

Notes

Spiritual Care Service Newsletter

PROVIDING SPIRITUAL SUPPORT TO PATIENTS, FAMILY MEMBERS, AND STAFF

FALL/WINTER 2016

Volunteer Spotlight | Rev. Tony Iraci

by Rev. Libby Boatwright



Tell us a little about your background and how you got to Stanford.

My passion for serving others began over 37 years ago at a local church. It was there that I joined the music and drama ministries which eventually led to other church leadership positions. Several years later, I was invited to join the prison chaplaincy outreach. It was through this ministry, along with years of preaching, conducting Bible studies, and counseling one-on-one that I became a licensed and ordained minister. Today, I lead a community-based outreach, Joyspring Ministries, Inc.

I began my association with Spiritual Care Service in 2006 after personally experiencing the outstanding care patients like me receive here at Stanford.

What are some of the assignments you have as a volunteer?

My service with Spiritual Care Service has led me into several different patient care units as well as the Cancer Center's Infusion Treatment Area (ITA). I also enjoy assisting patients by witnessing advance directives, as well as other needs as they arise.

What do you find most rewarding about the work?

Seeing a smile on the faces of patients, family members and staff when visiting a patient's room. A simple "hello" can often be just what they need, a ray of sunshine that can brighten their day. At the end of each visit, I like to ask, "Is there anything else I can do for you?" Oftentimes, a patient or family member will respond with, "You already have helped me. Thank you for coming by."

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Stanford
HEALTH CARE

A Meaningful Life of Service

by Rabbi Lori Klein, Director



On May 20, 2016, the Association of Clinical Pastoral Education (ACPE) presented the Rev. Dr. C. George Fitzgerald with its Distinguished Service Award. As many of our readers know, George Fitzgerald directed the Spiritual Care Service at Stanford Health Care for twenty-

six years, nurturing its growth and excellence. During that same period, George also helped develop hospital chaplaincy on a national and international scale. ACPE recognized those contributions with this award, and I would like to share with you the true scope of George's calling and accomplishments.

George was first certified as a Clinical Pastoral Education supervisor in 1971. This certification enabled him to train others to become professional chaplains. By this time, George already had a Master of Divinity degree from Princeton Theological Seminary. He earned a Doctor of Sacred Theology degree from the San Francisco Theological Seminary in 1972. He began directing the Chaplaincy Department at Pacific Presbyterian Medical Center in San Francisco in 1978 and began his tenure as Director of the Spiritual Care Service at Stanford ten years later.

While our Spiritual Care Service already included a CPE program, George added a training path for CPE supervisors. In all, George trained more than 200 chaplain residents and interns and seven candidates to become fully-certified supervisors. Over the years, he served on several national and regional committees, including the Research, Accreditation, Nominations, Certification and Development committees. George also published regularly in professional journals on topics ranging from theories supporting chaplain training, to working with children with cancer, to supporting Muslim chaplain residents, to surviving a tornado. For the past several years, he has served

as president of the editorial board of a professional journal, now available free online, *Reflective Practice: Formation and Supervision in Ministry*.

During his career, George made both the Spiritual Care Service at Stanford, and the chaplaincy profession as a whole more international and religiously diverse. George and his long-time professional colleague, Father John Hester, established a volunteer spiritual care program at Stanford that has included more than 200 volunteers at times, representing Buddhist, Christian, Hindu, Jewish, Muslim, and Sikh religious traditions, as well as people who identify as spiritual, but not religious. With another colleague, the Rev. Rod Seeger, George organized and hosted both the 1983 and 2015 Congress of the International Council of Pastoral Care and Counseling. George travelled the globe, speaking at conferences in India, Norway and Saudi Arabia.

One of George's signature achievements was encouraging Muslim students to become hospital chaplains. He served as chair of the ACPE Task Force on Islam, recruited Muslim students to come to Stanford as chaplain residents and interns, and spoke at national conferences to foster hospital chaplaincy as a career path for Muslims.

Increasingly, our society recognizes that we work not just for monetary compensation, but to fulfill our purpose in life, engage in meaningful work, and help improve the world we inhabit. George Fitzgerald's career met all those goals and more. Congratulations to George and to ACPE for recognizing his contributions! ■



Holiday Rituals for Spiritual Wellbeing

by Rev. Landon Bogan, ACPE Supervisor & Associate Director for Clinical Pastoral Education



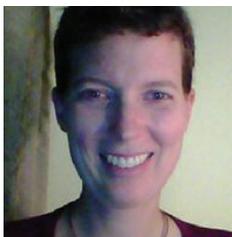
One of the first didactics I teach on spirituality in healthcare is for incoming chaplain residents. It includes an interactive exercise: turn to your partner and for one minute, tell her or him about a significant holiday in your life. After the initial dread passes, the room is quickly transformed. Passive listeners become authors of their own stories through reflective sharing. The range of affect expressed in the room pulses as experiences trigger memories filled with heartfelt emotion. What is shared? The gathering of intimate loved ones around a table, the sounds of native languages spoken in places far away, the smell of foods that are the soul's medicine, the comfort of

familiar rituals, and the grief of knowing that it may never happen again.

As we enter the holiday season, I invite us all to consider the people and experiences that have been important to us along the way. It is easy to forget how much such rituals are part of us, affecting our wellbeing and emotional state, unless we pause to consider what has nourished us, what gives life purpose, and how we might live each day with connection to what has heart and meaning. Perhaps you too will want to take a moment to give thanks for the gifts these memories offer, to recall what has brought you safely this far, to grieve what has been lost, or to claim time in the busy days ahead to honor a tradition that you once held dear. ■

New Clinical Pastoral Education Members

NEW RESIDENTS



Kerstin Shoho Kuebast was born in Germany and raised in the Lutheran faith, which she took into a four year study at the Deacon Academy in Rummelsberg, Bavaria. An interest in feminist

theology and mysticism brought her to a three year residency at the ecumenical meditation center Puregg, Austria. There, she got introduced to many contemplative traditions. This led her to take refuge and receive priest ordination in the Buddhist Soto-Zen tradition. Shoho further studied at the San Francisco Zen Center and at Rangjung Yeshe Institute (Nepal). She holds a Bachelor of Arts in Buddhist Studies and lives currently with her partner in Santa Cruz.



Severo Kuupuo is a Catholic priest from the Catholic Diocese of Wa, Ghana, where he grew up. He did his seminary formation in St. Victor's Major Seminary and obtained a Bachelor of Arts in

Philosophy and Comparative Religions in an affiliated program with the University of Ghana. He also studied in Duquesne University and Walden University earning his MBA/MIS and a PhD in Public Administration respectively. He has lived and ministered in Southern California for half a decade. Sev currently resides in St. Thomas Aquinas Parish, Palo Alto, and helps out in that parish. Sev's hobbies include walking, reading, research, and gardening.

As we look back on a well-lived year, we give thanks for the following contributions of our volunteers:

- To Mahesh Bravana, Sammi Rahmatti, Brenda Avery and all the volunteers who assisted with sound, ushering, and the book signing line, for our guest speaker and author, Lucy Kalanithi. Over 230 signed up to hear this compassionate doctor, who presented with Dr. Kavitha Ramchandran.
- To Isabel Tagle who has served since 1992 and who is moving to Roseville, California to be closer to family. Isabel was the Volunteer of the Year in 2014 and coordinator for our Spanish-speaking Catholic Eucharistic volunteers.
- To Penny Barrett who is stepping down from the Volunteer Coordinating Council. Penny has served Spiritual Care Service since 2002 and will continue to serve on the units and offer her wonderful wisdom and insight.
- To our tireless CPA/Patricia Connor who graciously assists us with our statistics and continues to design ways we can manage the metrics and numbers of our now well over 200 volunteers.
- To Linda Allen, Chaplain Bruce Feldstein, and the team from The Jewish Chaplaincy at Stanford who offered a wonderful “Sounding of the Shofar” to usher in the holiday season with children from Gideon Hausner Jewish Day School in September with Cantor Jaime Shpall from Congregation Beth Am leading in the singing. All followed by offering “High Holidays in an Envelope” to patients on the units. Later in October, this same team built a “sukkah” near the Cancer Center, welcoming guests for 10 days with stories, food, and ceremonies.
- To volunteer Majd Alazmeh Abuelhawa and staff chaplain, Taqwa Surapati, who presented an instructional talk on the Hajj and the importance of family offering luscious food to visitors and staff alike during the EID celebration on September 27.
- To Mahesh Bravana and Raksha Patel who planned, choreographed, and baked for the Diwali celebration on November 3. The Atrium was buzzing with music and delicious aromas.
- We also thank our mentors, Advance Directive volunteers, and those who graciously sit alongside dying patients through our NODA (No One Dies Alone) program. We have received compliments from the nursing staff and later from a patient’s family about the compassion and healing presence of their visits.

To all of our volunteers who provided **4,134 days of service**, served **13,249 hours** visiting **49,816 patients and family members**, and offered the blessed sacrament to **12,359 people**, we thank you!



Mark Your Calendar

CHRISTMAS CELEBRATION

December 21 | 3:30pm
Hospital Atrium

HANUKAH DAILY CANDLE LIGHTING

December 24–26, 28–31 | 4:00pm
Hospital Atrium

HANUKAH FESTIVAL OF LIGHTS

December 27 | 4:00pm
Hospital Atrium

NEW RESIDENTS CONTINUED



Andrew Nguyen was born in Dalat, Vietnam. He immigrated to Southern California with his family in 1990. He holds a Bachelor of Science in Computer Science from California State University of

Fullerton and a Master of Divinity from Jesuit School of Theology of Santa Clara University in Berkeley. He was a Jesuit seminarian for ten years. He is currently discerning his vocation. He found the CPE program at Stanford Hospital a great way to continue his education to love and serve through a ministry of compassionate listening and empathizing through meeting people where they are in life. He enjoys spending time with friends, playing tennis, hiking, singing, reading, watching movies, and playing piano.



Lina Maria Okeke was born in Imo State in Eastern part of Nigeria. She belongs to the Congregation of Sisters of Jesus the Savior. She has been a missionary in St. Lucia, Caribbean Island for the past ten

years taking care of the homeless and abandoned as the Activities Coordinator/Residential Manager. While in St. Lucia, she went through a management program with Sir Arthur Lewis Community College with Distinction. Currently, she is doing her residency in Clinical Pastoral Education at Stanford Health Care. Accompanying the sick and suffering has been an integral part of her ministry that holds so much meaning to her. Her other interests include cooking, listening to gospel music, and spending time with her siblings.

Volunteer Spotlight continued from page 1

We understand there are some unique opportunities you have at Stanford.

I feel privileged to serve in other capacities here at Stanford as well. At the Stanford University School of Medicine, I work with doctors who are training new medical students, and I enjoy participating in Grand Rounds, where I am able to share a patient's perspective with the medical community. I also was recently honored to become a member of the Professional Advisory Group (PAG) for Stanford Health Care's Clinical Pastoral Education Program.

Are there any challenges to your work?

Some of the challenges are finding enough time to reach out to as many patients and families as I can and always focusing on serving "one patient at a time."

What do you look forward to?

I am excited to see the progress of the new hospital and look forward to serving many new patients and families. Just to share a smile or a word of encouragement in the midst of their journey makes it all worthwhile. ■



Valeria Ruth Faraci Sindra was raised in Argentina and Brazil. At age 16, Valeria expressed desires to combine theology and medicine and began to attend FABAPAR, a Brazilian Baptist

seminary, obtaining a bachelor's degree in Theology. Ms. Sindra relocated to the Bay Area in 2014 and started her pre-medical studies as a summer student at Stanford University and a post-baccalaureate student in Health Professions at UC Berkeley Extension. Valeria has completed her first unit of CPE at CPMC Spring 2016 and aspires to become a physician who combines spiritual care and medicine after completing her chaplaincy residency at Stanford.

NEW FELLOW



Rev. Dr. Zhiyun Cai is a Spiritual Care Fellow in Palliative Care, Intensive Care Unit. Zhiyun is a Buddhist nun ordained in 1993 in China. She received her Bachelor of Arts in Psychology at the

University of Illinois Urban, Champaign and PhD in Religious Studies from the University of the West. Her dissertation compared original meditation techniques taught in the Buddhist texts and those taught in the Thai forest meditation tradition. Zhiyun was trained in both the Mahayana and Theravada monastic traditions and serves as a meditation teacher and translator for several Buddhist communities. She has traveled extensively to provide spiritual care to patients here and overseas. Zhiyun finished her Chaplain Internship at the Cedar Sinai Medical Center in Los Angeles in 2015 and Chaplain Residency at Stanford Health Care in September 2016. Zhiyun's specialization will focus on Self-Calming Ritual, Cultural Competency Education, and End of Life.

NEW CPE SUPERVISORY CANDIDATE



Rev. Kate Kennedy is an ordained Unitarian Universalist minister, APC Board Certified Chaplain, and CPE Supervisory Candidate. Prior to Stanford, she was on the faculty of the VITAS Healthcare

CPE program and worked as a hospice chaplain in Sacramento for nearly ten years. Hailing from outside of Philadelphia, Kate earned her Bachelor of Arts from Villanova University. She completed her CPE residency in 2006 at John Muir Medical Center and her M.Div. from Starr King School for the Ministry in 2007. Kate grounds her work in body awareness and mindfulness, loves hiking, her partner Maurice, and their cat, Bella.

Creating a Sacred Inner Space

by Chaplain Frederico Gianelli, BCC-ACHPC



We can love and care for other creatures during our life time. In doing so, we give, sharing our talents, skills, emotions, hopes, wisdom, and faith, not just our time and possessions. As we give, we win a sense of self-worth, filling us with hope, meaning, and connection to

friends, family, nature, and God. This transcendental experience occurs on our journey and sometimes when we are not even aware of it.

When our journey becomes a routine and we feel a sense of obligation, lack of freedom, feeling overwhelmed, rigid, and rarity of feeling joy, it is time

to stop and reflect. Not to complain, criticize, and be judgmental, but to let your heart and soul rest and regain its sacred space. This can be done by discovering a place precious to you perhaps in nature, a place of worship, or at the bedside of your loved one. Meeting with a friend and walking as you explore your inner worlds, sharing a delicious meal you prepared from scratch on a beautiful table, or engaging in your spiritual or religious practices can help. The key is to gently rest and reconnect to your sacred inner space. We can then return feeling refreshed and to caring. ■

The Four Sayings

by Chaplain Taqwa Surapati



Being sick and spending time in the hospital can disrupt anyone's life. It could be hard especially when the illness is life changing not only for the patient, but also for caregivers and loved ones. Four phrases that can help establish connection and support through these times are

"I love you," "Please forgive me," "I forgive you," and "Thank you" between patient, family members, and friends. This is the main topic in Dr. Ira Byock's book, "The Four Things That Matter Most: A Book about Living."

Saying "I love you" and "Thank you" expresses our care and gratefulness for each other's presence and gift. While some people say "I love you" and "thank you" as part of our everyday living, these expressions carry significant

meanings when someone is critically ill or dying.

Saying "Please forgive me" and "I forgive you" might be harder to say. Most of us feel vulnerable when asking for forgiveness. Saying "I forgive you" can also feel risky; it might mean letting go of a long-held hurt. Forgiveness is not possible or appropriate in every situation. Even though relationships can be complicated, seeking or giving forgiveness can establish a clear heart and conscience for anybody who is holding on to past emotional pain. To add another layer to these sayings, it is important to remember that the love, gratitude and forgiveness we show to others can be equally healing when expressed inwardly. Sometime we have a hard time forgiving a past version of ourselves.

Since action speaks louder than words, these phrases can also be creatively carried out through acts of kindness, generosity, and compassion. ■

Caring for Yourself Through Grief

by Rev. Kate Kennedy



The winter season can be difficult for those who have lost their loved ones. Grief this time of year may feel out of place when commercial and town areas are lit up with lights encouraging "good cheer" or when Valentine's Day arrives. Holiday celebrations can feel

isolating, even dreadful, for those who are grieving.

In early understandings of grief theory, people thought grief ended with acceptance. However, contemporary understandings recognize that we have "continuing bonds" with our loved ones. Grief does not end, it simply shifts over time. When our loved ones die, our relationships don't end. They change.

During the holidays or any time of the year when milestones and important anniversaries arise, it is

important to honor the sadness that may come due to missing a loved one, person or animal. There are some simple rituals that can help us cope:

- Lighting a candle and keeping it in a special place
- Writing a letter to deceased loved ones
- Making and sharing their favorite food
- Placing a chair at the table, maybe with a photo
- Setting aside some quiet time to honor your feelings
- Journaling
- Making a donation in their memory
- Creating an altar to honor them

These are just some suggestions for ways to care for yourself during the winter months and through the year. I hope that you can find ways that help you remember and honor those you love and your heart knowing that you are not alone in grief. ■



Spiritual Care Service

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Palliative Care Specialty Training for Chaplains at Stanford Health Care

by the *Spiritual Care Service Staff*

This September, Spiritual Care Service Director Lori Klein started a weekly journal club for Stanford chaplains and chaplain fellows to improve their ability to serve on palliative care teams. What is palliative care? The National Consensus Project for Palliative Care defines it as “patient and family-centered care that optimizes quality of life by anticipating, preventing, and treating suffering. Palliative care throughout the continuum of illness involves addressing physical, intellectual, emotional, social, and spiritual needs and facilitating patient autonomy, access to information, and choice.” A palliative care team is not only multi-disciplinary, meaning it includes members from many health care disciplines, including physicians, nurses, social workers and chaplains, it is also transdisciplinary, meaning each team member should be able to do a basic assessment of any source of suffering for the patient or family. The philosophy of palliative care also acknowledges that spiritual and emotional growth is possible right up to the end of life and care team members help the patient and family engage in that growth.

In conjunction with this study group, Chaplain Frederico Borche-Gianelli, a certified expert in palliative care chaplaincy, and Chaplain Landon Bogan, Associate Director for Clinical Pastoral Education, are designing sub-specialty training of palliative care chaplains. Our second-year chaplain fellows will be the first to pilot this curriculum at Stanford Health Care. Frederico and Landon are working with Dr. VJ Periyakoil, Director of the Stanford Hospice and Palliative Medicine Fellowship Program, and other members of the Palliative Medicine Service who will teach in their area of expertise. The curriculum includes the history and philosophy of palliative care, medical ethics, physical, social and spiritual symptom management, death and dying, grief, and communication skills. Whether our chaplains ultimately serve palliative care patients or not, we aim to support all of our patients who want to live as fully as possible throughout their lives. ■

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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 and John P. Hester Fellowships
- 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