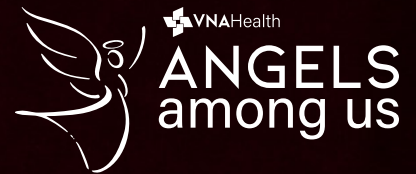




Live Well

FALL 2024



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DEC 4 Solvang

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VNA HEALTH, FORMERLY KNOWN AS VISITING NURSE & HOSPICE CARE, HAS EARNED THE JOINT COMMISSION'S GOLD SEAL OF APPROVAL* FOR HOME HEALTH CARE, PALLIATIVE CARE, AND HOSPICE CARE

VNAHealth Live Well

FALL 2024



Dear VNA Health Family and Friends,

As we begin to enter our season of celebrations, I am reminded of the heartfelt power of gratitude. The simplicity of two words, "Thank You," has the power to inspire joy for both the giver and receiver. So in this spirit, on behalf of our VNA Health staff, volunteers, and Board of Directors, we say "Thank you" to the special people in this 2024 issue of our *Live Well*

Magazine for sharing their personal stories of challenges and triumphs towards the goal of health and well-being.

Sarah and Hallie: Thank you for sharing your deep love for Bob and showing us that the gift of Hospice Care lives on in your family. **Adrianne and Andy:** Thank you for your continued trust in the care of our Home Health Care team to be your partner in recovery. **Dr. Kurt Ranshoff and the Sansum Clinic-Sutter Health Team:** Thank you for your continued legacy to help care for our communities. **Cottage Health, CenCal Health, Cottage Children's Medical Center, and Hospice of Santa Barbara:** Thank you for joining VNA Health to build our community's first Pediatric Concurrent Care collaborative. **Chef Fabio:** Thank you for sharing your caring heart and your special minestrone soup recipe. **President Jimmy Carter:** Thank you for being an advocate for hospice and palliative care, and your testament that when we each face end of life and have limited days to live, we can choose to add life to our days.

Also in this issue, we thank our **2023 and 2024 Honorees, Sponsors, Donors, Hosts, Partners, Volunteers, and Guests** of our special fundraising events to benefit VNA Health's charitable Community Care programs and services like the Loan Closet, We Honor Veterans, Music Services, Pet Therapy, and subsidized charity care to Serenity House. Special thanks to the **Santa Barbara Yacht Club** for 20 years of fundraising a cumulative total of more than \$2.6 million.

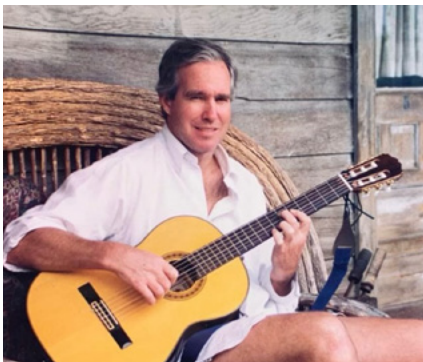
VNA Health is proud to serve and care for our communities, and I hope that all the people in this *Live Well Magazine* illustrate how many hearts and hands help sustain VNA Health's legacy of compassionate and trusted care, and support our vision that every person lives with health and dignity at any age or stage in life. As we enjoy our season of celebrations, may the gift of giving thanks overflow for each of us.

With Gratitude & Live Well!

Kieran Shah, CHPCA
PRESIDENT & CEO

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REMEMBERING OUR LOVED ONES In the spirit of community, we invite you to join us at 5:30 PM on Tuesday, December 3 in Santa Barbara or Wednesday, December 4 in Solvang for our annual Angels Among Us remembrance services. In the centerfold, we offer DIY keepsake candle ornaments. We invite you to write the name of your loved one and a message. Use a paperclip as a hook to hang your paper candle ornament from a tree, window, or bulletin board.



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Bob was a vibrant man and a talented musician, often filling the air with the sound of his guitar.

Choose to Make a Difference Sooner Rather than Later

In life's most challenging moments, the power of compassionate care can illuminate a path toward comfort and joy. Hospice care is often misunderstood, viewed merely as a service for end-of-life situations. However, it offers much more than that—it provides a holistic approach that enhances the quality of life for both patients and their families. By addressing physical, emotional, and spiritual needs, hospice fosters an environment where cherished memories can be made, and meaningful connections can deepen.

As families navigate the complexities of serious illness, understanding and accessing hospice services can transform their experience, revealing moments of peace and even joy amidst the difficulty. Hospice can help patients and families live well through challenging circumstances. Let's explore how hospice care can truly change lives for the better, encouraging families to embrace this valuable support sooner rather than later.

For Bob and his family, the journey to hospice care was a

bittersweet struggle marked by determination and love. Bob, a vibrant man in his 50s, was the life of every gathering, his laughter ringing out as he brought everyone together. A passionate athlete, he played rugby in college and toured the world, forging a lifelong love of the sport and creating cherished memories along the way. Passionate about games like Monopoly and Scrabble, he could always be counted on for a friendly challenge. A talented musician, he often filled the air with the sound of his guitar or piano, his voice weaving through the melodies. Raised on a Virginia farm with his siblings, he met his wife, Sarah, in California, where their love blossomed. After raising their family in New York for many years, they settled in Santa Barbara, embracing an adventurous outdoor lifestyle that brought them immense joy.

But soon things began to change. Bob's young son, then just 12 years old, was the first to notice that something was off with Dad. By the summer of 2012, Bob was withdrawing from everyone, choosing to stay in his room, saying he didn't feel well. This was unusual for a man who had once thrived on

social interaction. Soon after, Bob was diagnosed with early-onset Alzheimer's—a shock for the family. Dementia is life changing for both those who are diagnosed and those close to them.

In California, approximately 660,000 people over 65 years of age lived with dementia in 2019. By 2025, projections indicate there will be 866,000 people, a 31% rise, and by 2040 there will be a 127% increase in the number of individuals over 65 years of age living with some form of dementia.*

For family and friends, witnessing their loved one's struggles and cognitive decline can be incredibly emotionally challenging. The unpredictable nature of dementia brings uncertainty and often anxiety to an already stressful situation. Bob's family surrounded him with love, compassion and empathy to face the challenges ahead but after a time, Bob needed round the clock care. This is when his family decided, with immense love, to move him to a senior home specializing in 24/7 dementia care for his safety and comfort. It was an amazing place that felt like home but still Sarah sensed it wasn't enough.

"I knew he wasn't going to get any better. I kept saying, let's get him on hospice as soon as we can." Despite her intuition, the doctors hesitated. "They kept saying he wasn't ready for hospice and they wouldn't do an evaluation," Sarah remembered, her frustration evident. "I told them, this is wrong. I'm his wife! I knew. I saw him decline every day, and it was heartbreaking."

With determination, Sarah reached out to their family doctor, who agreed to evaluate Bob personally. "He told me, 'Put your husband in the car, and I'll evaluate him. I know what you are going through,'" she said. "I was at my wit's end, feeling like I was fighting an uphill battle."

When VNA Health hospice arrived, Sarah felt an immense weight lift. "As soon as they came in, it was like a breath of fresh air. The hospice nurse was incredible. She was so calm and compassionate, and she brought a sense of peace to our chaotic situation," she reflected. "You have a pretty good idea that things are okay, but hospice care provides a reassuring barometer. It's amazing to have an outside person come in, making everything as comfortable as possible for the end of life. What more could you want? With that disease, there's no turning back." For the first time in months, Sarah could focus on being a wife, not just a caregiver.

Bob's daughter, Hallie, found comfort in VNA Health's hospice care team as well. "We were all navigating a really difficult situation," she shared. "It felt like we were on an island by ourselves, and then VNA hospice came in and said, 'We can help.' That felt like a significant life raft. Knowing that they were there making sure that my Dad was more comfortable just took such a load off of me and gave me relief that I was doing the right thing."



As Sarah recalls, "In the end, I remember we were going to the beach for Thanksgiving. I had a moment of doubt on Monday and asked if I should still go. The staff reassured me, saying, 'Oh, no, go. You'll be fine.'"

"They knew him well, and even until the last week, he still had energy. While I was on the train, the VNA hospice doctor called to tell me, 'Sarah, I just saw your husband, and I'm so sorry, but he's probably going to die within the next 48 hours.' I was shocked but also relieved—finally, some clarity. When we got in the car, I told my son to turn around. The last 36 hours were incredible. The VNA hospice staff were there almost the entire time, explaining everything to us in a way no one else had. Everyone came to be with him, and my son started calling family members to say, 'If you have anything you want to say to Dad, now's the time.' It was so moving to hear everyone express their love."

Bob passed away late on Thanksgiving night after a full day of being surrounded by family, but not before leaving behind a legacy of love and connection. Bob always believed in the importance of family and loved Thanksgiving in particular. That day, the family all came together, sharing meals and stories. Bob's wise words resonated in their hearts: "Do your best, don't worry about making mistakes, and have fun," as they honored him and their shared love. Even though it was a bittersweet moment, there was warmth and love in the room.

Through their journey, Bob's family learned the true value of hospice care, not just as a marker of the end, but as a guiding light that enriched their shared experience. "I never thought about hospice as saying goodbye to Dad," Hallie explained. "It was just another way in which I could support him and make sure he felt comfortable. The VNA Health hospice team helped me, and my Mom carry this load for him, so that we could be there for him during the final months of his life."

In the end, they became passionate advocates for hospice, encouraging others to seek help sooner rather than later.

"Hospice is a way to get more services and extra support! Don't wait too long. It makes a huge difference."



In 1978, President Jimmy Carter was the first to proclaim November as National Hospice & Palliative Care Month

An Unexpected Gift of Time

In February 2023, at the age of 98, President Jimmy Carter, the oldest former President in history, made a deeply personal decision to enter hospice care at home, a choice that would allow him to embrace the final chapter of his life surrounded by loved ones. For the Carter family, it was a moment of profound reflection and an opportunity to experience the peace and comfort that hospice care brings, not just to the patient, but to the entire family.

As President Carter's grandson, Josh Carter, put it: "It's a gift that I didn't know we were going to get." That gift, he explained, was not just the presence of their patriarch but the space to be fully present with him during these precious final days. Hospice care, for the Carters, is about connection, comfort, and dignity—values that President Carter has always championed.

This personal experience further underscores the vital role hospice care has played throughout President Carter's life. His advocacy for hospice care, dating back to the 1970s, helped shift it from a misunderstood and underfunded service to a critical part of today's healthcare system. Through his efforts, Carter was the first President to proclaim November as National Hospice & Palliative Care Month; and he helped secure federal funding for hospice programs, laying the foundation for the 1982 Medicare Hospice Benefit—a milestone in American healthcare.

Hospice care is not just about easing the physical burden of a terminal illness. It is about providing emotional and psychological support, for both the patient and their caregivers.

More Than Comfort: The Essential Role of Hospice

Hospice care has long been associated with comfort, pain relief, and compassionate support for patients in their final stages. Yet, it also offers something equally vital: profound support for the families and caregivers who share this journey. For those who care for loved ones with terminal illnesses, the emotional and physical demands can quickly become overwhelming. The stress of managing symptoms, making difficult decisions, and maintaining a semblance of normal life can lead to burnout, anxiety, and exhaustion.

This is where VNA Health Hospice Care steps in for Santa Barbara County patients and families—not just to care for the patient, but to offer guidance and respite to caregivers. Our hospice team at VNA Health, brings together doctors, nurses, social workers, chaplains, and trained volunteers to provide

holistic care, managing pain, symptoms, and emotional distress with expertise and compassion.

One of the most invaluable aspects of hospice care is its 24/7 availability. In times of crisis, when symptoms worsen or an emergency arises, caregivers no longer face these challenges alone. VNA Health's hospice professionals are always just a phone call away, providing immediate support and guidance. This relief from the constant pressure of decision-making is invaluable, enabling caregivers to focus on what matters most: their loved ones.

As Rosalynn Carter, former First Lady and a longtime advocate for caregiving, has said:

"I like to say that there are only four kinds of people in the world—those who have been Caregivers, those who are currently Caregivers, those who will be Caregivers, and those who will need Caregivers. That's all of us."

Her words underscore the universal nature of caregiving, and the importance of compassionate support when the time comes to care for a loved one.

Respite Care: The Gift of Rest for Caregivers

Respite care, a key component of hospice services, allows caregivers to take much-needed breaks, reducing burnout and ensuring they can continue to provide the best care possible. Whether for a few hours or a few days, respite care gives caregivers the opportunity to rest and recharge, ensuring they can return to their loved ones with renewed energy and compassion.

Quality Time Over Quantity: A Lasting Legacy of Care

Ultimately, hospice care isn't just about managing symptoms—it's about making the most of the time you have left. For President Carter, now 100 years old, choosing hospice care allows him to spend his time in peace, surrounded by family, free from the pressures of ongoing medical interventions. His decision to embrace hospice care is a testament to its transformative power, offering him not just comfort, but the opportunity to focus on connection and love.

For the Carter family, as for so many families served by VNA Health, hospice care is the most precious gift they could receive—the gift of quality time, filled with love, dignity, and connection.



Until there is a cure for Alzheimer's, VNA Health is here to help care for you and your loved one.

Alzheimer's disease, is a life-limiting condition that progresses in different stages. There are signs and symptoms that are important for family members and caregivers to be aware of so that when needed, they can ask for additional support and comfort care, sooner rather than later.

SIGNS & SYMPTOMS TO WATCH FOR

- + Inability to recognize close family and friends, and maybe even oneself
- + Talking less often and speaking only a few intelligible words
- + Having problems eating, drinking, and swallowing
- + Loss of bladder control or bowel movement, intermittent or constant
- + Increased aggression, depression, or restlessness
- + Less able to walk, sit up, dress, or bathe without assistance
- + Having more frequent falls, illnesses, or infections
- + Sleeping more
- + Becoming more frail
- + Unexplained significant weight loss

Getting care sooner can make a huge difference to your loved one's quality of life, as well as for the family and caregiver. For more information or for a complimentary evaluation, please call VNA Health anytime at (805) 965-5555.



Adrianne and Andy Davis PHOTO BY BARON SPAFFORD

3...2...1...Live Well

Get ready for a fun-filled, cinematic journey starring Andy Davis, the master of edge-of-your-seat action and heartfelt thrillers such as Oscar-nominated *The Fugitive*! This Chicago native has left his mark on Hollywood with everything from pulse-pounding blockbusters to charming adaptations of award-winning children's books, and has just finished his new novel, *Disturbing the Bones*. Behind every great director is an equally fabulous partner. Meet Adrianne, a Los Angeles native and former production design pro who's got creativity and style to spare!

For the past 40 years, this dynamic duo has called sunny Santa Barbara home, where they've raised their two kids amid a whirlwind of community events, family fun, and plenty of adventure. Adrianne's passion for health and wellness has been as vibrant as her dance moves from her Cal State Northridge days. Besides her community involvement in many worthy causes, you can find her thriving as a community volunteer at the beautiful 12-acre Farview Gardens Farm, nurturing both plants and friendships.

Their idyllic story takes a dramatic turn when they discovered VNA Health, a lifesaver in their community. In 2019, Adrianne found herself in a real-life medical thriller after a ruptured cyst on her kidney sent her to the ER. Enter AnnaMaria Colella, a dedicated VNA Health Physical Therapist, who came to her home for a routine follow-up, but ended up saving Adrianne's life by sending her back to the hospital just in time. Talk about a plot twist worthy of a movie!

In 2021, the adventure continued with an Anterior Right Total Hip Replacement for Adrianne; and she already knew just who to call to help her recover safely at home: VNA Health! And of course she requested the well-educated and persuasive physical and occupational therapy help from AnnaMaria to help her rehabilitate. With expert guidance from VNA Health, Adrianne navigated not just one, but multiple surgeries—including two knee replacements. Meanwhile, Andy also had his own hip replacement adventure! And guess what... VNA Health was there once again bringing the healing home through physical therapy.

After three hips, two knees, and a whole lot of help from VNA Health through the Loan Closet and amazing rehabilitative therapy—Adrianne and Andy are ready to take on the dance floor again—and that's why they are sharing their story so that others facing health challenges can get back to doing their passions and living well.

The Davis family doesn't just keep their good fortune to themselves. They're all about giving back to the community! From hosting the 2022 Peter Murphy Men's Night at their home to taking spectators on their boat, *Convivial*, for the Santa Barbara Yacht Club's Annual Charity Regatta, they're always finding fun ways to support the exceptional quality care VNA Health provides.

Speaking of VNA Health, let's shine a spotlight on their unique gem: the VNA Loan Closet! Offering an impressive range of durable medical equipment—from shower benches to walkers, crutches to canes—this service has been a vital resource since 1908. They're not just about lending equipment; they provide instructions and support to make the experience as stress-free as possible. It's like a community treasure chest, and thanks to generous donations and community support, they help over 4,000 people each year!

"We are extremely grateful to VNA Health for their superior post-surgery, in-home therapy, and for sustaining the Loan Closet—such a vital community resource providing free short-term loans of the walkers and shower benches that we needed to safely recover at home."

ADRIANNE & ANDY DAVIS

The Davis family has experienced first-hand the exceptional care VNA Health provides and they're dedicated to ensuring others have access to that same support. With their journey filled with action, resilience, and lots of laughter, it's clear that this family believes in living life to the fullest—and helping others do the same! So grab your popcorn and get ready to join them on this heartwarming adventure where the plot is all about overcoming challenges and dancing through life with joy!

FOLLOW ME TO THE

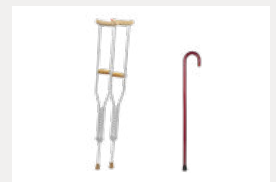


The VNA Health Loan Closet is the only nonprofit resource in Santa Barbara County offering free, short-term loans of Durable Medical Equipment (DME) such as walkers, shower seats, crutches, canes, and more. Also, the Loan Closet helps protect our environment and helps our community residents save more than \$1 million in retail costs for DME every year.

Key Medical Equipment You May Need After Hip or Knee Surgery



Folding Walker



Crutches & Cane



Shower Safety Seat



Knee Scooter

LOAN CLOSET

Call for an appointment: (805) 690-6235
Open Mon-Fri, 8 AM–4 PM (except holidays)
Enter driveway at 360 Olive St between
E Montecito St and E Gutierrez St

vna.health/loancloset



“We’re not ready to give up hope.”

Their young daughter faced an inoperable brain tumor, with a life expectancy of less than six months. She suffered from worsening headaches, seizures, and weakness, necessitating frequent medical assessments for pain management. Leaving home was challenging, especially while managing the side effects of chemotherapy and radiation. When offered hospice care to alleviate her suffering and improve her quality of life in the comfort of her home, the family hesitated, unwilling to abandon the hope of curative treatments. They found themselves facing an impossible choice.

Imagine...if this were your child... what would you decide?

No parent wants to surrender hope, yet this dilemma is all too common for families with seriously ill children. Children at end of life require extensive healthcare resources, including multiple hospital readmissions and emergency room visits. Yet, many children still suffer from symptoms at end of

life—including fatigue, pain, dyspnea, and anxiety—and it’s estimated that less than 10% of these children utilize hospice care services.

Before the Affordable Care Act in 2010, families often had to forgo curative treatments to access hospice comfort care services, a situation that has changed with the law allowing concurrent care for children under 21. However, many areas, including Santa Barbara County, still lack access to concurrent care and adequate support due to a lack of dedicated providers of Pediatric Concurrent Care services.

VNA Health aims to change this in Santa Barbara, enhancing the quality of life for pediatric patients and their families. Since 2024, VNA Health has been co-leading a team of specialized providers in South Santa Barbara County to establish a Pediatric Concurrent Care program allowing very ill children to receive both curative treatments and medical hospice care simultaneously, alleviating the difficult choice parents often face between life-prolonging therapies and comfort care.



Curative treatment may include antibiotics for infections or chemotherapy for cancer, while medical hospice care focuses on pain and symptom management, mental health support, and caregiver assistance for those with a life expectancy of six months or less.

Pediatric care is not just scaled-down adult care. Children differ from adults in anatomical, physiological, cognitive, and psychological aspects. Caring for seriously ill children requires specialized training and equipment.

For instance, pediatric beds and medical supplies like needles and blood pressure cuffs must be appropriately sized for children. Additionally, medications need extensive testing and adjustment for pediatric use, making the overall cost of

caring for children significantly higher than that for adults.

With VNA Health's leadership, Santa Barbara will launch its first dedicated Pediatric Concurrent Care program in 2025, providing critical support for children facing life-limiting or life-threatening conditions and their families. A seriously ill child affects everyone around them, and by providing reliable, quality concurrent care, VNA Health can empower families and their surrounding communities to focus on love and meaningful moments with these children during this difficult time.

If you would like to inquire about Pediatric Concurrent Care services, please call: (805) 690-6250.





APRIL 13, 2023 Ginny and Tim Bliss hosted the 2023 Peter Murphy Men's Night at their stunning Carpinteria avocado country ranch estate. Exotic and vintage cars curated by Mark Mitchell welcomed the supporters, and the guests were treated to delicious hearty appetizers from Pane e Vino. Eighteen years ago, Peter Murphy started Men's Night out of love for his wife, Judy, and to support VNA Health, the only medically licensed nonprofit home health and hospice care provider in Santa Barbara County. It is an opportunity for the guys to get together with new and old friends, and to have fun while helping a great cause.



Hosts Teddy, Ginny and Tim Bliss



1972 Alpine Renault A110 1600S (blue), 1958 Abarth 750 GT Spider (burgundy), 2009 Aston Martin DBS (silver), 1958 Alfa Romeo Giulietta (gray), and 2022 Porsche GT3 (orange)



Chris Chandler, Doug Joseph, Robert Giaimo, Mark Mitchell, Josh Cohen, Daniel Anderson, VNA Health President & CEO Kieran Shah, Peter Moore, and Teddy Bliss



John Paul Beltran, Victoria Hines, Judy Murphy, and Bob Murphy



David Moorman, Tim Bliss, and the 2009 Aston Martin DBS



2017 Lamborghini Huracan LP-580-2



John Du Bois, Blake Crowe, Doug Joseph, Blake Jones, Charles Crowe, Mark Mitchell, and the 1972 Alpine Renault A110 1600S



Playing Poker (L-R): Paul Abramson, Eusebio Cordova, Dennis Morelos, Neil Levinson, Stephen Cherner, and Dan Wright



Pianist John Douglas and Bobby Lesser



Tom Dain, Lew Venegas, Dr. Eli Katz, Bob Murphy, and John Paul Beltran



Kieran Shah, Tom Parker, Dr. Fred Kass, and Ben Phillips



Jeff Harding, John Blankenship, Steven Buster, and Dr. John Buster



Bob Murphy, Jim Jackson, and John Paul Beltran



Cliff Wyatt and Phil Wyatt



Norm Habermann and David Tisdale



John Daly, Dennis Forster, and Tom Dain



Peter Moore, Kieran Shah, and Peter Noone



Dan Wright

22ND ANNUAL Mother's Day Luncheon



RONA BARRETT
HONORED MOTHER



DAME OLIVIA NEWTON-JOHN
REMEMBERED MOTHER

CONTINUE CELEBRATING

Our Mothers, Caregivers, and Lifelong Friends

Watch the Full Replay ►
vna.health/luncheon2023

MAY 12, 2023 In keeping with the tradition of honoring the compassionate women who founded VNA Health in Santa Barbara in 1908, the 2023 Mother's Day Luncheon celebrated Dame Olivia Newton-John as Remembered Mother and Rona Barrett as Honored Mother, two dynamic women who both mastered their individual careers, and who went on to pursue even more meaning in life by helping others. It was a joyful day emceed by the masterful Andrew Firestone and filled with wonderful performances by Spanish Guitarist Chris Fosse, The Flamenco Performing Arts Studio featuring Natalia Trevino, and the San Marcos High School Theater.



2023 Honored Mother Rona Barrett (seated center) and her family



2023 Remembered Mother Dame Olivia Newton-John's family and caregivers who are now like family. Standing 2nd and 3rd from left: Olivia's daughter Chloe Lattanzi and Olivia's husband John Easterling.



Celebrating VNA Health Moms and their Families (L-R)

1. "Surprised" Mom and VNA Health Foundation Director Lailan McGrath with her sons and daughter-in-law. PHOTO BY JOANNE CALITIRI
2. Mission Moment Speaker and VNA Health Hospice Nurse Amada Campuzano, RN with her son and daughter
3. VNA Health Executive Ops Assistant Susi Torres-Cruz with her daughter and granddaughter Solo Bailaora Natalia Trevino
4. VNA Health Director of Marketing & Communications Easter Moorman with her husband, mother, brother, daughter, and son



Flamenco Performing Arts Studio featuring Solo Bailaora Natalia Trevino and 2023 Spirit of Fiesta Jack Harwood



"You're the One that I Want" by John Farrar performed by San Marcos High School Theater



Spanish Guitarist Chris Fosseck



Jane Seymour & Diane Meyer Simon



Emcee Andrew Firestone



The Angels



2023 Mother's Day Luncheon Committee



2023 Mother's Day Luncheon Volunteers

SPECIAL THANKS 2023 MOTHER'S DAY LUNCHEON LEAD SPONSORS

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The Meyer Simon Women
The Wood-Claeysens Foundation

HEART

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TRUSTED

The Angels
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HEALING

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Anna & David Grotenhuis
Val & Bob Montgomery
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Mosher Foundation
Sharol & Wayne Siemens
Anne Towbes



SEPTEMBER 9, 2023 SBYC hosted the 2023 Charity Regatta benefitting VNA Health on a beautiful day on the coast. The Celebrity Skippers recognized were Palliative Care professionals, who work hard to provide specialized medical care, pain management, and relief of symptoms for people living with a serious illness. The Opening Ceremony featured emcee David Moorman leading the Pledge of Allegiance and David Gonzales singing the “Star-Spangled Banner.” The Memorial Boat Tribute Ceremony kicked off the race, and guests were able to enjoy it from water on the spectator boats generously provided by Yacht Club members. The Davitt Felder Band closed the evening with lively dancing on the beach.



Committee Co-Chair Nick Sebastian, VNA Health Foundation Director Lailan McGrath, Jo Sadecki, SBYC Commodore David Sadecki, Committee Co-Chair Francie Lufkin, and VNA Health President & CEO Kieran Shah



BIG THANKS to Admiral Sponsor CenCal Health: Adam Geeb, Lauren Geeb, President & CEO Marina Owen, Victoria Tuttle, Dr. Van Do-Reynoso, Sarah Do-Reynoso, and Michael Harris



2023 Celebrity Skippers—Palliative Care Professionals: Ellie Melton, Sarada Lewis, Dr. Natasha Marsten, Dr. Eric Trautwein, Dr. Mike Bordofsky, and Julie Hirsch, RN



Sharol Siemens, Rear Commodore Sponsor Gail Young, Francie Lufkin, and Wayne Siemans



(Seated) Lisa Solana, Vice Commodore Sponsor Diana Katsenes, Marie Hansen, Diana O’Keefe, Carmen Rivero, and Julie Brown. (Standing) Captains Heather and Kelly Clenet



Congratulations to 2023 PHRF Race Winner—Mocos—skipped by Mocolinos



Marie Ann Strait, Jane & Norm Habermann, Anna & Dennis Friederich, and Kieran Shah



Davitt Felder & Band



Samaritan Society Member Rose Jaffe



Rear Commodore Sponsors Dave Young, Bill Guilfoyle, and Bob Young



Vice Commodore Sponsor Wendy Atterbury, Tracy Schiffers, and Kate Shevitz



Volunteers Andre Mabuchi, Justin Cure, and Kevin Barrett



2023 Charity Regatta Committee: (Seated) Co-Chair Francie Lufkin, Shari Guilfoyle, Lauren Bell. (Standing) Easter Moorman, Trish Davis, Suesan Pawlitski, Tara Stoker, Vicki Deaton, Carol Kallman, Commodore David Sadecki, Kim Ferrarin, Jodi Fishman-Osti, Lailan McGrath, and Co-Chair Nick Sebastian



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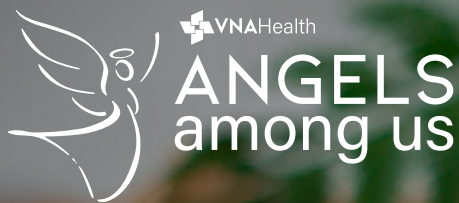
SBYC presents the 2023 Big Check to VNA Health: Jeff Berkus, Commodore David Sadecki, and Dennis Bonneck

A BIG THANK YOU SANTA BARBARA YACHT CLUB AND 2023 LEAD SPONSORS

**ANN & ED
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YOU ARE INVITED TO | ESTAS INVITADO

A Celebration of Life *Celebración de la Vida*

TUE, DEC 3 | MARTES 3 DE DICIEMBRE

5:30 PM AT VERONICA SPRINGS CHURCH
949 VERONICA SPRINGS ROAD, SANTA BARBARA

WED, DEC 4 | MIÉRCOLES 4 DE DICIEMBRE

5:30 PM AT ATTERDAG VILLAGE, COMMUNITY ROOM
636 ATTERDAG ROAD, SOLVANG

ANGELS AMONG US is an annual community event where we can gather in remembrance and celebration of the lives of those who are no longer with us, but who live on in our hearts and memories. Remember your loved ones with music, readings, reflections, a candle lighting ceremony, personalized ornaments, and refreshments. All family and friends are welcome. We also invite you to join our virtual Candlelight Tribute, where the names of your loved one(s) will be displayed at the event and online to shine through the holidays. To participate, send us the name(s) of your remembered loved one(s) with the enclosed reply envelope or go online to vna.health/aau2024. **Submit your names by December 2nd.**

ÁNGELES ENTRE NOSOTROS es un evento comunitario anual donde podemos reunirnos para recordar y celebrar las vidas de aquellos que ya no están con nosotros, pero que viven en nuestros corazones y recuerdos. Recuerda a tus seres queridos con música, lecturas, reflexiones, ceremonia de encendido de velas, adornos para personalizar y refrigerios. Todos los familiares y amigos son bienvenidos. También les invitamos a unirse a nuestro virtual Tributo a la Luz de las Velas. Este será un lugar especial donde los nombres de sus seres queridos que se mostrarán en el evento brillarán en línea en la página web durante las fiestas. Por favor, utilice el sobre incluido para proporcionar el (los) nombre (s) de sus seres queridos, o incluso puede ingresar los nombres en línea en la página web vna.health/aau2024 antes **del 2 de Diciembre.**

In support of our Bereavement Care and Hospice Care services,
you may choose to make a donation in memory of your loved one.

En apoyo de nuestros servicios de Atención de Duelo y Cuidados de Hospice,
puede optar por hacer una donación en memoria de su ser querido.

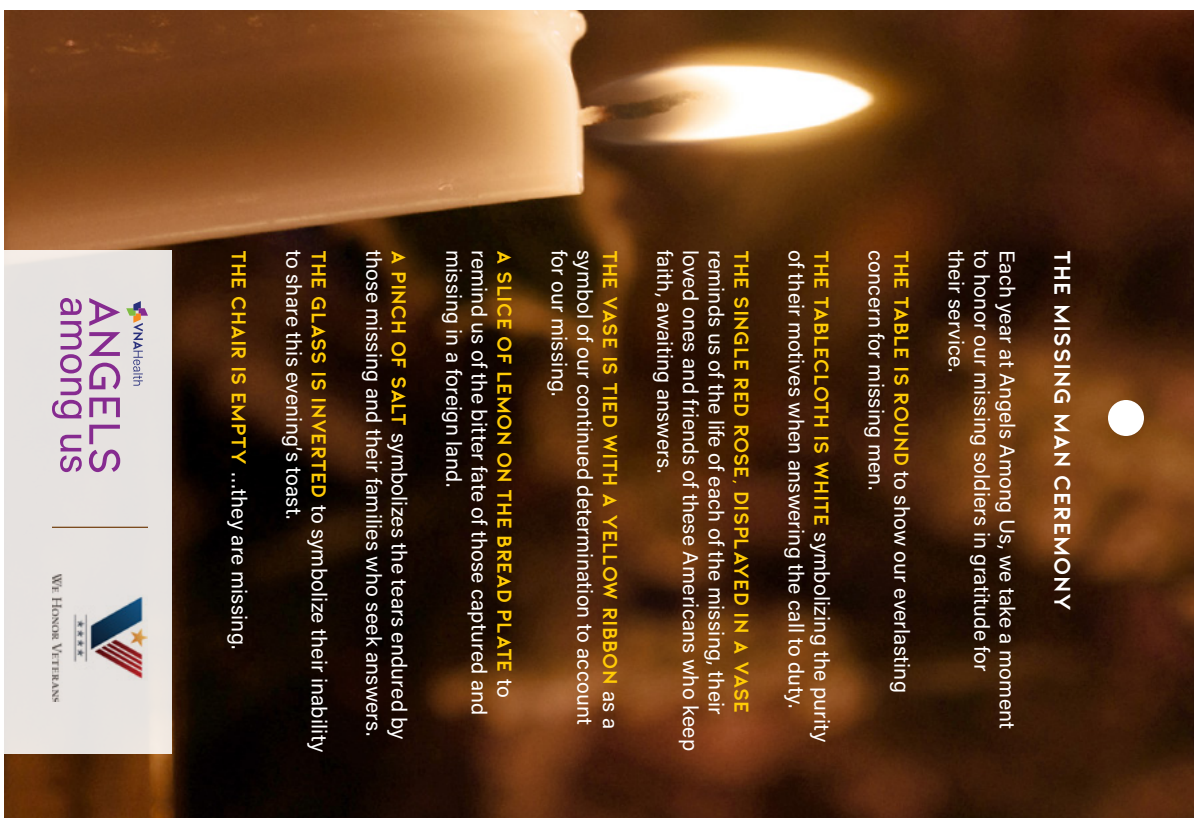
RSVP & QUESTIONS? / ¿PREGUNTAS? (805) 617-7765



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TEAR OUT ORNAMENT ALONG PERFORATION AND HANG IN A SPECIAL PLACE AT HOME



One out of every four dying Americans is a Veteran. Each year at **ANGELS AMONG US**, we remember our missing soldiers with the Missing Man Ceremony. Use this ornament to remember a missing soldier or a beloved Veteran.

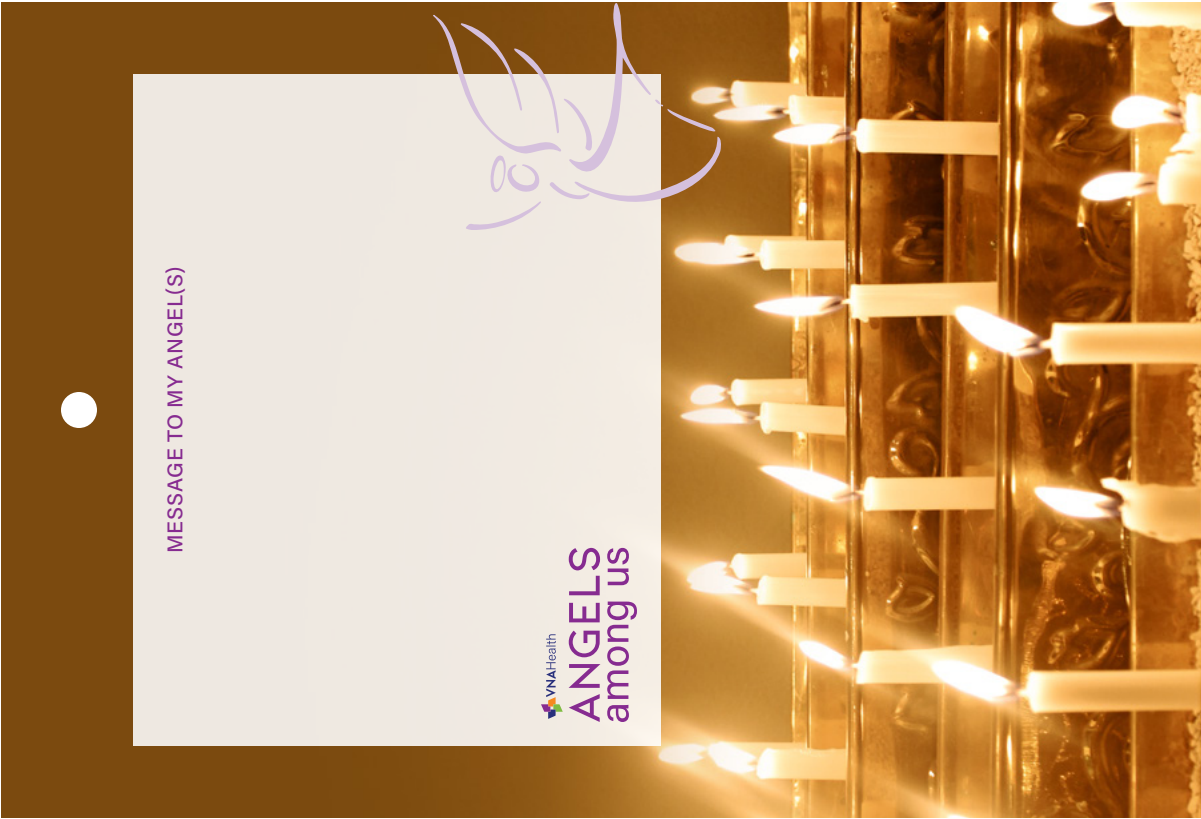
TEAR OUT ORNAMENT ALONG PERFORATION AND HANG IN A SPECIAL PLACE AT HOME



TEAR OUT ORNAMENT ALONG PERFORATION AND HANG IN A SPECIAL PLACE AT HOME



TEAR OUT ORNAMENT ALONG PERFORATION AND HANG IN A SPECIAL PLACE AT HOME





Navigating Anticipatory Grief

Anticipatory grief is a complex emotional response that occurs when facing the impending loss of a loved one, often due to terminal illness or other significant life changes. Unlike traditional grief, which usually arises after a death, anticipatory grief presents itself before the loss of a loved one. Coping with anticipatory grief can be challenging, but several strategies may help you navigate this emotional landscape.

Acknowledge Your Feelings

Recognize that anticipatory grief is a valid emotional response. Allow yourself to feel a range of emotions without judgment.

Seek Support

Connecting with friends, family, or support groups can provide comfort and understanding. Sharing your feelings with others who have experienced similar losses can be particularly healing.

Communicate Openly

If possible, engage in open conversations with your loved one about their illness, fears, and wishes. This can create a sense of closeness and help you both prepare for the future.

Create Lasting Memories

Spend quality time with your loved one, focusing on creating positive memories. This could involve simple activities like sharing stories, watching movies, or engaging in hobbies together.

Practice Self-Care

Pay attention to your physical and emotional needs. Engage in activities that bring you joy, practice mindfulness, or consider professional counseling.

Educate Yourself

Understanding the illness or situation at hand can help reduce anxiety and empower you to make informed decisions about care and end-of-life planning.

Embrace Rituals

Finding meaningful ways to honor your loved one can provide a sense of closure and connection. This could involve writing letters, creating a memory book, or participating in a ritual that reflects your relationship.

Anticipatory grief is a challenging but significant part of the human experience. By acknowledging emotions, seeking support, and employing healthy coping strategies, those experiencing anticipatory grief can navigate this complex emotional terrain with greater resilience and compassion.

If you have any questions or would like to schedule an appointment with a bereavement counselor, email bereavement@vna.health or call our general bereavement number (805) 308-9602. A counselor will respond to you within one business day. A bilingual counselor is available to provide support in Spanish. Una consejera bilingüe está disponible para proveer ayuda en español. Llame a Mara Petrick, LCSW al (805) 690-6296.



Make a Difference that Helps the Next Generation

**Fund it forward. Support
VNA Health today through a
Future Gift in your will or living
trust without reducing your
assets during your lifetime.**

When you include VNA Health in your estate plans, you join our Samaritan Society, a cadre of trailblazing donors who support the overall health of our communities and future generations.

Your planned gift today will sustain critical programs that adapt to the ever-evolving healthcare needs of our communities well into the future.

HOW YOU CAN FUND IT FORWARD

- + Name VNA Health Foundation as a beneficiary in your will, trust, retirement plan, or life insurance policy
- + Choose to give a specific amount or a percentage of your estate
- + You can give specific assets such as securities, real estate, or personal property (artwork, royalties, copyrights, etc.)

The VNA Health Foundation team can provide you with additional information including sample bequest language.



Please contact the Foundation Team at **(805) 690-6260** or **foundation@vna.health**

vna.health/samaritansociety



I like to say that there are only four kinds of people in the world—those who have been Caregivers, those who are currently Caregivers, those who will be Caregivers, and those who will need Caregivers. That's all of us.

ROSALYNN CARTER
U.S. Former First Lady



CARING FOR OUR COMMUNITIES SINCE 1908

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VNA HEALTH HAS EARNED THE JOINT COMMISSION'S GOLD SEAL OF APPROVAL[®] IN HOME HEALTH CARE, PALLIATIVE CARE, AND HOSPICE CARE.

LOAN CLOSET • HOME HEALTH CARE • PALLIATIVE CARE • HOSPICE CARE • BEREAVEMENT CARE • SERENITY HOUSE



Kurt Ransohoff, MD, FACP, President of Sutter Health's Greater Central Coast Division (left) and Kieran Shah, CHPCA, President & CEO, VNA Health (right)

Sustaining Our Health Haven

Santa Barbara has been a renowned health haven since the 1800s. For over a century, Cottage Health, VNA Health, and Sansum Clinic now part of Sutter Health have been the healthcare cornerstones, each deeply committed to serving our communities' needs. In our first executive leadership interview with Kieran Shah (VNA) and Dr. Kurt Ransohoff (SH), we learn more about Sutter Health's vision for investing into the future of healthcare in Santa Barbara.

VNA: When it comes to serving our community, what's your secret sauce for staying in tune with the needs of our neighbors? Any recent initiatives that have you particularly excited?

SH: The secret sauce is being here for 100 years providing care to this community. That longevity is unique and a testament to our mission. Few organizations can say they've been doing the same work for a century. Cottage Hospital and VNA Health have also been around for over 100 years, making it unusual to have three such important, not-for-profit healthcare entities serving the same community for that long.

Every day, a few thousand patients visit us, sharing their lives and issues, which helps us understand the community's needs. We're involved across the entire medical community, so we can really sense where there are shortages and what's needed. For example, we knew for a long time that the community needed an endoscopic ultrasound (EUS) doctor. We're aware of that because of the patients who had to leave the area for care and the specialists we have, like biliary surgeons and gastroenterologists, who needed an EUS specialist to perform certain procedures. We were able to recruit one to our community this year and it will make a big difference for patients and we are proud of that.

VNA: We all know teamwork makes the dream work! What are some of the most innovative collaborations or partnerships you've been a part of that really show the power of working together for community care?

SH: We have several important partnerships, but one that stands out is our long-standing relationship with the Santa Barbara Neighborhood Clinics, which has spanned about 15 years. We recognize the crucial role these clinics play in serving as part of the healthcare safety net, particularly for individuals who may not have a clear diagnosis. The safety net often functions well when there's a definitive diagnosis, such as cancer or additional support become available. However, for patients with undetermined conditions, accessing these resources can be more challenging.



PHOTO BY FRITZ OLEMBERGER

Special thanks to Sutter Health for being our 2024 Mother's Day Luncheon Vision Sponsor.

In response, we have partnered with these clinics to provide extensive diagnostic services. Interestingly, once we identify the diagnosis, we often go on to provide charitable care for those same patients. Over the years, we've committed about \$400,000 annually to this initiative, offering vital diagnostic support to those in need. This partnership is a great example of our commitment to serving the community and ensuring that even the most vulnerable patients receive the care they need.

Another example is our strong partnership with the Cancer Foundation of Santa Barbara. We work very closely with them to try to meet the needs of the community in terms of cancer services, which is why we have the only comprehensive cancer center in Santa Barbara, something that's rare in a community like ours.

VNA: Navigating the patient care journey is complex. How do you keep the care experience seamless, even when multiple providers are involved?

SH: Coordinated care is a hallmark of what we do. One of the key components is having a single medical record system. Whether a patient is seen in pediatrics, geriatrics, or any other department, we all have access to the same information. We also have access to the medical records at Cottage Hospital, and they can access ours. This electronic infrastructure is vital for making sure everyone knows what's going on with each patient.

We also believe in strong doctor-patient relationships, with a primary care physician helping guide the patient's care and serving as the quarterback when their patients need to see specialists. Our staff really focuses on the patient experience to try to meet our patients' needs throughout their entire healthcare journey. Hiring really good people is critical.

VNA: Access to care is always a hot topic. If you had a magic wand, what's the one thing you'd do to make sure no one in our community falls through the cracks when it comes to getting the care they need?

SH: We need more providers, particularly in primary care and certain specialties. Santa Barbara faces a shortage of primary

care doctors, which is a national issue. In some specialties there are plenty of physicians in Santa Barbara, and in other specialties there aren't enough in the whole country. We've made strides this year by hiring around 40 physicians and advanced practice clinicians, which are nurse practitioners and physician assistants—four times what we usually would. The use of electronic medical records also helps us keep better track of patient needs. It's funny—I had a patient today, and I was able to quickly see which vaccines he needed. That wouldn't have been possible before electronic records.

VNA: Nonprofits often fly under the radar but do some of the most impactful work. How do you think nonprofit providers ensure that community members have access to affordable, high-quality care?

SH: As a nonprofit, we don't have shareholders. We reinvest all our resources into the community and ensure we have reserves for challenging times, like during the pandemic. Some hospitals and clinics were teetering at the edge of collapse, but thanks to sound financial planning, we were able to keep serving the community. Partnering with Sutter also strengthens our ability to weather bigger storms than we could on our own.

VNA: What do you want people to know about the partnership with Sutter?

SH: Sutter is a fantastic partner for us. They are truly invested in supporting the communities they serve. They are a sophisticated, not-for-profit organization, bringing us innovations and practices far sooner than we could have achieved on our own. Their presence in larger, more advanced markets allows them to adopt cutting-edge technologies and share those advancements with us. This partnership enables us to quickly integrate new tools, expand our medical staff, and provide access to more healthcare providers. Ultimately, joining Sutter has enhanced our ability to deliver high-quality care using the latest technology, all within a not-for-profit model that prioritizes supporting and uplifting communities.



APRIL 11, 2024 The guys put on their cowboy hats, boots, and jeans and rode over to Marilyn and Lew Goodfield's working horse ranch in Carpinteria for the 2024 Men's Night. To add to the spirit of the day, Vince Caballero brought over the custom golf cart owned by Gene Autry complete with an eagle hood ornament. VNA Health President and CEO, Kieran Shah, drove his 3-wheel Vanderhall to add to the fun. Graham Goodfield's Los Padres Trail Riders provided a delicious full-on barbeque while the guests sat by the fire pit and listened to Steve Woods and his guitar. George Palliotto offered one of his fabulous western oil paintings for raffle, and Goleta Red Distilling Company provided spirits tastings. It was a relaxed and fun evening to benefit the charitable programs and services of VNA Health and everyone had a "ropin' good time!"



2024 Men's Night Hosts: Llew Goodfield, Francie Lufkin, and Marilyn Goodfield



(Seated) Alan Porter, Stuart Fuss, Dan Wright, John Blankenship, and Judy Murphy. (Standing) Stephen Cherner, Lew Venegas, Norm Habermann, and Wayne Siemens



Marilyn Goodfield and Nick Sebastian



Host and Los Padres Outfitters BBQ Cook Graham Goodfield



Los Padres Outfitters BBQ Grillers



Graham Goodfield watches Noah Faye Fell riding a horse for the first time.



Gordon Auchincloss and Norm Habermann



Jason Siemens, Dan Wright, Alan Porter, and Kieran Shah



VNA Health Board Chair Ben Phillips, Tino Muñoz, and VNA Health Board Member Eusebio Cordova



VNA Health President & CEO Kieran Shah



Western Performer Steve Woods



Jim Jackson



Goleta Red Distilling Company offered free spirits tastings.



Gene Autry's Classic Golf Card and Kieran Shah's 3-wheel Vanderhall



Western artist George Paliotto with his artwork "Tending the Herd"



Darren Osti and Bryan De Ponce



Steve Koch, Erick Mack, and Samaritan Society Member Keith Moore



Major Donor and Samaritan Society Member Dennis Morelos, Ben Phillips, and Eusebio Cordova



MAY 10, 2024 The 2024 Mother's Day Luncheon celebrated the strength of community by honoring two women who have exercised their vision for our community by living their lives with selflessness, integrity, philanthropy, and love. Honored Mother Leslie Person Ryan is an entrepreneur and food resilience hero, providing food for over 200 food fragile people per week. Remembered Mother Lady Leslie Ridley-Tree supported and was an advocate for the arts, healthcare, and music. Also featured at the luncheon was the magic music of famous local pianist Gil Rosas, which included his story of gratitude for VNA Health's care for the love of his life, his wife Susan, at Serenity House. In the spirit of Lady Leslie Ridley-Tree's "Sings," Gil accompanied Rod Lathim and Bobby Lesser in a personalized tribute song. The day was a beautiful example of how collaboration helps our community live well.



2024 Honored Mother Leslie Person-Ryan and Dennis Hardy with Ilene Nagle, holding the Caring Mother Statuette designed by Aris Demetrios



2024 Remembered Mother Lady Leslie Ridley-Tree's family: Cameron Cooper, Nahtahna Cabanes, Suzette Chafey, John Bruce, and Xaloc Cabanes



2024 MDL Committee: Vince Caballero, Judy Murphy, Pamela Dillman Haskell, Lailan McGrath, Jodi Fishman-Osti, Diane Pannkuk, Kim Ferrarin, and Kieran Shah



2024 Mother's Day Luncheon Volunteers: Ray Guron, Linda Davis, Jamee Sakai, Sofia Mendoza, Monique Castaneda, Susan Shane, and Andre Mabuchi



Meredith Cabaniss Ventura and SELAH dancing "Bailando" by Enrique Iglesias—a favorite of Honored Mother Leslie Person Ryan.



Ladies sporting their beautiful Lady Leslie Ridley-Tree hats: Hiroko Benko, Jennie Strait, Auctioneer Erin Graffy, and Marie Ann Strait



VNA Health Board: Vince Caballero, Pamela Dillman Haskell, Eusebio Cordova, Judy Murphy, Kieran Shah, Janice Larson, and Chair Ben Phillips



Honored Mother Leslie Person-Ryan with her daughter Peg Ryan. (Not pictured) Daughter Otto Ryan and son Tally Ryan.



Leslie Person Ryan, Moises Contreras, VNA Health Chaplain Martha Saavedra, and John Daly



VNA Health Executives: COO JoAnn Mack, President & CEO Kieran Shah, CHPCA, and CCPO Dusty Keegan, DPT



SBYC Women: Marilyn Goodfield, Suesan Pawlitski, Carol Kallman, Sharon Ewins, Teresa Koontz, Beverly Toole, Shari Guilfoyle, Kate Shevitz, and Barbara Kollery



Susan Keller, Susan Tarlow, Healing Sponsor Anne Towbes, Lynda Weinman, and Carolyn Greenbaum



VNA Health Board Member Dr. Chris Thrash, Roger and Keiko Dunham, Norm Habermann, and Pam Welch



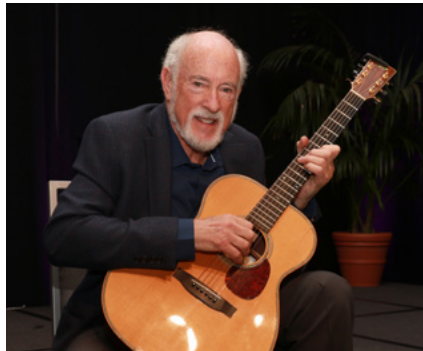
(Seated) Kristin Kirby, Shannon DiPadova, and Jodi Fishman-Osti. (Standing) Aira Harris and Maren Lambe.



Lady Leslie's Guys (Rod Lathim, Bobby Lesser, and Gil Rosas) perform a memorable musical tribute to our 2024 Remembered Mother.



Mother's Day Luncheon audience gives a standing ovation for Lady Leslie's Guys



Guitarist and Performer Michael Holland



Bobbie Kinnear wins one of the Live Auction prizes



VNA Health Home Health Director Jadona Collier, RN, BSN and VNA Health Sr. Hospice Director Sena Woodall, RN, MSN, MBA



Jackson Courcy looks on as his girlfriend Arielle Moorman wins one of the raffle prizes



Kieran Shah surprises Emcee Andrew Firestone with a VNA Health soccer team jersey



Former VNA Health Executive Director Susan Lindman with her daughter Julie Koonce



Former VNA Health Executive Director Pat Snyder and former VNA Health President & CEO Jim Rivera



(Seated) Lynda Fairly, Janice Larson, and former VNA Health President & CEO Eileen Bunning. (Standing) Marie Anne Strait, Jennie Strait, and Heidi Hullander.



Healing Sponsors: Renee Grubb, Erin Burns and Natalie Grubb-Campbell



Peter Kavoian, Brian King, Glen Novack, John Bruce, and Xaloc Cabanes



Patricia Sadeghian, Easter Moorman, Amy Carpenter, and Amanda Allen



Pianist Gil Rosas

Thank you for your critical support.

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VNAHealth

24TH ANNUAL
Mother's Day Luncheon

SAVE THE DATE

FRIDAY, MAY 9, 2025

HILTON SANTA BARBARA BEACHFRONT RESORT

For sponsorship information, call (805) 690-6218



SEPTEMBER 9, 2024 Formed in 1872, the Santa Barbara Yacht Club is a nonprofit, family-oriented club, rich with history and tradition. Devoted to promoting and managing yachting activities, advancing the art of seamanship, and preserving maritime tradition, SBYC is also focused on caring for its communities. In 2004, then SBYC Commodore Dennis Frederick established a meaningful partnership between SBYC and VNA Health with the inception of the Charity Regatta. Over the past 20 years, this relationship has flourished, raising more than \$2.6 million to support VNA Health's charitable Community Care programs, such as subsidized care at Serenity House, We Honor Veterans, and the Loan Closet.



"It has been a privilege to work with the staff at VNA Health during the annual Charity Regatta. Unexpectedly, in 2021, we required immediate hospice care for John's father. The staff at VNA swiftly created a plan and admitted him into Serenity House. There, John's father received outstanding care in a magnificent setting. Our family was also supported, enabling a peaceful farewell to our loved one."

TERESA & JOHN KOONTZ



"The lengths VNA Health went to help us is beyond anything we could have expected. It became clear that for VNA Health...hospice care isn't just about caring for the patient...our whole family was receiving support from the team."

SHARI & BILL GUILFOYLE



"VNA Health has profoundly benefited my family, as well as many other SBYC families, providing crucial support and care."

FRANCIE & PETE LUFKIN

**Thank you SBYC for
raising **\$2,600,000**
in 20 years.**



Alex Kargbo, Sandy Bonneck, SBYC Commodore Dennis Boneck, Bob Kendall, and Brendan McElroy



2024 Charity Regatta Committee



SBYC Women



Lois Mahalia and Hanna Griffin give a special performance of "At Ease"



Ret. Fire Chief Warner McGrew, Ret. SBPD Sergeant Mike McGrew, Nicole McGrew, Lailan McGrath, and Ret. SBPD Sergeant David Gonzales



2024 Admiral Sponsor CenCal Health (L-R): Lauren Geeb, Christy Nichols, President & CEO Marina Owen, Chris Hill, and Michael Harris



Davitt Felder & Band



Rowena Galam and Rinna Dabao pose for a photo taken by Diana Dabou



Volunteers Jaxson Mabuchi, Benny Guron, and Ray Guron



Vice Commodore Sponsors Leticia Landeros and Dennis Morelos



Emcee David Moorman and 10-Year Volunteer JT Moorman



SBYC Race Director Brad Schaupeter, HS 20 Singlehanded Champ Shawn Hughes racing Picante, and SBYC Commodore Dennis Boneck



2024 Memorial Boat
ISLA
Sandy & Dennis Bonneck



Spectator Boat
TORQUA
Geoff & Alison Rusack



Spectator Boat
REEL INN
Jack & Karen Byers



Debbie & Peter Moore



Celebrity Skippers Kenny Kushner, Jason Copus,
Matt Gunner and SB Police Chief Kelly Gordon



SBYC GM Rich Nahas, Celebrity Skipper
Bob Kendall and his wife Kelly



Marie Hansen, Vice Commodore Sponsor
Diane Katsenes, Julie Brown, and Lisa Solana



Santa Barbara City Mayor Randy Rowse and
Joan Watson



Trish Davis, Lailan McGrath, Co-Chair
Francie Lufkin, Easter Moorman, and Kim Ferrarin



SBYC presents the 2024 Big Check to
VNA Health President & CEO Kieran Shah

21ST ANNUAL

Santa Barbara Yacht Club



Charity Regatta

for VNAHealth

SAVE THE DATE

SATURDAY

SEPTEMBER 13, 2025

SANTA BARBARA YACHT CLUB

For sponsorship information, call
(805) 690-6218

Thank You Charity Regatta Supporters!



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ANN & ED BRADY



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Santa Barbara Harbor Patrol

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MEET CHEF FABIO

Cooking with Heart for Souls

I've always understood that life and death are part of the same delicate thread that connects us all. But when I began to see the world through the eyes of those nearing the end of their life journey, everything changed.

In my role as a Serenity House Chef, each day I witness families grieve and my coworkers stepping in with such compassion; and in the middle of it all, something shifted inside me. I found a new peace, a quietness that settled over my soul. The things that used to anger or stress me fell away. I've always lived with passion and love, but now it has a softer, more meaningful rhythm.

Each time I meet with a patient, I try to see beyond their physical needs. It's never just about offering a plate of food. I remember one young woman, a vibrant soul battling throat cancer. She was Latin, and though her spirit was strong, her body had grown too tired to swallow.



Minestrone

BY CHEF FABIO

INGREDIENTS

- 3.75 oz Black Beans (about ¼ of a 15 oz can)
- 3.75 oz White Beans (about ¼ of a 15 oz can)
- 3.75 oz Garbanzo Beans (about ¼ of a 15 oz can)
- 7.5 oz Stewed Tomatoes (about ½ of a 15 oz can)
- ⅓ cup Onions, diced
- 2 T Bell Pepper, diced
- 2 Garlic Cloves, minced
- 4 oz Swiss Chard, rough chopped
- ¾ tsp Chicken Bouillon paste
- ¾ tsp Dried Italian Herbs
- ½ tsp Salt
- ⅓ tsp Ground Pepper
- 6 cups Water
- ¾ tsp Olive Oil
- ½ T Butter

One day, I brought her something to eat, but her frustration spilled over, and she refused. I could see the fight in her eyes, but also the exhaustion.

"Let me make you my homemade soup," I told her gently. "I'll cream it well. You try it and tell me what you think."

I made the soup, brought it to her, and she ate it. Day after day, she found comfort in that little cup of soup. Until the day she passed, she would have just a bit of it. When her sister came to me, her face wet with tears, she didn't need to say much. She hugged me tightly and whispered her thanks.

In that moment, I realized something powerful—my food wasn't just filling bellies—it was filling hearts. With the soup it was looking past the body: it's the heart and spirit that need nourishment the most. It's *sopa para el alma*—soup for the soul.

Not long ago, I ran into an old friend, a top chef from South America. He asked me if I missed the spotlight, the accolades that used to define my career. I smiled. "I have more recognition now than I ever had in the past thirty years," I told him. "Now, my recognition comes from the smile of a patient when I bring them a meal. It's food for the soul, not just the body. And when I cook, that's all I think about."

DIRECTIONS

1. Heat olive oil and butter in a sauté pan.
2. Add onions, bell peppers, and Italian herbs, and brown until caramelized.
3. Add swiss chard and garlic. Sauté and stir for 2 minutes.
4. Add chicken bouillon paste and tomatoes and blend in with water.
5. Boil the soup for at least 10 minutes
6. Add beans and cook for 30 minutes. Add salt and pepper to your liking.
7. Let cool, and enjoy with a piece of French Bread! The soup will taste even better after resting for a day.

Yield

32 oz, which is about four 8-oz bowls



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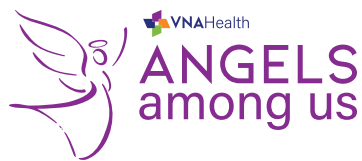


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