

SEASONS GREETINGS

– A PUBLICATION OF SEASONS HOSPICE –

SEASONS  HOSPICE

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SEASONS HOSPICE

Provides individualized, comprehensive and compassionate care for the dying, their loved ones and others who have experienced loss.

– SEASONS HOSPICE –

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SEASONS  HOSPICE

Adding Quality of Life to Each Day

HOSPICE HELPS PATIENTS AND FAMILIES FOCUS ON LIVING

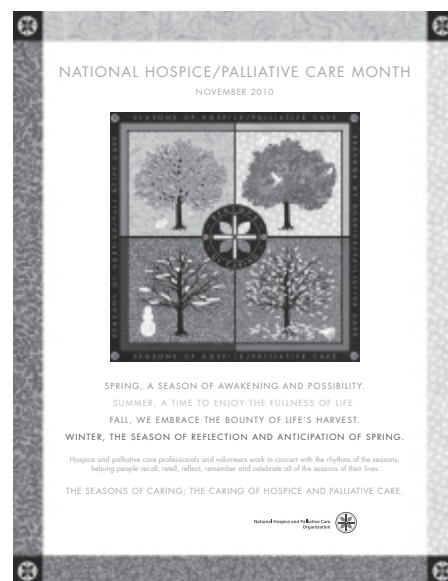
November is National Hospice/Palliative Care Month. It is a time for raising awareness about the compassionate care that hospice provides to patients and families coping with life-limiting illness. One of the most important things that people need to learn is that hospice helps patients and families focus on living.

Many people mistakenly think that hospice is a place you go when there's nothing left to be done to treat an illness. That couldn't be farther from the truth. For over 13 years, Seasons Hospice has strived to improve the quality of life for people facing a life-limiting illness as well as their family caregivers.

We do this through a team of dedicated and highly skilled professionals ranging from Physicians, RN's, LPNs, Social Workers, Chaplain, Music Therapist, Massage Therapist, Bereavement Staff and Volunteers who receive extensive training to work with patients and the bereaved. Hospice care takes place wherever the patient calls home – whether it is a private residence, nursing home, assisted living facility, group home or our Hospice House in rural southwest Rochester. The hospice team provides expert medical care to keep patients comfortable while answering questions, offering advice on what to expect, and helping families with the duties of being a caregiver and beginning the very difficult task of saying goodbye to someone they love so much. The team also

provides emotional and spiritual support for the entire family.

Research from the National Hospice and Palliative Care Organization has found that families report a better quality of life for a loved one who received hospice care. There is additional research that shows that hospice and palliative care may prolong the lives of some people who receive care. With the help of hospice, patients and families alike can focus on what's most important, with the goal of adding quality of life to each day that remains. While November is National Hospice/Palliative Care Month, this vital message lasts well beyond the month of November and is important year-round. -SG-



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PLEASE NOTE:

Visit our website at www.seasonshospice.org to view our video, learn about Seasons Hospice programs, employment or volunteer opportunities, request a speaker through our Speakers Bureau and more.

FACES OF HOSPICE: An Amazing Woman

This is a moving account told by Dan Kutzke, of his wife Denise's indomitable spirit in the face of a rare cancer diagnosis and their subsequent journey with Seasons Hospice.



She was described by friends as feisty, spirited, spunky and determined. She was loyal, committed and cared for both her family and her students. Denise Kutzke was loved by many, but no one cared for her more than her family.

Denise and I were married for almost 25 years; a time of growth, challenge, achievement and faith. We met in college and were proud of our five children. She began her career as a teacher, then followed her father's footsteps into school administration as the Principal at St. John the Evangelist Catholic School. I remember her being asked by a friend, "How do you do it - full time job, raise five kids, husband and still get to most of the sporting events?" Basketball and soccer - she was our kids greatest fan! This is a great way to describe Denise - tireless and determined. We were a great team!

In late November 2002, we returned home after Thanksgiving. Denise was tackling the long awaited project of painting the laundry room. She felt a sharp pain in her ribs, followed by a trip to the emergency room. X-rays

showed four dark masses of a suspicious nature in her lungs. Further tests determined that it was leiomyosarcoma, a rare aggressive type of cancer. It had spread from her uterus, to her kidney, to her lungs - a grim prognosis. After initial surgery, chemo began in January. We settled into the "new normal." She would time her treatments so that she would be sick on the weekends, so as to not miss work. We adjusted at home, taking turns with the housework and fixing meals. Everyone rose to the occasion to help with the fight. At first the treatments kept the cancer at bay, but after a year, a different approach was needed. Radiation followed by more chemo, but at this point the cancer began to take over in her lungs. In the fall of 2004, she reduced her hours to half-time to conserve her energy.

I was always amazed at her humor in her fight against the cancer. She would tell people that she would keep her wig fresh, "Just Febreeze it and then stick it back on your head!" While she saw that her illness was gaining on her, there was no quitting. Many of her co-workers were inspired by her dedication, courage and infectious enthusiasm. At the end of April, she put in 30 hours at work; I was told later that some thought she was going to be back full-time soon.

In May 2005, her doctors told us that the disease had spread to a point where treatments were no longer ef-



“Seasons Hospice made my task of leading my family forward to the future much easier, and we all learned and benefited from the care we received. I am forever grateful!”

DAN KUTZKE

fective and told us to consider hospice. Seasons Hospice was recommended to us and we had their nurses come to our house to visit. I was immediately impressed by their professionalism and their frankness concerning Denise's condition. They made arrangements for oxygen and a wheelchair, and explained to us the different levels of care, either inpatient or outpatient. They educated us about the value of hospice care and answered our questions. Denise made a decision that would soon be of major help to our children. She chose not to die at home, but rather to go to the hospice house as the end came near. The nurse told us that the time was closer than we expected; they felt that she would need to come within the next couple of weeks.

I can only describe our ten days at Seasons Hospice as a beautiful experience. The staff was skilled and thoughtful, always keeping Denise's care and comfort as the highest priority. The setting was relaxing for her; she loved the birds and wild turkeys that were outside her window. I remember thinking that I would have struggled greatly with her at home. I would not have had a clue how to care for her. Our children could spend as much time as they needed, but could go home at night to try to escape the grief and keep some semblance of their lives going. Staff members provided confidence, stability and safety at a very tender time. We were in God's

hands. Denise died on May 31, 2005 in dignity and not giving up to the end.

But that was not the end for us with Seasons Hospice. I was invited to follow-up sessions over the ensuing months. I found the group of middle-age men whose wives had died to be the most helpful. I recall Tim Hansen coming to one of the meetings. I considered him a "success story," as he had found a new companion in life and had remarried. We healed and moved ahead in life, forever changed, never forgetting.

I wish to again thank Seasons Hospice for the care they showed to my family at a time of tremendous grief and difficulty. My children were more easily able to cope with Denise's death, seeing her in the caring hands of the hospice house. Finally, Denise knew that it was a special place that would hold cherished memories for her family, but would not be a daily reminder of her death, had she passed away at home. Seasons Hospice made my task of leading my family forward to the future much easier, and we all learned and benefited from the care we received. I am forever grateful! -SG-

written by: Dan Kutzke

pictured: Denise Kutzke
The Kutzke Family

Give to the Max Day – November 16

Please mark your calendar now for **November 16** to make a special donation to Seasons Hospice during “Give to the Max Day” through GiveMN. GiveMN debuted last fall as the first-of-its-kind giving website and sponsors “Give to the Max Day.” During this day last year, 38,778 donors across Minnesota contributed over \$14 million to 3,434 Minnesota nonprofit organizations. Many philanthropic partners across the state collaborated with GiveMN to ultimately transform philanthropy in Minnesota by growing overall giving through online donations.

We would like to put Seasons Hospice on the “Give to the Max Day” map this year! All you have to do is visit www.givemn.org from **midnight November 16 until midnight November 17**. At the top of givemn.org home page, click donate. Type in Seasons Hospice (be sure Minnesota is the state!), and once located, click the donate button, type in the amount of your gift and follow the prompts. It is that easy!

Several special incentives are being offered this year to encourage nonprofit and donor participation in Give to the Max Day, including:

- A \$20,000 and \$10,000 prize grant will be awarded to the top two nonprofits in the Twin Cities and the top two nonprofits in greater Minnesota that attract the largest number of individual donors on Give to the Max Day.
- Throughout the event, an individual donor will be randomly chosen every hour to have an additional \$1,000 given to the charity that received the donor’s original donation.
- Donors will have the opportunity to double their dollars for hundreds of featured nonprofits that have secured matching funds for Give to the Max Day.

We are excited to announce that Think Mutual Bank is offering a matching grant so that every dollar that is donated to Seasons Hospice through GiveMN.org will be matched by Think up to \$3,000!



Vicki De Boer Wins NHPCO Award

Seasons Hospice volunteer Vicki De Boer was recently awarded an Honorable Mention in the Nature/Abstract category, for her photograph entitled “Pink Water Lily,” which was submitted to the National Hospice and Palliative Care Organization’s (NHPCO) Photography and Writing contest. The water lily photograph was taken this past summer at the pond located on the grounds of the Seasons Hospice House in rural southwest Rochester. There were over 350 entries in all the combined categories.



The winning photographs were presented at the NHPCO’s Clinical Team Conference in Atlanta on September 14. Contest winners will also be listed in the December 2010 issue of the NHPCO member newsletter, NewsLine. Her photo can be viewed online by visiting www.nhpc.org/awards.

Vicki De Boer has donated numerous photographs to Seasons Hospice over the years, many of which have been incorporated into greeting and bereavement cards for patients and family members. Congratulations to Vicki on this impressive award! Seasons is fortunate to be the beneficiary of her creative talents.

reflections

CENTER FOR GRIEF EDUCATION & SUPPORT

SEASONS HOSPICE

1. Survival Tips for Handling the Holidays

Book Review:
Surviving Holidays, Birthdays & Anniversaries: A Guide for Grieving During Special Occasions

2. Article: *Helping Grieving Children Through The Holidays*

3. Tree of Memories Memories of the Heart

4. Calendar of Events

SURVIVAL TIPS FOR HANDLING THE HOLIDAYS

By Laura Petherbridge

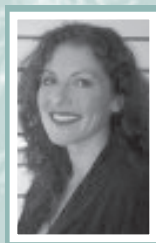
For those experiencing a loss, October through December can be excruciatingly painful months. Death, separation, divorce, illness, family trauma, job loss or moving to a new location result in great losses that make the holidays difficult.

Therefore, here are a few practical tips:

- PREPARE – The ambush of emotions can attack at any time; prepare beforehand.
- ACCEPT the difficulty of this time of year and your loss. Remind yourself that it's a season and it will pass.
- SOCIALIZE – Don't hibernate. Insecure feelings may tempt you to isolate, but force yourself to go out even if it's only for a short time.
- LOWER your expectations – Movies and songs paint an unrealistic picture of the holidays.
- DON'T ANESTHETIZE the pain with drugs or alcohol – Numbing emotional distress with chemicals creates more sadness.
- TRIMMING – If old ornaments or trimmings cause too much pain, don't hang them this year. Put them aside for another time.
- GET UP AND MOVE – Take care of your physical well-being. Healthy foods will give you strength, fattening and sugar-filled foods can worsen your sadness. Exercise produces natural stress reducers.
- SHOP online if going to the mall is too stressful.
- COPING STRATEGY – Have the phone number of your counselor, pastor, church, close friend, or hotline already taped to your phone. Make the commitment to call someone if negative thoughts get fierce.
- LIGHT – Get some sunshine. Winter can take its toll on your emotions by the loss of sun you experience.
- INVITE a new friend to see a movie, have dinner or help decorate the house.
- SET BOUNDARIES – Precisely explain to your family and friends what you are capable of doing this year, and what you aren't. Don't let others guilt you into taking on more than you can handle.
- REACH OTHERS by discovering people who might be alone during the holidays.

BOOK REVIEW *Surviving Holidays, Birthdays & Anniversaries: A Guide for Grieving During Special Occasions*

reviewed by Midwest Book Review (Oregon, WI)



Author: Brook Noel
Pages: 64 Pages
Paperback: Published in May, 2004
Publisher: Sourcebooks, Inc.

Surviving Holidays, Birthdays & Anniversaries: A Guide for Grieving During Special Occasions is a simple bereavement guide that especially focuses on coping with the particular challenges brought by special occasions. Holidays are normally a time of good cheer and laughter, but those experiencing the loss of a loved one is beset by the opposite of these emotions, often at a magnified effect. Chapters offer advice on what to expect in plain and simple terms, such as learning to avoid additional stressors during the holiday season, never try to outspend grief, shop online, don't hide from life, beware of self-medicating, and more. Suggested strategies for coping include taking a moment of silence when needed, freewriting, taking a time out, specific exercises to calm oneself, and more. A strongly recommended guide for anyone struggling with memories of a loved one at difficult times.

HELPING GRIEVING CHILDREN THROUGH THE HOLIDAYS

By: Jodi Rule-Rouse and Linda Ranson Jacobs

Adults play an important role in helping children grieve, especially over the holidays when new emotions and memories can hit with full force. Children often have trouble expressing their emotions, and when they see their parents hurting, they naturally want to protect their parents, so the children may

not be open about their own grief. Close family friends and even other relatives can step in and assist the parent in helping the children grieve. The following are tips that a parent or another adult can use to help grieving children through the holidays.

Conversations and connections... Talk with them about their loved one. Be specific with good memories. Let children share their feelings and stories. Children may not always have the correct details. Talk about anything and everything. Keep the communication lines open by spending one-on-one time with a child who is grieving. This is especially important as you and the child remember your loved one's favorite holiday activities.

Communicate... when discussing the death, explain to the children in simple terms that the person's body has quit working. Use the words "death" and "died" with the children. Steer clear of phrases such as "went to sleep". Since children are literal thinkers, they may be afraid to go to sleep.

Contact... Appropriate hugs and kisses are a great way to stay in contact. Ask them how they would like to be greeted (e.g., touching elbows, shoulders, the head or giving a high five). Respect their rights not to be touched also.

Clown around... Children need to take breaks in their grieving. In other words, they will not grieve continuously, every day, all day long. Let them laugh and kid around. It's okay to laugh. Laughter releases good endorphins in the brain.

Create... Let them draw, color, paint or construct their world through blocks and other manipulative items. Make an ornament or collage. What does my life look like? Who is in it? Who is not?

Carry... Let them have a photo or small memento to carry with them. It helps them feel close. During the holidays, allow the children to keep pictures of their loved one from past holidays. Visit about how the holidays will be different but also how some traditions will be the same. Allow the children to have a loved one's shirt or other article of clothing to sleep in. You can even spray the item with perfume or aftershave that smells like their loved one.

Cope... Let them journal. It could be in the form of a letter, a daily meditation or in a book form. (It's like peeling an onion and getting to the core, their heart.)

Change... Allow the children to help make decisions about day-to-day living and holiday plans. The children may feel they have more control of the situation when they can help make decisions. Change is okay.

Remember the family is the center of your children's world. They need stability.

SEASONS HOSPICE TREE OF MEMORIES AT THE SHOPS AT UNIVERSITY SQUARE

Seasons Hospice wishes to thank The Shops at University Square and Wells Fargo Bank for generously sponsoring the second annual "Tree of Memories at the Shops at University Square." The tree will be located on the first level of the Shops at University Square by Sopra Sotto, beginning Friday, November 26 through Friday, December 24. Beautiful, leaf-shaped pewter ornaments will be available to personalize with the name of your loved one and display on the tree. Seasons Hospice volunteers will staff a table daily, 11:30 a.m. to 1:00 p.m., through Christmas Eve Day, where we will once again be selling "Renewing Hope" holiday ornaments for \$15 each. All proceeds will support the Seasons Hospice Center for Grief Education and Support.

There is no cost to participate in the Tree of Memories at the Shops at University Square, but free-will donations will be gratefully accepted.

reflections

CENTER FOR GRIEF EDUCATION & SUPPORT

TREE OF MEMORIES

You and your family are invited to join us for the Seasons Hospice annual lighting of the "Tree of Memories" on the evening of Tuesday, December 7th at 6:15 p.m. The tree is located within "A Place to Remember" at Van Hook Park, at the intersection of 6th Avenue SW and George Gibbs Drive, adjacent to Soldier's Field Park. Once illuminated, the tree will remain lit through January 7th, providing the community with a place to share memories and honor loved ones.

"A Place to Remember" is available year round with gardens and seating among tall evergreens. Words of support are on display within the area. This space can offer a place to cherish and celebrate all that our loved ones were and still are to us. Explore and experience the comfort and peace of this special place.

If you would like to make a contribution to help sustain this community memorial, please contact Seasons Hospice at 285-1930 or shbp@seasonshospice.org.



MEMORIES OF THE HEART *A Time to Remember Loved Ones Who Have Died*

"Memories of the Heart" will be held Tuesday, December 7th at Christ United Methodist Church at 7:00 p.m. For the past fifteen years, Seasons Hospice has provided this special way to remember loved ones who have died. The service includes candle lighting, music, reflection, and the reading of names of those loved ones being remembered.

Please join us for this event which is open to all who wish to remember someone. You may bring a photo to place on a memory board. A reception of fellowship and support will be held following the service.

Please return the request form below by Friday, November 26th. For more information, contact the Seasons Hospice office at 507/285-1930 or e-mail shbp@seasonshospice.org

(cut here)

– "Memories of the Heart" – Seasons Hospice Fifteenth Annual Community Memorial Service

Please return this request with your loved one's name(s) by noon Friday, November 26, 2010 to Seasons Hospice. If you wish to make a tax-deductible donation in memory of your loved one, please make your check payable to Seasons Hospice. Your gift will be gratefully accepted to further our hospice mission.

YOUR NAME: _____

IN MEMORY OF: _____

ADDRESS: _____

(This/these name(s) will be read at Memories of the Heart)

PHONE: _____

Seasons Hospice
1811 Greenview Place SW, Rochester, MN 55902
507-285-1930

CALENDAR OF EVENTS

ON-GOING

Newly Bereaved Programs

First Monday of every month: 6:30 – 8:30 p.m.
Third Monday of every month: 12:00 – 2:00 p.m.
Seasons Hospice Office, 1811 Greenview Place SW,
Suite 110, Rochester

Coffee Get Together

First Monday of every month: 1:00 – 2:00 p.m.
Second & fourth Wednesdays of every month:
9:00 – 10:00 a.m.
Seasons Hospice House, 5630 Weatherhill Drive SW,
Rochester

First Thursday of every month: 9:00 – 10:00 a.m.
Chosen Valley Care Center in Chatfield

Third Thursday of every month: 6:30 – 7:30 p.m.
Seasons Hospice Office, 1811 Greenview Place SW,
Suite 110, Rochester

Family Gathering

Second Sunday of every month: 3:00 – 4:30 p.m.
Seasons Hospice Office, 1811 Greenview Place SW,
Suite 110, Rochester

DECEMBER

Memories of the Heart

Tuesday, December 7th – 7:00 p.m.
Christ United Methodist Church, Rochester

JANUARY

Winter Adult Grief Group


Tuesdays, January 4 – February 22: 6:30 – 8:30 p.m.
Seasons Hospice Office, 1811 Greenview Place SW,
Suite 110, Rochester

MARCH

New Journey: Re-building your life

Thursdays, March 3 – March 24: 6:30 – 8:30 p.m.
Seasons Hospice Office, 1811 Greenview Place SW,
Suite 110, Rochester

This represents a partial list of community-wide offerings



“Grief is not a problem to be cured.
It is simply a statement
that you have loved someone.”

~Anonymous

A CARETAKER AT HEART: *A Day in the Life of Amy Myhrvold*



Amy Myhrvold's path to Seasons Hospice as one of its four licensed social workers was a most unique one. You see, Amy served in the United States Navy and Naval Reserves for twelve years before deciding to pursue a degree in social work. While on active duty, she was stationed in Scotland on a submarine tender, and then spent time at the naval base in Charleston, South Carolina.

A quest for adventure led her to the Navy, but her heart's desire always was to be an advocate for others, particularly the elderly. "I grew up in a family of caretakers," Amy said. "I spent a lot of time when I was young at the nursing home in Stewartville. I also spent time with my great aunts Tena and Stina, as well as my grandparents."

After receiving her degree in social work in 2002, Amy worked as a social worker at Samaritan Bethany Heights for five years. It was there that she first became acquainted with Seasons Hospice since Seasons has hospice patients who reside at Samaritan Bethany. "I remember being very impressed with the Seasons Hospice staff that cared for Samaritan Bethany patients. I was well aware of Seasons' excellent reputation."

And so, it was a natural transition for Amy to move to Seasons Hospice when a position opened for a social worker. "I saw working for Seasons as a great opportunity. I liked the fact that it was a community centered, non-profit organization." Making a difference in the lives of the patients and their families is one of the most gratifying aspects of Amy's work at Seasons Hospice. "Many times when families first come onto our program, they don't know who to turn to or what to do," she noted. "When we are able to relieve the burden for families and patients by helping them, and I see the look of relief on their faces, that's rewarding."

Sometimes making a difference comes in the form of facilitating a difficult conversation between the patient and family members or broaching an uncomfortable subject with loved ones that needs to be raised. Amy's recent loss of her own mother has given her a new perspective that has enriched her work as a social worker. "I am able to relate to family members on a much more personal level now, having experienced the loss of my own mother," she said.

First and foremost, Amy sees her role as the patient's advocate. Occasionally, the wishes of the patient are not the same as the family's wishes, which can create a challenging situation. "My job is to respect the needs of the patient while supporting the family," she explained. When this occurs, the ultimate goal is to bridge the gap between the patient and family.

Amy enjoys the holistic, interdisciplinary approach of hospice which provides a wide variety of care options. "I love it when a patient can realize the full spectrum of services that Seasons Hospice offers." Working with a team of colleagues who all share the same value of keeping the rights of the patient at the forefront is especially rewarding. "I feel good about working here with such a wonderful group of people," added Amy.

Help Feed the Wildlife at the House

Each year, Seasons Hospice spends up to \$4,000 from our general operating fund to feed the birds and other wildlife at the Hospice House. These daily visitors are very important to our patients, and we are seeking financial contributions to help us feed our wildlife friends.

If you would like to donate to our wildlife feed fund, please enclose your payment in the envelope found within this newsletter and return it to Seasons Hospice indicating "Wildlife Feed" on the form. Or, you may make a credit card donation online at www.seasonshospice.org/donations. On the donations page, scroll down to "General Memorials & Donations." Follow the prompts. Please write in "Wildlife Feed" in the field "I would like my gift to fund."

Our wildlife friends thank you and so do we!

– A LIVE & LOVE AFFAIR GALA –

LIVE AUCTION ITEMS

CHAUFFEURED PROGRESSIVE DINNER PARTY FOR 8
Progressive dinner party hosted by three Rochester couples. Limousine provided by Rochester Transportation Systems. The hosts for the evening are Joe and Amy Cass, Ola and Lola Famuyide and Chris and Nancy Magnotto.

CORPORATE GOLF OUTING FOR 20
Treat your business associates to a day of golf at the Rochester Golf and Country Club. Includes 18 holes of golf and carts for up to 20 people. A meeting room will be provided for any business you wish to conduct.

CUSTOM WALL MURAL FOR HOME OR OFFICE
Noted Rochester artist Greg Wimmer will paint a customized wall mural for any space of your choosing. Greg's mural work can be seen all over Rochester in private homes, businesses and many public facilities.

CATERED GREEK DINNER FOR 50
A customized three-course dinner catered for 50 catered by George Psomas of Taste Catering and hosted by Bill and Mary Bowman. Music to Go will provide up to six hours of DJ and recorded music.

SIX MONTH LEASE ON A FORD MUSTANG
Hit the road in style in a 2010 Ford Mustang convertible, courtesy of Rochester Ford and Kuehn Motors. Lease period is from April 1 through September 30, 2011.

ELLEN DEGENERES ... LIVE!
Two VIP tickets to the Ellen Degeneres show at the Warner Bros. studio in Burbank, CA. \$500 travel voucher for airfare and two nights stay at the Beverly Hill Residence Inn are included in this package.

SONOMA WINE EXTRAVAGANZA
Enjoy a three-night stay for two at the Sonoma Mission Inn & Spa. Wine tastings and tours at the Chateau St. Jean and Ravenswood Wineries. Luxury car rental certificate included as well as two round-trip coach .airline tickets from American Airlines

PUERTO VALLARTA VACATION
Relax at the beautiful "Park Royal Los Tules" resort in Puerto Vallarta, Mexico for one week. Accommodations include a villa with three bedrooms and full kitchen. The resort has 8 pools, 5 tennis courts, ½ mile of beach and other amenities.

ELEGANT FIVE-COURSE DINNER BY PESCARA
Fourteen people will be guests of Pescara at this elaborate five-course dinner with wine pairings in a private dining room at the DoubleTree Hotel. Prepared by the Pescara executive chef.

STUNNING DIAMOND PENDANT
Beautiful 18KT white gold diamond pendant with a total weight of over one carat donated by Lasker Jewelers. Valued at \$6,000.

LUXURY IN SUNNY SANIBEL
Six lucky guests will stay for one week at the luxurious three bedroom, four bath condominium owned by Bill and Mary Bowman. Located on the exclusive east end of Sanibel Island, Florida with breathtaking views of the Gulf of Mexico.

CABERNET CATERING CUSTOM DINNER FOR 10
Johnny Mangouras, local culinary chef and owner of Cabernet Catering will create magic in your home with a custom menu featuring a four-course dinner for ten people, with wines for each course provided by Victoria's Restaurant.

CREATIVE CUISINE PROGRESSIVE DINNER FOR 8
Start the evening at City Café for appetizers and cocktails. Next stop is Pazzo for soup, salad, pasta and Italian wines. Finally, head upstairs to 300 First for entrée with wine pairings followed by dessert and after dinner drinks.



The party of the year is drawing near on Saturday, November 13! Don your fanciest cocktail apparel (although gowns and tuxes are always appropriate!) and dancing shoes and plan to "wine, dine, dance, bid and party" all night long to benefit Seasons Hospice. The venue has changed to the Marriott Hotel Ballroom due to the renovation of Heritage Hall at the Kahler Grand Hotel.

Special thanks to our Winter Sponsor **Think Mutual Bank**, for their continued generous support of "A Live & Love Affair."

Festivities begin at 6:00 p.m. with champagne donated by Apollo Liquor and butlered hors d'oeuvres prepared by Marriott Chef Clinton Yocom. Jon Davis will play jazz piano during the cocktail hour while the Four Seasons Silent Auction is in full swing. Silent auction items have never been better with such fabulous items as:

- Two tickets to the Tony award winning musical "Billy Elliot" at the Orpheum Theater in downtown Minneapolis with dinner before the show at Solera Tapas Restaurant. Overnight accommodations at the Radisson Plaza Minneapolis complete the package.
- Two nights at the elegant Rittenhouse Inn overlooking Lake Superior in Bayfield, Wisconsin. Five-course gourmet

dinner included as well as a full breakfast each morning.

- Elegant Italian wine tasting for eight hosted by Bruce and Kristen Pollock. Bruce will feature premium Italian wines from the Piedmont region and Kristen will provide a sumptuous array of Italian appetizers.
- A day at the races for 12 at Canterbury Park. Includes chauffeured van by Strain Tours, catered lunch and libations, 12 admissions to the race park with programs and two reserved tables.

Check out the live auction listings – there truly is something for everyone! During the live auction, we will once again be holding our "Call to the Heart" auction for donations to support our Patient Care Fund. At last year's event, \$12,550 was raised for patients who need grants to help pay for their care at the house. Let's double that amount this year!

And finally, dance until midnight to the sounds of the ever popular Bruce A. Henry Band, making their third appearance at "A Live & Love Affair."

Make your reservations today by calling Seasons Hospice at 507-285-1930 or by visiting our website at www.seasonshospice.org and register online.

**CIRCLE OF
REMEMBRANCE
GRANITE PAVERS**

Pavers for the Circle of Remembrance Memorial are available for purchase. The black granite pavers, measuring 4"x 8"x 2," are inscribed with the name of a loved one as well as a personal sentiment, and are installed around the pond on the grounds of our Hospice House.

With each order, a complimentary mini paver is included (exact replica of the large paver). The cost is \$250 and all proceeds from the Circle of Remembrance paver project support the Seasons Hospice Center for Grief Education and Support.

You will be notified after installation occurs so you may view your paver at the Circle of Remembrance Memorial.

Please use the order form at the bottom of this page.

Ten Facts About Hospice Care You May Not Know

Hospice care brings comfort, dignity, and peace to help people with a life-limiting illness live every moment of life to the fullest. It also reaches out to provide support for the family and friends who love and care for them. The following facts may prove enlightening:

1. Hospice is not a place; it's high-quality medical care that helps the patient and family caregivers focus on comfort and quality of life.
2. Hospice is paid for by Medicare, Medicaid, most insurance plans, HMOs, and managed care plans. Fear of costs should never prevent a person from accessing hospice care.
3. Hospice serves anyone with a life-limiting illness, regardless of age or type of illness.
4. Hospice serves people of all backgrounds and traditions; the core values of hospice—allowing the patient to be with family, including spiritual and emotional support, treating pain—cut across all cultures.
5. Research has shown that the majority of Americans would prefer to be at home at the end of life's journey—hospice makes this possible for most people.
6. Hospice serves people living in nursing homes and assisted living facilities.
7. Hospice patients and families can receive care for six months or longer.
8. A person may keep his or her referring physician involved while receiving hospice care.
9. Hospice offers grief and bereavement services to family members and the community.
10. To get the most out of what hospice offers, it's better to have care for more than just a few days.

**CIRCLE OF REMEMBRANCE
— ORDER FORM —**

YES, I wish to purchase a
Commemorative Granite Paver at \$250 \$ _____
(includes one complimentary mini replica paver)

Additional Mini Replica Paver(s) = \$35 each # _____ \$ _____
TOTAL \$ _____

- If purchasing additional pavers, please indicate here if you would like them placed together.
- NO, I do not wish to purchase a paver, but I'd like to make a donation in the amount of \$ _____
- Check enclosed. Make checks payable to: **Seasons Hospice.**
- Charge to: Visa Master Card Discover
 American Express

Card # _____ Exp. _____

Signature _____

Purchaser _____

Address _____

City _____ State _____ Zip _____

Use the reverse side of this form to write your inscription. Please send completed form(s) with payment enclosed in the return envelope provided. For more information, contact **Seasons Hospice at (507) 285-1930.**

Orders will be processed and bricks engraved in batches of eight to ten. You will be notified when your paver has been installed.

If you wish to purchase more than one regular-sized paver, please make a copy of this order form for each purchase, completing both sides.

