

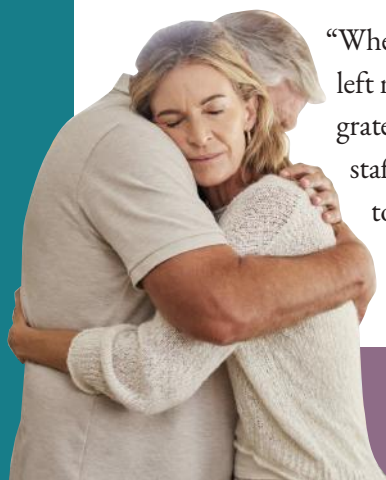
# You Made Everything Possible

Our beloved donors and volunteers made a big difference in 2022



## Your kindness allowed us to serve 8,910 people in 2022 through all of our programs

As we emerged from the pandemic, Hospice of Santa Barbara continued helping those dealing with grief and illness, and offering education around end-of-life. It is only because of you that we were able to do this completely free of charge. Read on to discover how your generosity impacted the people served by our many programs.



## Grieving adults find hope... thanks to your support

885 adults were supported through the loss of a loved one.

HSB's caring counselors can make the difference between someone giving up, or moving forward with life one step at a time. This important work would not be possible without your support.

"When my son Cole passed at the young age of 32, it left me in a state of unbearable shock and sadness. I was grateful for the trained eyes and ears of the counseling staff to help me along the healing path. It is comforting to know that Hospice of Santa Barbara is always there to watch our backs and help guide those who need it on the healing journey." ~ Deborah Beaudet

Your compassion allows our therapists to help those facing grief to find hope.

## With your caring, kids can ease the pain of grief

293 children, teens, and their family members received individual or group counseling after losing a loved one.

Robert has stage-four lung cancer. David, his eight-year-old son, is struggling with the fact that his dad is likely going to die soon. Robert told us that when he picked up David at school one day, his son said, "Dad, a man came to see me today at school. He talked just to me and I was able to let go of something really heavy that I had inside, and now I feel very light." The man who talked to him was one of HSB's children's counselors. Robert was moved by this, saying, "I didn't even know he was carrying a burden because he has never said anything to me." David will be able to talk to his HSB counselor for as long as he needs to.



Your generosity allows HSB's counselors to help grieving children at their schools.

# Because of you, Patient Care Services helped those with a life-threatening illness



383 patients were better able to manage their illness through our advocacy and support



531 immediate family members were assisted in caring for their ill loved one



56 people received nearly \$15,000 in Quality of Life Grants to cover basic necessities

## You helped people like “Ana”

“Ana” had always been a stickler for her health. She ate healthy, exercised regularly, and never missed a doctor’s appointment. So when she got her first colonoscopy, the results shook her to her core. She had cancer. Her road was rough as she faced surgery and chemotherapy. But throughout her journey, Ana was lifted up by the kindness of others.

HSB’s volunteers provided groceries, companionship, and rides to appointments. HSB staff went with her to appointments to make sure she could communicate with English-speaking doctors. They helped make sure she understood her illness and her options for treatment.

As Ana continues her journey, she knows there will be more challenges ahead. Her biggest lesson from this? Trusting that support from our loved ones—and even from strangers—during difficult times makes all the difference.



Our supporters ensure that patients receive basic necessities like groceries.

# Compassionate Care of Carpinteria exists because of you

**194 children and adults were helped through grief or illness.**

Compassionate Care of Carpinteria, started in 2017, offers bereavement counseling for adults and children in our Carpinteria office, and on the campuses of the following schools: Carpinteria High School, Carpinteria Middle School, Rincon High School, and Aliso Elementary. Our Patient Care Services staff support Carpinteria patients with a life-threatening illness and their families—patients like “Alex”:

**In 2022, “Alex” was diagnosed with lymphoma. Just as his family was coming to terms with the news, Alex’s wife suffered a severe stroke, and their lives were turned upside down. During their struggles, they found hope in the form of Compassionate Care of Carpinteria.**

Our staff and volunteers stepped in to provide rides to appointments, grocery deliveries, counseling, and Quality of Life Grants to help Alex get to UCLA for treatment. Grief counseling is also available to the whole family when they need it.

  
compassionate care  
OF CARPINTERIA  
An initiative of Hospice of Santa Barbara



## With your help, we made conversations about death easier

HSB provided 988 community members and professionals training on issues of death and end-of-life.

This included 347 people who completed their MyCare advance health care directive. To find out how to complete your MyCare, visit [www.GetItDoneSB.org](http://www.GetItDoneSB.org).

Our virtual Illuminate Speaker Series drew 3,500 participants who enjoyed presentations by renowned speakers Sharon Salzberg, Amanda Kloots, Kristin Neff, Kelly McGonigal, Richard Louv, and Trudy Goodman and Jack Kornfield.



## You made it possible for Spanish-speakers to get critical information

15,000 Spanish-speakers received timely information about critical resources through Mi Vida, Mi Voz.

We also trained 22 Spanish-speaking volunteers to facilitate workshops helping the Latino community complete advance health care directives through our newest initiative, Mi Vida, Mi Voz, Mi Regalo (My Life, My Voice, My Gift).

Visit [mividamivoz.com](http://mividamivoz.com) for more information.



## Volunteers make everything possible

115 volunteers lovingly gave 3,532 hours to help people in our community who are dealing with grief or illness.

We recently made a list of all the different ways HSB volunteers make the world a better place, and it added up to 102 different things! Many of them relate to helping patients with a life-threatening illness, such as spending time with an ill person, helping out so caregivers can take a break, taking patients to doctors appointments, picking up groceries or medications, walking a dog, or reading aloud to a patient. You may be surprised to learn that we also have a couple of specially trained volunteers who help out with support groups. One of these volunteers, Terri Bailey, has been co-leading our Healing the Loss of An Adult Child support group with Dr. Suzanne Retzinger for the last nine years.

“HSB helped us after losing our daughter in 2011. I tell our groups every session that Hospice saved our lives. That you can have a life after a big loss. You will laugh again. HSB is available to kickstart your journey with grief. I’m glad I can be a part of helping someone else on their healing journey.” ~ Terri Bailey



“Terri and I have continued to learn from each other over these last nine years. I have the clinical skills and Terri has the experience of losing a child. Our openness and honesty allows parents to speak from their hearts as we sit in the fire with them. Terri is a terrific volunteer who has given her heart and soul to help so many people! She is the best and shines in her own light.” ~ Dr. Suzanne Retzinger, Hospice of Santa Barbara Bereavement Counselor





# Shining Light Society 2022

Our work would not be possible without our compassionate Shining Light Society donors.

For a list of our other supporters, please visit [www.hospiceofsantabarbara.org](http://www.hospiceofsantabarbara.org).

## Supernova \$100,000 and Above

James S. Bower Foundation

## Superstar \$50,000 - \$99,999

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Eduard Van Wingerden &  
Nadia Lyhitchenko  
Vista Del Monte Retirement Community  
Suzanne Von Drehle  
Geof & Laura Wyatt  
Katina Zaninovich

**Lucky Star \$1,000 - \$2,499**

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Mona Wise  
Cynthia Withers  
Gina & Alex Ziegler  
Charles & Nina Zimmer  
Dick & Anna Zylstra

# Planning for the future

## You can take care of your family, and “pay it forward.”

Many of us feel a compelling drive to make a difference in the world, while also taking care of our own family. The good news is that it's possible to create a will or trust to benefit your family, and that also supports an organization you feel passionately about.

Please contact us to learn how you can make a difference in the lives of people dealing with grief or illness through a legacy gift, which may include designating Hospice of Santa Barbara as a beneficiary of your IRA.

Those who remember Hospice of Santa Barbara with such a gift become a member of our Legacy Society. This group ensures that we will always be here to support people who are at their most vulnerable, completely free of charge.

You can email Nancy Shobe, Key Relationships Manager, at [nshobe@hospiceofsb.org](mailto:nshobe@hospiceofsb.org) for more information.

“My planned gift is my way of honoring my father and the important work that Hospice of Santa Barbara does for those preparing to leave this world.

My family and I will be forever grateful for the compassionate care given our father, and to us; it is my privilege to make a planned gift honoring Hospice of Santa Barbara.”



~ Patricia Heller,  
Legacy Society Member



## Legacy Society 2022

Legacy Society members are generous individuals who have made a long-term commitment to helping others who are dealing with grief and illness. By naming Hospice of Santa Barbara in their estate plans, Legacy Society members ensure that our services will always be available in our community, completely free of charge.

Anonymous (4)

Barbara R. Bengry

Jo & Randy Bittner

Eric Bowers & Michael Petrich

Jayne Brechwald

Charles & Dana Caldwell

Lois Capps

Annette Goena

Judy Goodbody

Patricia Heller

Steve Jacobsen & Ann Erickson

Joe Jowell

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David Selberg

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Gary Simpson & Jill Nida -

The Home Improvement Center

Thomas & Heather Sturgess

Gwen Taylor Dawson

Nancy Lee Missakian Trotter

Dana & Randy VanderMey

Deanne Gillette Violich

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Leslie Sinclair von Wiesenberger in  
memory of Zander von Wiesenberger

Steve Warner & Vince Turano

Jeanne West

Linda Seltzer Yawitz



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