



OF SANTA BARBARA, INC.

*A Volunteer Hospice Organization*

February 2014

**"Color Haven"** - Visit our Leigh Block Gallery to see the art of Tana Sommer, local artist.

[Read More](#)

**Winter Support Groups at HSB** -Call Soledad for more information and to sign up

[Read More](#)

*Did you know...*

Last year, Hospice of Santa Barbara provided **4,650 free professional individual counseling sessions** to our community.

In 2013, HSB's Palliative Care Team provided made **2,853 visits at Cottage Hospital** to those facing a life-threatening illness.

**Over 1,872 hours** of companionship, respite care, household help and support were provided to patients and their families in our community last year.

Annually, HSB provided **short term financial assistance** to help with food, funeral expenses, and medical care to over 50 families financially impacted by illness.

## 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

## What's Happening at HSB

### Dear Friend of Hospice of Santa Barbara

February 14th is viewed by many as a day to celebrate love for another with flowers, cards, chocolate and a romantic dinner. But for those who are coping with the loss of a partner or loved one Valentine's Day can trigger overwhelming feelings of loneliness, grief and isolation.

Hospice of Santa Barbara suggests these tips to help cope when missing that special someone on Valentine's Day and to comfort those we know who are grieving.

### Hospice of Santa Barbara in your community:

For those coping with the loss of a loved one:

- **Appreciate friendships.** This holiday is not exclusively for couples; it can be a time for you to share with others how special they are to you.
- **Do something for others.** Take the day off from work to volunteer somewhere close to your heart. Helping others can be a gift to yourself and help lift your spirits in meaningful ways.
- **Treat yourself** to something you love or have wanted to do for a long time.
- **Plant a flower** or garden as a permanent and growing symbol in memory of your loved one.
- **Share stories** of the early years of your romance with your children; it can be entertaining and allow you to remember how many wonderful times you had together.
- **Spend time with an animal**, or if you do not have a pet, visit a friend who does and soak in the comfort of unconditional love.
- **Lean on your support.** We all need a shoulder to lean on from time to time, and those who love you want to help. Try not to isolate yourself or pretend things are okay if they really aren't.
- **Allow yourself to set limits.** It is absolutely acceptable to turn down invitations when your friends invite you to come out for Valentine's Day.

While we know how much we care about friends and family members who are grieving a death, finding the right way to show our condolences can often be challenging. Here are some ways to offer comfort and express your sympathy:

mission of caring for those experiencing the impact of a life-threatening illness or grieving the loss of a loved one.  
(1/1/14 - 1/31/14)

Dale Fathe-Aazam

Kim Gonzalez

Lucy O'Brien

Richard Riede

Stonecreek Sunshine Club

We would also like to acknowledge our new and renewing **Heart of Hospice** Supporters (annually renewable gift of \$1,000 or more)  
(1/1/14 - 1/31/14)

Hollister & Brace

Doedy Orchowski

Dr. Eric Trautwein and  
Dr. Rachel Trautwein

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](#).

Like us on Facebook 

Follow us on 

View our profile on 

Find us on 

- **Reach out.** Call your friend to let them know you are thinking about them, and share a funny or touching story about their partner.
- **Spread the love.** Send cookies, flowers or another treat with a card that says something like: "I wanted to let you know I was thinking about you today."
- **Encourage Expression of Feelings.** Allowing your friend to express his/her feelings and share memories may be a huge help. Try to listen without offering advice or interrupting them.
- **Don't be afraid to ask.** If you normally celebrate Valentine's Day as couples or in a group, you should still ask your friend with the loss to join you. Even if they decline, at least they know you did not forget or are avoiding them.
- **Don't be pushy.** If your friend can't bear to come out without his/her loved one on Valentine's Day, let them know you will miss them, but don't force them to come along.

Caring for yourself, caring for others, and the care of loving friends and family can make a tremendous difference on Valentine's Day and every day.

To support the services HSB provides to the Santa Barbara Community, please [click here](#).



**Meet the Staff**  
**Soledad Hess,**  
**Community Intake Coordinator**  
**Hospice of Santa Barbara**

Soledad Hess joined Hospice of Santa Barbara in November of 2013 as the Community Intake Coordinator. Soledad has significant experience working in counseling services, education and crisis intervention. Prior to her work at HSB,

Soledad worked as a youth service specialist for the Council on Alcoholism and Drug Abuse for six years.

As the Community Intake Coordinator, Soledad speaks with each new client or patient, determining the best path of care, providing short term crisis intervention, performing bereavement assessments and supportive follow up and serving as a liaison for community resources for both staff and other community agencies.

Soledad earned a Bachelor of Arts degree from the University of Northern Iowa. She also studied art therapy at the University of Iowa.

### ***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:

- Send 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.
- Forward this newsletter to your friends and family.
- Follow us on Facebook.

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](#).