



At the January workshop, over 80 doctors, attorneys and financial planners gathered to discuss the challenges surrounding end-of-life decisions.

HELP Programs Address the Logic of the Mind

Advance Care Planning Campaign Launched

Compassionate Care Alliance has launched a major campaign, in partnership with Hospice Foundation, to encourage end-of-life care dialogue. The project targets individuals, their loved ones and the professionals who serve them.

"As a coalition, we recognize that advance planning can minimize the number of decisions families must make during health crises. CCA's campaign aims to inspire discussion, help each of us clarify our health care wishes and ensure that those wishes are respected," says CCA Board President Mary Brusuelas.

The campaign's professional component opened with the January HELP (Health, Economics and Legal Professionals) workshop; CCA's May 14 spring forum marks the public launch. Organizers will share project details

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Art and Theatre Productions to Begin This Fall

Arts Outreach Addresses Wisdom of the Heart

ARTS 2008/2009 — Art is the Heart of Healing, the Compassionate Care Alliance initiative bringing theatre, art exhibits and workshops to venues across the region, kicks off this fall with several major events.

'Legacy' Opens at Carl Cherry

A fully staged production of *Legacy* premieres in October at Carmel's Carl Cherry Center for the Arts. The performances will be presented by CCA, in partnership with Arts Council for Monterey County.

Legacy will run on Friday and Saturday evenings and Sunday afternoons for four weekends, beginning Friday, October 3, 2008. The cast members and playwright will be on hand for casual dialogue after each performance, and they will also participate in moderated discussions after all Sunday matinees.

Legacy is the work of CCA Healing Through the Arts Committee Chair Cindy Gum, who began writing the script two years ago. Originally titled *Dying with Grace* (and later *Living with Grace*), the story spotlights the relationship between a young woman and (continued on page 4)



Playwright Cindy Gum and Rosemary Luke review the script for *Legacy*.

CCA Spring Forum Set for May 14

The legal, financial, medical and ethical challenges of advance care planning will be discussed at CCA's Spring Forum. See back page for details.



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Message from the Executive Director



It's that time of the year when we trade winter's chill for warm sunshine and fresh spring blooms. During this season of rejuvenation, I'm proud to share the details of several projects

bringing new energy and momentum to Compassionate Care Alliance.

Our coalition continues building upon past success as we expand our community outreach. And, we continue to stay true to our mission: **To provide access to comprehensive information and resources on end-of-life care, and to raise public awareness and create opportunities for education and dialogue about end-of-life issues, care choices and planning.**

CCA opened this year with a major campaign designed to inspire discussion on the personal and practical realities of advance care planning. In partnership with Hospice Foundation, we're reaching out to individuals, their

families and local practitioners through a series of educational workshops and events. The campaign kicked off with a January HELP workshop that drew 80 area professionals for a lively dialogue on the issues they face while serving clients and patients. I'm still receiving positive feedback from attendees, who are eager to continue their discussions during future workshops.

In May, we'll launch the public phase of our campaign at the annual CCA Spring Forum. The exciting event will be an extension of the January workshop, with the same panel members sharing their knowledge and enriching the discussion with a call for public perspective and real-life experiences. You'll find more information within this newsletter; please plan to join us for the forum on May 14, 7:00-8:30 p.m., at Pasadera Country Club.

This fall, CCA will begin a series of care planning workshops and training modules based on topics covered in our spring events. The informative series will continue through 2009.

We're also gearing up for the October production of *Legacy* at The Carl Cherry Center for the Arts in Carmel. CCA Healing Through the Arts Committee Chair Cindy Gum wrote the

script for this play, and the October show is the result of two years of community collaboration. We're thrilled to present *Legacy* in such a distinguished venue, and we look forward to announcing additional ARTS 2008/2009 events and exhibits as we finalize each component.

At our February retreat, the Compassionate Care Alliance board of directors discussed ongoing Latino outreach efforts, enhancements to our print and online resources and potential new collaborations with local associations. We're inspired by the impact we're having in the community, and we welcome the opportunity to do more in 2008 and beyond.

As always, we thank our generous partners, donors and supporters. Without you, we could not provide so many vital resources and programs. Within this issue of CompassioNotes, you'll find updates on our latest work — and as you read, we ask you to consider a tax-deductible contribution to fund Compassionate Care Alliance's ongoing projects. Your gift benefits the local community, and it helps us serve thousands at the most critical times of their lives.

— Vicki Nelson, Executive Director

CCA Volunteer Receives Regional Honor

Jean Duff Is Named Recipient of the 2008 Jefferson Award



Salinas Valley Healthcare System, rec-

Compassionate Care Alliance supporter and volunteer Jean M. Duff is a 2008 Jefferson Award winner. The award, given by KSBW-TV8, HSBC Card Services and

ognizes outstanding local volunteers.

Award sponsors commended Duff's efforts in "providing passionate leadership and setting an extraordinary example for what should be done to aid the dying, ensuring there is life in every day until the last."

Duff has been a CCA champion since its very beginning, helping to create the website and print resource guide and providing ongoing direc-

tion to the organization.

"Jean is an incredible end-of-life advocate, and we're proud that she's been with us every step of the way," says CCA Board President Mary Brusuelas.

Duff also supports the work of Hospice Foundation, Community Hospital of the Monterey Peninsula, Hospice of the Central Coast and other local associations.

Announcement Planned for National Healthcare Decisions Day

CCA and Hospice Foundation Launch Local Campaign on April 16

Compassionate Care Alliance, in partnership with Hospice Foundation, will announce a new public outreach campaign on National Healthcare Decisions Day. The April 16 announcement is scheduled to take place during the Hospice Foundation of America teleconference being hosted locally by Hospice Foundation.

The campaign will highlight the need for real conversations about end-of-life care issues and decisions. Documenting wishes in an advance directive form is part of the process, but discussing decisions with family members, surrogates and doctors is just as important.

"Talking about care concerns and

wishes while you're healthy saves your family from difficult decisions in the face of emergency, and it is the best way to ensure that your choices are honored," says Vicki Nelson, CCA executive director. "We look forward to working with Hospice Foundation to raise awareness of these issues."

Advance Care Planning

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with colleagues during the Hospice Foundation of America teleconference on April 16, National Healthcare Decisions Day.

Professional Workshop

Eighty practitioners attended the January HELP workshop at Pasadena Country Club. Designed to help participants better collaborate and advise clients and patients, the four-hour event featured real-life case studies and discussion covering legal and financial concerns, social and spiritual issues and the importance of clarifying care wishes before emergencies. CCA partnered with the American Bar Association and Community Hospital of the Monterey Peninsula to provide Continuing Education Units for attendees.

Post-event evaluations praised the event's content and professional diversity. "The energy in the room was phenomenal. Everyone was engaged and involved, and the session could have gone on for hours more," Brusuelas says.

John Berteaux, a California State University-Monterey Bay philosophy professor specializing in ethics and biomedical ethics, moderated the HELP panel. Joining him were financial planner Stevan Dority, Dr. Leslie Foote, Dr. John Hausdorff and attorneys Tom Espinoza, Helen Hempel and Eric Holk.

Public Outreach

Featured at the CCA's spring forum, "Legal, Medical, Financial and Ethical Challenges of Advance Directives for Health Care," will be presentations and audience dialogue by the HELP panelists. The event will be held on May

14, from 7-8:30 p.m., at Pasadena Country Club.

The forum is the kick-off event for the public arm of CCA's care planning campaign, which also includes seminars scheduled for late 2008 and 2009. Planning for the public seminars took place in March, at a meeting that included members of the local faith community, area hospices and hospitals, the Area Agency on Aging, Monterey County Office of Aging and Adult Services, Veteran's Administration and other social service agencies. This group continues to serve as the core planning committee, meeting regularly to develop curriculum, confirm venues and arrange workshop facilitators.

Jack Stanley, past president of American Health Decisions and a National Healthcare Decisions Day committee member, addressed participants at the March meeting.

"I want to say how important this meeting is – so important that I'm choked up!" he said. "Back in the late seventies, when I worked with communities in Wisconsin to improve end-of-life care, establish some recognition of patients' rights and evoke respect for their dignity, this kind of meeting with community leaders representing health care professionals as well as legal and financial advisers, this is what we dreamed of. This is what many have been working toward since. So I congratulate the Compassionate Care Alliance for organizing this meeting



Project Manager Sandy Larson greets representatives from social service agencies at a planning meeting for the 2008 fall advance care planning workshops.

and, more importantly, I congratulate all of you for being here."

"Through these public events, we're helping individuals address the practical and personal sides of death and dying," says CCA Executive Director Vicki Nelson. "We're providing an important community resource."

The first workshop in the series will cover care planning and is based, in part, on the American Bar Association's Consumer Tool Kit for Health Care Advance Planning. Also in the works are a surrogate training workshop targeting individuals, their family members and health care agents, plus sessions focusing on legal, financial and estate considerations, hospice and palliative care, grief and recovery and related topics.

Experienced practitioners will guide each public seminar, and CCA will again collaborate with local professional associations to offer educational credits.

Nelson says the campaign's overall inspiration is straightforward.

"Death, quite simply, is something everyone must face," she says.

Compassionate Care Alliance

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The January workshop received praise for its content and professional diversity.

Legal, Financial, Medical and Ethical Challenges in Advance Care Planning CCA Spring Forum Planned for May 14

Plan now to attend Compassionate Care Alliance's Spring 2008 Forum, where we'll kick off the public phase of our advance care planning campaign with, "Legal, Financial, Medical and Ethical Challenges to Advance Care Planning." The event takes place at Pasadera Country Club (100 Pasadera Drive, Monterey) on Wednesday, May 14, from 7-8:30 p.m.

Seven panelists from CCA's HELP (Health, Economics and Legal Professionals) group will discuss issues addressed at their January workshop before engaging

in an hour-long question and answer session with audience members. The forum is the first in a series of planned public workshops covering practical and personal issues related to end-of-life planning and care. (For full details, see the article on page 1.)

CCA thanks Vince Cardinale of Ordway Drugs and Medical Supplies for helping make this event possible.

Seating is limited and reservations required by May 9. Call 831-655-9506 to RSVP.

Arts Outreach

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her dying grandmother. Together, the two characters explore issues ranging from maintaining independence and sustaining relationships as we age, to dying with our wishes understood and respected.

Gum calls this final iteration of the play an "accomplishment for the whole community."

"We've staged several readings and hosted a variety of dialogue sessions while developing the ultimate version of this production," she says. "Audience feedback has been key throughout the process. It's a true community effort and we're very proud."

"The response to *Legacy*, in its current and previous forms, has been terrific," says CCA Executive Director Vicki Nelson. "Audience members come away inspired, and they appreciate the chance to discuss the questions and concerns that we all face at life's end."

Legacy stars veteran local actress and director Rosemary Luke as Grace and Blase Mills as her granddaughter, Alexandra.

Luke says her character shares years of accumulated wisdom and emphasizes the idea that aging — and dying — can be fulfilling and wonderful. Grace has lived her life consciously and she teaches her granddaughter not to be held back by fear.

The play's two biggest lessons, according to Luke, are freedom and healthy detachment.

"There is great excitement around freedom — emotional freedom, psychological freedom and, with that,



Sue Ann Hillyer, President of the Monterey County chapter of Women's Caucus for Art discusses the upcoming traveling art exhibit and workshops with Jennifer Colby, former National President of Women's Caucus for Art.

physical freedom," says Luke. "And we also present the lightheartedness and humor of detachment, the idea of not taking things so seriously, and the joy of letting go."

After spending two years refining the role, Luke is ready to present the final version of the play and participate in the dialogue it will inspire.

"I think it's needed, and I think the time is right," she says. "So many of us live so long now. We should do it with excitement and without fear."

Traveling Art Show and Workshops Planned

Also slated to begin this fall are a traveling art exhibit and related workshops organized in partnership with Women's Caucus for Art. The collaboration will continue throughout 2009.

Venues throughout Monterey County are being secured for the exhibit, which features work inspired by the emotions surrounding personal illness, loss and grief. Community art workshops at each exhibit stop will showcase local creators who will share dance, poetry, personal readings and more.

"CCA's ARTS 2008/2009 lineup encourages community members to use artistic channels to experience and express feelings related to end-of-life issues," says Gum, who is involved with the exhibit as well as the *Legacy* production. "We're encouraging people to access their emotions and connect with others through the arts."

More details on the exhibit and workshops will be announced this summer.