Heather and Elizabeth still deeply value the wonderful connection they share!

HSB Helps Seniors Feel Less Isolated

Thanks to our donors, we are able to make life a little less lonely for isolated seniors

Seniors living in group settings are at higher risk for COVID-19—and for loneliness and isolation. For the last few months, Jeanne West, Community Engagement Manager here at Hospice of Santa Barbara, has been reaching out to senior care facilities to see how she can help.

Earlier this summer, Jeanne brought “Christmas in July” to 19 seniors at Casa Naomi—a residence for seniors with disabilities in Goleta. These seniors were feeling isolated since they hadn’t been able to see family or go out and about since March.

So Jeanne and a couple of volunteers wrapped up some games and iPads, and brought along a hot McDonald’s lunch and milkshake for every senior. The recipients responded with excitement and appreciation for



With your support, Jeanne and HSB volunteers were able to bring Christmas in July to isolated seniors with disabilities

this unexpected delivery!

This joyful activity would not have been possible without the support of donors like you!

Spanish-Speakers Receive Critical COVID-19 Information

Thanks to the generosity of our donors

Most local COVID-19 messaging is in English and leaves out many whose primary language is Spanish. This is particularly unfortunate given that the pandemic in our County has hit the Latino community harder than any other.

Adriana Marroquin, Community Initiatives Manager here at HSB, is leading Mi Vida, Mi Voz—a coalition of Latino-serving organizations—to provide Spanish-speaking populations with culturally relevant COVID-19 information in a timely manner.

Our website, mividamivoz.com, has comprehensive resources related to COVID-19, and we distribute printed newsletters twice a month through the Food Bank and other partners. Our weekly e-newsletter



goes out to over 350 representatives from partner organizations throughout the county, who then pass it on to an estimated 15,000 constituents. Radio Bronco reaches many in the Spanish-speaking community with this critical information as well.

This information could in fact save lives by preventing the spread of COVID-19, and can help those who are physically, emotionally, or financially impacted by the pandemic find the resources they need.



Your generosity enables HSB to keep helping during the pandemic

As I take stock mid-pandemic, I see our community struggling under the weight of grief from the loss of so many things: normalcy, connection, security, and in the worst cases, the loss of loved ones.

It’s not at all surprising that demand for bereavement counseling at HSB is higher than ever, with a four-week waiting list to see a counselor. Likewise, we are seeing an ever-increasing number of COVID-positive people coming to our Patient Care Services staff for help.

I know our community is resilient, and we are getting through this. But I still can’t help but wonder—what would happen to all these folks in need if we weren’t here? Luckily, thanks to our donors, we never have to find out.

We are proud of our response to the pandemic, as you will read in this issue of *Illuminate*, but it’s costly. So far, in addition to new program expenses, we have spent close to \$60,000 to adapt to the COVID-19 pandemic. A large part of this has been technology support for setting up 42 staff to work from home. We have spent more on safety supplies and cleaning, and we have given out twice as many Quality of Life Grants for people struggling specifically due to the impact of COVID-19 on their finances.

We have you to thank for enabling us to meet these expenses so we can meet our community’s needs. We could not do our work without you!

With gratitude,

David Selberg, CEO

Heroes of Hospice was a Success Thanks to You!

This year's Heroes of Hospice was a virtual event because of the pandemic. Heroes is a very important source of income for our programs, which are totally free to the community, so we were a little worried about losing income due to the format change. We are very happy to report that the event was a complete success thanks to the generosity of over 300 donors like you!

We had two matching funds that motivated donors to give more than they might otherwise. Early sponsors created an initial \$50,000 matching fund that was met well before the date of the event! You can read the names of these generous sponsors below.

The Living Peace Foundation provided an additional \$25,000



matching fund to be used on the day of the event. We were able to meet that match too! We are so grateful to everyone who responded to these calls for support. In the end, we raised over \$170,000!

It's because of you that Hospice of Santa Barbara can meet the very great needs of our community during the time of COVID-19.

If you missed the Heroes of Hospice event, you can see a video with Pico Iyer's keynote speech at HospiceOfSantaBarbara.org.

HSB Speaker Series



Roshi Joan Halifax

Integrity and Moral Resilience in a Time of Suffering

Thursday, October 22, 2020

6:00-7:00 pm PDT

Hospice of Santa Barbara will be offering a FREE virtual series of nationally-known speakers—11 over the next 12 months—beginning with Roshi Joan Halifax on October 22nd.

Roshi Joan Halifax's presentation is a powerful exploration of the deep necessity of integrity as the foundation for moral resilience. She will explore some of the challenges to integrity as we care for others, care for the world, and care for ourselves. She will look at essential aspects of moral suffering and how to cultivate moral resilience, which supports us in facing uncertainty, suffering, and loss.

To see our upcoming speaker lineup, or register for an event, visit HospiceOfSantaBarbara.org

Heroes of Hospice Sponsors

\$10,000 Guiding Star

Anonymous

\$5,000 Luminary Star

Dr. Lynn Cantlay & Robert Klein

Melinda Goodman Kemp

Jill & Barry Kitnick

Janet Nancarrow

Natalie Orfaea Foundation

Ridley-Tree Cancer Center

Linda Yawitz

\$2,500 Shooting Star

Central Coast Home Health and Hospice

Covenant Living at The Samarkand

Ken & Francie Jewesson

Nicole & Mark Romasanta

Kenny & Elizabeth Slaughter

Suzanne von Drehle

\$1,000 Lucky Star

American Riviera Bank

Anonymous

Eric Bowers

Emma Bridges

Cottage Health

Suzanne de Ponce

Elizabeth Faoro

Dr. Charles & Vera Fenzi

Don Galloway

Perri Harcourt

The Himovitz Family

Stephen Hosea

Gerd & Peter Jordano

Torsten Karzig

Marlene Klamt

Judy & Stuart Light

Mike & Nicole McGrew

Alan & Mary Jane Miller

Mullen and Henzell

Brenda Nancarrow

Nasif, Hicks, Harris & Co.

Northern Trust

NS Ceramic, Inc.

Doedy Orchowski

Steve & Amber Ortiz

Jach Pursel & Enrique

Dominguez

Susannah Rake

Muriel Ross

Gary Simpson & Jill Nida

Peter & Debby Stalker

Eunice Stephens

Stevens & Associates Ins.

Agency

Jean & Alvin Sternlieb

Foundation

Ronie Vandergrift &

Jim Braswell

Dana & Randy VanderMey

Volentine Family Foundation

Dick & Anna Zylstra

\$500 Bright Star

Debra Brandon

Heidi Bautista

Channel Islands Fiduciary

Group

Donna Dawson

Nollie Lei Dawson

Richard De Maria

Easy Lift Transportation

Deirdre Hasson

MarBorg Industries

Law Office of Cristi

Michelon Vasquez

Jack & Marlene Sheehan

Toma Restaurant & Bar

Evan Turpin

Leslie Von Wiesenberger

Charles & Nina Zimmer

\$350 Twilight Star

Assisted Home Health & Hospice

Joe Jowell

Oak Cottage of Santa Barbara

Eryn & Craig Shugart

Sudi Staub

VNA Health

Are you feeling pulled to get your financial affairs in order? HSB can help.

Now might feel like a good time to sort out your will or estate plan. Hospice of Santa Barbara's own Judy Goodbody can help you get started. Judy is a registered Tax Preparer who has been helping people with tax and estate planning for 25 years. Contact Judy Goodbody for your free and confidential assistance at 805-770-7119 or jgoodbody@hospiceofsb.org.

