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# • Living Longer & Loving It •

## Decision Spawns Five Years of Service to Gravely Ill

By Jennifer Wake



George Bruns, Jr., 90, looks over pictures of Bruns House 5th Anniversary Celebration with Hospice of the East Bay CEO Cindy Hatton, RN, MSN Photo Jennifer Wake

When Lafayette resident George Bruns, Jr., sat across from then Hospice of the East Bay CEO Cindy Siljstrom at a dinner table over five years ago, he had no idea how many people would be touched by his decision to fund the first free-standing adult hospice facility in the East Bay.

"Cindy and I were at dinner and she brought up having a facility down in Alamo," Bruns said. "I had always been interested in hospice. I used to read a lot about it, and it always stayed in my mind. It seemed like a good

idea."

Brun's House opened in 2004 and provides 24-hour medical care to approximately six acutely ill patients at a time in comfortable, medically appropriate, private rooms, while offering families a relaxed atmosphere where they can interact with their loved-ones with unlimited visiting hours.

Since the facility opened, more than 1,500 patients have benefited from Bruns House services, including pain relief and symptom management by qualified nurses and physicians, as well as medications and equipment related to the patient's illness, and transportation and meals according to the wishes of the patients.

Current Hospice of the East Bay CEO Cindy Hatton, R.N., M.S.N. describes the facility as "the ICU of hospice."

"When we bring [patients]

into Bruns House, families can be a family. A wife can be a wife, a daughter, a daughter. It gives people that last bit of time left to give quality time to their loved ones."

While medical symptoms are addressed, the facility is "very much a home," Bruns said. "People come and prepare meals, walk in the gardens . . . it's home."

The facility was dedicated to Bruns' son, Air Force Lieutenant George Bruns III, who was killed in an automobile accident in 1967 at the age of 24.

"He was killed on his way home from Long Island, New York as he drove back to Wright Field in Ohio, hurrying back to see his girlfriend," Bruns said. "That's how it always is: A boy rushing home to see his girl."

Brun's started the Lieutenant G.H. Bruns III Foundation after his son passed away.

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## Moraga Movers Get Help to Buy a Van



Photo Sophie Braccini

On July 16, Joan Bruzzone (L) gave George Fisher (R), President of the Moraga Movers, a \$4,000 contribution toward the van that this senior group wants to buy for the Town of Moraga and which could be used for several purposes including the Movers many excursions. "I want to help people that help themselves, like the Movers," says Bruzzone, "there are more and more older residents like me who enjoy being driven rather than taking their own cars." A very thankful Fisher added that now the Movers have collected 70% of the cost of the used 15-passenger van they want to acquire: "Checks are coming in everyday," he said, "our goal will certainly be met soon."

S. Braccini

## Senior Needs Assessment Study Findings Announced

The current offerings are not sufficient, the study found.

The second area of concern for participants was the low availability of moderately priced housing. Currently there is only one senior housing development in Lafayette and it is designated for low-income seniors. Respondents indicated that they would like to see a centrally located senior housing community that would make it easier for them to stay in Lafayette as they age.

Finally, seniors also stressed the need for a centrally located senior center.

While the vast majority did know about the existing senior center, they claimed that it was too remote to be fully utilized. The old library was often suggested as a possible location for a new senior center. They also expressed a desire for the new center to be integrated into other community facilities. Essentially, they do not want for it to be a "seniors only" center.

"I was surprised to find that the seniors wanted something that was not just for seniors. I think that a multi-generational facility will be

... continued from page 1

better for everyone," said Council Member Brandt Andersson.

Other council members reacted in similar ways to the results of the study. They found the data obtained to be interesting and helpful for future decisions. They all stressed the importance of making it possible for Lafayette's aging residents to live in their homes for as long as possible.

"We want for everyone to be able to live in their homes for as long as possible. I certainly don't ever want to have to leave mine," said Council Member Carol Federighi.

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## Not to be missed

**Senior Services events- Lafayette Senior Services** has instituted a membership and event fee schedule so that our city can continue to provide you with the quality programs that you have become used to. Annual Membership fee: \$10 per person. General Event fee: Members

\$1, Non-Member \$3; Special Concerts fee: Members \$3, Non-Members \$5; Ongoing Caregiver Support Group: Members no charge, Non-members \$3.  
For info call (925)284-5050.  
**On Going Programs:**  
Embracing Aging with Story and Movement- Every other Thursday, 1:00 -2:30 PM, 7/30  
Positive Living Forum- On the second Thursday of each month, 10:30 - noon, 8/13, 9/10  
Bi-Monthly Caregiver Support Group, Mondays, 7/27, 1:30-2:30 PM  
Tea Dancing with Karen and Michael, every Wednesday, 12:30-3:00 PM, No Tea Dance 7/29  
Anne Randolph Workshops: Art of Balance, learn exercises to improve your balance Fri: 6/26, 11:30AM - 12:30 PM,  
Preventing Falls, Fri: 7/24, 11:30 AM - 12:30 PM, Sequoia Room, Free Blood Pressure Screening - John Muir Senior Services. Fri 7/24 At 12:30 PM, No appointments are required.  
Free Memory Screening (by appointment) - by Caring Solutions. Fri 7/24. Call (925) 284-5050 Appointments at 12:30, 12:50, & 1:10 PM.

**Concert, Friday July 24, 1:30 - 2:30 PM.** Join us again for a special Friday afternoon concert featuring accomplished musicians baritone Bob Steiner and pianist Martha Wasley. The music will feature not only the song compositions of 19th century Austrian composer Franz Schubert but extend through the romantic Broadway '40's song standards of Jerome Kern (Ol' Man River, All the Things You Are.) Light refreshments are offered. We are grateful to the folks at Byron Park Retirement Community for their support. To sign up, call Lafayette Senior Services at 284-5050. LCC, 500 Saint Mary's Rd, Lafayette. \$3 Members/\$5 Non-Members.

**Widowed Person's Support Meetings.** Saturdays from 10 a.m. to Noon at St. Stephen's Church, 66 St. Stephens Drive, Orinda: September 12, 19, 26, October 3, 10 and 17, 2009. Meetings are informal discussions among the participants of the emotional and practical needs and concerns of the bereaving person. All widowed persons are welcome. For questions call (925) 932-3448.