

TIPS ON DEALING WITH GRIEVING CHILDREN



CHILDREN:

- Have the right to experience their own unique grief
- Need to know that they will be cared for
- Need to know what feelings to expect and that they are normal: anger, sadness, fear, guilt
- Need someone who will answer their questions
- Need to maintain normal routines

ADULTS:

- Need to use direct, clear language when explaining the death: do not use euphemisms
- Need to remain consistent in discipline to maintain the safe boundaries that kids need
- Need to allow children to express their grief through play, art and behavior
- Need to know that grieving reactions are often spontaneous
- Can model their grief for the children by not hiding emotions or ways of expressing grief

Children experiencing loss need adult champions

How can an adult know if a child who has suffered a loss from death needs help in processing their grief?

The answer is in the question, according to Optimal Hospice Group Facilitator Cindy Stone, M.S.W., GC-C.

“The truth is that any child that has experienced the death of a loved one will need some help,” said Cindy. “If there has been a loss, there will be grieving, and they will need someone to help them through that.”

Getting adults to recognize that fact is a challenge, primarily because children grieve in so many different ways, and the adults are dealing with their own grief and often other circumstances that are impacting their lives.

That’s not to say that when a child is seen crying or acting out that adults can’t clue in on that and help.

“Many times the child doesn’t know the ‘appropriate or acceptable’ way to grieve and thus often doesn’t have the easily identifiable signs that most adults would normally associate with grief,” said Cindy. (For some helpful tips, see the sidebar).

“Our sincere hope is that we can get all adults to be observational and get them to recognize that they are the ones in charge, they are the ones making the day to day decisions, and those decisions often can impact the way a child can process the loss and the resulting grief,” said Cindy.

“As a group facilitator, I work closely with the children, but we need first to impact the adults and start the conversation with them so they can use their position to direct the child to the places that are well equipped for helping children through the trying times following a loss.”

Kids Camps allow time for grief, forgetting

One place that is equipped to help children process grief is Optimal Hospice Foundation’s Kids Camps, now in our 21st year of service. These camps are both a place to express grief and, surprisingly, to forget about it as well.

Connie Pulmano, M.A., the bereavement counselor for Optimal Hospice – Fresno and Visalia, explained the purpose and scope of the camps. “Part of the reason these camps are important is that children are going to grieve differently depending on their development stage, socioeconomic or cultural background,” she said.

“We have the camps for those children who have had a hard year due to their loss,”

Continued on page 2



Kids Camps, continued from page 1

Connie continued. “The camp isn’t a ‘grief retreat.’ It is more of a ‘grief break;’ a time for them to have fun and be a kid. Sometimes it is good for them to forget the grief for awhile, since it likely has been in the forefront for some time.”

At the Fresno Camp, for example, the day is scheduled around fun activities, not around processing grief.

“We have integrated the grief counseling into the day by adding activities like an art program,” said Connie. “Perhaps we then talk about the symbolism in what we are painting and allowing an outlet there. At nighttime in the cabins, we do affirmations; the kids write and then read what they have written.”

Even more surprising is what happens when the children have time to talk with their peers. According to Connie, the kids know they have a circumstance in common. Over the few days at camp, the kids bond,

and as they get comfortable with each other, they can talk as peers and relate.

If the children want to talk to a counselor, the camps do have trained adults like Connie and Cindy Stone who can help unpack their feelings.

“As a counselor, I am part of the action and just as involved as the rest of the volunteers in the fun. But the kids know who I am since I am introduced as someone they can talk to if they are feeling sad, angry or confused,” said Connie.

Cindy also attends the camps in her role as a group facilitator. She said, “Allowing the children to validate their emotional state is important, so that they understand that grief is normal.

Camp time is about honest talk. They don’t need to be worried about upsetting their



Bakersfield Kids Camp attendees with members of the Porterville American Legion Riders – Chapter 20. Each year the Legion Riders raise funds to support Kids Camp. In 2013 they raised \$4,500 at their Annual Ride For Awareness Poker Run.

 **Bakersfield Camp at Gergen Ranch**
Session I for ages 8 to 12
Sunday, Aug. 3 – Tuesday, Aug. 5
Session II for ages 12 to 16
Wednesday, Aug. 6 – Friday, Aug. 8

 **Fresno Camp at Camp Oakhurst, Coarsegold**
For ages 8 to 16
Friday, July 11 – Sunday, July 13

Referral forms are available at OptimalHospiceFoundation.com

family members with tough or sensitive questions. We just need to make sure that we can get the children where they need to be to help them cope. That’s really the main goal.”

Thanks to the generosity of camp sponsors and Optimal Hospice Foundation donors, Kids Camp is offered at no charge to families. Sponsorships start as low as \$250.

If you would like to sponsor a camp, make a donation or refer a child, please give us a call at (661) 716-8000 or go to our website for more information and forms: OptimalHospiceFoundation.com.

Employee Giving Campaign surpasses goal

Thank you to Optimal’s employees for supporting the Foundation in a BIG way! In 2013 team members across all Optimal Health Services locations participated in the Employee Giving Campaign with employees donating more than \$31,500 to support our mission with an overall participation rate of 74%.

“I know the people who work for Optimal are amazing, but the overwhelming support the Foundation receives from the employees has exceeded anything I could have imagined. Not just monetary support, but overall interest in what we do, identifying opportunities, assistance with sponsorships, volunteering and more. I am so blessed to have the opportunity to be the director of our Foundation,” said Cherie Shoemake.

Ice Cream Socials were held to thank employees for reaching the campaign goal. This perfect sundae was made by Optimal’s Annisa Zepada.



Stay up to date, make donations and get more information at OptimalHospiceFoundation.com



We’re on Facebook too!

2014 CALENDAR OF EVENTS

April 10	Optimal Cares Concert Event – Bakersfield
May 10	Ride for Awareness – American Legion Riders – Porterville
July 11-13	Kids Camp – Fresno
August 3-8	Kids Camp – Bakersfield
September 12	Golf in the Sun & Under the Stars Tournament – Bakersfield
November TBD	Clay Shoot – Bakersfield
December 2-15	Light Up A Life Celebrations




Presented by
Greenlawn
ESTABLISHED • COMMITMENT • INTEGRITY

OPTIMAL *Cares*

THURSDAY, APRIL 10, 2014
NILE NIGHTCLUB • 1721 19TH STREET, BAKERSFIELD
5:30 - 7:00PM HEAVY HORS D'OEUVRES & SILENT AUCTION
CONCERT BEGINS AT 7:00PM
TICKETS \$60 EACH. RESERVED TABLE FOR 4 IS \$300 AND PREMIER TABLE FOR 6 IS \$500.

FEATURING:
A CONCERT BY SINGER, SONGWRITER AND MUSICIAN, RY BRADLEY

Contact the Foundation office for more information, sponsorship details or to purchase tickets - 661.716.8000.
 * All proceeds benefit Optimal Hospice Foundation





Light Up A Life

Thank you to everyone who joined in our uplifting Light Up A Life Community Celebrations honoring and remembering loved ones and friends who had been a special part of our lives. The celebrations were held Nov. 23 – Dec. 12 throughout our service areas. Thank you to our generous location sponsors:

- Bakersfield Family Medical Center:** Bakersfield, Kern River Valley, Taft and Tehachapi
- Well-Being Senior Solutions Holistic In-Home Care:** Fresno
- Doctors Medical Center:** Modesto
- Roger S. Good Cancer Center:** Porterville
- Salsler & Dillard Funeral Chapel:** Visalia and Tulare
- Wagner Heights and Vintage Fair Nursing and Rehabilitation:** Stockton

American Legion Riders Chapter 20 Porterville Ride for Awareness

Saturday, May 10 • 7:30 a.m.

Registration 7:30 - 9 a.m. • Blessing 9:15 a.m. • Ride starts at 9:30 a.m.

Ride begins and ends at American Legion Post 20
 1901 W. Olive Ave., Porterville

Mail in registration no later than May 6 to American Legion Riders Chapter 20
 31 N. Fir, Porterville, CA 93257
include email address for donation confirmation

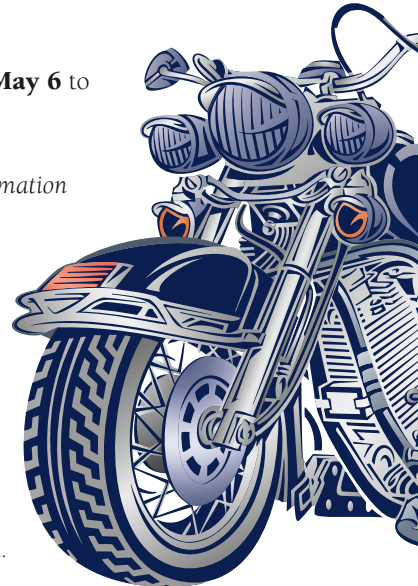
Advance tickets:
 \$20 single rider • \$30 double

At the door:
 \$25 single rider • \$35 double

Entry fee includes poker hand
 Lunch and ride pins free to the first 100 participants

Breakfast served by the Ladies Auxiliary Unit 20, is available for \$7 from 7:30 to 9 a.m.

Proceeds will go to the Optimal Hospice Foundation Kids Camps



Thank You for Your Support

The following individuals and organizations generously contributed to Optimal Hospice Foundation in 2013. On behalf of the patients and families we serve, thank you for your support.

BAKERSFIELD

Bill Adam
Joyce Adams
Glen Adkins
Advanced Industrial Services
Mary Ellen Agan
Agape Mortgage
Rachel Aguilar
Jenny Ainsworth
Alcorn Aire, Inc.
Harry & Margo Alcorn
Ida Allen
Penny Allen
Alliance Ag Services, LLC
Alpenglow Hospice
Foundation, Inc.
Alternative Care
Richard & Nancy Amick
Bessie Amos
Consuelo & Maria Andrade
Shirley Anslinger
Maurice & Carol
Ansolabehere
Larry & Linda Appodaca
Esther Arambulo
Dan Armstrong
Carolyn Ashlock
Norman W. Austin
Marilyn Baker
Bakersfield Blaze
Bakersfield Breakfast Lions
Bakersfield Family Medical
Center
Bakersfield Heart Hospital
JoAnn Ballinger
Richard Banducci
Beverly Banks
Banks Pest Control
Larry & Kay Bardin
Larkie & Bonnie Barnett
BB&T Insurance Services
of CA
James Beath
Ronnie & Barbara Beaty
Linda Belcher
Joe & Carolyn Belli
Cynthia Bellmer
Lisa Belt
Sue Benson
David Berg
Kris Berquist
Christina Berry
Bertolucci Construction, Inc.
Vera Bettis
Patricia J. Bidart
Bruce & Cherry Biggar
Nigil Bilderbeck
Boyd & Kelly Binninger
Daryl & Jackie Black
Dennis Black
Dr. Jennifer Black
Marjorie Boese
Elizabeth Bogan
Betty Boggs
Gene & Geri Boles

Lorenzo Botello
Ronald Bown
Patricia J. Boyd
Cassandra Bradford
Chrystal Brannon
Doyle Branscum
Cheryl Bray
Shirley Brewer
Dorothy Brock
Trannie Brookover
Joe Brown
Dana Brucker
Lorraine Bryan
Joan Bugni
Joe M Bugni
Lori Buntin
Ruby Burden
C. T. & Catherine Burrow
Barbara Burruss
Joyce Burton
Jacqueline Bushby
Buttonwillow Raceway Park
Buttonwillow Warehouse
Jean Cadenhead
Les & Joan Caldwell
Thomas Caldwell
Debbie Cales
California Sports Car Club
Cynthia Callaway
Aliza Camacho
Frank Capuano
CARE
Mary Castaneda
Cheri Caterlin
CCPOA-Wasco Chapter
Cedar Creek Retirement
Community
Central Valley Occupational
Medical
Katherine Cesare
Christian Chamber
Howard & Joyce Channell
Charles Diaz Trucking
Martin Chesley
Shirley Cholman
Dr. Ronnie Claiborne
Genevieve L. Clark
Helen Clark
Doug & Janet Clary
Brenda Clayton
Linda Clements
Nan Coke
Colombo Construction
Company
Linka Compagnoni-Chapman
Carl & Anita Conklin
Michelle Cooper
Doreen Cotter
Bob & Shirley Couch
Jackie Coughran
Casey Crawford
Fred & Mary Croson
Ted R. Cross
Rita Culp
Ina Czanik

Melanie Dahlstedt
Sarah Daly
Merrily Davis
Susan Davis
Joan DeAscentis
Nora Dedios
Josephine Del Papa
Delta Theta Tau Sorority Inc
Ron & Doris Depew
Chloetta Dickey
Emily Diggles
Rick & Patti Dinnerville
DeSheala Dixon
Kathrine Doehrn
Hope Donovan
Sarah Dowda
Polina Dudaklian
Duane & Michelle Dudics
Doris H Dunham
Sandra Duran
Bassy & Sally Eberhardt
William R. Edmonds
Gwen Edwards
Terry D. Edwards
Jim & Cindy Eggert
Elite Truck Repair
Amy Elliott
Madeline Elsea
Joanne Emanuel
Tracy Embrey-Hernandez
Norm Enfield
Penny Estrada
Priscilla Everett
Joe Eyraud
Famoso Nut Company
Carlos Fandino
Marilyn Fay
Jess Faz, Jr.
Federated Insurance
Tom Feher
Drs. Fernando Fan & Shanna
Treanor
Jim Fiscus Family
Susan Fisher
Jo Anne Fitting
Christy Fitzgerald
Philip Fletcher
Marion Flood
Joan Floyd
Jim Fontecchio
Shari Fortino
Ailey Foster
Diane France
Gail Francisco
Rhonda Frankhouser
John & Christine Frazier
Chris Freels
Carrie Fritz
Steve & Mary Fritzen
Bonnie Gallegos
Bobby & Rita Gallemore
Sheryl Gallion
James & Sally Gallops
Helen Garcia
Janice L. Garcia

Pearl Garcia
Pricilla Garcia
Stacey Garcia
Coleen Garratt
Amanda Garza
GEMCare Health Plan, Inc.
Mary Gentry
Cynthia Jo Geyer
Lina Ghilarducci
Maricela Gibson
Jess Gillian
Sharon Girkins
Neal & Louise Goeller
Golden Empire Fleet Services
Martha Gomez
Corey Gonzales
Deyanira Gonzalez-Mora
Sharon Gooch
Donald & Geneva Goodwin
Ronald & Patricia Graffius
Bonnie Green
Shirley Green
Greenacres Plus 50 Club
Greenlawn Mortuaries
Sharon Greenwood-Montero
Roger & Linda Griess
Bruce & Gail Groefsema
Hale Grover
B. Jilly Grover-West
Angelita Guenther
Bill & Pat Gullett
Clark & Pam Gustafson
Janice Hagen
Debbie Hahn
Dorrie Hall
Karen B. Hall
Archie Hamel
Polly Hamm
Marissa Hansen
Agnes Hardt
Sigrid Harris
Stacey Harris
Wes & Paula Harris
Jack Hartman
Merritt & Denise Hayslett
Arthur Hefner
Cynthia Herndon
Nadine Hessing
Brown Higginbotham
Phyllis Hill
Susan Hill
Leilani Hills
Jack Hobson
Linda Hollingsworth
John & Sandra Hooker
Linda Horn
Bonnie Hosick
Brenda Hosick
James & Connie Howell
Antje Huckenbeck
Hudson Valve Company
Johnny & Jan Humphreys
Bob & Mariam Hunt
Tracy Hupp
Ken & Dona Hurt

Nancy Hurtado
I. F. G. Services, Inc.
Gary & Cynthia Icardo
Bernardita Imming
Robert Iorio
Jodi Jackson
Angela Jacobs
Chris & Germaine Jacobs
Ruth L. Jacobus
Todd Jeffries
Carol Jett
Jim Burke Ford
Jim's Towing Service, Inc.
Johasee Rebar
Barbara Johnson
Bobby & Etta Johnson
Nancy A Johnson
Ramona Johnson
Royce Johnson
Cathy Jones
Steve Jones
JoAnne S Jordan
George & Antoinette Jucha
Joseph W. Jucha
Betty Kanady
Megan Kapitza
Rosarie Karibian
Harvey & Diana Kauffman
Sue Kaufman
Carolyn Keeling
Deborah Kelly
Kern County Firemen's
Assoc.
Kern County Funeral
Directors Assoc.
Kern River Family Mortuary
Kern River Golf Course
Sandy Kiesel
Michael Kilijian
Kimberly Kincheloe
Betty King
Carol King
Diane King
Robert Kinsey
Rosalinda Klamorick
Knight Enterprises Inc.
Evelyn Knight
J. & Barbara Koester
Violanda Kovalesky
Susan Kramer
Wayne & Leslie Kress
Harry Krugh
Frank & Pam Kuhs
L A Douglas & Company
Shirley LaBumbard
Bret & Nikki Lackey
Heidi Lahee
Arnold & Rosalie Lahorgue
Jim LaMar
Lucy Lambert
Eva Lance
Nancy Langkilde
Jerome & Marlene Larson
Edith Laurin
Christopher Lawrence

Thank You for Your Support

Cathy Lazarus
 Le Beau Thelen, LLP
 Raymond & Jan Ledbetter
 Michelle Leggett
 Robby & Christy Lester
 Shanna LeViner-Gonzalez
 Kristen Lidgett
 E. W. & Eileen Little, Jr.
 Rudy Littlewolf
 Janice Long
 Emily Lopez
 Catherine Lueder
 David & Cheryl Lueker
 Mary Lyles
 Tom Lyon
 Edith Lyons
 Violet Lyons
 Tracee Macaulay
 Martha MacGillivray
 Clara Madsen
 Majestic Properties TIP LLC
 James D. Malody
 Marchese Family Foundation
 Delores Markell
 Linda Marks
 Gregory & Joann Marling
 Shelly Marquez
 Carole Martin
 John Martin
 Jesse & Donna Martinez
 Lydia Martinez
 Victoria Martinez-Tate
 Trever & Shari Martinusen
 June May
 Nichol Maytubby
 Betty Mazzie
 Rhonda Mc Gee
 Fred McAtee
 Rita J McCarville
 Lynne A. McClowry
 Carolyn McElroy
 Charles & Robin McKay
 Donna McNamara
 Dollie Meadors
 Greg & Stacy Meadows
 Medline Industries, Inc.
 Joan Medunic
 John & Dee Meily
 Dorothy Merritt
 Laura Merritt
 Mark & Kathryn Mettler
 Shelley Mickelson
 Bonnie Miller
 David & Anne Miller
 Judith Miller
 Alma Miller-Perry
 Steve Minton
 Tina Mitchell
 Dennis & Carolyn Moffitt
 Blake Molhook
 Sue Montgomery
 John & Terri Morehouse
 Morgan Stanley
 Melba Morris
 Gary & Jan Morse
 Michael Mowery
 NAPA Auto Parts
 C. James Nephew, Jr.
 Virginia Newberry

Marjorie Nighbert
 Larry Nonini
 Lyda Norris
 B. J. O'Donnell
 O'Leary Office Products, Inc.
 Geraldine S. Oden
 Sean Odum
 J. Elaine Offutt
 John Olsen
 Theresa Olson
 Lois Onsum
 Bertie Osborn
 Nancy Overman
 Joseph & Dorothy Panelli
 Pete & Mona Pankey
 Donna L. Parent
 Sheryl Parmelee
 Andrea J. Parsons-Wright
 Dr. Vijay Patel
 Jeff & Cherie Payne
 Dr. Albert J. Peinado
 Barbara Penner
 Dorothy Peterson
 Judy Peterson
 Joann Phillips
 Les & Carol Phillips
 Phoenix Board of Realtors
 Lucy Pizzo
 Russell & Lisa Plank
 Lewis & Gail Platt
 Jan Pollard
 Burl & J. A. Posey
 Maria Powell
 Michael & Patricia Powell
 Precision Pump & Machine
 Premier Lighting
 Jutta Presley
 Richard Price
 Steve Pritchett
 Meg Pryor
 Regina Pryor
 Dr. Sarabjit & Jenny Purewall
 Constance Pysarchyk
 Gerald & Dena Quinn
 Eva Ramirez
 Dale Rankin
 Harry Raps
 Christie Ray
 Terry & Vickie Raye
 Raymond's Trophy & Awards
 Wanda Reed
 Blenda Reeves
 Michael Regpala
 Earl & Veda Reinelt
 Retirees Club Local
 Antonia Reyes
 Mary Reynolds
 Bethany Rice
 Nanette Richards
 June Rieck
 Carol Rigby
 Jason Rigney
 Carolyn Roberts
 Patrick & Connie Roberts
 Sylvia Rodriguez
 Robert & Joyce Romanini
 Dave Romero
 Bill & Beverly Roper
 Rosewood Assisted Living

Michael & Elizabeth Ross
 Howard Rowland
 David Rowlands
 Vickie Ruitter
 Claudia Russell
 S. C. Anderson Inc.
 Josie Salas
 San Joaquin Bit Service, Inc.
 San Joaquin Community Hospital
 San Joaquin Refining Co, Inc.
 Anthony & Candice Sanders
 Tom Sandrini
 Carolyn Santiago
 Ahnawake Sarmiento
 Margaret Scarrone
 Scavenger Petroleum Services, Inc.
 Walter & Judith Schartmann
 Schmidt Family
 Lavonne Schuetz
 Margaret Schulz
 Patricia Schulz
 Murray Scott
 Maybelle Seegrist
 William Severy
 Anne Lee Shackelford
 Hollis & Joan Shannon
 Mike Sheela
 Dudley Shelbourne
 Sarah & Jeff Shelbourne
 Dennis & Sylvia Shelton
 Joe Shimasaki
 Cherie Shoemake
 Cynthia Shrewsbury
 Dan & Kellie Shuford
 Cleo Shugart
 Gaye Siemon
 Maria Guadalupe Silva
 Roger F Singer
 Robert Skaggs
 Skarphol Associates
 Kalyn Slayton
 Barbara Sloat
 Lynne Small
 Kathy Smith
 Linda Smith
 Robbin & Teri Smith
 L. R. Snider
 Karen Davis Solomon
 Debbie Sommer
 Ken & Darlene Sorenson
 Toni Spencer
 Kathleen Stacy
 Stanford Hospital & Clinics
 Joyce Stanley
 Harley & Helen Stennes
 Marcia Stern
 Maria Stevens
 Pat Stotler
 Patricia Strong
 Bud Stubblefield
 Sturgeon Services International
 Dorothy Sullivan
 Juliet Sweet
 Carl & Evelyn Swenson
 Synergy Pharmacy Solutions
 Clayton Taylor

Deborah Taylor
 Elaine Taylor
 Henry Taylor
 John Taylor
 Larry & Margaret Taylor
 Robert J Tazioli
 Anita Terrazas
 Carol Terry
 The Bakersfield Californian Foundation
 The Plank Foundation
 Thiesen Dueker Financial Consulting
 Kathy Thomas
 Ray & Marilyn Thomas
 Rufus Thomas
 Gerald E. Thompson
 Kathleen Thompson
 Rose Thorn
 Thunder on the Mountain Car Show
 Jeffery Tinsley
 Elisa Torres
 Iris Torres
 Shirley N. Torres
 Summer Torres
 Shanon Traynor
 Sylvia Treanor
 Tri Counties Bank
 Lori Trimm
 Sam & Cheryl Trobee
 Irma Uebelhoer
 Lisa Uranday
 Utility Trailer Sales
 Vernon Varner
 Estella Vickers
 Mary Vickery
 Victor L. Phillips Company
 VIPO
 W. A. Thompson, Inc.
 Michael Walker
 Larry & Ada Walsh
 Pamela Ward
 Peter & Annette Warmerdam
 CarolAnn Watts
 Weatherford ALS
 Jan M Webster
 Paul & Bonita Welchans
 Wells Fargo Bank
 Western States Petroleum Association
 Western Wireline, Inc.
 Loretta Wheeler
 Sandra White
 Janet Whitfield
 Mary Whitten
 Bradley & Lillian Whittington
 John & Morleen Whittington
 Amber Williams
 Harry Wilson
 Scott Wilson
 Starr Wilson
 Bob Winter
 Bernie & Bertie Winters
 David & Julianna Womack
 Women's Council of Realtors
 Wayne Wood
 Wool Growers Restaurant, Inc.
 Alice Young

Frank & Jeffri Young
 Anissa Zepeda

BAY AREA

Micah Almond
 Avila Construction Company
 Kelly Avila
 Philip & Elaine Avner
 Daniel & Michele Barsanti
 Hilton & Nancy Best
 Louella Bourgerie
 Caputo Children's Trust
 Mary Ann Carnevale
 Richard & Diane Christina
 Maria DeLaCruz
 Iris Drotman
 Phillip & Ella Endres
 Laverne Garringer
 Margaret A Gonzales
 Hong N. Ho
 Kawahara Nursery, Inc.
 Linh Le
 William & Sharon Matusich
 Scott & Pamela Miller
 Frank & Donna Nicoletti
 Shirley Ortiz
 Ronald & Carolyn Portal
 Robert & Mary Alice Puppo
 Cassandra Ravenscroft
 Mike & Lisa Roeder
 Patricia & Ronald Ruiz
 Ruzzo, Scholl & Murphy Accountancy
 Donna R. Sanfilippo
 Mursal Sayed
 Shirlee Di Napoli Schiro
 Gary & Lois Schultz
 Harriet Skapinsky
 Carol Sosnowski
 Gerald & Suzanne Van Wieren
 Patricia White
 Barbara Wilson
 Sylvia W. Wilson
 Tom Yacoe

LONG BEACH

Michael & Roseann Bernardin
 Dick & Shirley Black
 Janis M. Bos
 Dianne Brittingham
 Martha Cram
 Drs. Gus & Diane Gerson
 Vicki Hallaian
 Douglas & Debi Howe
 Brandon & Trestage Jones
 Tom & Nancy Reiber
 Lynda Richardson
 Rosalie Stauder
 David & Sharon Tomkins
 Larry & Patricia Walker

FRESNO

Paul Accornero
 Teri Adam
 Julie Adams
 Norma Aguiar
 Joe Aguirre

Thank You for Your Support

Airways Women's Golf Club
 Andres Alba
 Kay Alessandro
 Paula Alexander
 Albert Allred
 Gloria Alvarado
 Tim Anderson
 Raymond Angelillo
 John & Marilyn Asetline
 Auspice Home Care
 Jeff Ball
 Evangelina Balli
 Elsbeth Bates
 Alvera Bauer
 Paola Benassi
 Jerry & Rose Bennett
 Mary L. Bensing
 Nadine Bergeron
 John Bese
 Laura Bettencourt
 Helen Bishop
 Laurice & Pauline Blayney
 Paul & Harriet Boghosian
 Joyce W. Bradley
 Marilyn Jeanie Bradley
 Deborah Brazie
 Sandy Brown
 John & Sandra Browning
 Salina Bugarin
 Edwin Burney
 Miriam Calantas
 Annette Calhoun
 Wilhemina Capulong
 Carpenter's Local #152
 Ada Cavallero
 Stan Coito
 Catherine Coleman
 Anthony & Robyn Contini
 Darlene Costa
 Jeff Curtin
 Louella Dawson
 Richard & Janis Debenedetto
 Donna DeClue
 Kenneth & Virginia Dixon
 Marsha Dominici
 Charles & Judith Dunworth
 Robert & Louise Elliott
 Evelyn Enos
 Maxine Fargason
 Richard & Janet Farinelli
 Marlita Ferriea
 Stan & Jean Filgas
 Thomas & Letty Fornasero
 Patricia Franco
 Tammy Fulton
 George Gallardo
 Gail Gallaway
 Susan Galley
 Molly Galvan
 Pedro Gameros
 Nash Garcia
 Anthony & Patricia Geston
 MaryAnn W. Gibbs
 Toni Gist
 Vernon L. Gonsalves
 Angie Gonzales
 Isabel Good
 Susan Good
 Mike & Cheryl Gordon

Kathy Gorman
 Jean Graveline
 Chris & Sue Gray
 Janine Green-Oldfield
 Lydia Groves
 Elaine Guerrero
 Shon Guerrero
 Virginia G. Guerrero
 Bonnie Hackett
 Virginia Hansen
 Donna Harris
 Raymond & Wanda Harris
 Edwina Harrison
 James & Elizabeth Hawkins
 Jim & June Heitkotter
 Ann Hernandez
 Rosa Hinkly
 David Hoffman
 Dennis Hollenbeck
 Pamela Hood
 Tess Houtz
 Gloria Huerta
 Georgia A. Hunter
 Mine Ikeda
 T.S. & Karen Jacobs
 Junius Jensen
 David & Gretchen Jessen
 Isabel Jimenez
 Mickey & Betty Kaitangian
 John & Marilyn Karibian
 Ronald Keller
 Marilyn Elaine Kendig
 Landis Communications, Inc.
 Frances Lanfranco
 Patsy Langston
 Theodore R. Large
 Robert & Elaine Larsen
 Brian & Julie Lehman
 Mary Lindenbaum
 Bruce & Noreen Livingston
 Marilyn Lungren
 Susan Lynch
 Jan MacPherson
 Leila Malicoat
 Cecil & Patricia Margosian
 Jan Martz
 Frank & Mary Maslowski
 Steve Massaro
 Jane McClurg
 Leslie McDonald
 Tim Mechikoff
 Ray & Cheryl Medeiros
 Carolyn Merriman
 Robert & Gloria Messerlian
 Theodore Messerlian
 Karen L. Meyers
 Elizabeth V. Mihelich
 Amanda Miller
 Everett & Donna Miller
 Modern Doll, Inc.
 Muriel Mohr
 Linda Molnar
 Linda Monroe
 Rose Morales
 Baxter & Mary Movsesian
 T.W. & Nancy Murray
 Nancy Nersesian
 Northpointe Healthcare
 Centre

Vern & Carole Norton
 Roberta Odahl
 Mary Oldham
 Bill Olsen
 Marjorie M Packer
 Ernest & Marilyn Palsgaard
 Rosemary Panosian
 Pearson Realty
 Mitchell & Harriet Perkins
 David & Eileen Pistacchio
 Gloria Pitman
 Brenda Porterfield
 LaVonne Prespare
 Ken & Jackie Pretzer
 Darrell T Price
 Renee Rager
 Barbara Rea
 Gertrude Reeves
 William & Kristi Reeves
 Paul R. Richardson
 George Richmann
 Larry & Kathy Riggs
 James & Margaret Rily
 Betty Roberts
 Patricia Robinson
 Sarah Rodriguez
 Jim & Roselyn Rogers
 Frank & Rosemary Rowland
 C. L. Ruiz
 Angela Ryska
 Richard Salgado
 Carol Salmonson
 Carla Sarkisian
 David & Carol Scales
 Marsha Schlotthauer
 Mary Schmidt
 Belva Schoell
 Betty E Scott
 Phyllis Scott
 Nancy Sims
 H. B. Smith
 Dale Sorensen
 Renee Soriano
 William & Maris Soule
 Geri Sperling
 Maria Spomer
 Linda Star
 Diane Steitz
 Hazel Steitz
 Larry Sterling
 Roger & Arlana Stewart
 Carol Stubblefield
 Beth Stukkie
 Robert & Evona Sultenfuss
 Betty Sundermeier
 Helen B. Tashjian
 Vince & Ginger Tempesta
 Dean Beverly Tilly
 Michael A Tinoco
 Delores Topham
 Tri-L Brush Shredding
 Dan & Dolores Trigueiro-Lee
 Bernice Trojahn
 Jeff Tsuda
 Leona Urmy
 Ruth Urrizola
 Douglas & Marie Uyesaka
 Marisela Valenzuela

Andrew & Rosemary
 Vartanian
 Frank & Diane Vasquez
 Victor Packing, Inc.
 Lynda Vitucci
 Joe & Patricia Vived
 Cathy Wallace
 Ken & Lynda Walters
 Loletta Ward
 Gerald & Rosemary Waters
 Well-Being Senior Solutions
 William F Wescott
 Jack & Marilyn Weyant
 Raymond Willet
 Windham Residents
 Association
 Carl & Linda Wisener
 Daryl Wolf
 Ilene Wolf
 Nain Young
 Richard Zarandin
 Eleanor Zscheile

MODESTO

Robert Adams
 Ronald S. Adams
 Albert & Karen Akiona
 Valerie Andersen
 Noreen Avila
 Colleen Bare
 Hazel Bates
 Cheri Bettencourt
 Marisa Boegel
 Rick & Julie Brazil
 Evelyn Brewer
 Martha Chaney
 Josephine Chihil
 Cheryl Cross
 Scott De Moss
 Doctors Medical Center of
 Modesto
 James & Linda Dorn
 Tina Duenas
 Tamara Edwards
 Tina Ellis
 Susan Escobedo
 Sandra A Ferreira
 Linda Fontes
 Robert C Forbes
 Lulu Fowler
 Free & Easy Charter Good
 Sam Club
 Ralph Gaarde
 Richard Gilton
 Margaret Godbout
 Leonard & Gloria Gomes
 Pamela Goulden
 Robin Gulvin
 Kay Hagen
 Jerome Hall
 Brandy Harlass
 Verdie & Joyce Harper
 Joyce Hebert
 Betty Henderson
 Betty Huff
 Eric A. Ivory
 Barbara Johnson
 Joseph Phelps Vineyards
 Patrick Kelleher

Josefina Kimmel
 Kunihiro & Lucy Kishaba
 Charles & Linda LaDuca
 Audrey Lichty
 Patrick Loschke
 Margaret Luis
 Tony & Deanna Machado
 Terri Malay
 Mattilou McCoy
 Ida Mendes
 Robert & Laura Minter
 Raul & Sharon Murillo
 Carole N. Narita
 Carol & Olivia Nay
 Karen Ott
 Richard Paulson
 Ronald & Mona Peterson
 Donald & Deanna Preftokis
 Deborah Price
 Jocelyn Raese
 Silvia Ramos
 Cleo J. Reed
 Lucille Richmond
 George Rocha
 Running W Ranch
 John L. Ruppel
 Allen Salmi
 Ruth Salvatore
 Vera Sanina
 Gary Seegers
 Linda L. Simas
 Satnam Singh
 Michael & Christine Smith
 Deborah Sneed
 Robert Stroud
 Lorilee Sutter
 Loretta Sue Tachovsky
 Ted & Nancy Tateyama
 Jean Tomlinson
 Dorothy Torbik
 The Tumminello Family
 Virginia Williams
 Jennifer Woodmansee
 Traci Young

STOCKTON

Michelle Campbell
 Keri Coleman
 Charlene Macadangdang
 Jeff Nanquil
 Kelly Nobriga
 Kirsten Roxas
 Susie Targowski
 Vintage Faire Nursing &
 Rehabilitation
 Wagner Heights Nursing &
 Rehab

VISALIA

Barbara Abbott
 Adair & Evans
 Adrian Nunes Dairy-Farming
 Luciano & Mary Aguiar
 Beverly Aldaco
 Gayla Alderette
 Christine Alto
 American Legion Riders
 Chapter 20

Thank You for Your Support

Betty Aoki
 Pauline Argo
 Alice Armstrong
 Gilbert & Betty Ashford
 Dale Atkins, Contractor
 Barbara Avila
 Margaret Ropes Baker
 Larry Ballerstein
 Paula Basch-Austin
 Jon Bassett
 Thomas & Kimberly Beck
 Rebecca Benavente
 Ira Galvan Benavides
 Robert Bergen
 Cheryl Birdwell
 Shirley Boen
 James & Juanita Botkin
 Robert Bottoms
 Boyd's Electric Motors, Inc.
 Becky Buckingham
 Brian & Debra Burgdorf
 Sharon Byus
 California Pacers RV Club
 Pat Calles
 Frank & Areli Canales
 Maurene Catto
 Mary Ann Clark
 Cliff & Lorraine Cleek
 Jerome Clemens
 Jim Clemens
 Leroy Costa
 David Cotta
 James Crow
 Curtimade Dairy, Inc.
 Gary & Carolyn Davis
 Gail Deathriage-Welte
 Rosemary Delfino
 Cornelius Devries
 Jesus Diaz
 Ronnie Dilday
 Judy Dlugonski
 John & Merry Lee Dormann
 Sandra Dotson
 Sally Doty
 Downtown Visalians
 Jane Drumright
 Glen & L. Virginia Duysen
 Dixie Eich
 Isabel Enos
 Jessica Facio
 William Farrell
 Ron & Joyce Foley
 Terri Franco
 Stanley Freitas
 David & Sandra Garth
 Elizabeth F. Gill
 Patricia Gomez
 Estella Gonzales
 Dean & Coleen Grabow
 C. H. Grambusch
 Diane Gravance
 Paul & Betty Green
 Richard & Dona Grissom
 Ernest Groce
 Roger & Cheryl Hakker
 Keith Hansen
 Happy Honkers
 Janne Harlow
 Rose Harris

Charlene Hatcher
 Margaret Hernandez
 Jean Higginbotham
 Jim Hinz
 Betty Hochi
 Hocking Denton Palmquist
 Duaine & Anna Hodson
 Carolyn Holmes
 William L. Houghton
 Tammy Howell
 Pat Huston
 Darla Hutsell
 Imoto Farms, Inc.
 Janice Jacques
 Laura & Daura Johnson
 Ronda Johnson
 Judy Kenney
 Dr. Owen Kim
 Raymond King
 Christine Lawry-Hawkins
 LoBue Brothers Citrus
 Growers
 Ben Lopes
 Carl & Linda Losson
 Bob & Nadine Luis
 Amy M. Maciel
 Maddox Family
 Mary Madrid
 Richard Madrid
 Marilyn Madruga
 Dean & Hope Martin
 Elizabeth Martin
 Kenneth & Virginia McKee
 Joe & Teresa Menezes Jr.
 Mark & Aleta Merritt
 Terence Miller
 Imari Moreno
 Bernie Myrick
 New Era Farm Service
 Daryl & Vicki Nicholson
 Jody Nicholson
 Bill Nielsen
 Amelia Nunez
 Wendi Oliveira
 Sally Olson
 Sam Owens
 Clifton & Barbara Paregien, Jr.
 Avelina Parreira
 Danny & Beverly Payne
 Peltzer Farm Management, Inc.
 Janie Pendergrass
 Imogene Perrine
 Darren & Diana Peterson
 Duane & Rose Marie Picanco
 Dolores Picanso
 Maria F. Pimentel
 Betty Pratt
 Provost & Pritchard
 Joyce Reis
 Michelle Requejo
 Frances Richard
 Mitzie C. Ruiz
 Albert Sa
 Salser & Dillard Funeral
 Chapel
 Kurt & Liesha Schmidt
 Scott Ellis Enterprises LLC
 George & Sally Serpa
 Bruce & Jeanne Shannon

Gene & Patricia Shaw
 Delores Sierra
 Lynn Simmons
 Larry & Gloria Simonetti
 Morgan Simons
 Lydia Spratt
 Robert C. Stearns
 William Strand
 June Symiczek
 C. A. Tabellario Family
 Edward & Cathy Tarvin
 Harold & Audrey Tarvin
 Clarence & Francene Taylor

Roger & Traci Terpstra
 Carole Terry
 Christina Teso
 Barbara Tienken
 Susan Tillotson
 Mary Toews
 Tulare County Deputy
 Sheriff's Assoc.
 U. S. Cold Storage of
 California
 Donald Uttenreither
 Elitania Valencia
 Valov Family

Randy & Karen Veeh
 Olga Velasquez
 Paul Verissimo
 Visalia Women's Monthly
 Bunco Group
 Wal-Mart Distribution Center
 Cheryl Ward
 Greg Watte Ranch
 Robert Weisenberger
 Alice West
 Geri Witt
 Dwayne & Janet Woodard
 Joseph & Judith Younse

2014 Foundation Board of Directors



Back row from left:
 Lisa Belt,
 Doris Depew,
 Theresa Olson,
 Cherie Shoemake
 and Cherie Payne.
 Front row from left:
 Larry Bardin,
 Jim La Mar and
 Randy Raymond, Jr.,

Member Spotlight — Jim La Mar

President
Jim La Mar
 Greenlawn Funeral Homes

Vice President
Doris Depew
 Valley Republic Bank

Secretary
Lisa Belt
 Watson Realty

Treasurer
Theresa Olson
 ReMax Realty

At-Large
Larry Bardin
 Academic Affairs

Cherie Payne
 Kern County
 Superintendent of Schools
Randy Raymond, Jr.
 Raymond's Trophy &
 Awards

Foundation Director
Cherie Shoemake

Jim La Mar serves as president of the Board and has been a board member for more than three years. He became involved by participating in the Foundation's annual golf tournament. Jim expressed how much fun he had at the event, and he was invited to get involved with the Foundation.

Jim said, "There is a lot of appreciation for working on the Board. Cherie makes it fun and makes sure to bring on lots of help so that we don't feel overworked."

"The Foundation is based on a need that many don't think about — end-of-life care and the needs of others like spouses, parents and children after that. It's an uncomfortable subject at first, but the good that it does and the lives that it touches is reward enough."

Jim is president of Greenlawn Funeral Homes, Cemeteries and Cremations. In addition to the Optimal Hospice Foundation, he serves as an advisory board member of Southern California Teen Challenge and is a board member of Stockdale Christian School.

In his free time Jim likes to watch his son play soccer, play golf, travel to the coast and spend time with family.

FOUNDATION LOCATIONS

Foundation Office

1315 Boughton Drive
Bakersfield, CA 93308
(661) 716-8000

Community Offices

Bakersfield

1675 Chester Avenue, #401
Bakersfield, CA 93301
(661) 716-4000

Kern River Valley

6504 Lake Isabella Blvd, #E
Lake Isabella, CA 93240
(760) 379-5038

Bay Area

3375 Scott Blvd, #410
Santa Clara, CA 95054
(408) 207-9220

Fresno

6780 North West Avenue, #101
Fresno, CA 93711
(559) 320-8000

Long Beach

3200 East 19th Street
Long Beach, CA 90755
(562) 494-7687

Modesto

1101 Sylvan Avenue, #B-10
Modesto, CA 95350
(209) 338-9000

Stockton

4568 Feather River Drive, #C
Stockton, CA 95219
(209) 338-9000

Visalia

2439 West Whitendale Avenue, #B
Visalia, CA 93277
(559) 334-5120



1315 Boughton Drive
Bakersfield, CA 93308
(661) 716-8000

The Hospice Journey is published by Optimal Hospice Foundation

Nonprofit Org.
US Postage
PAID
Bakersfield CA
Permit 873



Support groups available through Optimal Hospice Care

These groups are open to the public and offered free of charge.

Bakersfield

Tuesdays
10–11:30 a.m.
First United Methodist Church
4600 Stockdale Hwy., Room 4

Thursdays
6–7:30 p.m.
First United Methodist Church
4600 Stockdale Hwy., Room 4

Kid's Grief Connection
Call (661) 371-2102 for info.

Fresno

Mondays
6–7:30 p.m.
Sunrise of Fresno
7444 N. Cedar Ave.

Saturday mornings
Sommerford Place
6075 N. Marks Ave.
Call (559) 320-4000 for info.

Lake Isabella

Wednesdays
1:30–3 p.m.
Optimal Hospice Care Office
6504 Lake Isabella Blvd., Ste. E

Madera

Wednesdays
Cedar Creek Senior Living
Center
500 N. Westbury Blvd.
Call (559) 320-4000 for info.

Modesto

Last Thursday
4–5:30 p.m.
Optimal Hospice Care
1101 Sylvan Ave., Ste. B-10

Kid's Grief Connection
Call (209) 338-3000 for info.

Porterville

2nd & 4th Thursday
10:30 a.m.–12 p.m.
Sierra Hills Retirement Center
2500 West Henderson

Santa Clara

Optimal Hospice Care
3372 Scott Blvd., Ste. 410
Call for info: (408) 207-9222

Stockton

Last Friday
4–5:30 p.m.
Optimal Hospice Care
4568 Feather River Dr., Ste. C

Taft

Thursdays
1–2:30 p.m.
Chevron Valley Credit Union
1092 W. Kern St.
Community Room., outside
entrance

Kid's Grief Connection
Call (661) 371-2102 for info.

Tehachapi

Tuesdays
1:30–3 p.m.
Tehachapi Senior Citizens Center
500 East F St.

Visalia

2nd & 4th Tuesday
3–4:30 p.m.
Optimal Hospice Care Office
2439 W. Whitendale Ave., Ste. B