



“At 3:30 am we got the call about a collision on the 101 freeway. Our medic team was on site within 15 minutes. The incident was a two car collision just north of Winchester Canyon exit. The occupant of one of the cars was a 36 year old female who was unharmed. The other car’s occupants were not so lucky. A 55 year-old female and her 12 year-old son were unresponsive. Both had been ejected from the car. After administering CPR, both were pronounced dead at the scene. The 57 year-old male (father) was conscious with multiple lacerations and a broken leg. He was holding a male infant who had no injuries except a small cut on his forehead. The adult male was screaming at us to help his wife and son. Unfortunately there was nothing else we could do. It was heartbreaking...”

~ James, local paramedic

Dear Friends

No one is more exposed to the anguish and sadness of death and dying on a regular basis than our first-responders, those who answer 911 calls day and night—those EMTs, paramedics, firefighters who see and attend to **car accidents, heart attacks, domestic abuse, home fires, gunshot wounds, and every kind of unimaginable accident, illness, and death.** They are also often thrown into the middle of a family crisis where family members may be in various stages of panic, fear and hysteria. Last year, Hospice of Santa Barbara (HSB) met with over **300 local first responders** for “resiliency training” discussing ways in which they can care for themselves and each other as they face high rates of compassion fatigue, trauma, stress and even PTSD at work.

In addition to first responders there are other organizations whose daily work involves the sick, dying and bereaved. Our HSB team provides training and guidance for many of these groups to enhance compassion and listening skills as they interact with individuals and families with whom they work. We also help educate them about “self-care” so that these care professionals can ensure their own good physical and emotional health. In 2016, we worked with groups including **Dream Foundation, Teddy Bear Cancer Foundation, CALM, Casa Serena, New Beginnings, and many others.** All of whom work around grief, illness and loss on a daily basis.

Through **Hospice of Santa Barbara’s Community Education and Outreach** programs, we are addressing end-of-life in a variety of ways that include trainings, education and discussion forums, community projects and much more. We work with those who are care providers, who deal with death and illness as part of their job, and with the community at large.

For most of us, planning for or talking about death and mortality is difficult. Our culture believes that being stoic and brave regarding these matters is the best approach. In reality, it’s really not particularly healthy or helpful in the long run to block our feelings when facing these issues. An important part of our work at HSB is to **bring ‘the conversation’ into the light** so that we are all better prepared to face our mortality and that of our loved ones, head-on!

In 2016, Hospice of Santa Barbara conducted 102 Community Education and outreach trainings, workshops and presentations to 5,761 people in our community. Our goal is that everyone who is touched by our messages will spread them and that these valuable insights will lead to reduced anxiety, healing, and more purpose-driven and joyful lives.

Won’t you please help us in continuing to support and train those in our community who serve us by making a generous donation today? Your contributions will positively impact our ability to reach out to those who we rely on in the most difficult of circumstances. Help us help them. And, as always, **all our services are free to the community because of your generosity.**

David Selberg
Hospice of Santa Barbara, CEO

In 2016 HSB served 1,211 clients, including 222 children and 462 seniors.

Our Community Education reached over 5,700 community members.