



# The Caring Line

Serving the Peninsula since 1979 August 2010

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Barbara Feduska, RN*

## NEW NAME, NEW SERVICE, NEW ADDRESS, NEW STAFF, NEW LOOK

In its 30-plus year history, Mission Hospice has seldom experienced as many major changes as it has over the past couple of months, including:

- New name – Mission Hospice & Home Care
- New state-certified home health care service – the Advanced Care Program
- New address – 1670 South Amphlett Blvd., Suite 300, San Mateo, CA 94402
- Four new staff members
- New logo, color palette and design for Web site and publications

“What this means is we are gearing up to provide continuous end-of-life care, and that the agency is growing,” said CEO Dwight Wilson.

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*Dwight Wilson, CEO, and Irene Kanturek, administrative assistant, in the new Mission Hospice & Home Care lobby*

## MISSION HOSPICE PATIENT CROCHETS FOR OTHERS

Lyda Oden has been crocheting blankets and throws for other people since she retired from being a nanny in 1985. Today, at 101, she tires quickly and is bedridden in a San Mateo board and care home, but she continues to crochet, and she has the mind and memory of a much younger person.

Not too bad for someone who was told at age 18 that a case of typhoid fever made her too frail to carry a child. Instead, she helped raise other people's children. She and her husband, Charles, moved in the late 1960s from their native Midwest to San Francisco, which Mrs. Oden figured would be a place where people needed nannies. The couple lived in San Francisco's Ingleside neighborhood, where they were active in the local Baptist Church.

Over the next 35 years, Mrs. Oden worked for three families, with a total of 15 children. They are all now adults who visit and keep in touch. Several attended when her church celebrated her 100<sup>th</sup> birthday.

“You have to love them in order to take care of them,” she said. “Otherwise, they'll drive you crazy.”

The only reason she quit being a nanny was because her knees gave out and she “couldn't keep up with the babies.”

“I was on the golf course and I swung at the ball and fell flat on my face,” she remembers of her realization that the knees were wearing out. “It scared my buddies half to death.”

Her husband taught her to golf. She regrets that she didn't keep his ashes and scatter them at Harding Park, where she learned to play. She still enjoys watching golf, baseball and basketball on TV, along with reruns of “The Streets of San Francisco,” old westerns and “Dancing with the Stars.”

Mrs. Oden maintains that eating a clove of garlic every day, being a morning person and working her entire life have led to her longevity.



*Lyda Oden takes a break from her crochet work to speak with Mission Hospice & Home Care*

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## Calendar of Events

### NEW VOLUNTEER INFORMATIONAL MEETINGS

Tuesday, Sept. 14, noon to 1 p.m. or 5:30 to 6:30 p.m. at 1670 South Amphlett Blvd., Suite 300, San Mateo. Call (650) 554-1000 for information.

### MISSION HOSPICE & HOME CARE OPEN HOUSE

Tuesday, Sept. 21, 3 to 6 p.m., Mission Hospice & Home Care office, 1670 South Amphlett Blvd., Suite 300, San Mateo.

### VOICES FOR HOSPICE

Saturday, Oct. 9, 7 p.m., St. James A.M.E. Zion Church, 825 Monte Diablo Ave., San Mateo.

### NEW VOLUNTEER TRAINING SESSIONS

Saturdays, 10 a.m. to 3 p.m. Oct. 9, 16, 23 and 30, and two Thursdays, 6 to 8 p.m., Oct. 21 and 28, 1670 South Amphlett Blvd., Suite 300, San Mateo.

### "LUCK, BE A LADY TONIGHT" FALL GALA - AN ELEGANT 1950s CASINO NIGHT DINNER DANCE

Saturday, Oct. 30, 6 p.m., Westin Hotel, 1 Old Bayshore Highway, Millbrae. Proceeds will support patients who cannot afford hospice care.

### LIGHT UP A LIFE REMEMBRANCE SERVICE

Sunday, Dec. 5, San Mateo Senior Center, 2645 Alameda De Las Pulgas, San Mateo.

### HOLIDAY CONCERT BY THE OAKLAND CIVIC ORCHESTRA

Dec. 11, 11:30 a.m., San Mateo Performing Arts Center, 600 North Delaware Ave., San Mateo.

### BEREAVEMENT SUPPORT GROUP

Every Wednesday 6 to 7:30 p.m., Mission Hospice office, 1670 South Amphlett Blvd., Suite 300, San Mateo. Open to all members of the community. For more information, please call Cindy Carlson at (650) 554-1000.



## From the CEO's Desk

I AM GREETING YOU FROM MISSION HOSPICE & HOME CARE'S NEW LOCATION!

*Our new address is 1670 South Amphlett Blvd., Suite 300 in San Mateo, where we plan to have an open house on Tuesday, September 21.*

*We have opened our new Advanced Care Program (home care), and I'm pleased to welcome back Dr. Gary Pasternak (former Medical Director), who will be working with us*

*to enhance our Palliative Care Program. Thanks to your continued support, we have significantly expanded our services to better care for individuals facing end-of-life issues.*

*Please mark your calendars for our Fall Gala, "Luck, Be a Lady Tonight," sponsored by the Mission Hospice Auxiliary. This elegant 1950s casino night and dinner dance will take place Saturday, Oct. 30 at 6 p.m. at the Westin Hotel in Millbrae and promises to be a fun-filled evening.*

*On a sad note, many of you have heard that Trish Hooper, a long time supporter of Mission Hospice, died in early June from a fall. She was a wonderful and dynamic woman who was very passionate about life and the issues close to her heart: hospice, women's rights and animal rights. She will be deeply missed.*

*I would like to thank Maryann and Kirk Raab for their sponsorship of the recent Menlo Charity Horse Show on behalf of Mission Hospice & Home Care. The event, which took place August 10-15, gave us excellent exposure to the southern Peninsula community, where we are looking to strengthen our presence.*

*I'd also like to thank Peggy Andrews and Norm Brod for hosting the recent Benefactors Circle Thank You Reception at their home in Hillsborough in June. The afternoon was a wonderful chance to thank our major donors and share our upcoming plans.*

*Finally, I'd like to thank Amy Newman, the Mission Hospice Auxiliary and 750ml Wine Lounge in San Mateo for hosting a fabulous benefit wine party on July 18. Photos from our many recent events can be found on page 4 and our website at [www.missionhospice.org](http://www.missionhospice.org)*



*June Field (left), Auxiliary President, and Jeanne Bowser at the recent Benefactors Circle Reception*



OUR NEW WEBSITE IS ONLINE AT [WWW.MISSIONHOSPICE.ORG](http://WWW.MISSIONHOSPICE.ORG)



Barbara Feduska, RN

## THE NUTSHELL CAREER

- PEDIATRIC NURSE AND CHILDBIRTH INSTRUCTOR, FROM MID 1960s
- COMMERCIAL REAL ESTATE PROFESSIONAL 1988-2004
- MISSION HOSPICE & HOME CARE 2004-PRESENT

## EDUCATION

- B.S. IN NURSING, UNIVERSITY OF PITTSBURGH

## PERSONAL

- 35-YEAR PENINSULA RESIDENT
- 3 SONS, 4 GRANDCHILDREN

# Staff Profile: Barbara Feduska, RN

Barbara Feduska, RN, BSN, spends little time providing direct care to Mission Hospice & Home Care patients, but for many of them and their families, she's the comforting voice on the telephone.

They've come to know her as the person who arranges their care, and as someone they can speak with when their nurse is not available.

Barbara, Director of Patient Services, is the administrative link between the patients and Mission Hospice & Home Care caregivers, as well as deployment supervisor of hospice and home care staff.

"Entering hospice can be a hard step for many people, and my job is to help ease that transition," said Barbara during a recent interview. "I help families and caregivers to plan for and provide the best care possible for each patient, and I often offer support over the phone until a nurse arrives."

She's also become well known to hospital discharge planners and referring physicians. It's often Barbara who explains to callers what hospice is and what services are provided.

"I've learned a lot about end-of-life care, and it's rewarding to share that information with

families who are new to hospice," she said. "I wish I'd had someone to turn to for comfort and advice when my parents were dying."

During Barbara's early nursing career, she specialized in pediatrics and teaching Lamaze childbirth classes. In 1988, she was looking for a new dimension in her life and got her real estate license, working in commercial real estate for the next 15 years.

It wasn't until 2004 that her friend Dani Magilligan—a Mission Hospice & Home Care board member—encouraged her to go back into nursing and talk to the Mission Hospice team. More than five years into the job, she still finds the organization a great fit.

She loves her conversations with patients, as well as being able to support the direct-care nurses who provide services. Her duties are increasing with the addition of the new Advanced Care Program, but she's taking it in stride.

"Direct patient care is very rewarding, but I feel I can make the greatest impact on our patients and Mission Hospice in my current role," she said. "It's wonderful to work hard and feel good about what you do." ▶

## NEW NAME, NEW SERVICE, NEW ADDRESS, NEW STAFF

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The biggest change for patients is that now Mission Hospice & Home Care can provide professional home care to people who aren't ready, or don't qualify, for hospice care. It targets many of the people already served in the Transitions program, which provides non-medical volunteer and social work support to patients. Dwight emphasized that the new program is aimed at expanding services for local people nearing the end of their lives, rather than creating a bigger agency.

"We're not going to outgrow San Mateo County & Home Care and the surrounding areas," he said. "We're a community-based program and home care is just another facet of our continuity of care."

The new office, which is 2,000 square feet bigger than the previous O'Farrell Street location, is only partly due to the new service addition.

Dwight said the agency simply outgrew the previous site. Although patients don't usually come to the offices, growth has required additional staff and space demands. The patient census has increased from an average of 30 patients per month two years ago to an average 55 per month for the past year, and that's before the new Advanced Care Program is up and running.

"We anticipate our home care program will bring in another 25 or 30 individuals," Dwight said. He expects funding to be consistent with hospice care reimbursement, with 60 percent paid by Medicare, 30 percent by private insurance or private pay, and 10 percent subsidized by community donations and grants. He allowed that the new service will add to the goal for the annual Fall fundraising campaign.

The new offices also will provide space for some recent hires — social worker Roby Newman, who worked for Mission Hospice in the past; Maria Caturay, RN, case manager; Ruth Fullmer, RN, case manager; and Rhonda Rungstiyakorn, RN, staff nurse.

As for the new name, Dwight explained that state law requires "home care" to be included as part of the agency's certification for professional home care services. Since the new name required new stationery, it seemed like a good time to go ahead with planned changes to Mission Hospice's logo and other materials. The new designs were created by graphic designer Bitna Hu-Russo, wife of Mission Hospice & Home Care case manager Mike Russo, RN. Dwight said the new materials maintain the Mission Bell, but incorporate a fresher look. ▶

# MISSION HOSPICE & HOME CARE

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Adella Harris

## AUXILIARY PRESIDENT

June Field

## MISSION HOSPICE PATIENT CROCHETS FOR OTHERS

*Continued from page 1*

She moved to San Mateo, near where her niece lives, after a bout with pneumonia last fall. She wasn't surprised when hospice care was suggested because various friends have benefitted from it. She enjoys the visits from her Mission Hospice & Home Care nurses and from Chaplain Linda Siddall.

When there are no visitors, she turns the TV back on and picks up her crochet hook. 🐾



*Lyda Oden  
as a young woman*



*From left: Mary Chigos and Kate Breaux, board members, and Margaret and Alice Flynn, auxiliary members, at the Menlo Charity Horse Show*



*Auxiliary member Amy Newman (right) and friends at the benefit wine party at 750ml Wine Lounge*



*Board members, volunteers and supporters enjoyed the recent Benefactors Circle Reception*