

you matter



Summer 2011

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The Comfort Cub

Meet the 10 year-old who has mended thousands of broken hearts

Facing the devastating diagnosis that their baby would either not reach full-term or die during delivery, Marcella and Matt Johnson turned for support to San Diego Hospice and The Institute for Palliative Medicine's Perinatal Program, the only program of its kind in the San Diego area. Their baby, George, was born on April 11, 1999, and passed away 15 minutes later in the arms of his parents. "Thanks to San Diego Hospice, we were able to meet our son, look into his blue eyes and tell him we loved him," recalls Marcella. "His short life wasn't filled with distress or pain. It was a time of beauty and peace."

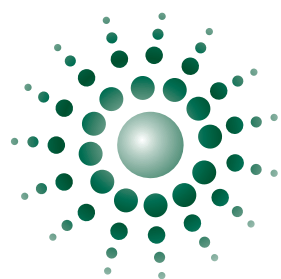
However, Marcella describes herself "totally at a loss about what to do next" during the weeks that followed his death. In addition to her grief, Marcella experienced acute physical symptoms, including a constant ache in her arms. Marcella was suffering from a condition known as "tako tsubo syndrome." Studied by researchers in this country and in Japan, where it was discovered, Tako tsubo syndrome is caused by high circulating levels of adrenaline and

results in the top of the left ventricle of the heart bulging out, suggesting the shape of a Japanese octopus trap, or Tako tsubo.

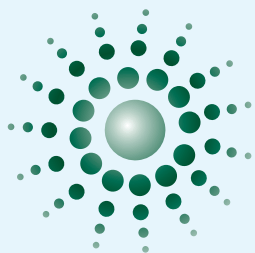
All Marcella knew, however, was that she was in pain. "One day, my father went with me to George's gravesite. People had left flowers and there was a terra cotta pot with a plant in it. Before we left, my father suggested I take the plant with me, or at least the pot," remembers Marcella. "The weight of the pot was similar to the weight of a newborn—to George's weight. Once I lifted it in my arms my pain suddenly went away. My first thought was if I can help just one more person who is going through something like this to feel better—that's what I want to do."

But she immediately ran into a dilemma. "You can't walk around hugging a pot," she says with a laugh. "People would think you were crazy."

Marcella's next step was to search for the "universal symbol of comfort." Eventually, her research led her to a local teddy bear store, where she experimented stuffing various bears with different weights of split peas. Eventually she created one approximately the



SAN DIEGO HOSPICE
and The Institute for Palliative Medicine



SAN DIEGO HOSPICE
and The Institute for Palliative Medicine

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ON THE COVER: Marcella and Matt Johnson developed The Comfort Cub concept in 2000 following the death of their infant son, George.



Message from the President and CEO

Kathleen Pacurar

With the retirement of Laurel Herbst, MD - after a historic 33-year run with San Diego Hospice and The Institute for Palliative Medicine - I am pleased to announce that **Steven Oppenheim, MD, FAAHPM**, has been appointed Chief Medical Director for the organization.

Dr. Oppenheim has been with San Diego Hospice and The Institute for Palliative Medicine for 10 years and has served in many roles, including Clinical Medical Director, Practice Director for our Provider Practice Group, and Chair of the Institutional Review Board. Dr. Oppenheim also serves as a Clinical Professor of Medicine at the University of California, San Diego.

Dr. Oppenheim's professional accomplishments include: Diplomat of the National Board of Medical Examiners, Fellow with the American Board of Medical Specialties, and Board Certified in Hospice and Palliative Medicine by the American Board of Hospice and Palliative Medicine (ABHPM).

Additionally, Dr. Oppenheim holds an interest in international palliative care having spent time teaching HIV palliative care in Asia and Africa. He has received much acclaim for his work in the community and has been recognized with the United Way/CHAD "Health Hero" Award in 2004 and voted as San Diego's leading Hospice and Palliative Medicine physician (Top Doc Award) by the membership

of the San Diego County Medical Society in 2009.

Please join me in welcoming Dr. Oppenheim in his new role - we look forward to his ongoing influence and impact in carrying out our mission.

I would also like to take a moment and thank Dr. Herbst for her tremendous efforts on behalf of San Diego Hospice and The Institute for Palliative Medicine. Over the past three decades, Dr. Herbst has not only been part of the leadership that has positioned San Diego Hospice and The Institute for Palliative Medicine as one of premier academic healthcare organizations locally, nationally and internationally, she has been a driving force in the recognition of palliative medicine as a medical subspecialty. More importantly, Dr. Herbst has made a profound difference in the lives of the patients and families that she has touched over the years.

On behalf of the Board of Directors, and our staff and volunteers, we are grateful to Dr. Herbst for her years of service to our organization, and her incredible contributions to the field of hospice and palliative medicine.

Sincerely,

Kathleen Pacurar
President and CEO

The Comfort Cub

weight of a newborn. This endearingly chubby teddy bear became known as "The Comfort Cub" and in her quest to help others in pain, Marcella began providing them to families served by SDHIPM, as well as by other local healthcare providers.

"The Comfort Cub is so good at living up to its name," Traci Bruckner, SDHIPM's Chief Development Officer. "Though 5,000 bears have been distributed, each one touches the lives of more than one person, including families and friends. That's quite a multiplier effect."

"There are so many different ways The Comfort Cub can help," Marcella noted. "Any time there is any kind of loss, maybe you're moving away from friends, or your child is going off to college or a relationship is ending, there is a place for the bear."

Missy Post can attest to the power of The Comfort Cub, as she commemorated the

life of her daughter, Amanda.

Amanda died in a car accident in August 2010. She was a straight-A student at Cathedral Catholic High School and was bound for Cal Poly, where she planned on running as a student athlete.

This year, during Cathedral's sports banquet, the Amanda Post Memorial Award was given to one of the student athletes who most resembled Amanda's spirit. In addition, the varsity long-distance runners, who still mourn the loss of their teammate Amanda, all received The Comfort Cub - dressed in a t-shirt with Amanda's photo on it.

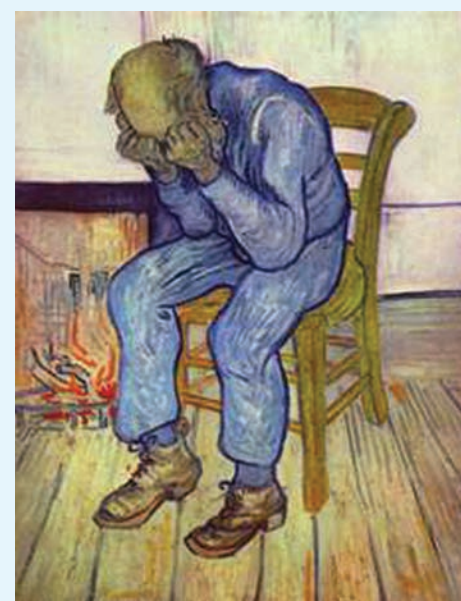
"It's devastating to lose a loved one at any age, but when you're a teen experiencing a loss, it can really rock your world and turn it upside down," said Missy. "The girls have all told me how meaningful The Comfort Cub has been for them... how it's made them feel

Continued from cover

Continues on page 5

CARE CORNER

THE INSTITUTE FOR
PALLIATIVE MEDICINE
at San Diego Hospice



Participation in The Institute for Palliative Medicine Study Improves Patients' Depression

quality of life for hospice patients.

Gail, a San Diego Hospice and The Institute of Palliative Medicine (SDHIPM) patient with history of depression, was a participant in a recent depression study. After her care team recognized she was not responding to the usual depression treatments, they suggested she participate in a new study being carried out by Scott A. Irwin, MD, PhD, Director of Psychiatry Programs at IPM.

"The study's drug helps me feel good. I feel much better and have a much better outlook," said Gail, who responded to the study's drug positively and without any adverse effects. "It seems I have more energy and I do not dwell in the negative [as much]." Studies conducted by The Center for Research advance the art and science of palliative care, develop new strategies to relieve suffering,

enhance the training of health professionals and improve the quality of life of patients and families. All studies are reviewed and approved by the SDHIPM Institutional Review Board to ensure patients' interests are protected.

Results of studies improve clinical practice by presenting the information at local, national and international meetings and publishing in scientific journals, which, in turn, improves SDHIPM's and other hospices' services.

After finishing the study, Gail continues to take the medication to treat her depression and encourages other patients to participate in research. "It will make a difference in your life. I wish [other] patients will not shy away from [research studies] and not be afraid to try it - it will be worth their time and effort."

"I feel much better and [have a] much better outlook." Gail, a Center for Research depression study patient.

Clinical depression is often under treated in hospice patients, even though it can interfere with a patient's capacity to understand his or her situation, make decisions, interact with caregivers and reach life goals. Often, depression results in the patient being sicker for a longer period of time. To address these concerns, The Center for Research at The Institute of Palliative Medicine (IPM) is working to rapidly improve depression treatment through clinical studies. The goal is to minimize the impact of depression and improve the

The Institute for Palliative Medicine Welcomes 12 New Palliative Care Fellows

The Institute for Palliative Medicine (IPM) at San Diego Hospice offers one of the largest palliative medicine physician fellowship training programs in the United States. Accredited through Accreditation Council for Graduate Medical Education, the program is for both new and mid-career physicians who wish to become sub-specialists in the field of palliative medicine.

"Fellows who complete the program gain experience in a variety of settings, whether in a hospice inpatient setting, at a patient's home, in long-term care or in a consultative capacity at a hospital," said Gary T. Buckholz, MD, Director, Fellowship Program. "This experience prepares the fellow to work in a leadership role in palliative care, education or research."

This year, IPM has the pleasure of welcoming eleven new palliative medicine

physician fellows and the first-ever palliative medicine psychiatry nurse practitioner fellow to their 2011-12 class, hailing from across California and around the country, including Ohio, Oklahoma, Texas, New Jersey, Pennsylvania and Kansas:

- Maria Dunn, MD
- Travis E. DeVader, MD
- Mayra Esperanza Sanchez, MD
- Sarah Langley Gebauer, MD
- Anish Anil Patel, MD
- Negin Salimi, DO
- Samuel Sang-Bum Nam, MD
- Simon Schrick-Senasac, DO
- Kira Skavinski, DO
- Stephen Tokraks, DO
- Minke WinklerPrins, MD
- Kristyn Gray Ideker, NP
(Palliative Care Psychiatry Fellow)



IPM welcomes its new palliative medicine physician fellows and first-ever palliative medicine psychiatry nurse practitioner fellow. Not pictured: Sarah Gebauer, MD, who won't join the team until mid-August.

Myth: Hospice care only benefits patients before death.

Fact: Not only does hospice care provide comfort and support to patients with life-limiting illnesses before death, it also offers support to the patient's family, loved ones and caregivers during the illness and after the death through extensive bereavement support.

Camp Erin San Diego Completes Successful Fourth Year



SDHIPM Accounting Manager Shallako Goodrick volunteered her time to work with campers at Camp Erin San Diego.

In June, The Center for Grief Care and Education (CGCE) wrapped up its fourth successful year of Camp Erin San Diego, a weekend camp for children ages 6-17 who have been impacted by a loss. This year, Camp Erin San Diego welcomed 114 campers and 85 camp staff, which included CGCE staff, San Diego Hospice staff from across the organization, and volunteers ranging from teenagers to in their 70's.

"The success of Camp Erin San Diego is truly a group effort," said Noreen Carrington, Executive Director of CGCE. "Donations by community members, support from the Moyer Foundation and time and energy from volunteers and staff help create a place where children can share, connect and adapt to their loss."

Though it lasts just a weekend, Camp Erin San Diego's impact can resonate for

a lifetime. For example, Sean, a former camper who now volunteers as a "Cabin Big Buddy," asserts, "Camp Erin taught me to confront the death and to look at it in another light, rather than escaping it. Instead of just mourning the death, I learned to celebrate the life."

Camp Erin San Diego, which features high-energy activities, such as a climbing wall and canoeing, along with grief education and support, is part of CGCE's year-around grief and loss programs offered to both adult and youth family members of San Diego Hospice patients and the community at large.

Planning for 2012 Camp Erin San Diego is already underway. For additional information, including volunteer opportunities, please visit www.sdhospice.org/camperin.



We would like to thank the following sponsors for their generous donations to 2011 Camp Erin San Diego:

- Alexander's Mobility Services
- Black's Design
- Blick Art Materials
- Dave's Sport Sales & Screenprinting
- Eagle Creek Publications
- The Home Depot
- Moyer Foundation
- MyBackgroundCheck.com
- Nasco
- Padres Foundation
- Progress South Park
- Project Linus
- Rush Press
- Select Mailing
- Staples
- T3 Sign Design
- viadesign
- Viejas
- Voice and Video

For sponsorship opportunities, to fund a camper or to make a charitable donation, please contact Tylie Daniels, Director of Special Programs, at tdaniels@sdhospice.org or call (619) 278-6509.

The Center for Grief Care and Education Counseling Program Serves Patients, Families and Community

The Center for Grief Care and Education (CGCE) fills a unique niche in the counseling field—training psychotherapists to support their clients following a death. Not only is this training beneficial for psychotherapists, it also addresses the societal ramifications of unresolved grief.

From the modest beginnings of graduating three counseling students in 1999, CGCE now has the largest training site in San Diego County, currently hosting and educating 46 graduate and post-graduate psychotherapists. "Our counseling students help form the foundation for our work," said Nicole Reich, Clinical Manager of the CGCE Counseling Internship Program. "They provide thousands of counseling hours each year to family members of San Diego Hospice patients as well as facilitate support groups for bereaved

families and community members."

CGCE counselors also serve as representatives of San Diego Hospice and The Institute for Palliative Medicine, providing education on hospice and palliative care, grief and loss, and advocating for the underserved and disenfranchised individuals with grief and loss issues.

"I wanted to have a rich, diverse experience, excellent supervision, nurturing support, a clinical caseload and training in a multitude of modalities and environments," said Michelle Tatum, a recent counseling student who graduated from CGCE's program. "Every single expectation that I had for an internship experience was delivered multiple times over."

For more information on joining the CGCE team as a counseling intern or CGCE clinical support services and other programs,

please contact call 619-278-6480 or send an email to griefinfo@sdhospice.org. To donate to help continue this valuable program, please contact Tylie Daniels, Director of Special Programs, at tdaniels@sdhospice.org or call (619) 278-6509.

Myth: There are right ways and wrong ways to grieve.

Fact: No two people grieve alike, even when experiencing the same loss. Your grief is based on a variety of factors, including your relationship with the deceased, your personality, other losses and current stressors. Your reactions will be unique to you.

GIVING CORNER



Message from the Chief Development Officer
Traci Bruckner

How YOU Can Help This Fiscal Year:

- 1) Be a **CHAMPION** for hospice and palliative medicine
- 2) **INVITE** others to listen and learn
- 3) **INVEST** in transformation

As I sit to write this commentary, my heart is full of appreciation for each and every donation that crossed my desk during our 2010-11 fiscal year. Thanks to you, we raised more than 7 million dollars—funds that maintain the stability of our superior palliative care, bereavement and education programs and provide comfort to thousands of patients and their families. While it is amazing to look at this total sum, I can't help but think of each individual donor who made this possible. For instance, countless donors helped us successfully match our \$100,000 Donald C. and Elizabeth M. Dickinson Foundation challenge grant. Thanks to your generosity, we can continue to fund our Palliative Medicine Physician Training Program that provides vital education on compassionate palliative care.

As you can see, every dollar, and every donor, contributes to the Foundation's mission of transforming lives, transforming hope and

transforming healthcare. In fact, one of our funding priorities for the next fiscal year is investing in transformation.

We believe all patients, regardless of insurance coverage or financial background, deserve the highest quality of care at the end-of-life, which includes access to services such as integrative therapies and bereavement counseling. Many of you can attest to how these services transformed your physical and emotional hospice experience. However, these services are often not reimbursable to us by insurance, resulting in, on average, a \$1,200 gap in funds for each patient on our service.

With this in mind, I ask you—community members who have been transformed into hospice and palliative care advocates—to participate in our new family sponsorship opportunity. By contributing \$1,200—only \$100 a month—you can sponsor a patient and family on our service and help close this funding gap. In the fundraising world, large

sums often make the headlines. This program, however, provides the opportunity for one person, like you, to invest in transformation by directly impacting the end-of-life experience for another person and their family.

If you are interested in participating in our new family sponsorship opportunity, please contact Dana Vandersip, Sr. Director of Development, at dvandersip@sdhospice.org or at (619) 278-6185. For additional donation opportunities, please visit www.sdhospice.org/donate.

Warm Regards,

Traci Bruckner
Chief Development Officer

Westreich Foundation Donates to the Integrative Medicine Program at The Institute for Palliative Medicine

The use of integrative palliative medicine therapies are key in serving San Diego Hospice and The Institute for Palliative Medicine patients. These diverse healing modalities, based on the philosophy of caring for the whole person and improving quality of life at every stage of life, include Acupuncture, Hypnotherapy, Reiki and Healing Touch, Aromatherapy, Music Therapy and Art Therapy.

The Westreich Foundation has generously donated \$300,000 to The Institute for Palliative Medicine at San Diego Hospice to further fund these therapies. "We are extremely grateful for

The Westreich Foundation gift, as it speaks to the power of integrative palliative medicine, which combines the discipline of modern science with the wisdom of ancient healing," noted Traci Bruckner, Chief Development Officer for the San Diego Hospice Foundation, the fundraising arm of The Institute for Palliative Medicine.

As one of the premier palliative medicine centers in the United States, The Institute for Palliative Medicine has been at the forefront of advancing the role of integrative medicine in care of those with advanced chronic and serious illness, as well as those at the end of life.



SDHIPM Board Member Ruth Westreich is a long-time supporter of integrative palliative medicine.

"Integrative medicine has emerged as a potential solution to the American health care crisis," said Ruth Westreich, President and Founder of The Westreich Foundation. "For people living with a serious illness, it can transform the physical, spiritual and emotional dimensions of their lives."

Benefit on the Bay 2011 – 3 Days of Fundraising, Fish and Fun

This spring, more than 1,500 San Diego Hospice and The Institute for Palliative Medicine supporters attended Southwestern Yacht Club's Benefit on the Bay. The annual fundraiser featured three days of spirited events including: Sunset Soiree Gala, which featured an auction, dinner and dancing; Charity Bay Race and Post Race Party, which featured a BBQ, live entertainment and raffle prizes; and Anglers Bottom Fishing Tournament and Fish Fry, which included tournament awards, a banquet and opportunity drawings.

Thanks to generous donors, Benefit on the Bay raised \$45,250 to help support our hospice programs and services. As always, volunteers, such as Luke, whose great-great grandfather was on our service, helped make this event a success and we thank them for their time and effort.



The Comfort Cub

Continued from page 2

closer to Amanda. They all miss her terribly – we all do. But The Comfort Cub has helped in many ways to ease the pain and loss they feel. I cannot thank San Diego Hospice enough for providing The Comfort Cub to those in need."

San Diego Hospice and The Institute for Palliative Medicine provides The Comfort Cub free of charge to any parent or family member dealing with a loss of a child, and is able to do so through the generous support of donors. If you have experienced a loss of a child and are interested in receiving The Comfort Cub, please call The Comfort Cub Hotline at San Diego Hospice at (619) 688-1500, ext. 6067. If you would like to donate to The Comfort Cub program, please contact Tylie Daniels, Director of Special Programs, at tdaniels@sdhospice.org or call (619) 278-6509.



Cathedral Catholic High School varsity long-distance runners with their Comfort Cubs.

Did you know...

- ▶ We care for more than 1,200 patients a day across San Diego County
- ▶ Our academic hospice provides specialized educational programs to medical professionals around the world
- ▶ We offer bereavement programs that help more than 14,000 people per year
- ▶ We have the only perinatal hospice program in the region
- ▶ We established the first-ever Psychiatric Palliative Care Program in the world designed to improve the mental health care for patients with life-limiting illnesses

These accomplishments are due in large part to past and current donors who have included us in their will or estate plans, gift annuities and retirement plans.

While we appreciate the continued support from our community, there is still much work that needs to be done and thousands more patients that we can help. In fact, today in San Diego County nearly 50% of patients with life-limiting illnesses will die without relief from excruciating pain or terrifying shortness of breath and their loved ones will be left without the comfort of bereavement care.

But you can help.

After you have protected the future for your family please consider protecting the future of those who will need our charity. It is simple to arrange a bequest through your will or trust or give a gift through your life insurance, Individual Retirement Accounts (IRAs) or other retirement plan benefits. It costs nothing now and pays wonderful dividends for future generations of patients. Please contact Don Beaumarchais, Director of Development/Planned Giving, at dbeaumarchais@sdhospice.org or call (619) 278-6290 for additional planned giving options.

I would like more information about the various types of planned giving:

- ▶ Bequests through wills or trusts
- ▶ Gifts of life insurance, Individual Retirement Accounts (IRAs) or other retirement plan benefits
- ▶ General information about planned giving
- ▶ I have already included San Diego Hospice and The Institute for Palliative Medicine in my estate plans and have not yet notified the organization.

Name: _____

Phone: _____

Address: _____

E-mail: _____

Mail To:

Don Beaumarchais
Director of Development/Planned Giving
San Diego Hospice Foundation
4311 Third Avenue, San Diego, CA 92103

NOTABLES



Kim Bower, MD, Medical Director of SDHIPM Children's Program, recently had her chapter on "Dermatologic Conditions and Symptom Control" published as part of Textbook of Interdisciplinary Pediatric Palliative Care (edited by Joanne Wolfe, Pam Hinds and Barbara Sourkes, Elsevier / Saunders Publishers, Philadelphia, 2011).



Jack Shuk, SDHIPM patient care volunteer and retired staff member, was honored as a 2011 Healthcare Hero by the Grossmont Healthcare District and featured in the San Diego Union-Tribune.

Spring 2011 Values in Action Awards: Each quarter, SDHIPM staff nominate their colleagues for Values in Action Awards as a way to recognize individuals who go above and beyond the call of duty in exemplifying one of our core values: Respect, Innovation, Trust and Excellence. The following staff were recognized at our June 2011 All Staff Meeting:



Respect:
Rosa Albuquerque



Innovation:
Shena Russell-McComb



Trust:
Janet Wytrych



ADVOCACY CORNER



Welcome San Diego City Councilmembers!

San Diego Hospice and The Institute for Palliative Medicine (SDHIPM) was pleased to welcome Councilmember Marti Emerald as a guest speaker for the June quarterly staff meeting and annual graduation ceremony for participants of the Palliative Medicine Fellowship Training Program, The Center for Grief Care and Education Internship Program, the International Palliative Program and deacon candidates. Councilmember Emerald's personal remarks about her experience with SDHIPM services were poignant and her expressed commitment to advance accessible and comprehensive hospice and palliative care for all who need it resonated with the audience. Also in June, SDHIPM had the pleasure of providing Councilmember Todd Gloria a tour of our

Inpatient Care Center, which resides in his district. Councilmember Gloria visited with patients, discussed local issues that impact the growth of SDHIPM's facilities as well as the overall state of hospice and palliative care in San Diego. We thank both Councilmembers for their continued interest and support.



SDHIPM President & CEO Kathleen Pacurar welcomed visits by Councilmembers Marti Emerald and Todd Gloria this summer.

Learn more about SDHIPM Legislative Advocacy by signing up for news alerts at outreach@sdhospice.org.

Myth: If I donate money to a charity, I will be put on several mailing lists.

Fact: Some charities sell your contact information to mailing lists. WE DO NOT. Many charities, including San Diego Hospice and The Institute of Palliative Medicine, respect and protect their donors' private information.



Institute for Palliative Medicine (SDHIPM) is to contribute to the United Way/Combined Health Agencies (CHAD). If you would like to make a contribution to SDHIPM through the United Way/CHAD, please make your wishes known by designating your gift to code 95588. For further assistance, please call Melissa DelaCruz, CHAD Agency Executive for SDHIPM, at 619-278-6139.

Another way to help the patients and families served by San Diego Hospice and The

2011 EVENTS CALENDAR

September 11

Gallery 4311 Art Exhibition at SDHIPM's Inpatient Care Center in Hillcrest.

2:00 – 4:00pm
For more information, please call (619) 278-6100.

September 27

Fourth Annual San Diego Hospice Invitational Golf Tournament

Golf (Shotgun) Start: 12:00pm
Reception & Dinner: 5:00pm

See back cover for more information.

Oct 22 & 29

Patient Care Volunteer Training
8:30am – 5:00pm

Help make a difference in your community by becoming a patient care volunteer. Attendance at both training dates is required. For more information or to schedule a pre-training orientation, contact Volunteer Resources at volunteer@sdhospice.org or call (619) 278-6451.

November 6

Gallery 4311 Art Exhibition at SDHIPM's Inpatient Care Center in Hillcrest.

2:00 – 4:00pm
For more information, please call (619) 278-6100.

A Time to Remember Cherishes Memories, Celebrates Loved Ones

A Time to Remember, the annual memorial event for San Diego Hospice and The Institute for Palliative Medicine families who've lost a loved one over the past year, will take place Saturday, September 24, 2011. For more information, please contact The Center for Grief Care and Education at griefinfo@sdhospice.org or call (619) 278-6480.

Myth: Once you name beneficiaries in your will or trust, you cannot change your mind and remove the designated persons or organizations.

Fact: A will or trust is a revocable document that can be changed or altered at any time. Persons or organizations can be added or deleted as often as desired and gift allocation amounts or percentages can be changed as well.



Save the Date

TUESDAY DECEMBER 13
AT 8 PM AT THE
SAN DIEGO CIVIC THEATRE.

This holiday season, join us to celebrate the joyful memories of our loved ones. Our cherished annual event features:

- ▶ Enticing entertainment by Eve Selis and Orchestra Nova
- ▶ Spectacular lighting of a Christmas tree and Menorah
- ▶ A lavish dessert reception in Golden Hall

There's no charge but donations are always welcome to support the vital services and programs of San Diego Hospice. For more information, please visit www.sdhospice.org, call (619) 278-6440 or email Korie Duke, Director of Annual Programs, at kduke@sdhospice.org.



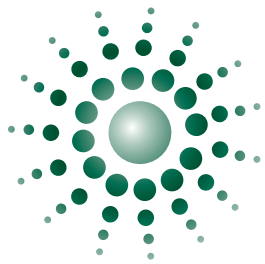
Gallery 4311 Introduces Artists & Authors Series

San Diego Hospice and The Institute for Palliative Medicine recently launched the Artists & Authors series, an exciting new element added to its Gallery 4311 bi-monthly art receptions.

In addition to the local artists who show an array of artistic mediums including acrylic, silk and oil paintings, watercolors, pastels, photography, mixed medium, Japanese brush paintings and more, Gallery 4311 will showcase the work of authors at select receptions, when possible. The first author for our inaugural event was M.G. Crisci, who introduced his book, *Papa Cado*, on July 10.

Gallery 4311 consists of art juried by a volunteer committee every two months. Each rotation is launched with a hosted wine and cheese reception. Receptions are open to the public, free of charge and provide an opportunity to meet featured artists and authors and view their work. Artists and authors donate 30% of the proceeds from their Gallery 4311 sales to San Diego Hospice and The Institute for Palliative Medicine (SDHIPM). Gallery 4311 receptions are held on select Sundays, from 2:00 to 4:00 pm, at SDHIPM's legendary Hillcrest campus located at 4311 Third Avenue, San Diego, 92103. More information about the program and upcoming art receptions can be found at www.sdhospice.org/art or call (619) 278-6100.





SAN DIEGO HOSPICE
and The Institute for Palliative Medicine

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THE CROSBY
AT RANCHO SANTA FE

TUESDAY, SEPTEMBER 27, 2011

**FOURTH ANNUAL
SAN DIEGO HOSPICE
INVITATIONAL GOLF TOURNAMENT**

COST:

Foursome: \$1,500
Individual Player: \$375
Dinner Only: \$125
Lunch and Dinner are included
for each player

FORMAT:

Shotgun start with a scramble format

DRESS CODE:

Collared shirts; no denim, cargo shorts
or cargo pants, please.

SCHEDULE OF EVENTS:

10:30am: Player registration,
barbeque lunch
and warm-up
12:00pm: Shotgun start
5:00pm: Evening reception and
silent auction followed
by dinner, live auction
and award presentation

Proceeds to benefit the bereavement programs of
The Center for Grief Care and Education, including Camp Erin San Diego.

For more information please contact Tylie Daniels, Director of Special Programs,
at tdaniels@sdhospice.org or call (619) 278-6509.

**You Matter is going green! We are transitioning into
an online-only newsletter starting in 2012.**

**Sign up today at sdhfoundation@sdhospice.org
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**San Diego Hospice and
The Institute for Palliative Medicine**

is a not-for-profit, community-owned healthcare
provider. Our mission is to prevent and relieve
suffering and promote quality of life, at every
stage of life, through patient and family care,
education, research and advocacy.

You Matter is published by the Marketing
and Communications Department to update
friends and supporters about San Diego Hospice
and The Institute for Palliative Medicine news
and events. Our mailing address is 4311 Third
Avenue, San Diego, CA 92103.

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(619) 688-1600

**San Diego Hospice and The Institute for
Palliative Medicine relies on charitable
contributions to provide its services.**

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Palliative Medicine provides to the community. If you
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