



Comfort Homesake

Compassionate healthcare planning until every family is prepared...

www.comforthomesake.com

"Go back and take care of yourself. Your body needs you, your feelings need you, your perceptions need you. Your suffering needs you to acknowledge it. Go home and be there for all these things."

Thich Nhat Hanh

UPCOMING EVENT
Soul Journey Workshop - Casa Ubuntu Eastmont Town Center
7200 Bancroft Blvd. Oakland
1pm-3pm Feb 4
10am-12pm Feb 5
1pm -3pm Feb 7
FREE REGISTRATION CALL 510-735-0864

LEGISLATIVE SPOTLIGHT
Opioid Prescribing AB2760
high risk patients must be offered naloxone, hydrochloride or other federally approved drug for the complete or partial reversal of opioid overdose.

TEACHING RESOURCES
SB 294 Hospice and Palliative Care Pilot Program Mandatory Annual Reporting. Licensed hospice providers to provide palliative

WELCOME



My Options is the brand name of Timeless Palliative Care Collective, the 1st Licensed Cannabis business in the City of Isleton, CA

100% High Potency Cannabis CBD, THC, and Hybrid Oils, Topical and Vape pens

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care to patients with a serious illness regardless of the individuals estimated length of life. Pilot sunsets
Jan 1, 2022

MONTHLY INSPIRATION

Comfort Homesake received an email that read " I am a junior student, majoring in Philosophy and Religion. In my classes, I notice that there is a lack of discussion focused on the phenomenon of death.

How do we begin the process of learning to die with dignity? How do we undo the built-up emotions that block us from accepting our mortality? How do we communicate our last words and needs?

Coming across this program is like seeing a rainbow at the end of a deafening storm. The work is not a road traveled by many. I am in admiration towards your cause.

Holidays are just the best time of year! Time when we look across the dining room table and see who has gathered or share a beverage during a game. Making time to recognize and appreciate loved ones is what matters most.

Caregivers of America take the time out to breathe deeply and focus on what you must do to stay healthy is an important strategy to help you sail through the holidays and 2019 while handing out comfort, goodness and cheer.

Happy New Year Everyone !
WE SALUTE CAREGIVERS

FEATURED ARTICLE

Comfort Homesake Welcomes
Contributors email your article to:
info@comforthomesake.com



Today, the means for nationalistic expression rests mainly with the public. It is the public sector who spearhead a protest for government that reflects the will of the people. The recent elections and subsequent attempt to change laws and policies to give expression to the long pent up wishes of submerged radical legislators, proponents of racist ideas and exclusion go against American values of fair play. Differences do exist, but they would not be insurmountable if there were a climate that encouraged unity. We do not accept the evaluation that there is no alternative to the current presentation of our national heritage. Each day in our own way we give voice to our beliefs.

Comfort Homemake's No One Dies Alone Program is a volunteer program that provides reassuring presence of a volunteer companion to seniors who

would otherwise be alone. Our vigil companions help provide patients with that most valuable of human gifts: a dignified death.

[Support Our Community](#)

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