

NAUTILUS CONNECTION

GIVING...for Care, Comfort and Dignity at the End of Life

SPRING 2009

A FAMILY'S JOURNEY

Letters from the Front



Jennie Gomez (left) and her daughter Mickieanne Pattullo look through an old family photo album.

Every day, Jennie Cienega eagerly awaited the mail carrier, hoping he would have another letter from her husband, Mickey, a young Army tank crew member serving on the front lines in Europe. They were some of the darkest days of World War II and some of the loneliest for family members back home, especially a young wife.

Mickey's letters were always filled with news, love and longing. They were all that sustained Jennie during their four years apart.

Jennie was only 17 when she married 18-year-old Mickey Gomez, who lived down the street in Gonzales.

The couple, dating for nearly two years, already had plans to marry when Mickey received a letter from the Selective Service calling him to war. Without even a mention to their parents, and before other influences could intervene, Mickey and Jennie hurried before a Justice of the Peace to officially seal their commitment.

Two weeks later, Mickey was off to basic training, leaving behind his bride who unbeknownst to them was newly pregnant with a son.

With the war over in 1945, Mickey returned home to Jennie and their four-year old son, Trinie, who only knew his father from photographs.

"It was a rough adjustment for all of us," Jennie said. "But soon enough we all settled in. Still, we waited 5 1/2 years before our daughter, Mickieanne, was born."

Through the years, as they raised their children, Jennie was a stay-at-home mom and Mickey was a facilities supervisor at Asilomar Conference Grounds in Pacific Grove. The family lived in a small home in the Monterey hills. Eventually, Mickieanne and Trinie married and had their own children. Life centered around family get-togethers, with grandchildren and great-grandchildren.

Then, in 1997, Mickey suffered a major stroke, leaving his left side paralyzed and his speech impaired. Never again could he return to his beloved Asilomar, where he worked for 35 years. Mickey could now only move about with the use of a wheelchair and help from family members.

At first, Jennie could take care of him by herself. She was absolutely devoted to the idea of keeping him at home. But, over the years, a series of small strokes caused a steady decline in Mickey's functionality, and the onset of dementia. His needs for care were increasing and it became clear to Mickieanne that her mother, who was now in her 70s, needed help.

Mickieanne decided that some major lifestyle adjustments had to be made. She left her job as a bank teller to help take care of her father full-time. She and her family—her husband, John II, and three grown children, Christina, John III and Chad—and her parents, sold their homes in Monterey. They bought a larger home for all of them in Toro Park, south of Salinas, where the flat terrain was better for maneuvering a wheelchair.

Ten months ago, when Mickey became increasingly more frail and his needs more demanding, a family friend suggested Jennie and Mickieanne look into hospice care for him.

"We had no idea how hospice worked," Mickieanne said. "I always thought it was just for cancer patients. It's not. It was surprising that they could help us.

"They first came out and did an assessment of my dad's condition and our situation. They gave us lots of information. They gave us a book called, *Gone From My Sight*.

It describes all of the stages of decline until death. I read it. Mom read it. We all read it. Boy, did it help. After that, we weren't as frightened.

"Toward the end of my dad's life, we were up in the middle of the night a lot. We often would call the hospice nurse if we were anxious or scared about something that was happening with my dad. She was so kind, telling us 'that's what I'm here for. Call me anytime.'

"If we needed her to come to the house, she would, even if it was one or two in the morning. She showed up at our door as if it was first thing in the morning. "Someone from hospice

Continued on page 3

Darling, I have not written because I expected to get my furlough any day but I guess it will be the 3rd of September.

Darling, I shared the cookies with the boys and they said, what a swell wife you have.

Well Darling, wishing you and Trinie the best of everything and tell him Pop says hello and that I love him very much... Can't wait 'till I see you again.



HOSPICE FOUNDATION

Upcoming Events

LIVING WITH GRIEF:
DIVERSITY
& END-OF-LIFE CARE
TELECONFERENCE

Wednesday, April 29, 2009
9:30 a.m. to 2 p.m.

5 Lower Ragsdale, Monterey

HOSPICE FOUNDATION
GOLF SCRAMBLE

Tuesday, Sept. 8, 2009, Noon

Monterey Peninsula Country Club,
Pebble Beach

SOUTHERN COMFORT
BARBEQUE AND AUCTION

South County Keeps Hospice Care at Home

June 2010

Massa Vineyard, Arroyo Seco

For more information, visit our
website, HospiceGiving.org.

NEW WEBSITE ADDRESS

Be sure to bookmark our new website address HospiceGiving.org. We hope this address makes it easier for you to remember how to find us on the web. Even if you don't remember it right away, when you use our old address, hfcc.org, you will be redirected automatically.

HospiceGiving.org

2008-2009

DONOR IMPACT REPORT

Your donations are working to fund a community network of high quality, compassionate end-of-life care programs and services. Read all about it today on our website HospiceGiving.org



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FOUNDATION**

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This newsletter was printed with the assistance of Casey Printing, King City, California.

Introducing...

OUR NEW BOARD MEMBERS AND STAFF

A big welcome to our new board members Sidney Slade, Cheryl Heyermann, and Becky Jackson, and staff members Morgen Crabb and Heather Howe.

SIDNEY SLADE is a certified public account and owner of Slade, Gertz & Associates, CPAs LLP in Carmel. Her firm provides accounting, auditing, book-keeping, and other tax-related services for businesses and individuals. She has a bachelor's degree in accounting and business from the University of Guam in Agana. She lives in Carmel Valley.



CHERYL HEYERMANN has been a real estate professional for 28 years, the past 16 with Coldwell Banker/Del Monte Realty. She has twin sons, and is a volunteer with Boys & Girls Club and the SPCA. She is a member of the Beach Club in Pebble Beach and Carmel Valley Ranch. Cheryl has served on the Hospice Foundation Golf Scramble organizing committee for four years.



BECKY JACKSON moved from Santa Rosa to Monterey in 1993 where she started her business, Becky Jackson Insurance and Financial Services. Aside from her love of traveling and time with her family and friends, Becky is a member of the Rotary Club of Monterey and the Skyline Ridge Estates Homeowners Association, and formerly the Soroptimist Club of Monterey.

MORGEN CRABB joins Hospice Foundation as administrative clerk. She completes data



entry, processes donations, answers the phone, and assists other staff members. Morgen grew up in Santa Cruz and Grass Valley. She and her husband Ben lived in Arkansas for two years where she

worked for the American Cancer Society. They returned to the Monterey Peninsula last year. Before coming to the foundation, Morgen was with the Monterey Doctors Surgery Center.



HEATHER HOWE joins the Foundation as bookkeeper. She handles accounts payable and receivable and payroll. Heather moved to the Monterey Peninsula from Sonora in 2007. In addition to her part-time position with the foundation, Heather also manages the New Masters Gallery in Carmel and works with a Carmel certified public accountant.

CELEBRATING OUR VOLUNTEERS—THANK YOU

Across America, within communities large and small, volunteers are demonstrating every day a tireless commitment to build a better quality of life for their families, neighbors, and those less fortunate.

Here at home, Hospice Foundation's volunteers help strengthen the Foundation's abilities to fund an array of caring, compassionate services for

**NATIONAL
VOLUNTEER
WEEK
APRIL 19–25**

local residents who are at the end of life, as well as services for their families.

Some of these dedicated volunteers assist at special fundraising

events or in the office with staff. Others have served or are serving on the board of directors or as a member of our advisory committees and councils.

To all of our volunteers: we appreciate each and every one of you, extend our thanks and gratitude, and we pay tribute to you for your service:

Vondra Bancroft
Mike Barker
David Baumgartner
Janet Belardo
Lanetta Bishop
Tom Bohnen
Karen Boothroyd
Casey Boyns
Christopher Boyns
Sara Boyns
Valerie Braga
Peter Butler II
Anthony Camba
Fel Camba
Lynn Camba
Nancy Canning
Wayne Capili
Rich Casey
Will Clark
Danny Conatser

Mary Cutler
Mary Damm
Pam Darling
Betsy Davis
Nick Davis
Mary Dixon
Denny Donovan
Sue Dollemore
Shirley Doolittle
Joann Dost
Dana Bambace-Duarte
Doug Dusenbury
Jean Duff
Keck Flores
Annette Freeman
Todd Ganos
Frank Garcia
Sandra Garcia
Susan Gill

Tracy Goodsel
Christine Handel
Lincoln Hatch
Steve Hatch
Vivian Hayworth
Roger Hernandez
Cheryl Heyermann
Bill Hogan
Dee Hone
Liza Horvath
Jim Hood
Raye Ann Houx
Bill Hunt
Carol Hutchings
Ikebana International
Becky Jackson
John Jernigan
John Jernigan
Suzie Johnson
Lucille Jose
Sandra Kandell

Cindy Katz
Caitlynn Camba-Kelley
Mike Kelly
Barbara Kiely
Preston Kincaid
King City Young Farmers
Knights of Columbus
Chiyeko Klarman
Suzanne Krause
Mike Leavy
Butch Lindley
Lawson Little
Cecilia Lucido
Gordon Machado
Jack Markle
Cathe Martorella
Mary McCullough
Caterina Marsh

Carolyn Marshall
Laurie Massa
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Kathy Moser
Sidney Morris
Donna Myers
John Myers
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Curt Nicholson
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Dick Nystrom
Lynn Oliveira & Her Volunteers
Debi Page

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Sharilyn Payne
Barbara Parrish
Nancy Parsons
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Sidney Slade
John Starkweather
Clark Struve
DeeAnn Thompson
Al Trescony

Gayle Triolo
Jim Tunney
Sunny Underwood
Jennifer Walker
Cheryl Wecker
Bruce Weingarten
Mickey Wilson
George Young
Alla Zeltser-Fitch
All Members of (See Other Listings):
Board of Directors
Community Education Advisory Council
Investment Advisory Committee
Planned Giving Advisory Council
Audit Committee

WITH AN EYE ON HELPING HER COMMUNITY

Setting up for the shot can mean different things at different times for Joann Dost, former LPGA tour pro and now a world-renowned fine art golf course photographer. Joann can be choosing just the right iron for the course conditions or just the right angle through her camera lens to capture the scene in front of her.

Since 1989, Joann has brought her considerable talents in golf and photography as a volunteer for Hospice Foundation's Golf Scramble, which raises funds for local hospice and other end-of-life care services. She has been instrumental in putting together "play and stay" exclusive golfing vacations as auction items, and has been serving as chair of the organizing committee since last year. She has also donated her personal work for auction items.

"I wanted to get involved because I thought it was important to be part of it," Joann said. "I've really enjoyed working on the committee."

"It's all for a great cause that is near and dear to my heart," she said. "Hospice care is something that all families should consider if a loved one is at the end of life. It is a wonderful benefit for this whole community."

Over the years, Joann has received many acclaims and awards for her photography. Inspired by Ansel Adams, Cole Weston and John Woods, her work can be seen in national and international magazines, as well as in the U.S. Golf Association museum. Her fine art photography is available through her gallery Joann Dost Golf Lifestyle Gallery in Monterey. Check out her website at www.joannost.com.



Thank You

Planning for the Future with a CHARITABLE REMAINDER UNITRUST



Betty Pemberton secured her charitable intentions with a Charitable Remainder Unitrust.

Betty Pemberton is the first to admit her fierce independence and drive to succeed at everything she does, including making a difference in her community through her volunteer work and charitable giving.

After many years owning a successful tax-preparation and bookkeeping service in Pacific Grove, Betty retired in 2004. Today, when she's not traveling the world, she spends her time bringing meals to homebound seniors as a volunteer with Meals on Wheels. She also volunteers at the St. Vincent de Paul Homeless Food Cupboard at St. Angela's Church in Pacific Grove.

Several years ago, as she prepared for retirement, Betty began thinking about selling both her Pebble Beach home and a building she owned in Pacific Grove. Over the years, both properties had appreciated significantly in value and she was concerned about the huge capital gains tax she would owe.

So Betty began her search for a solution. How could she achieve all of her goals: turn her valuable assets into income, avoid huge capital gains taxes, and make a real impact on her community through a significant charitable donation? She found the answer: an estate planning tool called a Charitable Remainder Unitrust, or CRUT.

Betty learned that, in establishing a CRUT, she

could preserve the value of her real and personal property, guarantee herself income for the rest of her life—even provide income for someone else if she wanted to—plus plan for the charitable organizations of her choice to receive the remaining funds one day.

"It's a win-win situation," Betty said. "I can ultimately donate the appreciated assets to the charity of my choice, but receive an immediate charitable giving tax-deduction. I also receive some income for the rest of my life."

Betty wanted to investigate this plan a little bit more and called several local charities. She couldn't find anyone to answer her questions or to set up the CRUT for her. She then called Hospice Foundation and spoke to Susan Cortese, the foundation's Director of Development.

"Susan came out and we had an instant connection. She came over and discussed what I wanted. Our attorneys came. She was with me every step of the way.

"Betty's generosity was inspiring; so it was important to us that all of her philanthropic goals were achieved," said Susan. "Together, with the attorneys, we designed a solution that met her objectives now and far into the future."

"It was exciting to learn that so many of Betty's charities receive grants from Hospice Foundation. Through this gift to the Foundation, Betty can help so many organizations."

"I was surprised by how Hospice Foundation supports so many charities involved in end-of-life care," Betty said. It does such a great job, and they need the money to do it.

Betty says she now goes about her charity work with renewed peace of mind.

"I've planned for my future, set up everything, including my CRUT, my long-term health care and even my own funeral! So I don't have to worry about anything. I've got a great life right now, and I can still help my community in the years to come."

If you would like more information about the benefits of setting up a CRUT or other estate planning instrument, please call Susan Cortese, Director of Development, at Hospice Foundation at 831-333-9023, ext. 11. You can also visit our website where you will find a gift calculator and a description of some of these plans. Check out our estate planning section on our website HospiceGiving.org.

LETTERS FROM THE FRONT *Continued from page 1*

Until a rock can speak out clearly, my Darling, Your husband, Mickey.

came almost every day. A home health aide would bathe him, and we had a volunteer come stay with him sometimes while we went out. Once we were able to go to a birthday party, another time to a doctor's appointment."

In February, Mickey died peacefully at home, with his family surrounding him.

Looking back Mickie-Ann said, "We just couldn't have done it without hospice help.

"My dad was on hospice care eight months. It gave me lots of time to work things through with him. Of all the dads in the world, I got the very best one. I miss him."

And for Jennie, rereading Mickey's letters written more than 65 years ago brings back a rush of memories that will sustain her yet again.



Jennie and Mickey Gomez at a Christmas celebration last year.

So, my dearest, hoping to be home soon, holding you closely to my heart.

Your donations to Hospice Foundation help make hospice services like these possible in your community. Throughout the year, Hospice Foundation raises funds, receives donations, and then awards grants to hospice and other end-of-life care organizations. Your generosity is vital to this effort, and we thank you. Please visit our website for more information about grant recipients and programs in our community. Our sincere thanks and gratitude to Community Hospital's hospice staff for their help in facilitating this story and to the Gomez Family for wanting to share it.

Bounty and the Feast

RAFFLE SETS SAIL

With some great prizes, including a week's stay in a delightful country cottage near Scotland's world-famous St. Andrews Links and a \$2,000 travel voucher, when you purchase tickets for Hospice Foundation's new raffle, Bounty and the Feast.

Other prizes include a two-day getaway in San Francisco; a flight above our spectacular Central Coast with pilot and Hospice Foundation board member Larry Daniels; gift packages at local salons and day spas; wining and dining experiences; and much, much more.

Consider giving tickets to your family, friends, and employees too!

Raffle tickets are \$7 each or a sheet of 6 for \$40.

Visit our website HospiceGiving.org, to print your tickets and mail them in with your credit card information or a check, made payable to Hospice Foundation. Send it in to Hospice Foundation, P.O. Box 1798, Monterey, CA 93942. Your tickets

must be received no later than April 30, 2009 to be entered into the drawing which will be held on Friday, May 1.

All proceeds from the Bounty and the Feast drawing help fund hospice and other end-of-life care in Monterey and San Benito counties. Visit our website, HospiceGiving.org, to see the complete list of prizes and other details.

Many thanks to our fabulous Bounty committee: Jean Duff, chair, Shirley Doolittle, Carolyn Marshall and Susan Santy.



WENDY BRICKMAN



BRAD HARLAN

COMMUNITY EDUCATION ADVISORY COUNCIL FORMED

Hospice Foundation welcomes to its new Community Education Advisory Council volunteer members Wendy Brickman, president of Brickman Marketing; Brad Harlan, marketing director, Comcast Spotlight; and Theresa Wright, public affairs manager, KSBW-TV. They join Foundation board members Beverley Ambort, Rev. Bill Rolland, PhD, and Jerry Griffin, M.D.

"The combined expertise of these local professionals and board members will help Hospice Foundation refine its communications and outreach to diverse audiences in Monterey and San Benito counties," said Alice Kinsler, president and chief executive officer.

Highlighting This Issue

- A Family's Journey: Letters From the Front
- New Raffle: Bounty and the Feast
- Diversity and End-of-Life Care Teleconference
- Celebrating Our Volunteers
- Community Education Advisory Council Formed
- New website address HospiceGiving.org

HOSPICE FOUNDATION TELECONFERENCE

Diversity and End-of-Life Care

WEDNESDAY, APRIL 29, 2009



HOSPICE FOUNDATION

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HOSPICE FOUNDATION TELECONFERENCE

LIVING WITH GRIEF: DIVERSITY & END-OF-LIFE CARE

Wednesday, April 29
9:30 a.m. to 2 p.m.
5 Lower Ragsdale Dr.,
Ryan Ranch, Monterey

Please join us when Hospice Foundation hosts, in collaboration with Central Coast Visiting Nurse Association & Hospice, the local site for a nationally broadcast teleconference called "Living with Grief: Diversity and End-of-Life Care" on Wednesday, April 29 from 9:30 a.m. to 2 p.m., 5 Lower Ragsdale Drive, Ryan Ranch, Monterey.

You will hear a fascinating discussion via high-speed webcast about how communities of color differ in perspective and access to end-of-life care. You will hear ways that communities are improving their outreach to culturally diverse populations and how they are working to meet these needs.

Following the webcast a local panel will continue the discussion, focusing on local issues. The panel, moderated by Mitch Matthews, Central Coast Visiting Nurse Association & Hospice, will feature:

SYLIVA WALDRUP QUARLES
President, Monterey County Branch NAACP

SOPHIA SCHULTZ, RN
The Partnership for Children

MARIAN CARAPEZZA, LCSW
Hospice of the Central Coast, Community Hospital of the Monterey Peninsula

REV. JAY SHINSEKI
Monterey Peninsula Buddhist Temple

M.L. CARTER
Pastor, New Hope Baptist Church

Ten local community organizations—all Hospice Foundation grant recipients—will also have resource tables of information and displays about their programs. Come and talk with these representatives directly about what's available in the community.

Cost is \$20 per person and includes lunch. Deadline for registration is April 24. Continuing education credits are available. Find more information on our website, HospiceGiving.org, or call us at 831-333-9023.

Our thanks to Community Foundation for Monterey County for their support of this program.



Bits & Bytes

FIND US NOW
ON FACEBOOK
AND TWITTER

Sign-up on Facebook.com and Twitter.com to begin the conversation! Also check out our blog at www.hospicefoundation.blogspot.com. We hope you'll be our friend, fan, or follower because we want to know what's on your mind today! Do you have a family story to share? Do you need information, or help connecting with local programs and services that we may know about? We'll also post or tweet notices, inspirations, and thoughts to help carry you through the day, and will alert you to stories that might be of interest to you.

**NEW POLST FORM
OUTLINES PLAN
FOR END-OF-LIFE CARE**

A new health care form entitled *Physician Orders for Life-Sustaining Treatment* or POLST now gives physicians and their patients new opportunities to discuss and document treatment options and medical interventions.

For the full article, see our blog, hospicefoundation.blogspot.com or call us for a copy, 831-333-9025.

BECOME A HOSPICE FOUNDATION MEMBER!

If you haven't already, consider becoming a member of Hospice Foundation and receive your exclusive, three-ring planning binder called *Notes to My Family*. The binder is an excellent tool for you to complete as a guide for your family in helping to settle your affairs should something happen to you. It gives everyone peace of mind.

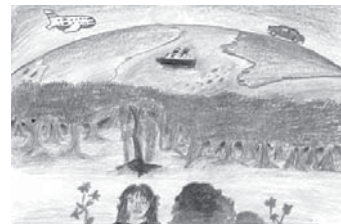
If you are already a member, we hope you'll renew and receive your *Conversations Before A Crisis*. Sons, daughters, spouses, or others, will appreciate these tips and ideas about how to start the conversation with your loved ones on planning for the end of one's life.

As a member, you join with others in sharing our vision to fund a network of local hospice and end-of-life programs and services. Call us today at 831-333-9023, or go on our website HospiceGiving.org for more information.



**HOSPICE FOUNDATION
TREES of LIFE
2008**

Check out our website, HospiceGiving.org, for a slide show from all four commemorative tree lighting events held last December. You'll also find an online version of our Book of Names, listing donors alongside the names for whom lights were dedicated. These will be posted through April, 2009.



CHILDREN'S COMMEMORATIVE ART PROJECT

Congratulations to Noah Thanos, a fifth grader at Robert Down School in Pacific Grove for his entry, "Love Never Dies," in Hospice Foundation's 2nd Annual Trees of Life Children's Art Project, sponsored by Yellow Brick Road Benefit Shop. Nearly 100 entries were received from fifth graders from San Benito County, South Monterey County, Salinas and the Monterey Peninsula. Our thanks to Karen Boothroyd, former Hospice Foundation board member, who helped coordinate the project. See all the winning drawings on our website, HospiceGiving.org/art_competition-08.htm, through April, 2009.

BIRDIES FOR CHARITY WINNERS NAMED

Congratulations to William and Harriet Brin of Hollister, who won the grand prize in Birdies for Charity, a contest that helps raise funds for local non-profit charities. Designating their donation pledge for Hospice Foundation, the Brins submitted a guess that 1,737 birdies would be made by the golf professionals playing in the 2009 AT&T Pebble Beach National Pro Am. Theirs was the closest guess to the actual number of 1,755 birdies. The Monterey Peninsula Foundation, which organizes the golf tournament and Birdies for Charity, will now match the Brins pledge to Hospice Foundation by 10 percent. For their grand prize, the Brins won two Continental Airline tickets up to \$500 each which they plan to use to celebrate their upcoming 60th wedding anniversary.



Rich DePonte and Ken Nichols (center left and right) receive their winnings from their fourth place finish in the Lexus Champions for Charity National Championship tournament in Pebble Beach in December 2008. Presenting them with an \$8,000 check for Hospice Foundation, their designated charity, are Dave Nordstrom (far left), Vice President of Marketing for Lexus, and professional golfer Johnny Miller (far right). Rich and Ken bid \$6,100 in the live auction at Hospice Foundation's 26th annual Golf Scramble for the opportunity to play in the tournament. Our thanks and congratulations to Rich and Ken, and our thanks to Lexus Champions for Charity!