



June 2014

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

What's Happening at HSB

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

Dia de las Comidas - July 11th, come support HSB by dining at one of 3 local restaurants...
[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 SB

December 6th, 7th and 13th

Light Up A Life Ceremonies

Did you know...

Nationally, about **85 percent of parents** who have lost a spouse say they wish there were more resources for their grieving children.

Dear Friend of Hospice of Santa Barbara

Today, most of us will celebrate Father's Day - a day devoted to honoring fathers and celebrating fatherhood. But for children and teens who have recently lost their father, the day can be a painful reminder. There are more grieving children than most of us realize - one out of 20 children will experience the death of a parent before they graduate from high school and one out of every five will face the death of someone close to them. Our *I Have a Friend®* program helps to normalize feelings for kids who are grieving; to let them know that they are not alone.

I Have a Friend® Mentor Program

By matching a trained adult volunteer who has experienced the death of a parent at a young age with a child newly coping with a similar death, the child is given a companion for the journey; one who truly understands the incredible loss as well as obstacles that will be encountered in the years ahead.

We know death and grief are part of life's journey, but for children and teens the death of a parent can be paralyzing and overwhelming. Severe reactions to loss can traumatize children and lead to depressive immobilization and destructive behaviors that put youth at risk of engaging in activities such as promiscuity, self mutilation and medicating, defiance towards authority, and detachment from society.

For children and teens, untended grief from the loss of a parent has the potential for long lasting effects on the personality development and functioning of a child. Poor coping responses also emerge as young people turn to drugs, alcohol or violence in efforts to alleviate pain.

Because *I Have A Friend®* mentors have shared the loss of a parent, they create a unique bond with the child that allows open and honest communication about their feelings. Mentors serve as role models for grieving children, helping them develop their resiliency and ability to thrive.

While their lives will be forever changed, the goal of the *I Have a*

As children achieve life milestones, their grief may need to be addressed again and again. **HSB provides support and counseling without a time limit.**

Last year, **2,105 children and teens** received professional support and coping tools for their grief creating the basis for successful emotional growth at Hospice of Santa Barbara.

\$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.
(5/1/14 - 5/31/14)

David M. Brown and
Anna Killingstad

Leslie Brueckner

Susan R. Gonzales

Samantha Lockett

Deanna Lopez

Jyen-Ai Mayo

Friend® program is to light the way for children experiencing this most intimate loss. *I Have a Friend®* mentors are living proof to grieving children that there will be hope, happiness, wholeness, and ultimately that they will be normal again.

To support our *I Have a Friend®* mentor program, and other HSB services provided to the Santa Barbara community, please [click here](#).

Meet Our Staff!



Kay Sommer, MA
*Bilingual Children and Family Services Clinician /
I Have a Friend® Program Assistant*

Kay Sommer, MA, provides counseling services in English and Spanish for children and families who are facing life-threatening illness or coping with the illness or death of a loved one.

As Program Assistant for the *I Have a Friend®* Mentor Program, she serves as a community liaison to increase community awareness and solicit community support of the program. Kay also assists with program development, planning and activities that engage and deepen the mentor/mentee relationship.

Kay holds a California State Lifetime Teaching Credential and previously taught school for nearly 25 years in California, Chile and Nicaragua before beginning her career in counseling. Sommer holds a Bachelor's and Master's degree from the University of Southern California, and she received a second Master's degree in Clinical Psychology from Antioch University.

Alternate Ways to Support HSB

Leslie Meadowcroft

Jan & Albert Roberta

We would also like to acknowledge our new **Heart of Hospice** Supporter (annually renewable gift of \$1,000 or more) (5/1/14 - 5/31/14)

Evan Turpin

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](#).

Like us on Facebook 

Follow us on 

View our profile on 

Find us on 

All services at Hospice of Santa Barbara are provided free of charge. We rely on 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](#) and [Twitter](#).

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](#).