

Sierra Hospice's Big HUG Grief Retreat

March 2017

Hello!

Sierra Hospice **Big HUG (Hospice Understands Grief)** One-Day Grief Retreat will be held on Saturday June 10, 2017. This bereavement retreat is for adults 18 and older that have been impacted by the death of a loved one or experienced multiple losses. If that is you, we invite and encourage you to attend this very special event. Perhaps someone you know would benefit from this event also, please pass this information on to him or her.

We offer this camp free of charge to all that attend which includes participants and volunteer staff. There is not a required time frame for when the loss or losses have occurred. Grief is such a complicated emotion and we realize that the process is ongoing. There is a full schedule that includes time to have some fun, too.

Camp Big HUG is going to be held at Lassen Meadows Ranch located outside of Chester, CA. The serenity of the resort provides a beautiful, healthy environment where we share our stories and effective tools for grieving to help promote healing.

More information and participant applications are available at our website at sierrahospice.com or you can call our office @ (530) 258-3412. **Completed applications (pages 1-5) must be returned by Monday June 5th in order for us to complete our necessary paperwork.** They can be mailed to PO Box 95 Chester, CA 96020; faxed to 530-258-3001; or dropped off at our office at 150 Brentwood Drive in Chester (located in Seneca Hospital parking area).

We also offer our **Camp HUG** for children 8 - 18 years of age. This will be our 20th annual Camp HUG, taking place this year August 18, 19, & 20th. **PLEASE NOTE: Children may only attend Camp HUG once. Exceptions may be made on a case by case basis. Camp is most effective if the loss has occurred within six months to two years of the camp dates, though this may vary with the child and the situation.**

We look forward to sharing our service with you.

Sincerely,

Shirley Canalia

Shirley Canalia
Coordinator

SIERRA HOSPICE'S CAMP BIG HUG
AN ADULT BEREAVEMENT RETREAT
INTAKE QUESTIONNAIRE
YEAR _____

This application is for you, the camper, who will be attending Camp BIG HUG. This helps us to know more about your situation. Please print clearly.

1. Your name _____ Goes by _____ Age _____

Physical Address _____ City _____ St. _____ Zip _____

Mailing Address _____ City _____ St. _____ Zip _____

Phone (*include area code*) (H) _____ (W) _____ (C) _____

E-mail Address _____

2. Please list your immediate family members, ages, and relationship to you.

_____	_____	_____
(Name)	(Age)	(Relationship)
_____	_____	_____
(Name)	(Age)	(Relationship)
_____	_____	_____
(Name)	(Age)	(Relationship)
_____	_____	_____
(Name)	(Age)	(Relationship)
_____	_____	_____
(Name)	(Age)	(Relationship)

3. What is your reason for attending Camp BIG HUG? _____

4. How did you hear about Camp Big HUG? _____

5. Name of person(s) who died, age, date of death, cause, and your relationship (spouse, child, etc.)

_____	_____	_____	_____	_____
(Name)	(Age)	(Date of Death)	(Cause of Death)	(Relationship)
_____	_____	_____	_____	_____
(Name)	(Age)	(Date of Death)	(Cause of Death)	(Relationship)
_____	_____	_____	_____	_____
(Name)	(Age)	(Date of Death)	(Cause of Death)	(Relationship)

NOTE: If you need to add more names of loved ones, please add them to the back of this form.

7. What other losses have you experienced within the last 12 months? (Pets, friends, other family members, etc.)

8. Have you had any recent changes in your life? (Moved to a new location, child changed schools, change in work situation, etc.)

9. Please give a brief description about your attitude, behavior, or feelings you have experienced since the death occurred, for the following:

A. At home

B. With family

C. At work

D. Relationships with peers

10. Describe emotions you have experienced since the death:

11. Since the death, describe the following:

A. Sleeping habits

B. Eating habits

C. Drug / Alcohol habits

12. Are you seeing a counselor? Yes No

13. If yes, how long?

14. Is there anything you would like us to be aware of?

Signature _____

Date _____

**CAMP BIG HUG STAFF ~ AUTHORIZATION FOR THIRD PARTY TO
CONSENT TO TREATMENT OF PERSON LACKING CAPACITY TO CONSENT
YEAR _____**

I, _____, do hereby authorize the staff of Camp BIG HUG as agent(s) to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment, and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of, any physician and surgeon licensed under the provisions of the Medical Practice Act on the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of the physician or at the hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required but is given to provide authority to the above described agent(s) to give specific consent to any and all such diagnosis, treatment, or hospital care which a physician, meeting the requirements of this authorization, may, in the exercise of his/her best judgment, deem advisable.

This authorization is given pursuant to the provisions of Family Code Section 6910.

This authorization shall remain effective until (*month and day*) _____ (*year*) _____, unless sooner revoked in writing delivered to the agent(s) noted above.

Signature _____ Date _____

MEDICALLY RELEVANT INFORMATION (*please print*)

Name _____ Date of Birth _____

Allergies to drugs or food _____

Special dietary needs _____

Conditions for which you are currently being treated _____

Current medications _____

Restrictions on activity _____

Primary Care Physician (*name and phone*) _____

Insurance Company and identification number _____

IN CASE OF EMERGENCY CONTACT

Name _____

Address _____

Phone numbers (*include area code*) Home _____ Work _____ Cell _____

**RULES REGARDING USE OF THE MARGIOTTA RANCH
AND WAIVER/RELEASE FROM LIABILITY**

1. I, _____, agree to abide by the following rules when at the Margiotta Ranch (“the Ranch”) located at 370 Forest Service Road, Chester, California, (APN 011-060-18).
 - a. The use of guns is limited to appropriate skeet shooting firearms at the skeet range. No one under 18 years of age may use guns at the Ranch. Standard firearm safety is to be practiced at all times.
 - b. While boating, life preservers shall be worn at all times by persons under the age of 18 years. Standard water safety and boating procedures must be followed.

2. As consideration for being allowed access to the Ranch, I hereby agree that I, my heirs and assigns will not make any claims against Russ or Debbie Margiotta, or their living trust, or Michelle Margiotta Fraedrich, or her living trust, the owner of the Ranch (“Owner”), for injury or damages, howsoever caused, as a result of my entry onto the Ranch and use of the property, including but not limited to skeet shooting, boating, swimming or horseback riding. I hereby release the Owner from all actions, claims or demands that I, or my heirs or assignees now have or may hereafter have for injury or damage resulting from my entry onto and use of the Ranch.
 - a. I acknowledge and agree that this release applies to all claims for injuries, damages, or losses to my person or property, and I hereby waive the application of California Civil Code Section 1542. I certify that I have read the following provisions of California Civil Code Section 1542:

“A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him must have materially affected his settlement with the debtor.”

and indicate that fact by initialing here: _____.
 - b. I understand the significance and consequence of this waiver of California Civil Code Section 1542 is that even if I should eventually suffer additional damages arising out of the entry onto and use of the Ranch, I will not be able to make any claim for those damages.

Executed at _____, California, on _____, 2017.

x _____

Parents/Guardian must sign separate Waiver/Release on behalf of each minor.

**SIERRA HOSPICE'S CAMP BIG HUG
AN ADULT BEREAVEMENT RETREAT
Agreement, Waiver, and Release of Liability**

CAMP DATE / YEAR _____

I hereby consent that I, _____, may participate in the Sierra Hospice Bereavement Retreat activities as listed in the attached Camp Big HUG program outline, and I hereby execute the Agreement, Waiver, and Release of Liability. I state that I am physically able to participate in all said activities.

I hereby release Sierra Hospice and its directors, officers, employees, volunteers, and agents from all liability for any act of negligence or wants of ordinary care on the part of Sierra Hospice or any of its agents. In consideration of my participation in events organized or sponsored by Sierra Hospice, I waive, release, and discharge Sierra Hospice and its directors, officers, employees, volunteers, agents, members, their representatives, heirs, executors, and assigns from any and all claims of liability for injury or damage to myself or my property arising out of my participation. This agreement is binding on my executors, heirs, and assigns.

I agree that I will defend, indemnify, and hold harmless Sierra Hospice and its directors, officers, employees, members, and agents against all claims, demands, and causes of action including court costs and actual attorney fees arising from any proceeding or lawsuit brought by or prosecuted for my benefit in which this release is upheld.

Sierra Hospice and its directors, officers, employees, volunteers, members, or agents shall not be liable for any damages which may occur from any cause or as a result of fire, theft, running away, state of health, or injury to person or property.

I, the undersigned participate in consideration of my participation in the Sierra Hospice's Camp BIG HUG, an adult bereavement retreat, agree that the terms and conditions of the Agreement, Waiver, and Release of Liability shall be binding as to death or injury or property damage to myself arising out of my participation in camp activities.

I acknowledge that I have read this Agreement, Waiver, and Release of Liability and know and understand its contents.

Signature _____ Date _____



CAMP BIG HUG PERMISSION TO PHOTOGRAPH

I give my permission to be photographed at Camp BIG HUG.

I give permission for my pictures / slides to be used for future camp promotion and education.

Signature _____ Date _____

CAMP HUG SUPPLIES YOU NEED TO BRING

The retreat will **start at 9:00 am** and go until around **5:00 pm**, please try and be on time. Staff will be arriving a little earlier so if you do arrive early we will be there to greet you.

PLEASE KEEP THIS PAGE - DO NOT RETURN IT WITH YOUR PAPERWORK. IT IS ESSENTIAL THAT YOU ARRIVE AND DEPART CAMP BIG HUG AT THE SCHEDULED TIMES IN ORDER FOR YOU TO RECEIVE MAXIMUM BENEFIT FROM THIS RETREAT EXPERIENCE.

SUGGESTED CLOTHING: It can be very warm in the afternoon and very cool in the mornings and evenings so bring clothing suitable for both temperatures.

- ✓ Sweater, sweatshirt, or warm jacket
- ✓ Walking Shoes
- ✓ Hat (especially those sun sensitive)

PLEASE NOTE: WE ASK THAT YOU DO NOT BRING iPods, TABLETS, ETC., AS IT DETRACTS FROM THE FOCUS OF THE RETREAT. IF YOU ARE ALREADY KEEPING A JOURNAL YOU MAY WANT TO BRING IT WITH YOU, JOURNALING IS ENCOURAGED. CELL PHONE SERVICE IS NOT ALWAYS AVAILABLE IN THIS AREA.

IMPORTANT: EACH PARTICIPANT NEEDS TO BRING A SMALL ITEM OR MOMENTO THAT IS SPECIAL TO THE MEMORY OF YOUR LOVED ONE. THIS COULD BE A PICTURE OR SOMETHING THEY GAVE YOU THAT IS A SPECIAL TREASURE.

Driving Directions: Lassen Meadow Ranch 370 Forest Service Rd Chester, CA 96020

**7.7 mi. Hwy 36/Main St Chester
(Holiday Market) 271 Main St. Chester**

1. Head northeast on Main St. 0.3 mi
2. Turn left onto Feather River Dr. 0.7 mi
3. Turn right onto Juniper Lake Rd 5.4 mi
4. Turn left toward at Boy Scout Camp Sign 0.4 mi
5. Stay straight (low small green sign: Lassen Meadow Ranch) 0.9 mi
(Intersection Sign reads: Boy Scout camp > 1 mi. / High Bridge < 5 mi.)
Follow road straight down to Lassen Meadow Ranch

**7.4 mi. Hwy 36 coming from Susanville, CA
(The Coffee Station) 192 Main St Chester**

1. Head northeast on Main St 26 ft.
2. Stay to the right onto Feather River Dr 0.7 mi
3. Turn right onto Juniper Lake Rd 5.4 mi
4. Turn left at Boy Scout Camp Sign 0.4 mi
5. Stay straight (low small green sign: Lassen Meadow Ranch) 0.9 mi
(Intersection Sign reads: Boy Scout camp > 1 mi. / High Bridge < 5 mi.)
Follow road straight down to Lassen Meadow Ranch