

Greater Sacramento Home Health and Hospice Awarded Historic Lotus Recognition™ for Advancing Caring Science

FOR IMMEDIATE RELEASE

DEERFIELD BEACH, FL – November 2025 – The **Watson Caring Science Institute (WCSI)** proudly recognizes **Greater Sacramento Home Health and Hospice** with the esteemed **Lotus Recognition™**, under the leadership of **Jennifer Bernardo, RN, MN**. This historic honor marks the first time in WCSI's history that a Home Health and Hospice team has been awarded the **Lotus Recognition™**, underscoring the team's pioneering role in bringing Caring Science to patients and families in the home setting.

This honor reflects the team's extraordinary integration of Caring Science into daily practice, made possible through the **CaritasHeart™** education program. Rooted in **Dr. Jean Watson's** Theory of Human Caring Science, **CaritasHeart™** helps clinicians cultivate presence, compassion, and connection—beginning with caring for themselves so that they may more fully care for others.



KP Northern California – Greater Sacramento Home Health & Hospice Quality Team 2025 Lotus Award Recognition

*“I’m so proud of what we’ve accomplished together. Being honored with the **LOTUS Award for Caring Science** reflects the dedication, flexibility, and courage each of you showed throughout this journey.”* said O. Milano, RN Quality Coordinator.

From bedside caregivers to intake staff, participants described the program as **transformational**. Clinicians shared how the interactive activities, peer engagement, and reflective practices gave them new ways to center themselves. Leaders reported a visible renewal of purpose, with teams feeling more grounded, connected, and empowered to bring authentic presence to patients and families at life’s most tender moments.



KP Northern California Quality Team

“I just wanted to send my heartfelt appreciation for the Caring Science class that I got to encounter.” said **Aliya Goedig, BSN, RN, PHN Clinical Supervisor**. *“My clinicians were pleasantly surprised to find that we were investing in their physical and mental well-being. It was engaging and meaningful and I can’t wait to do this again as a refresher. “*

By earning the Lotus Recognition™, Greater Sacramento Home Health and Hospice demonstrates that **Caring Science transcends care settings**. Whether in a patient's home, through hospice support, or in daily collaboration among staff, the Caritas principles remain a guiding force—reminding us that compassion and human connection are at the core of meaningful healthcare.

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About Greater Sacramento Home Health and Hospice

Kaiser Permanente values the beliefs and heritages of those we serve. We offer our patients and their families help, comfort, and peace in the last stage of life.

- We place the patient at the center of care.
- We help the patient make the most of the remaining weeks and months of life.
- We care for both the patient and family.
- We work closely with the patient, family, and caregivers to provide comfort measures for pain and symptom control, as well as emotional and spiritual support.

Learn more at <https://hospice-ncal.kaiserpermanente.org>

About Watson Caring Science Institute

The Watson Caring Science Institute (WCSI) is an international nonprofit dedicated to advancing the philosophy, science, and practice of human caring, developed by Dr. Jean Watson. Through research, education, and global partnerships, WCSI helps healthcare organizations foster cultures of compassion, dignity, and healing.

Learn more at www.watsoncaringscience.org.