

## Local Public Access Television

## Healthy Aging Series Completes a Successful Premier Season

**L**ess than one year ago, Compassionate Care Alliance began its public access television series, **Healthy Aging: Finding the Answers for Tomorrow**. The collaboration of CCA and the Alliance on Aging explores the issues of aging and, in particular, the end of life. The series is sponsored by the Joseph O. Bellini Foundation.

Healthy aging isn't only for senior citizens, just as end-of-life issues aren't only for the elderly.

Program guests from Children's Hospice and Palliative Care Coalition

put it well: "We're grateful that the perspectives of dying children and their families were included in this series. The voices of the children are often overlooked and they have so much to teach us. We would like to thank Compassionate Care Alliance for giving the children the opportunity to be heard."

Program host Cindy Gum (pictured left) offers her impressions of the first season.

It was both an honor and a challenge to host CCA's Healthy Aging series. When I was asked to be the moderator, I pictured a small fireside "chat" with one person in my living room, and, of course, a camera would be necessary but not intimidating. What I soon discovered, however, was that my own edges were about to be tested while sitting in front of three cameras, a director, producer, and all the people that go into creating a program of quality.

At times my palms sweated when



the camera began to roll, and I did consider that perhaps I might be too old to embark on such an endeavor. But as I was to learn, healthy aging includes the willingness to be uncomfortable.

We set out to investigate the practical, physical, emotional and spiritual issues that one encounters during the aging process. My "fire in the belly" was lit by a curiosity to learn what's really going on with aging and end-of-life issues in America today. What can

we learn from others who have encountered obstacles, and overcome them, gone around them, or accepted them? I wanted to hear the stories of people who had gained insights into their own life's journey.

The topics we covered were interesting, varied and, from where I sat, always informative.

I felt humbled and awed by the end of each show. I was reminded that everything and everyone is on loan, and that issues around healthy aging and dying belong to any age,

not just seniors.

I look forward to the next series of programs, knowing that our future topics and guests will continue to provide a valuable service to our community.

At the beginning of each show, I like to remind my guests, "This is not about us. This is about sharing what you've learned from your experiences with others in our community. Then I look at the camera and know 'It's magic time.'"



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## Message from the Executive Director



**W**elcome to the second issue of our newsletter. In our inaugural issue, I introduced some of the people who helped create Compassionate Care Alliance.

Since then, Tom

Mill has become our newest board member. A long-time resident of Salinas, Tom has served on the board of directors for Salinas Valley Memorial Healthcare System and is presently a director on the Visiting Nurse Association Foundation board. Personal experiences with close family members at the end of their lives gave him a greater understanding and interest in these issues. As Tom says, "Many members of the general public are not as informed as they should be. The work of Compassionate Care Alliance

was appealing to me, so I decided to get involved." We are honored to have Tom working with us.

In this issue, you'll learn more about our work and the significant role it plays in our community. The mission of Compassionate Care Alliance is two-fold: to provide information and resources on end-of-life issues, and to provide opportunities for members of our community to exchange ideas on end-of-life issues and health-care choices.

The Caring Resources Guide that CCA compiled and has made available to the community provides the most up-to-date information on caring for end-of-life patients and support for their family, friends and acquaintances.

Our website and printed materials provide information about the physical, mental, emotional and spiritual aspects of patient care.

We are very pleased that our

resource information is now available in Spanish and that our Latino Outreach program is continually expanding to meet the needs of our community.

CCA's public television series *Healthy Aging* has provided additional opportunities for exchanging ideas with workshops on the health-care issues that were introduced during the programs.

Our biannual community forums bring us together for presentations on thought-provoking subjects by professionals who follow their presentations with audience discussions.

Our unique artistic Healing through the Arts program provides audiences with an opportunity to witness situations that each of us may face during serious illness.

Your continued support is important to our mission. Thank you for sharing this journey through life with us.

—Vicki Nelson, Executive Director

### Series Recognized at Awards Celebration

## Healthy Aging Episode Receives Issues and Public Affairs Award

**C**ompassionate Care Alliance's local public access television series, *Healthy Aging*, is produced at AMP, a community not-for-profit

media production organization, which provides broadcast, webcast and media production support for residents and community groups in Monterey County.

Monterey County.

CCA has been fortunate to use AMP's studio for the production of the *Healthy Aging* series.

Each year AMP honors the best efforts of local video and film producers. At the 4th Annual Edgar Kennedy Awards celebration held on March 3, *Healthy Aging* received an award in the "Issues and Public Affairs" category. The episode featured an interview with medical anthropologist Dr. Sharon Kaufman, author of *...And a Time*

*to Die: How American Hospitals Shape the End of Life*. Dr. Kaufman included many of the topics from her talk and discussion with the audience at her presentation at CCA's 2005 Fall Forum.

The series was made possible through the efforts of many talented individuals, particularly producer Jean Wells and host Cindy Gum.



AMP Executive Director Paul Congo presents award to Jean Wells, program producer, and Cindy Gum, program host.

### Compassionate Care Alliance

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Cindy Gum, *Healing through the Arts*  
Mitch Matthews, *Latino Outreach*

## Hospice Foundation Matching Gift Grant

# Compassionate Care Alliance Well Positioned for Program Expansion

The Hospice Foundation has played a major role in the development of Compassionate Care Alliance. Their ongoing funding has helped provide many of the important programs that are presented in this newsletter. Along with a grant for our current activities, they have offered to match individual donations in a Challenge Grant to fund future programs that include:

- *Nursing Facility Training.* Many community members spend their last days in residential or skilled nursing facilities, which provide excellent nursing care. The proposed training workshops would enable the nursing staff to expand their communication skills with patient, family and friends who are completing their life journey together. Members of the Ombudsman program, who visit care facilities on a regular basis, will be an integral part of the training.
- *Physician Outreach.* Doctors encounter a unique set of challenges as they work with patients and families with life-threatening illnesses. This program will bring physicians together to interact with

their peers and discuss the current state of medical practice.

- *Call 911.* As a continuation of the Healing Through the Arts program, 911 is a play that gives audiences an opportunity to experience a family's

**Donations will be matched by a Challenge Grant from the Hospice Foundation**

journey through an end-of-life crisis situation. The play will also be videotaped to allow greater access in the community. An outreach kit will be provided that includes suggested questions for facilitated dialogue following each presentation.

- *Agricultural Community Outreach.* Creating a Spanish-language version of our brochure and web site were the first projects of CCA's Latino Outreach program. The Agricultural Community Outreach addresses the needs of Monterey County's large community of farm workers, many of whom cannot read or write.

Working with agriculture community leaders, a pilot program is being planned to communicate health care and end-of-life information to field workers in this large population.

- *Healthy Aging: Finding the Answers for Tomorrow.* A new season of programs will be created for the fall 2006 series. The first 13 episodes will be made available to the community for use in workshops. CCA is also planning to add the programs to our web site.
- *Community forums.* Spring and fall forums are being scheduled to address the most current end-of-life challenges. The fall forum will highlight discussions on the health care delivery system and the choices faced by patient, caregiver, family and medical professionals due in part to modern medical technology.

Your donations make these programs possible. And now, with the generous offer from the Hospice Foundation, whatever you give will be matched in a Challenge Grant. Thank you for your continued support. CCA can't do it without you!

## Compassionate Care Alliance Donors

The Alliance gratefully recognizes gifts received through February 28, 2006. All gifts are tax deductible.

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## You're Invited! May 10 at Pasadera Country Club

### Panel to Discuss Challenging Issues Facing Caregivers

**A** recent National Institute of Health study suggests that today's system of decision making for incapacitated patients is in need of serious medical attention. So, how can caregivers be better informed about the decision-making process? Who do they turn to for help with these life-changing decisions? What are the challenges faced by patients and caregivers alike in this new frontier of medical technology?

Join CCA on Wednesday, May 10, at 6:15 p.m. at Pasadera Country Club as a panel of experts will provide an evening of thought-provoking information and stimulating discussion.

The event is sponsored by Care Solutions: A Division of Choice Home Health Care. Special thanks to Pasadera Country Club host Vince Cardinale of Ordway Drugs and Medical Supplies. Seating is limited and reservations are required. Call 655-9506 for information and reservations.

## Cooperative Effort With Alliance on Aging

### Infovan Begins to Deliver Information to the Latino Community

**C**ompassionate Care Alliance is currently expanding its outreach services to the Latino community. The agencies and service providers that distributed English information and resources to the community will once again distribute information, but this time in Spanish. The Alliance on Aging has offered their Infovan to accomplish the goal.

According to Executive Director of Alliance on Aging Teresa Sullivan,



"The Infovan has served as a traveling billboard for the Alliance on Aging and other programs and provides a

"vehicle" to reach those who can't come to us. The Infovan is staffed by Tony Jiminez, who helps inform the Spanish speaking community about the resources that are available to them. Adding information about end-of-life concerns will complete the picture of resources that are currently available."

Thanks to Sandy Larson of Community Hospital and Sam Trevino of Area Agency on Aging for their help. The project was funded by Harden Foundation.

## Latinos and End of Life Care

### Latino Outreach Program Is Ready to Face the Challenge

By Mitch Matthews

CCA's Latino Outreach Committee Chair

**B**road generalizations about people can lead to incorrect assumptions and misunderstandings. The Latino population, which makes up over 50 percent of Monterey County, is diversely represented by several different South American countries, indigenous Mexicans, Mexican National immigrants and, to a lesser degree, Spaniards. Within this diverse group are multigenerational differences. For example; the children born in the United States from first- or second-generation immigrants have a decidedly different view on medical engagement and, more specifically, end-of-life care than their parents. Therefore, it's very difficult to make generalizations as to how "Latinos" deal with end-of-life issues. However,

there are certain trends in this broad community that aid us in developing new programs.

- "Family" and the idea of taking care of one's own is an important part of the Latino culture.
- The family members that need to be involved in end-of-life decisions are often not immediate family. (This complicates privacy issues in the medical community.)
- Language barriers are often overcome by inappropriate use of children as translators.
- Physicians and clergy are frequently burdened by needing to coach families on ways to help with the dying persons decisions.
- Family caregivers often need to work outside of the home.
- Hospice care is very rarely utilized by Latino families.

• Latinos have difficulty talking about death, because they believe that talking about death invites it to visit. This view raises the question – If people need to make decisions to become better prepared for end-of-life issues, how do we get members of the Latino community to talk about it in the first place?

One of the CCA's major priorities is to create opportunities for members of our community to discuss end-of-life issues. We have begun to address this by inviting peer groups and leaders of the Latino community to join in the discussion. We have identified church affiliations, health care providers and work places that all support our efforts. Together, we will find ways to ease the burden of Latino families with loved ones who face terminal illnesses.