

**Hospice of Ukiah, Inc.**  
620 So. Dora Street, Suite 101  
Ukiah, CA 95482



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### Special Thanks to

C & M Storage for yearly donating the use of a storage unit for our hospital beds & larger medical equipment.  
The kind ladies of the Prayer Shawl Ministry who continue to make lovely shawls and lap blankets for our patients.  
All the people who bring us their unneeded wheelchairs, commodes, shower benches, and other unused medical equipment.

**Hospice Library:**  
Our office has an extensive library of books for you to borrow—elder care, Alzheimer's, dealing with death and loss, grief, cancer, controlling pain, home safety and more. We also have many pamphlets which contain a lot of helpful information and are free to take.  
Come check out the books.

### Need rain gear or a warmer coat?

Pining for the new outfit Santa forgot to bring you? Is the weather getting you down and you need something new and shiny to raise your spirits?—something affordable!

Why aren't you checking out the Hospice Thrift & Gift? The Thrift is fully stocked with lovely gifts to bring you out of the "after the holidays" slump.

Snoopy and Woodstock found spiffy new slickers and boots. Come on in and find your own treasures.

**Hospice Thrift & Gift Store**  
401 So. State Street, Ukiah  
(707) 462-4038 [hospicethrift@pacific.net](mailto:hospicethrift@pacific.net)



### Palliative—A Big word with a Simple meaning

Everyone is talking about "palliative care" lately. Medicare is seeking to cover some palliative care and hospitals are investigating how they may become involved. In-hospital palliative care sounds like a no-brainer - you would think giving comfort to be one of the top priorities. But it's actually a new idea to Medicare - not simply "fixing a weakness" or "curing an illness" then sending the patient home, but helping patients to manage their conditions to improve their quality of life, and to prevent recurrent hospitalizations which cost hospitals and Insurance companies a lot of money.

Palliative simply means "giving comfort". Hospice of Ukiah does that on all levels and has been comforting patients and families free of charge for many years. This has saved the hospitals, Medicare, and Medicaid a lot of dollars.

Most people interpret "Hospice" as meaning a place or service for those whose life expectancy is limited and predictable. Medicare will pay the provider when a person has received a prognosis of 6 months and is no longer receiving any treatment for their illness. This leaves many people "out in the cold" as far as hospice or palliative care.

Hospice of Ukiah offers comfort and quality of life care for anyone actively dying or suffering from a debilitating or life threatening illness, whether or not they are still receiving treatment. For us, hospice and palliative care services differ only in the frequency of our visits.

Since we are not reimbursed by Medicare or Medicaid, or any private insurance, we are able to treat anyone with a need. All our financial resources come from community support in the form of small or large donations, grants, bequests, and the net earnings from our Thrift & Gift Store. In effect, the community is supporting a free service that all of us at some time, and in some form, will come to need. This is volunteerism at it's finest.

Community supported Hospice and Palliative Care is cost effective, helps patients in their own homes to manage their illness, promotes quality of life (and often extends it), and is in line with patient preferences and the well being of patients, their families, and care givers.

**Winter 2017**

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**Hospice Staff**  
Leah Middleton, RN/PSC  
Shelley Stickles, LVN/PSC  
Diane Keeton, LVN/PSC  
Rosa Rivera, CNA  
Suzanne Pollesel, CNA  
Dick Lumaghi, Chaplain  
Janet Denninger, Admin.

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## Donors—The lifeblood of Hospice

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### Medical Social Worker needed

**Our wonderful social worker Miriam Rafael has retired to devote her time to new endeavors.**

**We are seeking an experienced, licensed MSW to work with our patients and our medical Team. Call Dr. Werra at 391-3891**

## Free Grief Support Groups

Dealing with grief is one of life's most difficult challenges. For those who are suffering the loss of a loved one, a support group is a safe place to learn about the course of grief and to share feelings and insights with others.

Hospice of Ukiah is also offering

### ***Suicide Survivors Support Group***

**For information or to register for either group, call Dick at (707) 391-1817**

## Hospice needs Volunteers

Hospice of Ukiah is seeking volunteers for both the Hospice Respite Program and for our Thrift & Gift Store at 401 So. State Street.

Hospice Respite Volunteers visit patients giving caregivers a chance to rest and recuperate. They may engage patients in conversation or games, run errands, and generally work with our nurses to provide a break for patient and family. They are given in-depth training prior to being assigned.

The Thrift needs volunteers to help stock shelves, sort donations, man the register, and generally contribute to the attractiveness and running of the store. Store shifts can be as short as 2 hours or all day depending on your interest and time available. Drop-ins are welcome, but scheduled volunteers are preferred so that the store is always covered.

All volunteers receive a 25% discount on store purchases. But the real reward is in the knowledge that your contribution helps Hospice of Ukiah continue our over 32 years of free Hospice and comfort care to our community.

### **Joseph E. Toste Memorial Scholarship.**

Our nurses, Leah Middleton and Diane Keeton, will be attending the Annual Assembly of Hospice and Palliative Care conference in Phoenix this winter. Thanks to the generosity of Maynard "Lee" Wachs, who has set up this scholarship in memory of his friend Joe Toste, this year Leah and Diane will be earning continuing education credits necessary to maintain their licenses, as well as bringing home new skills and ideas to help them better care for patients. Thank you Lee

The 4<sup>th</sup> Annual Randall Feare Memorial Fund-raiser at the Saturday Afternoon Clubhouse on Friday, December 16, 2016



Our Music Event was successful in raising over \$8,000 for Hospice of Ukiah, thanks to the participation and generosity of the whole community. Thank you to **Double Standyrd** and the **Thin Air String Band** for providing the wonderful music. The delicious dinner was made possible by Si's Grill, Janice Keeton, and donations from Ukiah Natural Foods, Schat's Bakery, Ukiah Paper Supply, Safeway Stores, Lucky Grocery, Grocery Outlet, and WalMart, For stocking our bar, enormous thanks to Barra of Mendocino, Greenwood Ridge Winery, Handley Cellars, Navarro Vineyards, Nelson Family Vineyards, Signal Ridge Winery, McNabb Ridge Winery, Balo Winery, Testa Vineyards, Parducci Winery and Lagunitas Brewery. Our Silent Auction donors were American Craft Distillers, Judy Nelson, Dig Music, McFadden Winery, Brutocao Cellars, Dig Music, Dorie Clark, Fran Nuefeld, Duckhorn Wine Co., Farmhouse Mercantile, Fish Rock Farm Girls, Hair Company, Janice Keeton, Jeff Trouette, Jo Carley, Joann Thomas, Leah Middleton, Lula Cellars, McFadden Farm, Meyer Family Cellars, Mode Boutique, Myers Medical Pharmacy, Naughty Boy Vineyards, Philo Ridge Vineyards, Redwood Health Club, Rod's Shoes, Rosalie Tibbetts, Rossi Hardware, Seebass Winery, Sharffenberger/Roederer Estate, Stan's Maple Café, Sunsweet Growers, Ukiah Custom Cabinets, Ukiah Post Acute, Ukiah Uniforms, and Virginia Fitch.

Great thanks to our underwriters Eversole Mortuary, Ukiah Electric, Ronald & Francine Selim, Ken Fowler Motors, Jacqueline Bradley, Gary & Cynthia Burica, and Carole Myer. Thanks to Mendocino Book Company, Dig Music and Mazahar for selling tickets, Judy Nelson and Dianna Trouette event co-Chairs, and all the staff and volunteers who worked so hard to make the event memorable, fun, and profitable.

