


A healing place: Kids Camp brightens lives

Each summer Optimal Hospice Foundation's Kids Camp makes a difference in the lives of children who have recently experienced the loss of a loved one. While the campers are participating in arts and crafts, games and other camping activities, painful feelings can be shared and acknowledged and coping skills learned to help them with the next steps of their grief journey.

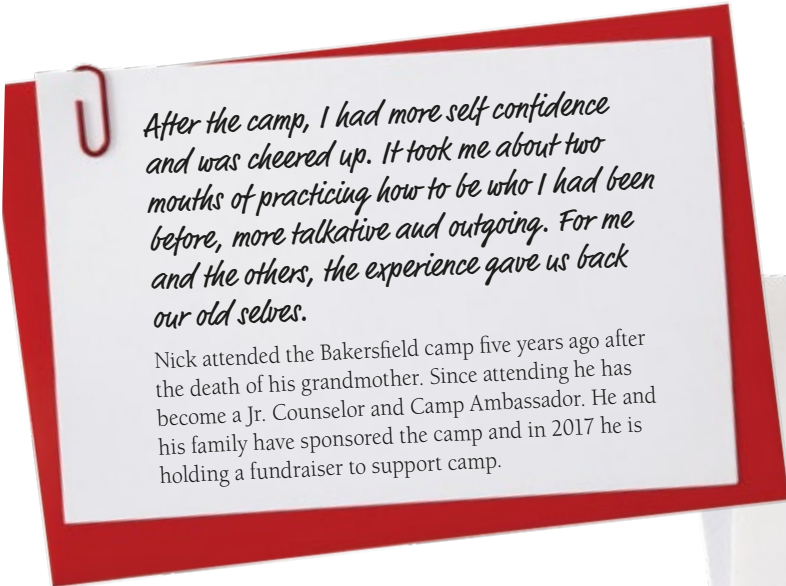
The Foundation gets to see and hear so many stories and thank yous from the campers, their families, camp staff and volunteers. They reassure us of the importance of providing this healing place where kids can come to recognize that grief is a natural response to losing a loved one and it's OK to just be a kid. We are sharing some of those voices with you here.

If you know a child who may benefit from Kids Camp or if you would like to be a sponsor, please see the camp details on page 7.



My daughter had the most fun at camp... the first thing she told me when she got off the bus is "I don't want to go home yet." I'm so happy that she was able to attend and meet new people who struggle everyday with the same thing she does so she knows she's not alone. I was very impressed with the counselors and how much love they show the kids.

From Jodi after her daughter attended the Bakersfield camp in 2016



After the camp, I had more self confidence and was cheered up. It took me about two months of practicing how to be who I had been before, more talkative and outgoing. For me and the others, the experience gave us back our old selves.

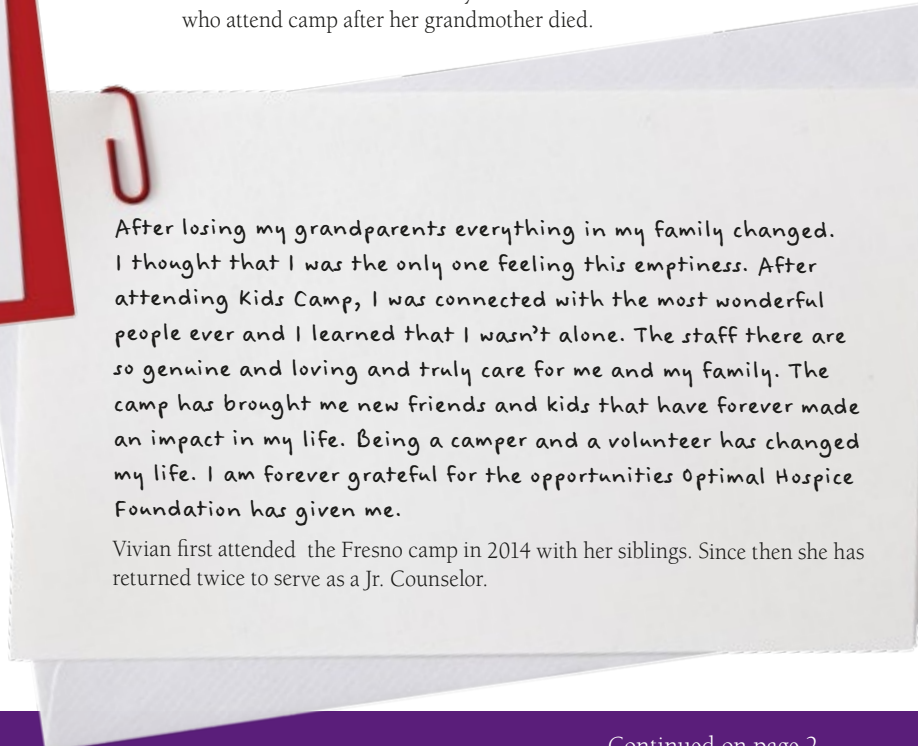
Nick attended the Bakersfield camp five years ago after the death of his grandmother. Since attending he has become a Jr. Counselor and Camp Ambassador. He and his family have sponsored the camp and in 2017 he is holding a fundraiser to support camp.

"Thank you for giving me my daughter back."

From the Mother of a 10 year old who attend camp after her grandmother died.

Thank you all for everything! My daughter enjoyed camp! She said it was the best ever... and that every single one of you were so sweet! She really needed those couple of days.

From Trisha after her daughter attended the Bakersfield Camp last year.



After losing my grandparents everything in my family changed. I thought that I was the only one feeling this emptiness. After attending Kids Camp, I was connected with the most wonderful people ever and I learned that I wasn't alone. The staff there are so genuine and loving and truly care for me and my family. The camp has brought me new friends and kids that have forever made an impact in my life. Being a camper and a volunteer has changed my life. I am forever grateful for the opportunities Optimal Hospice Foundation has given me.

Vivian first attended the Fresno camp in 2014 with her siblings. Since then she has returned twice to serve as a Jr. Counselor.

Camp, continued from page 1

"Being able to have been a part of this camp made an impact in my life. I was able to be open and share my feelings with people who wanted to help me in the best way by giving me support and advice and reminding me I am not alone. Thank you!"

Georgiana first attended the Fresno camp in 2014 with her siblings. Since then she has returned twice to serve as a Jr. Counselor.

My daughter absolutely loved attending Kids Camp. She made so many new friends and got to have fun without focusing on the pain of losing her grandma. The camp has absolutely wonderful staff and volunteers. There was nothing but good words from my little one. It brought me to tears knowing that she had so much fun.

From Christina after her daughter attended the Bakersfield camp in 2016.



"I didn't truly know how Kids Camp impacted Jake and Brady until I asked the boys to collaborate on a picture on what they remembered from their day at camp. They got to work drawing the balloon release; down to the details as they talked about the 'kid whose balloon who got stuck in that tree' and writing the names of our loved ones on the balloons. What struck me is that 9 year olds rarely remember what they ate for lunch; let alone one day eight months ago. They continued happily drawing their loved ones in Heaven smiling down with those balloons sent up just for them. That one tugged at my heart.

Our families are thankful to Optimal for the opportunity to give our boys tools for healthy grieving in their young lives."

Submitted by Jake's mother. Jake and Brady started their lifelong friendship in preschool. They attended the one-day Bakersfield camp in 2016.

"We can't say thank you enough! Your staff was so awesome with these kids and our girls both came home with true smiles on their faces. I can't tell you how that makes my broken heart feel. Monday marks one year since we lost our boy and I am so glad that the girls got this camp experience to help 'lighten' a little bit of a very hellish year."

From the parents of sisters who lost their brother in an accident. The girls attended the Bakersfield Camp in 2016. The oldest has already asked to come back as a Jr. Counselor.

"We learned it was ok to be sad and cry and talk about our feelings and our Mom, and that it was also ok to laugh and have fun, that life goes on and we have to continue to live."

From sisters who attend camp in 2015 after their Mother died.

Applications and referrals for camp participants are now being accepted.

This innovative experience is available at **no cost** to families, thanks to generous support from the community. **Please consider being a Kids Camp Sponsor.**

See page 7 for more information.



Reserved Sponsored Table for 8 is \$500

General Admission Tickets are \$50

Tastings offered by Local Vendors



*All Proceeds Benefit the
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OPTIMAL
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Optimal Hospice Foundation is a 501(c)3 non-profit organization established to commit its resources to activities intended to ensure hospice care & other compassionate programs are available for families facing a life-limiting illness with particular emphasis on the uninsured. Programs include hospice care funding & bereavement support including an annual Kids Camp for children who have experienced the loss of a love one.

Contact the Foundation Office for more information,
sponsorship opportunities or to purchase tickets.

559-320-8000

www.optimalhospicefoundation.com

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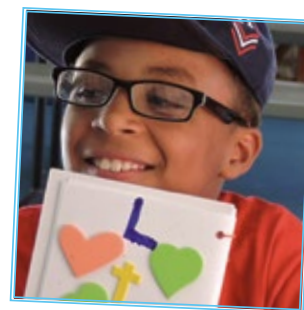
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Kids Camp 2017 — Refer a child, Become a sponsor

If you know a child who has suffered the loss of a loved one in the recent past, you've probably struggled with how to provide comfort to him or her. Optimal Hospice Foundation can help.

The Foundation is now accepting referrals for Kids Camp 2017, to be held this summer in Bakersfield, Fresno and Northern California.

This 2½ day overnight camp provides kids a safe environment to find healing and peace through games, activities and common fellowship with each other. Bereavement counselors are on site to work with children who may need one-on-one time and attention. The camp is open to any child in the community even if their loved one didn't utilize hospice services.



Thanks to the generous support of businesses and individuals, the Foundation provides this service at no cost to campers.

- The 24th Annual **Bakersfield Kids Camp** will be held:
Sunday, July 30 – Tuesday, August 1 at Gergen Ski Ranch for ages 9 to 12
Wednesday, August 2 – Friday, August 4 at Gergen Ski Ranch for ages 12 to 16
Saturday, July 29 (one day) at Madison Grove Park for ages 6 to 9
- The 13th Annual **Fresno Kids Camp** will take place July 7–9 at Camp Oakhurst for ages 8 to 16.

- Our 3rd Annual **NorCal Kids Camp** for ages 8 to 16, hosted by The Taylor Family Foundation, will be August 18–20 at TTFF at Camp Arroyo in Livermore.

If you would like to refer a child or sponsor a camper, contact your local Foundation office (see back page for information). More information and referral forms are available at OptimalHospiceFoundation.com and [Facebook.com/OptimalHospiceFoundation](https://www.facebook.com/OptimalHospiceFoundation). Referral forms may be submitted year round.

FOUNDATION LOCATIONS

FOUNDATION OFFICE

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

COMMUNITY OFFICES

Bakersfield

1675 Chester Ave., #401
Bakersfield, CA 93301
(661) 716-8000

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 Ave., #101
Fresno, CA 93711
(559) 320-8000

Lancaster

New location
(661) 802-7331

Long Beach

5000 E. Spring St., Suite 525
Long Beach, CA 90815
(562) 494-7687

Modesto

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

Stockton

3461 Brookside Rd., #A2
Stockton, CA 95219
(209) 338-9000

Visalia

2439 West Whitendale Ave., #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



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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.

Thursdays 6–7:30 p.m.

First United Methodist Church
4600 Stockdale Hwy., Room 4
Foundation: (661) 716-4000

Counseling available en Español

CERRITOS

Group Sessions Offered

Call for information

The Grover at Cerritos – Assisted
Living

11000 New Falcon Way
Foundation: (562) 494-7687

FRESNO

Mondays 3–4:30 p.m.

Fairwinds – Woodward Park
9525 Ft. Washington Rd.

2nd Thursdays 5:15–6:30 p.m.

Somerford Place
6750 N. Marks Ave.
Foundation: (559) 320-4000

Counseling available en Español

HUNTINGTON BEACH

Group Sessions Offered

Call for information

Huntington Terrace Assisted Living
18800 Florida St.

Foundation: (562) 494-7687

LAKE ISABELLA

Wednesdays 1–2:30 p.m.

Optimal Hospice Care Office
6504 Lake Isabella Blvd., Ste. E
Foundation: (760) 379-5038

LONG BEACH

Group Sessions Offered

Call for information

Optimal Hospice Care Office
5000 E. Spring St., #525
Foundation: (562) 494-7687

MADERA

1st & 3rd Tuesdays 10:30 a.m.–Noon

Cedar Creek Senior Living Center
500 N. Westbury Blvd.
Foundation: (559) 320-4000

Counseling available en Español

MODESTO

Group Sessions Offered

Call for information

Optimal Hospice Care
1101 Sylvan Ave., Ste. B-10
Foundation: (209) 338-3000

PORTERVILLE

2nd & 4th Thursdays 10:30 a.m.–Noon

Sierra Hills Retirement Center
2500 West Henderson Ave.
Foundation: (559) 741-7220

Counseling available en Español

SANTA CLARA

Group Sessions Offered

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

STOCKTON

Group Sessions Offered

Call for information
Optimal Hospice Care
3461 Brookside Road, Ste. A2
Foundation: (209) 670-8000

TAFT

Wednesdays 1–2:30 p.m.

First Baptist Church
220 North St.
Boardroom
Foundation: (661) 716-4000

TEHACHAPI

Tuesdays 1:30–3 p.m.

Tehachapi Senior Citizens Center
500 East F St.
Foundation: (888) 597-6115

VISALIA

2nd & 4th Tuesdays 3–4:30 p.m.

Optimal Hospice Care
2439 W. Whitendale Ave., Ste. B
Foundation: (559) 741-7220
Counseling available en Español

In the Fresno area?

Join us for
**Lakeside Wine
Tasting April 29.**

See page 3 for details.

KID'S GRIEF CONNECTION — Bakersfield, Fresno, Modesto, Stockton and Visalia: Call area numbers for details