

Journey

FALL 2021

You're Invited

2021 • VIRTUAL

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

Bristol Hospice Foundation of California's annual Light Up a Life celebrations will take place virtually December 1 – December 9, 2021.

We invite you to our uplifting online gatherings 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 are bringing a sense of togetherness while keeping our communities safe," said Board President Denise Boshers. "Virtual celebrations allow us to do this and to make the celebrations available to individuals who would not otherwise be able to participate. 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."

You are invited to dedicate a light in memory or in honor of a loved one or friend through a gift to Bristol Hospice Foundation. Your gift places a symbolic light on a Tree of Life at one of four virtual celebrations.

Please use the enclosed card or visit www.bristolhospicefoundationca.org to make your gift and submit names.



2021 VIRTUAL CELEBRATIONS

Links to our virtual celebrations will be available at www.bristolhospicefoundationca.org and on our Facebook page the day before each Celebration

KERN COUNTY

December 1 • 6:30 p.m.

Live stream hosted by
Greenlawn Funeral Homes



FRESNO, MADERA, KINGS & TULARE COUNTIES

December 2 • 6:30 p.m.

Live stream hosted by
Soma Christian Church



STANISLAUS, SAN JOAQUIN & MERCED COUNTIES

December 7 • 6:30 p.m.

Live stream hosted by
Oakdale Memorial Chapel



LA & ORANGE COUNTIES

December 9 • 6:30 p.m.

Live stream hosted by
Savior's Lutheran Church

A TIME TO CELEBRATE; A TIME TO GRIEVE



There are many times in the course of one's grief journey that the "wound" of grief is aggravated. This is especially true during the holidays and special occasions encountered for the first time after a loss. Here are some practical things to consider during this time in your grief journey:

- **PLANNING** – It is not necessary to plan an elaborate gathering to celebrate a special day. In fact, it may be overwhelming to do so. What is most important is that the day does not go by without acknowledgement. Even if it's planting a flower in your garden in their honor or planning to go sit by the ocean for the day. Having a plan helps us approach the day with less dread, while attempting to avoid the reality of the day often leads to greater intensity of grief pain.



- **TRADITIONS** – With the loss of a loved one, some traditions are no longer possible in the way we have always known them. Some traditions can stay the same. It is important, especially to families and communities, to creatively integrate the old traditions in new ways, as well as be free to try new traditions. Just as anything new, the first time will likely feel awkward. However, remembering that you are setting the foundation for future years can give you the freedom to be creative with celebrating in new ways.



- **RITUAL** – Rituals are as ancient as humankind. They help us celebrate, remember, commemorate and worship. Rituals can be as simple as lighting a candle or attending a memorial service. A ritual can be religious, or not. All that matters is that your ritual is meaningful to you, and makes you feel close to the essence of your loved one.

- **MEANING** – Foundational to a successful and healthy grief journey is meaning. When we lose someone, there is an "empty space" or void left behind. Meaning is the essence of your loved one that begins to fill that once-empty space. Giving to a charity is one way to make meaning of your loved one's life in ways that are far-reaching, and lasting. Knowing that your memorial gift is making a difference in the lives of many can once again bring joy and comfort.

Giving ourselves permission to be different after a loss is paramount to the freedom to grieve well. Even though the holidays are often a painful reminder, it is possible to create this free space to celebrate with tears and love through pain.

*Reprinted from article written by
Connie Pulmano, M.A.*

We look forward to bringing back the Bristol Cares Halloween Car Show next year.

SAVE THE DATE | Saturday, October 29, 2022

For event sponsorship, entry and vendor information, call the Foundation office at (661) 716-8000, email cherie.shoemake@bristolhospice.com or visit www.bristolhospicefoundationca.org.

Event date/details subject to change. Updates will be posted on our website and Facebook page.



Kids Camp: Activities and fun while working through grief

The Foundation would like to thank all of our sponsors, donors and volunteers who helped make our 2021 camps a huge success.



With your help 130 children from the Central Valley were able to be with other kids who, as they say, "are just like me." Even with the modifications that were made due to the pandemic we received numerous thank you's from campers and parent/guardians. We had lots of smiles, new friendships were formed and coping skills were discussed and learned.

Pictures are posted on our Facebook page, www.facebook.com/bristolhospicefoundationofcalifornia.

Referrals for 2022 are being accepted using the form at www.bristolhospicefoundationca.org/kids-camp/.

The Bakersfield camps generated local TV news and print coverage including an article in The Bakersfield Californian and news stories on KGET and KBAK.



Thank You Bristol Hospice Foundation of California 2021 Kids Camp Sponsors



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Chapter 20



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KGET - TV 17

Golf Tournament Back on Course and a Success

The 29th Annual Golf In the Sun & Under the Stars Tournament presented by Greenlawn Funeral Homes and Joerns Healthcare was held on Friday, September 10, 2021 at Stockdale Country Club.

A special THANK YOU to all of our 2021 sponsors, donors, players and volunteers who helped us raise over \$29,000 to further our Mission.

We were excited to be back on the course and look forward to having you back in 2022.

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BRISTOL HOSPICE
FOUNDATION OF CA is
a non-profit organization
established to commit
its resources to activities
which are intended to
ensure hospice care &
other compassionate
programs are available
for families facing a
life-limiting illness with
particular emphasis on the
underinsured/uninsured.
Programs include
hospice care funding &
bereavement support
including an annual Kids
Camp for children who
have experienced the
death of a loved one.

*Community offices are
located throughout California.
Contact information is
available on our website.*



MAIN OFFICE
1227 Chester Avenue
Bakersfield, CA 93301
(661) 716-8000
501(c)(3) tax ID #95-333-4909

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**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