

## Compelling Documentary Will Be Presented on December 3 Gifts of Grief Invites Audiences to Discover Peace With Loss

Chaplain for Hospice of the Central Coast Steve Waldrip was one of the speakers at the CCA forum, *Caregiving at Life's End*, held last May. While attending a conference this summer, he saw *Gifts of Grief*, a documentary by Nancee Sabonya, who both produced and directed the film. She was the Bereavement Outreach Coordinator at Pathways Hospice for the past 17 years.

Steve was so moved by the film that he arranged for a special preview for the three local hospices: Heartland Hospice, Hospice of the Central Coast and Visiting Nurse Association and Hospice. The hospices decided to collaborate on the screening for their annual remembrance services that takes place on Sunday, December 3 at 2:00 p.m. at the University Center of California State University of Monterey Bay. The Alliance on Aging will also be a partner in the presentation.

*Gifts of Grief* is a compelling documentary that explores how different people have embraced their pain, let go of their loss and begun to live their lives with greater compassion, courage and awareness. Told through the heartfelt stories of seven remarkable people—including author Isabel Allende, Reverend Cecil Williams, and Zen monk and Vietnam veteran Claude AnShin Thomas—the film invites the audience to discover the extraordinary possibilities that are experienced when there is a loss.

Filmmaker Nancee Sabonya will be



Filmmaker Nancee Sabonya (left) with representatives from Alliance on Aging, Heartland Hospice, Hospice of the Central Coast and Visiting Nurse Association & Hospice discussing the collaborative effort to present the film at the remembrance service.

on hand to discuss the film with the audience after the screening. Hospice personnel and volunteers, and Senior Peer Counselors from Alliance on

Aging will also be available to discuss a loss of a loved one.

Seating is limited. For reservations call (831) 655-9506.

**Because** of your generosity, CCA was able to meet the Challenge Grant from Hospice Foundation. Your contributions continue to make our innovative programs and community outreach possible. Thank you.



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## Message from the Executive Director

# Many of CCA's Programs Have Been Born from Collaborations



The Compassionate Care Alliance is all about collaboration as you see from reading the stories in this issue of *CompassioNotes*.

It often begins serendipitously—a Hospice chaplain views a film at a workshop, a board member hears a

song during a palliative care meeting, the owner of a caregiver agency sees the challenges that caregivers face, a forum committee member seeks possible speakers, a resource librarian hears of a special healthcare need. These situations often lead to collaborations that blend the talent and financial leadership and support necessary to make CCA's programs possible.

As we develop these collaborations,

we remain mindful and true to our mission: to provide information and resources on end-of-life issues, and to provide opportunities for dialogue on end-of-life issues and healthcare choices. No other issue affects 100 percent of our population.

Your generosity is the key to our success. Thank you for your continued support, which is vitally needed and tremendously appreciated!

—Vicki Nelson, Executive Director

## Airing This Fall on Channel 24

# Healthy Aging Series Begins Production

The 13 new programs planned for the second season of *Healthy Aging* are currently under production and will begin airing on Comcast Cable Channel 24 in the fall. When finalized, the schedule will be available online at [www.ampmedia.org](http://www.ampmedia.org).

Compassionate Care Alliance's host Cindy Gum is back with a fascinating lineup of guests and topics. The

series will include programs on: Alzheimer's; aspects of hospice care including family dynamics; cancer support groups, outreach in the Spanish-speaking community; physiological aspects of grief; government outreach through the Area Agency on Aging; the dying process and grief support; Advance Directives for health care; helping children deal with illness and grief; pain management; and creating a "Caring Circle" for the patient and



Producer/Technical Director, Bob Hawn; Floor Director/Camera Operator, Carol Galginaitis

family of those with a life threatening illness.

In addition to public airings, programs from the two seasons will be made available for workshops at community centers, hospitals, nonprofit agencies and in the faith community. A user's guide with suggested questions will be included so that organizations may view the programs and conduct their own dialogue sessions.

## Visual Arts Presentation Play Receives Funding

Since becoming a nonprofit organization in 2002, Compassionate Care Alliance has received its major support from the Hospice Foundation, which has provided funding for many of its programs, including community forums and outreach. The Foundation has recently announced that it will fund one of CCA's Healing through the Arts programs—a short play entitled *Call 911*.

The play, written by Cindy Gum, follows the journey of an elderly man when 911 is called after his collapse. The play explores family dynamics as well as the relationship between hospital professionals and the patient and his family. The intention of the play is to open avenues of communication between doctors and their patients along with their families. The play will also be filmed for video presentations.

After the awarding of the grant at the Foundation's annual meeting in September, the production of the play will begin.



Meeting to develop the video are (left to right) Patrick W. Flanigan, M.D., Kent Carlson, RN, Jerry Griffin, M.D., Mary Brusuelas, RN/CCA Board Vice-President and Steve Price, RN.

## Healing Through the Arts

### Medical Professionals Join to Develop Video

Compassionate Care Alliance has realized the important part that visual arts play in fulfilling its mission. CCA's theater performances of *Vesta* clearly demonstrated the link between artistic expression and the healing process. To further develop this approach, CCA has asked members of the medical community, the healers, to lend their artistic talents in the development of a video presentation designed to encourage dialogue on end-of-life issues.

A group of medical professionals recently met to develop a structure for the presentation. Under the direction of Kent Carlson, RN, the group decided that a storyline would be developed that follows the journey of a patient and his family through a health crisis. Medical professionals will present various issues surrounding the end of life through dialogues with patients, families and caregivers.

Interspersed will be expressions of art: poetry and prose readings, musical interludes and visual arts created by healthcare professionals in Monterey County.

An apt title has been chosen for the presentation—*Healing through the Arts* since the medical professionals will be using their artistic talents to heal.

#### Compassionate Care Alliance

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## Caring Resources Guide Advance Directives and ABA Toolkit Are Available Online

Dr. William Kennedy, CCA Board President, wrote an article that appeared in the Guest Commentary column of The Monterey Herald earlier this year. His commentary discussed the importance of completing an Advance Directive and, even more important, discussing the needs of the readers with the person who is their surrogate for healthcare if they lose the ability to communicate. He suggested that readers download the Advance Directives format from CCA's Caring Resources Guide web site along with the "Toolkit" created by the American Bar Association, which provides the following useful information:

Tool #1: How to Select Your Health Care Agent or Proxy

Tool #2: Are Some Conditions Worse than Death?

Tool #3: How Do You Weigh Odds of Survival?

Tool #4: Personal Priorities and Spiritual Values Important to Your Medical Decisions

Tool #5: After Death Decisions to Think About Now

Tool #6: Conversation Scripts: Getting Past the Resistance

Tool #7: The Proxy Quiz for Family and Physician

Tool #8: What to Do After Signing Your Health Care Advance Directive

Tool #9: Guide for Health Care Proxies

Tool #10: Resources: Advance Planning for Health Care

If you haven't completed an Advance Directive or if you need help discussing your end-of-life care, be sure to visit CCA's web site at [www.CaringResources.org](http://www.CaringResources.org)

*You're Invited to the CCA Fall Forum on November 8 at Pasadera Country Club*

## A New Healthcare Delivery System: If We Build It, They Will Come

Join CCA on Wednesday, November 8 at 6:15 p.m. at Pasadera Country Club to hear Dr. James Hallenbeck present thought-provoking information on end-of-life issues followed by a discussion with the audience.

Dr. Hallenbeck is the Hospice Medical Director and Director of Palliative Care Services for the Veteran's Administration in Palo Alto and Core Faculty at Stanford Geriatric Education Center. Having done extensive research and

taught in the field of palliative and hospice care, he offers a unique perspective for making both living and dying a better experience.

The event is sponsored by **Central Coast Senior Services, Inc.** Special thanks to Pasadera Country Club host **Vince Cardinale** of **Ordway Drugs and Medical Supplies**. Since seating is limited. Reservations are required by calling 655-9506.

### *Caregiving at Life's End*

## Caregivers Conference Developed to Give Caregivers a Voice

The topic of CCA's May forum, *Caregiving at Life's End*, brought together a panel of experts who discussed the many aspects of being a caregiver, particularly at the end-of-life. The topic was prompted by requests from the community for more information on caregivers concerns. This need was particularly apparent to Teresa Sullivan and Margarite Alvarez, who are planning the Second Annual Monterey County Caregiver Conference to be held on November 16 at the Hyatt Regency in Monterey. The first conference was developed by Margarite and sponsored by the companies she founded: Community Care Solutions and Choice Home Health Care. This year the Alliance on Aging, led by Executive Director Teresa Sullivan, is involved in this cooperative effort.

When asked what prompted her to establish the conference, Margarite replied, "A day doesn't go by that a friend or someone I might only casually know doesn't call to talk about some caregiving frustration. The family caregiver is rarely recognized yet they are under the radar. They need to be recognized, heard and given more access to help than probably any one group these days. They need to develop a voice and advocacy programs."

To help caregivers in our commu-



*Ilene Shelton of Alliance on Aging conducts a caregiver training program.*

nity, the Alliance on Aging has created a Caregivers Training program, which provides standardized high quality training on essential care skills. The step-by-step curriculum offers information such as creating healthy home care conditions, safe wheelchair use and reducing caregiver stress.

This year's conference will focus on the primary issues facing caregivers, such as advocacy for the caregiver and community resources. Panelists represent many areas of expertise. After the discussion, there will be an opportunity for the audience to ask questions of the panel members and express what types of support they need.

Both caregivers and healthcare professionals are encouraged to attend

and learn more about the needs of the growing population of caregivers.

### *Coming This Spring*

## Panetta Forum

Compassionate Care Alliance is honored to announce that Leon Panetta has been invited to speak at CCA's 2007 Spring Forum. Because of his schedule, the date will not be finalized until early 2007 and will be announced in the next newsletter.

Mr. Panetta will discuss the future of Medicare as well as how the current healthcare delivery system will fare in light of the aging baby boomers, the development of medical technology that is extending lifespans and the rising costs of medical care.