

Connections

FALL/WINTER 2024 NEWSLETTER

Dear Friends,

Over the past year, I have been spending a lot of time in each of the communities we serve through By the Bay Health in the North Bay, Hope Hospice in the East Bay, and Mission Hospice & Home Care in the South Bay. I have met with donors, community leaders, provider partners, and with many of our wonderful patients, families, and dedicated care teams. I am in awe of how our community comes together to make it possible to deliver exceptional, compassionate care. I am so proud of the strength and rigor of our combined community and the unique spirit that we all share in preserving access to quality care for our most vulnerable populations. The work we do together to ensure that everyone deserves to be treated with dignity and respect and to be surrounded by their loved ones in the comfort of their own home is worth fighting for — and I am eternally grateful to each of you who help support us so passionately in this shared endeavor.

One of our donors, Charlie Goodman, is a visionary leader whose unwavering commitment to education and community development has made a profound impact. Through his leadership and support, he has laid the groundwork for a Career Technical Education Center in Marin County, which will ignite students' passion for learning through hands-on experience. At BTBH we mirror Charlie's enthusiasm for education. We have partnered with the Marin County Office of Education to develop and offer an "Introduction to the World of Healthcare" course designed to empower high school students to pursue the necessary training for rewarding careers in healthcare. Our hope is to unlock new career opportunities for local youth while exposing them to the full continuum of care, including home-based care career opportunities! It will demonstrate that anyone interested in supporting the health of their community can find a rewarding path.

This course is the cornerstone of a new initiative, the Pathways to Care Careers Program. By investing in future generations of health care professionals, we are not just fostering professional growth; we are strengthening the very fabric of our community, ensuring that everyone continues to have the opportunity to benefit from community-based care.

It is always our commitment to expand our support, so this year we extended our By the Bay Kids Camp beyond the San Francisco, Marin, and Sonoma to include grieving children and teens from the communities that Hope and Mission serve. We also made community care funds from By the Bay Health available to families in the South Bay and East Bay to enable critical respite support for family caregivers suffering from compassion fatigue. Your trust and confidence in the work we do, as we merged three beautiful community-based nonprofits into one cohesive system, has yielded these positive results and we're only just getting started.

In the coming months, I look forward to meeting with more members of our local community through activities such as our annual Lights of Remembrance in Sonoma and one of our most popular events, the Hodgepodge Holiday extravaganza. All proceeds from the Hodgepodge Holiday event go directly to fund our community care programs. I welcome your feedback and value your ideas on how we can continue to strengthen our organization and preserve independent nonprofit, community-based care.

Together, through the strength of our local community and your continued support of our mission, we will realize the impact of what we can accomplish.

Sincerely,



Skelly Wingard RN, MSN
 Chief Executive Officer



BTBH Hosts Dr. Anthony Fauci and Senator Barbara Boxer at Dominican University

On June 25, BTBH was proud to be the premier sponsor of a fireside chat featuring Dr. Anthony Fauci and Senator Barbara Boxer held at Dominican University in San Rafael. The fireside chat was part of Dominican's Institute for Leadership Studies Lecture Series in partnership with Book Passage, where Dr. Fauci discussed his new memoir, *On Call: A Doctor's Journey in Public Service* to a sold-out audience. BTBH hosted a pre-event VIP reception which reinforced our strong roots in the local community with guests across academic and community leaders, Marin County officials, provider partners, board members, and donors.



First row: Chief Medical Officer Dr. Kai Romero, Chief Administrative Officer Robertina Szolarova, Dr. Anthony Fauci, North Care Region Director of Hospice Patient Services Ryan Sturges, CEO Skelly Wingard, Chief Growth & Transformation Officer Roy Barak **Middle row:** Carolyn Kiebanoff, Chair, Dominican Board of Trustees, Skelly, spouse of Dr. Ken Frost, Dominican University School of Health and Natural Sciences Interim Dean Dr. Ken Frost; Skelly introducing Dr. Anthony Fauci and Senator Barbara Boxer; Dr. Kai Romero and Matt Willis, former Marin County Director of Public Health **Bottom row:** Skelly with the Kaiser Permanente Executive Team and BTBH Board Member Armika Berkley; Stage shot of Senator Barbara Boxer and Dr. Anthony Fauci sitting underneath the BTBH logo!

Community Partnership



BTBH is one of the premiere Marin-based organizations supporting the Marin County Office of Education's School to Careers Partnership. The initiative works with leading organizations in the County to host local high school students as part of a job shadow program to match students with prominent leaders in the community to stimulate workforce development. On Thursday, May 16 By the Bay Health hosted Tamalpais High School senior Mutindi Musyoki who received the opportunity to shadow CEO Skelly Wingard for a day, followed by a celebratory luncheon at the Marin Civic Center with all School to Careers partner CEOs and their student mentees. Skelly also joined the Partnership's Board of Directors, which you can read more about on our blog here. By the Bay Health is excited to continue our strong partnership with the MCOE to launch our 50th Anniversary initiative Pathways to Care Careers, an innovative collaboration to create a thriving healthcare workforce in Marin County.

Community Impact

By the Bay Camp is an annual summer camp hosted by By the Bay Health for grieving children and teens in the Bay Area. The three-day camp is held every year at the CYO Camp Center in Sonoma in August, providing a free, all-inclusive summer retreat for kids, ranging from age 7-17. This year, we were pleased to be able to increase the number of campers to 70 by expanding access to the camp to our agency partners Mission Hospice & Home Care in the South Bay, and Hope Hospice in the East Bay.

Eighteen By the Bay Health team members volunteered to be Big Buddies, Healing Circle Assistants, Floaters, and Pet Therapists. Together, they created a safe place for the record number of campers to connect, share, and find support. Director of Pediatrics and Palliative Care Anthony Lupian, LCSW, described the unforgettable experience he had as a first-time Big Buddy: "The camp creates a space for grief to be heard, joy to be shared, and a sense of normalcy for these kids when they realize that they are not alone. They shared their stories with an honesty, openness, and sophistication that was incredibly humbling."

Look out for the summer 2025 application process, starting in December.



BTBH Home Health Services Wins Sonoma People's Choice Award for the 8th Consecutive Year!



Hodgepodge Voted Best Thrift Store for the 2nd Consecutive Year Marin IJ People's Choice Awards

Calendar of Events

HODGEPODGE 2024 HOLIDAY BOUTIQUE + Opens November 22, 2024 at 10:00 a.m.
 910 Lincoln Ave, San Rafael, CA 94901

LIGHTS OF REMEMBRANCE + Sunday, December 1, 2024 6-7 p.m
 SE Corner, Sonoma Plaza, Downtown Sonoma

By the Bay Health's Newest and Longest Serving Nurse Case Managers Reflect on the Power of Hospice Care

At By the Bay Health, the work of caring for patients in their final days is carried out by a dedicated team of professionals deeply passionate about providing compassionate home-based care. Two of those professionals — Brian Hoang, a new Nurse Case Manager, and Janet Winegarner, By the Bay Health's longest-serving Nurse Case Manager with 45 years of experience — offer a compelling glimpse into their work as hospice nurses and the unique impact they make on patients and families.

A Fresh Perspective: Brian Hoang's Enthusiasm for a Career in Hospice Care



Dr. Kai Romero, CMO and Brian Hoang

Brian, a few months into his role at By the Bay Health, has quickly come to appreciate the profound impact hospice care has on patients and families. "It's not just nursing," Brian shares. "We provide the full range of services — nursing, emotional, and even financial support — all to ensure patients get the care they deserve, without the burden of cost."

Brian was also struck by the collaboration among nurses, social workers, chaplains, and others on his care team. "We don't just provide physical health support; we're there for the emotional and spiritual needs of the patients and their families." For Brian, the chance to build long-term relationships with patients during their final chapter is a privilege. "It's a huge honor," he says. "I can really feel the difference I'm making."

Decades of Dedication: Janet Winegarner's 45 years of Professional Fulfillment

In contrast, Janet's journey with By the Bay Health spans 45 years, making her the organization's longest-serving Nurse Case Manager. She joined Hospice of Marin, California's first hospice, inspired by her mentors, Dr. Elizabeth Kubler-Ross, author of *On Death and Dying*, and Marin psychiatrist Dr. William Lamers, Jr. Janet reflects, "I've always been fascinated by people's stories, and being able to be with them in their final days, hearing how they want their life to end, is such a privilege."

A key influence on Janet's career in hospice was Mary Taverna, By the Bay Health's first head nurse, who later became CEO and was instrumental in shaping the hospice movement nationwide. Janet describes Mary as a role model of integrity and compassion, whose commitment to hospice care inspired her own approach. With thousands of patients in her care over the years, Janet's compassion and wisdom have been felt by countless families in our community.



Janet Winegarner

Legacy Giving

Turn Your Required **MINIMUM** Distribution into **MAXIMUM** Impact for Patients and Families
Make a tax-smart IRA Qualified Charitable Distribution before **December 31!**

If you are 70½ or older, you can make a Qualified Charitable Distribution (QCD) from your IRA directly to By the Bay Health. QCDs allow donors to:

- Make a tax-free transfer of up to \$105,000 to qualified charities
- Exclude their gift from their taxable income
- Satisfy some or all of their Required Minimum Distribution (RMD) if they are 73 or older
- Enhance quality of life for patients, while supporting their caregivers and families

QCDs are easy to arrange, and your gift will have an immediate impact. Your QCD stays in our local community, providing critical support for patients with life-limiting illnesses or conditions, regardless of their ability to pay.

To make an IRA Qualified Charitable Distribution this year:

1. Contact your IRA trustee and request a Qualified Charitable Distribution (QCD) to By the Bay Health
2. Use our tax ID number: 94-2890791
3. Make sure your gift is received by By the Bay Health before December 31 to qualify for the 2024 tax year

Consider the Future of Community-Based Care

Did you know? You can also name By the Bay Health as a beneficiary of your IRA. This thoughtful choice will support equitable access to exceptional, quality care for all populations in our community for years to come.

To learn more about the benefits of making an IRA QCD this year, please contact: Jeff Woods at (415) 450.8765 or jwoods@bythebayhealth.org.

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Main: (415) 626.5900

Sonoma County

355 West Napa Street, Suite B
Sonoma, CA 95476
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Hope Hospice

6801 Koll Center Parkway
Suite 140
Pleasanton, CA 94566
Main: (925) 829.8770

Mission Hospice

66 Bovet Road, Suite 100
San Mateo, CA 94402
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An Affiliate of UCSF Health

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bythebayhealth.org

50 YEARS OF CARE
By the Bay Health
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BY THE BAY HEALTH
BLACK & GOLD
Gala

CELEBRATING 50 YEARS
OF COMMUNITY IMPACT

A Black-Tie Gala benefitting the By the Bay Health initiative
Pathways to Care Careers: Developing a thriving healthcare workforce

SATURDAY, MARCH 1, 2025
THE CLUBHOUSE AT PEACOCK GAP

For tickets and sponsorships visit: bythebayhealth.org/gala2025 or call (415) 526.5500