

2020 • VIRTUAL

Light Up A Life



Links to our virtual celebrations will be available
on www.optimalhospicefoundation.com
the day before each Celebration

KERN COUNTY

December 2 • 6 p.m.

Live stream hosted by
Greenlawn Funeral Homes



MADERA, FRESNO, KINGS & TULARE COUNTIES

December 3 • 6 p.m.

Live stream hosted by
Soma Christian Church



SAN JOAQUIN & STANISLAUS COUNTIES

December 8 • 6 p.m.

Live stream hosted by
Oakdale Memorial Chapel



LA & ORANGE COUNTIES

December 10 • 6 p.m.

Live stream hosted by
Halley Olsen Funeral Home Lancaster



Join in one of our uplifting community celebrations to honor and remember loved ones and friends who have been a special part of our lives

Optimal Hospice Foundation's annual Light Up a Life celebrations will take place virtually December 2–10.

In light of all the isolation this year due to the pandemic, the Foundation Board of Directors felt strongly about finding a way to hold the celebrations while keeping our communities safe.

"Providing this community service is especially important this year," said Board President Denise Boshers. "Isolation, as well as the holidays, can magnify grief and hinder the grieving process. Togetherness helps the process, so our mission was to create a sense of community even though we will not be together physically. We are excited about the virtual format and that we have the ability to reach even more folks this way."

The online program will be much like the uplifting gatherings we have each year, filled with inspirational music, personal reflections, ceremonial reading of names and the lighting of our Tree of Life adorned with lights in memory of loved ones and friends.

"We will miss the hugs and candle lighting from the in-person gatherings. We encourage you to invite someone close to you to join you in watching the celebration. It will make all the difference in the world," said Denise.

Light Up a Life is an opportunity to honor or memorialize friends or loved ones. For a suggested donation of \$10 or more to the Foundation, individuals sponsor a light and ornament on a Tree of Life at one of four virtual celebrations. Please use the enclosed card or visit www.OptimalHospiceFoundation.com to submit names and donations.

"These lights shine in honor of those we love."

*You are invited to dedicate a light in memory
or in honor of a loved one or friend through
a gift to Optimal Hospice Foundation.
Your gift places a symbolic light on the
Tree of Life.*



For everything there is a season

By Sonnie Linebarger, RN, Bristol Hospice Chief Operating Officer & EVP

Change is something we all must endure, whether we like it or not. It is a part of evolving and growing. For everything there is a season and as we move into October, we begin uniting all our companies as one Bristol Hospice family and brand. While the familiar Optimal name and logo may be changing, the faces and hearts of our team are not.

We are often asked what makes our company different. I firmly believe our patients and family satisfaction is our ultimate report card. We had a family send a letter that said we “Run like NASA with the heart of the Lord.” Comments like these are a reminder of why we are in hospice. Our patients, their loved ones, and our communities are at the forefront of everything we do.

As I sit back and ponder how we got to where we are today, a company that stretches across 10 states, through 36 locations, serving more than 4,200 patients on any given day, I cannot help but smile. It is a smile woven with many emotions; Honor, for the gift of hospice we get to provide every day to those entering their final journey. Pride, as I look around at the people who are a part of this company...some of the finest I have ever had the pleasure of working alongside. Humility, as we have learned many lessons along the way. Commitment, to serving others in a way that is bigger than us.

Part of our way of serving something bigger than ourselves is the support of our amazing foundation. We are so excited that they will now be called



Bristol Hospice Foundation of California and have the opportunity to support ALL of our California locations!

As we continue to navigate our journey, we do so by honoring all that has led up to now and we look forward to what is to come!

HELPING A GRIEVING LOVED ONE DURING THE HOLIDAYS

The holidays, especially the first ones after losing a loved one, are especially difficult for people who are grieving. Often, friends and family members of those affected by a loss are unsure how to act or what to say to support their grieving loved one during the holidays.

Here are some suggestions

- Be supportive of the way the person chooses to handle the holidays. Some may wish to follow traditions; others may choose to change their rituals. Remember, there is no right way or wrong way to handle the holidays.

- Offer to help the person with baking and/or cleaning. Both tasks can be overwhelming for one trying to deal with raw emotions.

- Offer to help him or her decorate for the holidays.

- Offer to help with holiday shopping or give your loved one catalogs or on-line shopping sites that may be helpful.

- Invite the person to attend a religious service with you and your family.

- Invite your loved one to your home for the holidays.

- Help your loved one prepare and mail holiday cards.

- Ask the person if he or she is interested in volunteering with you during the holiday season. Doing something for someone else, such as helping at soup kitchens or working with children, may help your loved one feel better about the holidays.

- Donate a gift or money in memory of the person's loved one. Remind the person that his or her special person is not forgotten.



- Never tell someone that he or she should be “over it.” Instead, give the person hope that, eventually, he or she will enjoy the holidays again.

- If he or she wants to talk about the deceased loved one or feelings associated with the loss, LISTEN. Active listening from friends is an important step to helping him or her heal. Don't worry about being conversational ... just listen.

- Remind the person you are thinking of him or her and the loved one who died. Cards, phone calls and visits are great ways to stay in touch.

In general, the best way to help those who are grieving during the holidays is to let them know you care. They need to be remembered, and they need to know their loved ones are remembered, too. Local hospice grief counselors emphasize that friends and family members should never be afraid of saying or doing the wrong thing, because making an effort and showing concern will be appreciated.

Many people are not aware that their community hospice is a valuable resource that can help people who are struggling with grief and loss. Hospices provide bereavement support to the families they serve and often offer services to other members of the community as well.

From the National Hospice Foundation and the National Hospice and Palliative Care Organization

Thank You for Your Support

The following individuals and organizations generously contributed to Optimal Hospice Foundation from January through June 2020. On behalf of the patients and families we serve, thank you for your support.

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Inc.
Barry & Susan Young
Suzanne Zubris

*Thank you to our generous
Employee Giving Campaign
donors who are listed
annually in the Spring
Newsletter.*

FOUNDATION LOCATIONS

FOUNDATION OFFICE

1227 Chester Avenue
Bakersfield, CA 93301
(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

Fresno

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

Lancaster

44151 15th Street West, #201
Lancaster, CA 93534
(661) 674-3301

Long Beach

5000 East Spring Street #525
Long Beach, CA 90815
(562) 735-8687

Modesto

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

Stockton

2800 West March Lane #110
Stockton, CA 95219
(209) 670-8040

Visalia

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

Effective January 1, 2021,
Optimal Hospice Foundation will
be changing its name to Bristol
Hospice Foundation of California.

Stay up to date, make donations and get more information
at OptimalHospiceFoundation.com, and follow us on
Facebook @OptimalHospiceFoundation!

THE GOAL OF THE OPTIMAL HOSPICE FOUNDATION is to ensure families have access to hospice care, regardless of their ability to pay and is there to fill the gap for families who are uninsured or whose insurance benefits have run out. The foundation funding supports direct medical services to patients, spiritual and emotional support services for patients and their families, and a variety of community outreach and educational programs, including six sessions of Kids Camp.

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Bakersfield, CA 93301
(661) 716-8000



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You're Invited



*Light Up
A Life*



**Join in one of our uplifting
community celebrations**
to honor and remember loved
ones and friends who have been
a special part of our lives

VIRTUAL CELEBRATION DETAILS AND RESPONSE CARD INSIDE