

SPIRITUAL CARE NOTES



PROVIDING SPIRITUAL SUPPORT TO PATIENTS, FAMILY MEMBERS, AND STAFF

SUMMER 2015

Reflections From A Life Of Service

By Marita Grudzen, MHS

As an educator and coordinator in the Center for Education and Research in Family & Community Medicine at Stanford University's School of Medicine, and deputy director of the Stanford Geriatric Education Center, much of my time the past 35 years has been devoted to educational program development, building academic community partnerships, co-teaching medical students "Spirituality and Meaning in Medicine" with my colleagues, as well as writing and mentoring faculty trainees in multiple aspects of Ethnogeriatrics. The focus of Ethnogeriatrics is to deliver high value healthcare to a diverse and often medically underserved population of aging adults.

My early family life modeled community building and the value of service. Those aspects of my identity only deepened and became stronger in my years as a nun. So it was with great joy that I accepted George Fitzgerald's invitation to become a member and later chair of the Professional

Advisory Group to the CPE Program. It provided another venue for strengthening the spiritual presence at Stanford.

In addition to facilitating learning sessions with the resident chaplains, I welcome any opportunity to encourage in a personal way the gifts I recognize in the CPE residents and interns. It has also been a privilege to collaborate

See **Reflections**, page 5

Who We Are

Stanford Spiritual Care Service serves the spiritual and religious needs of the patients and families who come to Stanford Health Care. We are committed to providing compassionate and respectful care, and to honoring religious, spiritual, and cultural preferences with dignity.

Spiritual Care Notes is designed to keep you abreast of the services we provide, as well as new programs and developments.

Your support will help us continue to offer compassion and care to people of all faiths. For your convenience, a return envelope is enclosed.

If you have any questions, please contact us at 650-723-5101, email us at spiritualcare@stanfordhealthcare.org, or visit our website at stanfordhealthcare.org.



Marita Grudzen



Stanford
HEALTH CARE

A Fond Farewell and Enthusiastic Welcome

By Rabbi Lori Klein

Life is filled with beginnings and endings, sadness and joy. Our challenges are to remain open to the full range



Rabbi Lori Klein

of emotions; to be awake through each experience; to compassionately accompany each other through every circumstance. Helping patients, families, and staff to meet those challenges is our mission at Spiritual Care Service. This spring, we said farewell to another retiring staff member and welcomed several new staff to help us fulfill this meaningful mission.



Gretchen Hollingsworth

Gretchen Hollingsworth began working for Stanford University Medical Center in 1974. She joined Spiritual Care Service as Administrative Assistant nineteen years ago. This June, she retired and transitions into the role of a relief employee. Gretchen has been the

heart of Spiritual Care Service; I think of her as the chaplain's chaplain. Even though her office was always buzzing with telephone calls and deadlines, she created a place of welcome and refuge for volunteers, residents, and staff. We will miss her kindness, compassion, energy, and efficiency.

Spiritual Care Service has been blessed this year with several talented new staff members.

Father Robert McKay, a Roman Catholic priest, visits and provides sacraments for our Catholic patients, as well as serving as the interfaith chaplain for our medical and surgical ICU. In his career, he has served as a hospital chaplain, parish priest, professor in psychology, field supervisor to seminarians, and director of a spiritual care department. He has published extensively on pastoral counseling, aging, death and dying, grief, AIDS, and theology.

The Rev. Jen Dillinger, a Unitarian Universalist minister and our Supervisory Education Student, is now a staff chaplain. She will continue to help supervise our chaplain residents while working toward becoming an Associate Supervisor. Her current clinical assignment is on the non-oncology outpatient palliative care team. Jen has also worked as a chaplain in several hospitals in the Boston area and assisted with cutting edge research in spiritual care.

The Rev. Elizabeth (Libby) Boatwright, a Presbyterian minister, is our Volunteer Coordinator and has joined the outpatient oncology palliative care team. Libby has served as a pastor, helped build a sustainable village in Honduras as a missionary, developed congregational ministries for women, singles, and aging adults, and studied palliative and hospice care in England and Scotland. She also has worked as a certified financial planner and investment advisor.

Chaplain Frederico Gustavo Borche-Gianelli, a lay Catholic spiritual leader, is our Cancer Care Chaplain who will serve both inpatients and outpatients, their families, and the Stanford Health Care staff who care for them. Frederico spent several years on the pediatric and adult palliative care team at hospitals in Los Angeles. He has also worked as a pastoral assistant, spiritual director, and instructor for churches and institutes in the United States and Uruguay.

Chaplain Taqwa Mahrani Surapati, a lay Muslim spiritual leader, will work with the oncology and palliative care teams at Stanford's new South Bay Cancer Center. Taqwa has worked as our interim Cancer Care Chaplain and been with us as a volunteer, chaplain resident, and contract chaplain for twelve years. She also has trained Muslim volunteers from the community and hospital staff caring for Muslim patients throughout the United States. Professionally, she worked as an architect here, in Indonesia, and in Singapore.

Raksha Patel joins Spiritual Care Service as our new Administrative Assistant. She has worked for Kaiser Permanente as a staff assistant in their Continuing Care Department as well as in other administrative roles. She also has worked with a hospice organization as a staffing scheduler.

Please join me in blessing Gretchen in her retirement and transition and help me welcome Robert, Jen, Libby, Frederico, Taqwa and Raksha!

Rabbi Lori Klein, Director, Spiritual Care Service
lklein@stanfordhealthcare.org



From the left: Rev. Elizabeth (Libby) Boatwright, Rev. Jen Dillinger, Chaplain Taqwa Mahrani Surapati, Rabbi Lori Klein, Premilla (Raksha) Patel, Chaplain Frederico Gustavo Borche-Gianelli, Father Robert McKay

Clinical Pastoral Education Spotlight

By Rev. Landon M. Bogan

This year, the Clinical Pastoral Education (CPE) program will have an accreditation site visit. This happens every ten years, so it is our third visit in Stanford's thirty-five year history of the CPE program. As part of the site visit, we are asked to consider how the program relates to the organization and its values. At Stanford Health Care, our mission is to **care**, to **educate**, and to **discover**. The CPE program at Stanford is well aligned with these three values. The word "pastoral" which means spiritual guide, dates back to the mid-thirteenth century and implies possessing a special quality of caring abundantly. While all in healthcare share this value for abundant care, the CPE curriculum also attends to emotional and spiritual aspects of care.



At Stanford Health Care, our mission is to care, to educate, and to discover.

The CPE program has three educational objectives: pastoral formation, reflection, and competence. Pastoral or spiritual formation aims to cultivate certain qualities of presence that are accepted as one spiritually matures. A student in formation coming from a Buddhist tradition may develop through mindfulness practice. One coming from a Sufi tradition might develop through a process focused on purification of the heart. And one from a Christian tradition might grow through a process of imitating Christ. These practices are frequently applied in the critically intense environment of a trauma hospital. A graduate of our program recently told me that the spiritual growth she attained in one year of CPE might have taken a lifetime to discover otherwise. Pastoral reflection is the capacity to contemplate, reflect, and indwell the experiences that

impact us in order to respond with greater consciousness and insight. We are invited to discover the virtues we possess deep within and to allow them to bear on our response to life's greatest challenges. These challenges may include finding the wisdom and strength to respond to a fetal death in the 30th hour of an on-call shift, or to receive critical feedback from a cohort of respected colleagues that threatens one's sense of self. Through reflection, we expand our available responses in times of great need. Pastoral competence involves what might be considered as "common sense" because it appeals to being competent in interpersonal and intrapersonal skills we all must share to effectively communicate, understand, and connect. Common sense might involve responding with empathy to someone who has experienced a devastating loss, not interrupting someone who is struggling to share their story, or seeking to understand a perspective outside of our own.

Discovery is the third value we aspire to embody as a program. Many of our students have discovered their vocation or "call," during the residency. Within the Bay Area, eight graduates of our CPE program are currently directors of Spiritual Care Services. At Stanford, our program sponsors four satellite CPE programs, which extends CPE training to other hospitals and regions. Each year, our Level II students discover new ways to incorporate spiritual care into new contexts. One student started a program for cancer patients called Singing for the Soul. Another student is offering spirituality groups on the psychiatric unit. And a third is focused on advance directive training as a community benefit.

Looking ahead to our accreditation site visit this fall, we are thankful for the culture of care, education, and discovery that supports our mission as an organization and our role as an educational program.

*The Rev. Landon M. Bogan, Associate Director,
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Welcome to Our CPE Summer Interns

ALFRED AMOS



Born in Delta State, Nigeria, Alfred Amos spent his childhood in Imo State with his parents and five siblings. He holds a bachelor's degree in Philosophy and another in Divinity. After being called to ministry, Alfred spent five years as an associate pastor,

and seven years as a pastor in different parishes in Nigeria. Presently in the graduate program at the Jesuit School of Theology of Graduate Theological Union in Berkeley, California, Alfred is completing his master's degree in Theology and Licentiate in Biblical Studies. Alfred has a passion for studying the Greek and Hebrew languages. In his free moments, he spends time reading or playing basketball and volleyball.

YESHAYA DOUGLAS BALLON



Yesh Ballon is a Spiritual Direction student in the ALEPH Jewish Renewal Hashpa'ah program. With a BS in Education and a Master of Architecture, Yesh's career has varied from licensed architect, corporate real estate project manager, corporate trainer, facilitator,

and business process developer. Yesh has been a resident of Palo Alto since 1978 where he and his wife of 44 years raised three children. He has long been a member and lay leader at Congregation Beth Jacob in Redwood City, volunteered with the Jewish Chaplaincy at Stanford Hospital, and has led Jewish worship at Lytton Gardens Senior Community in Palo Alto. His interests include writing, road cycling, cooking, bread baking, and marveling at his one-year old grandson.

RACHEL MARDER



Rachel Marder just completed her second year of studies at the Ziegler School of Rabbinic Studies in Los Angeles where she is a Wexner Graduate Fellow. Originally from Los Angeles, Rachel grew up in Palo Alto. She has a BA from Brandeis University

in Islamic and Middle Eastern Studies, and MA in Conflict Resolution from Hebrew University in Jerusalem. Rachel has worked as a writer and editor for The Jerusalem Post and the Jewish News Service, a community educator for Shalom Bayit — an agency combating partner abuse in the Jewish community, and as a regional Jewish youth advisor in San Francisco. Rachel teaches 2nd-6th graders Hebrew at IKAR, and is active in Israel education.

CHARLOTTE WILSON



Charlotte Wilson grew up in Minnesota but has lived in the Bay Area for the past 25 years. She has a BA in German Language and Literature, an MA in Early Childhood Education, and a certificate in Spiritual Direction. A postulant for ordination

in the Episcopal Church, Charlotte is pursuing an M.Div. at Church Divinity School of the Pacific at the Graduate Theological Union in Berkeley. Parenting three children through adolescence, and her spiritual direction practice have shown her the healing importance of another's loving and non-anxious presence in critical times. Accompanying others in this way is an integral part of her ministry. Charlotte enjoys hiking, reading, live music of all kinds, and laughter.



Mark Your Calendar

SOUNDING THE SHOFAR

September 17, 2015
12:00 pm
Hospital Atrium

SPIRITUAL CARE VOLUNTEER TRAINING SESSIONS

October, 2015
7:00 pm – 9:00 pm
Our Lady of the Rosary Church, 3233 Cowper Street, Palo Alto (October 13, 20)
Stanford Hospital, location TBD (October 27)

Spiritual Care Donors

Thanks to our donors, Spiritual Care Service can support activities above and beyond our core programs. Our donors have helped us fund:

Assistance for needy families and patients:

- Meal cards for the hospital cafeteria
- Parking passes
- Partial coverage of cremation costs
- Hospital wedding expenses

Support for our Clinical Pastoral Education program:

- Funding for two of our chaplain residents including our Melanie Bronfman Fellowship
- Funding to help train the next generation of CPE supervisors
- Travel costs for our CPE staff to attend national and regional Association for Clinical Pastoral Education meetings

- Books and special faculty for our chaplain residents
- Meeting costs for the CPE program's Professional Advisory Group

Education for the entire department and hospital:

- Special lectures such as the one given last year by Dr. Herbert Anderson
- Webinars from the Association of Professional Chaplains

Support for our faith-based ministries including:

- Funding for the Jewish Chaplaincy Service
- Rosaries for Catholic patients
- Water from Ganges River for Hindu patients
- Eid (a Muslim holiday) celebration expenses

Reflections, continued from page 1

with the Spiritual Care staff who embody lives of learning, creativity, and life-giving service.

Through my unique connection with Spiritual Care Service, I've observed where the chaplain's role has a unique charisma for working with our diverse aging population. There are three areas where this charisma of spiritually grounded service is of great value. The first area is that of advance care planning. The resident chaplains receive the appropriate knowledge and skill-based training for administering advance care planning with patients on their units. What I perceive to be their unique contribution flows from other aspects of the CPE training that develop a quality of presence that engenders trust and fosters relationships through deep listening and patient-centered communication. These assets together with their availability and the devotion they bring to this sacred work greatly assist elders discover and express their life goals in the context of end of life decision making.

Most health providers readily acknowledge how important advance care planning is, and many of us perceive the chaplains to be in a unique position to provide this service because this is essentially spiritual work.

Sometimes this work requires an interpreter who can also serve as a cultural guide or broker. Because the chaplains are "owning" this work, they readily recognize this need when it is present and develop their familiarity with this service and are learning how to work effectively with the appropriate interpreter, and sometimes to engage the religious provider requested by the patient and/or family, for example a Latino, Spanish-speaking Catholic priest.

Another vulnerable older population where I sense chaplains could contribute significantly to the health care team is with persons living with cognitive impairment (delirium, and/or dementia). As we live longer, the incidence of dementia is growing. It's estimated that one in every two persons 85 years old and older are at high risk for some form of dementia. We need to develop dementia friendly environments that model a deep appreciation of and an affirming, attuned presence for persons afflicted with this condition. This ministry could serve as a resource for family caregivers as well.

May our chaplains in training be appreciated for what they bring to our health teams as well as our patients and their family caregivers. They are a great blessing for the Stanford community.

Spiritual Care Service Goes to Medical School

Spiritual Care Service has broadened our area of service with our various connections with the Stanford University School of Medicine.

- When Bruce Feldstein was a CPE resident, he and Marita Grudzen of the Stanford Geriatric Center started a class for medical students called “Spirituality and Meaning in Medicine.” In this class they teach students to lift up the patient’s chief concern and take a spiritual history of their patient. Bruce said, “We ask students to reflect on a time in their own lives that they would call spiritual and meaningful.” Today, the class is a required course for all medical students during their Family Medicine rotation.
- Following the program established by Rachel Naomi Remen, Bruce began teaching the “Healer’s Art” course at the medical school. This is an elective course generally taken by 1st or 2nd year students.
- Once a year, Rabbi Lori Klein teaches genetics counseling students about spiritual care in critical times of illness.
- Once a year, I teach two sessions on grief counseling with the genetics counseling students.
- Genetics counseling students interested in learning more about bereavement followed John Hester, Lori Klein,

or me during our day-to-day work. There were mutual benefits as we talked with the students about what we do and why we do it.

- Last year, I was asked to lead the invocation and benediction at the medical school graduation. I will be doing this again this year.
- This past year, Bruce received a grant to lead Reflection Rounds with medical students in General Surgery, Ambulatory Internal Medicine, Family Medicine, and Pediatrics. In daily rounds at the hospital, the focus is on the patient. In Reflection Rounds, the focus is on the thoughts and feelings of the students. A physician and a chaplain serve as facilitators. To-date, Reflection Rounds have been well-received and the hope is to continue them beyond this year.
- Earlier this year, I met with Jennifer Decoste-Lopez who was designing an end of life care class that focuses on things a doctor needs to do when a patient dies. In April, I was one of four people to facilitate a pilot of this class for 3rd and 4th year students

The Rev. Susan L. Scott, Decedent Care Chaplain
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Mark Busbin

Volunteer Spotlight

Since 2011, Mark Busbin has been fully giving of himself as a volunteer in the Cancer Center clinics as a Catholic Eucharistic Minister and assisting with advance directives. I had the privilege of speaking with him about his time here at Stanford Health Care.

Tell us something about yourself and how you came to Stanford Hospital to be a volunteer.

My wife Kazuko and I have been married 34 years. We have two adult sons and two very young grandchildren all living in the Bay Area. My interest in volunteering comes from when I worked in a monastery infirmary in my twenties. I was surprisingly comfortable around illness and death. Since those days, I always felt that later in life I would take up some form of hospital or hospice ministry. My retirement from teaching allowed me to expand in this area beginning at Stanford.

“What truly matters is not how to get the most out of life, but how to recollect yourself so that you can fully give yourself.” Thomas Merton, 1968

What do you find most fulfilling in your work? Any memorable moments?

I like the fact that we meet patients in a space where trust is critical. Since every shift has at least one encounter that leaves an impact, I have had hundreds of those moments. I’ve also found the friendships with other volunteers and employees of all backgrounds and ages supportive and enriching.

What is the most challenging part of the ministry/work?

I try to acknowledge and move beyond my fears. However, when a patient is afraid of dying, I begin to realize the extent of my limitations in spiritual care to the sick.

If you had a free day to do your favorite things, what might they be?

Leadership

CPE PROFESSIONAL ADVISORY GROUP

Robinetta Wheeler (Chair)	Jurgen Schwing
Landon Bogan	Susan Scott
Lynn Fraher	Rod Seeger
Josh Fronk	Liza Taft
Marita Grudzen	Jim Westgate
John Hester	Robert McKay
Lori Klein	Kido Ahn
Will Masuda	Diana Brady
Judy Passaglia	Libby Boatwright

VOLUNTEER COORDINATING COMMITTEE

Tom Brosnan (Chair)	Tom Jackson
Brenda Avery	Lori Klein
Penny Barrett	Abdul Majid
Lora Baxter Warren	Robert McKay
Mahesh Bhavana	Marge Oishi
Libby Boatwright	Jonathan Parnell
Frederico Borche-Gianelli	Isabel Tagle
Bruce Feldstein	
Sherifa Ibrahim	

At this point in life, the best days just seem to come to me rather than my planning them. Still, getting our whole family together is a good bet.

What would you tell others about being a volunteer here?

This is a well-structured opportunity to bring care and comfort to people dealing with illness. The impact it has in the lives of patients and families is extraordinary.

Final thoughts about Spiritual Care Service?

I found the recently expanded in-service series for Spiritual Care volunteers very helpful, and hope more volunteers can participate as new times/settings are found for these gatherings.

Thank you Mark for your faithful service to our patients, staff, and fellow volunteers!

Interview by: Rev. Elizabeth T. Boatwright, D. Min, Chaplain, Outpatient Palliative Medicine and Volunteer Coordinator

Chaplains and Professional Certification

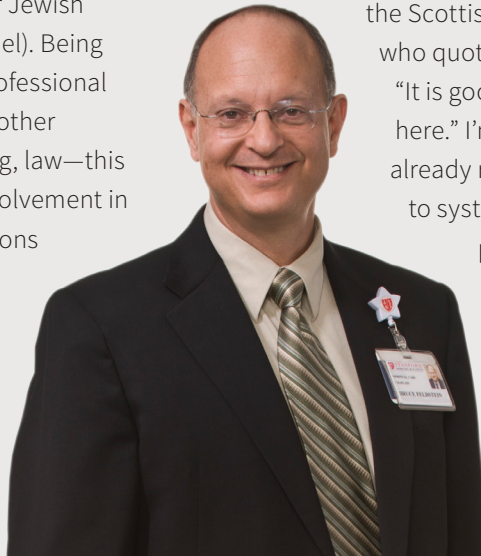
In 2000, I graduated from Stanford’s Clinical Pastoral Education program and began my new career as a healthcare chaplain. I founded The Jewish Chaplaincy at Stanford Medicine and now serve as Acting-President

“It is good that you exist.”

of NAJC, the Neshama: Association for Jewish Chaplains (for the US, Canada and Israel). Being a chaplain is an ongoing process of professional formation and personal growth. As in other professions—e.g. medicine, accounting, law—this involves pursuing certification and involvement in professional organizations. Organizations that certify Board Certified Chaplains include NAJC, the Association of Professional Chaplains, the National Association of Catholic Chaplains, and the Association of Clinical Pastoral Education. Several of Stanford Health Care’s staff chaplains are certified by one of

these organizations or working toward that goal.

Engaging with colleagues from these and other organizations has provided stimulating opportunities for learning, research, and growing the profession itself: at NAJC meetings in Baltimore or Jerusalem; with spiritual care colleagues at the Caring for the Human Spirit Conference in Orlando, or the Global Network for Spirituality and Health meeting in Copenhagen. Along the way I met the Scottish nurse and theologian, John Swinton, who quotes this definition of love by Josef Pieper. “It is good that you exist. I am glad that you are here.” I’m intrigued. Do we need to refine SHC’s already robust compassionate care initiatives to systematically create this experience for its patients, families, and staff?



*Chaplain Bruce D. Feldstein MD,
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