



July 2014

For information on programs,
services and upcoming events,
please call
805-563-8820

"My Back Yard" - Solo Art
Exhibition featuring
Laurie MacMillan on display until
August.
[Read More](#)

**Summer Support Groups
at HSB** - Open to the Santa Barbara
Community
[Read More](#)

Save the Dates

August 13th
Paula Re Solo Art
Exhibition
August 21st
Heart of Hospice Reception
September 27th
Harvest for
Hospice of Santa Barbara
**December 6th, 7th
and 13th**
Light Up A Life Ceremonies

Did you know...

You can now support HSB while
you shop on Amazon! We are now
registered with [AmazonSmile](#).
Make us your charity of choice!

Culture greatly **influences how
individuals interpret and
express their grief** after the death
of a loved one.
HSB has a strong team of bilingual
and bicultural professionals to
assist our monolingual community
members.

What's Happening at HSB

Dear Friend of Hospice of Santa Barbara

Expressing the pain of grief is extremely distressing in any language, but for those struggling to communicate outside their native language, it is agonizing and ineffective. The Latino Family Services program provides our community's Spanish speaking families with free of charge professional care. All of Hospice of Santa Barbara's comprehensive services including individual and group counseling, care management and youth bereavement are offered in English and Spanish.

Latino Family Services at Hospice of Santa Barbara

Before starting Hospice of Santa Barbara's Latino Family Services four years ago, there were few resources for Spanish only speaking families when they encountered a life-threatening illness. Many do not seek traditional support and they struggle alone because of religious, cultural and financial barriers. Hospice of Santa Barbara's team of bicultural and bilingual professionals provides critical services free of charge - opening their world to skilled, compassionate support. We can become part of the family's journey as they try to negotiate the complex medical system while coming to terms with their hopes and fears. After the death of a loved one, staff can work with children, teenagers, and adults to help each family member deal with grief and loss in age-appropriate ways.

The impact of our work has a ripple effect that extends far into the future. Here is an illustration.

"Before coming to Hospice of Santa Barbara, I was feeling anger, guilt and a lot of pain over my recent loss. I was afraid of facing the future without my husband. Since coming to HSB, I have learned skills needed to raise my three boys without their father and without feeling fearful of the future. I have learned (how to) parent after loss, stages of grief and most importantly, permission to sit with my feelings and know that I'm not going "crazy." My boys have learned that death is a stage of life; and as survivors we must continue our journey together.

Thank you HSB for providing counseling and Parenting After Loss in Spanish for myself and in English for my boys.

Thank you for all you do."

From the moment our phone is answered, through what can be a months-long journey through terminal illness, to extended counseling following a death, our team can collaborate in helping every family member prepare, cope and heal - creating a lasting impact in our community.

Our bilingual support groups include **Pet Loss, Art for Healing, Widow/Widowers, Parenting After Loss, Meditation and Relaxation** amongst others. Know someone who could benefit from a support group? Have them give us a call!

\$40
for 40 years



Celebrating 40 years of service to the Santa Barbara community

100% of Hospice of Santa Barbara staff have made a donation in honor of our 40th anniversary. Please help us celebrate by making your own \$40 for 40 contribution by [clicking here](#).

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 mission of caring for those experiencing the impact of a life-threatening illness or grieving the loss of a loved one. (6/1/14 - 6/30/14)

Jerilyn Anhofer

Mignon Bradley

Janet Dingman

Terry Keenan

Phil & Elizabeth Kryder

Dan Leitch

William McGeever

Mr. & Mrs. James Micallef

Cresanna Millegan

To support our Latino Services and other HSB programs provided to the Santa Barbara community, please [click here](#).

Shout Out...

Hospice of Santa Barbara extends a "shout out" to the Lopez-Hollis family for another successful "Dia de las Comidas." For the last four years, three popular family-owned area restaurants generously opened their doors and hearts in support of HSB's Latino Family Services. Carlitos Café y Cantina in Santa Barbara, Cava Restaurant & Bar in Montecito and Dos Carlitos Restaurant & Tequila Bar in Santa Ynez donated a generous portion of the proceeds from the July 10th event to Hospice of Santa Barbara.

"My family is proud to help increase the services provided to Latino families at Hospice of Santa Barbara," said Carlos Lopez-Hollis, who owns and operates his family's trio of renowned restaurants.

From all of us at Hospice of Santa Barbara and the community who will benefit from your generosity - ¡Muchas Gracias!

Meet Our Staff!



Ana Luna
Clinical Services, Patient Care Services and Children and Family Services Assistant

Ana Luna is one of the six bilingual/bicultural members of Hospice of Santa Barbara Latino Family Services. Ana serves as the assistant to the Clinical Service, Patient Care Service and Children and Family Service programs for Hospice of Santa Barbara.

Her previous work at the Santa Barbara School District and Council on Alcoholism and Drug Abuse made her especially well suited to handle the demands of multiple departments. Ana exemplifies the values HSB stands for: compassion, trust, innovation, responsibility, service to our community and teamwork.

Alternate Ways to Support HSB

All services at Hospice of Santa Barbara are provided free of charge. We rely on

Spencer Nadler

Suel R. Novak

Linda Robyn

John Sekula

Senior Living Consultants

Toby Sternlieb

Judith Walters

Mary Jo Weisel

Alberta Wilson

We would also like to acknowledge our new and renewing **Heart of Hospice** Supporters (annually renewable gift of \$1,000 or more) (6/1/14 - 6/30/14)

Lynda Fairly

Joe Hardin, Jr.

Douglas Hayes

Gerd & Peter Jordano

Lori A. Lewis

Peter & Joanne Norris

Christine Ryerson

Nola Stucky, NS Ceramic

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](#).

the generous support of the community to continue our work. You can support our programs at Hospice of Santa Barbara by:

- Sending us a personal story about how Hospice of Santa Barbara has affected your life to info@hospiceofsb.org for possible inclusion in future newsletters.
- Forwarding this newsletter to your friends and family.
- Following us on [Facebook](#), [Twitter](#) and [Pinterest](#).
- Adding us as your charity of choice on [AmazonSmile](#).

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](#).