



Seasons Greetings

A publication of Seasons Hospice

Seasons Hospice

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Spring 2008

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*Seasons Hospice
provides care
and comfort through
the end of life.*

*Care is individualized
to meet the needs of
each patient/family
unit, focusing on
comfort and stressing
human values that go
beyond physical needs.*

*Hospice adds life to
days when days can no
longer be added to life.*

The Faces of Hospice

A Love Lost...But Not Forgotten

by Charyl Melton, Seasons Hospice Volunteer and Caregiver

My son was only thirty-two years young when he was chosen to continue his love of fishing in heaven. Jeff was born into a family of many generations drawn to the water with a fishing pole in hand. I always accused his father of creating a monster; a son who fished like there were never enough moments in life to fish. Little did we know that our son would be right about that all too soon.



His journey began with a diagnosis of stage four terminal gastric cancer. The surgeon gave our son a prognosis of one year to make every moment count. My son had a long, and painful recovery period with several hospitalizations throughout the spring. Eventually he was back in his boat, and back to work; the two loves of his life. As the summer faded, and the brilliant colors of fall gave us a glimpse of one season ending as another began, our son's health was beginning to fail. On his final trip to fish those elusive, cantankerous muskies he spent the majority of his time in bed, at the cabin, rather than out on the lake in his boat. Our son knew his earthly fishing experiencing had come to an end. Eventually, the snowflakes fell, and so did our hopes for the New Year. Each passing day drew us closer to a life without our only son.

A mother wants the best for her child, which led me to make the initial call to Seasons Hospice. After alerting the professionals to our situation I felt we'd have the support system so vital to the patient and caregiver. As with so many people, my son didn't have any idea what hospice was, but he knew he'd lost control of his health so did not want to lose control of the way he wanted to die. When the admissions coordinator from Seasons Hospice spoke to our son, in his hospital room, he made the comment that he couldn't believe we were discussing his demise. Understandable with young adults who believe they have their whole life ahead of them, but cancer doesn't discriminate. My son chose to die in his home, he didn't want to suffer, and he wanted to die with dignity. I promised my son that with hospice care his final wishes could become a reality.

As the professional staff came to my son's home to provide him with his needs we quickly became like a family with one goal... to make sure my son's final requests were met. Everyone was very professional, yet comfortable around us like a favorite pair of slippers. Even the hospice volunteers sensed our needs, coming into our lives like "angels." They were there when we needed them most. Two days prior to my son's death I was summoned to his bedside. He hugged me, told me he loved me, and said, "You kept your promise." Peacefully he drifted to his earthly death.

continued on page 2

Naturally you think that once a loved one is gone the organization, which helped you in your time of need, would not be in contact with those left behind. Not so with Seasons Hospice.

They reached out to us with calls, cards, notes, and bereavement and grief support services to help us deal with our loss, and the feelings left after a loved one's death. Without their personal expertise and caring, my husband and I wouldn't be where we are today; living life to the fullest even though our son is only with us in memories. If it had not been for the Grief Support Group my husband and I would still be curled up in the fetal position engulfed in grief. The Seasons Hospice support system is offered to all those who wish to accept the helping hand extended to them. I can honestly say it can make all the difference in an entire family.

My son was always a giving person, so he gave me one final gift that will last a lifetime. His journey was the catalyst to encourage me to do something in my life that I truly loved. His illness, which led me to seek hospice care, also led me to become a volunteer with Seasons Hospice. My entire life I have been a caregiver, beginning with my twin sister as we were growing up, then my husband and children, eventually my parents, and also extended family and loved ones. My loving son gave me as much in death as he did in life. Thank you son.

Seasons Hospice Honors Volunteers During National Volunteer Week

National Volunteer Week is April 27 through May 3 and Seasons Hospice is honoring its hospice volunteers who bring compassion, support and friendship to those facing a life-limiting illness.

Hospice and palliative care volunteers bring companionship to people in the final months and weeks of life, respite to families and caregivers, and support in fundraising and administrative efforts by hospice care providers. These dedicated volunteers are integral members of the interdisciplinary team of professionals who provide care at the end of life.

The approximately 140 volunteers of Seasons provided over 8,800 hours last year helping to care for patients and families in our community. Many people become hospice volunteers after experiencing firsthand the compassionate care hospice provided to a dying loved one.

Hospice volunteers play an indispensable role in enabling Seasons to offer the best care possible to people in our community. Volunteers bring compassion, caring and love to patients and their families who are going through one of life's most difficult times. We are grateful to our volunteers during National Volunteer week and every week, and pleased that this celebration of volunteering allows us to remind everyone that hospice volunteers are angels working among us.



Enhancing Lives through Music

Our commitment to providing meaningful and beneficial programs for our patients, their families and our bereavement clients continues with the anticipated addition of a full-time board certified Music Therapist to our staff in 2008. Seasons Hospice is in the midst of an important fund drive to raise money to support this position. We anticipate expenses to be approximately \$70,000.

We are off to a great start! Think Community Foundation has generously donated up to \$7,500 in the form of a challenge grant. For every dollar Seasons raises for the music therapy program, Think will match it dollar for dollar up to \$7,500. Contributions must be received by June 1, 2008 to qualify for the Think challenge grant.

Seasons recently received an equally generous grant of \$7,000 from the Carl and Verna Schmidt Foundation in support of the Music Therapist position. The Rochester Symphony Orchestra & Chorale graciously donated almost \$300 from proceeds from the pre-concert reception on February 23, to support our efforts. We are extremely grateful for this outpouring of support.

The primary goal of music therapy is to address the physical, emotional, social and spiritual needs of the patient through the use of music. Research has shown music therapy to have a profound effect on the patient, including reducing the person's anxiety and depression, and even their perception of pain. Additionally, it can help relax the patient, induce sleep, and through memories associated with a favorite song or piece of music, aid the patient in connecting to a time before they were ill. Music also can provide spiritual solace. For family members, seeing their loved one responding to music can be very comforting.

In order to sustain this position for the long-term, Seasons Hospice has created a new giving level, the "Gift of Music Circle," comprised of donors who give gifts of \$500 or more. These donors will be entitled to special benefits and events extended only to "Gift of Music Circle" members.

We are delighted to announce the first of these events. Dr. Horacio Nuguid, Rochester's own highly accomplished concert pianist, has generously offered to perform a private recital on Sunday, April 27 for our "Gift of Music" donors. Dr. Nuguid recently performed with the Rochester Symphony Orchestra and is currently the Artistic Director of the Rochester Chamber Society. Additionally, he has performed throughout the United States and internationally. In the spirit of our vision statement, "adding quality of life to each day," we seek to bring music into the lives of our patients and their loved ones. We believe music is vital to our existence, even, and perhaps especially, at the end of life. Please help us make this dream a reality by giving a generous donation to Seasons Hospice so that our terminally ill patients can benefit from the gift of music.

Thank You!

Seasons Hospice gratefully acknowledges the contributions of the following individuals, groups and businesses who contributed to our mission through gifts made between October 15, 2007 and March 31, 2008. All donations made to Seasons Hospice help us to continue providing hospice and bereavement care for those in our community who are living with terminal illness or have suffered the loss of a loved one. All donations are tax deductible.

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Reflections

Seasons Hospice Bereavement Newsletter

Spring 2007

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“To every thing there is a season and a time to every purpose under the heaven: A time to mourn, and a time to dance.”

Ecclesiastes 3:1,4

OUR HEARTFELT THANK YOU

Seasons Hospice Center for Grief Education and Support wishes to extend a heartfelt thank you to all who have made financial contributions to support our efforts. As you may know, our bereavement services are provided free of charge to any bereaved person, couple or family who requests them. The reality is that these services involve expenses for materials, supplies, rent and personnel.

We have received generous donations from many individuals, businesses and organizations. So many individuals provided donations that it is not possible to name them all here but all of you are listed in the Seasons Hospice annual report.

Those businesses and organizations that have helped to make our work possible with contributions in 2006/07 include:

- Think Community Foundation
- UBS
- Rochester Bankers Association
- Rochester Rotary Clubs
- Barnes and Noble Bookstores
- InstyPrints

Because of financial support from so many we will continue to provide services to the bereaved and plan for expansion of our services in 2007. These new services include:

- Camps for bereaved children and youth
- Family grief support programs
- Education programs for the newly bereaved
- Individual grief consultation
- Fifty new titles added to our bereavement lending library

As our programs and services continue to grow, we acknowledge that this progress would not be possible without the support of others. For this we are grateful.

BOOK REVIEW

Helping Children Grieve and Grow
By Donna O’Toole and Jerre Cory

Publisher: Compassion Books
Date Revised: 2005
Price: \$5.95



A best selling booklet about children and grief. With colorful illustrations and large print throughout, this book is easy to understand and immensely useful. The information presented is broad in scope, yet is concisely presented that complex issues can be grasped and understood with ease. Topics cover the grief process from an adult and child perspective, ways to help children mourning their grief and resources available for adults and children.

“GOOD” GRIEF

Volunteer, Charyl Melton

Alone, all alone. That was my new personal state of being when my thirty-two year old son, Jeff, died due to gastric cancer just three years ago. He was everything a mother would want in a son, and more.

I never thought grief would become a major part of my life. The old adage “never say never” comes to mind. My journey of grieving didn’t begin with my son’s death, it began with his diagnosis. Responsibilities, making memories, and care giving kept the grief at bay. After Jeff’s death, grieving friends and family, plus more responsibilities continued to suppress my grief.

How long could my grief lie dormant?

Finally, when everything quieted down on a balmy summer day, my grief nearly consumed me. All the feelings I was experiencing were new and unfamiliar. My grief changed a “normal” human being into a mass of flesh in the bonds of unending pain. I knew I needed help. I also knew that help was only one phone call away. A Seasons Hospice Grief Support Group facilitator provided that help. Her compassion, caring, guidance, and understanding were instrumental in my decision to join the weekly Seasons Hospice Grief Support Group. Every individual grieves differently; it is a personal journey.

As I attended the support group five important aspects became evident, defining what I needed to help me.

1. A safe place to express my thoughts and feelings.
2. To commune with others who were dealing with a similar situation and similar feelings.
3. To learn how to deal with my feelings in a positive way.
4. Validation that my son was a viable person who walked this earth.
5. To be able to speak my son’s name without feeling it inappropriate.

Our needs are important as we grieve. All my needs were met through the pilgrimage of the Seasons Hospice Grief Support Group. Grieving is hard work. I worked hard, and continue to work hard using all the tools given to me during the grief support group experience.

The most difficult and important lesson I needed to learn on my grieving journey was to take care of “me.” My entire life I have always been a “worker bee” and caregiver. As we go through life we tend to put ourselves last or forget about our needs completely. I was guilty of that until Seasons Hospice Grief Support Group reminded me that I couldn’t take care of anyone else if I didn’t take care of myself. It is hard for me to put myself first, to train myself to remember that my needs are important too. With a major effort on my part, I am learning to do that as I continue to work on my grief.

Can grief be an inspiration? Yes, it can. Losing a child made me a member of an exclusive club that I didn’t want to be connected with. The reality is that I didn’t have any control over the situation. I knew I wanted to use what I had learned and experienced through this tragedy in a positive way. The “angels” from Seasons Hospice that helped me take care of my terminal child were so inspirational that I knew I wanted to be one of those “angels.” I honor myself and my son, by being a volunteer at Seasons Hospice. My grief led me to a place of inspirational peace.

QUESTION AND ANSWER COLUMN

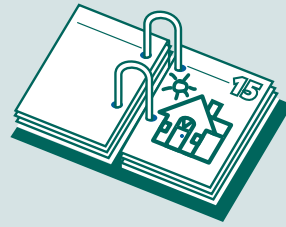
“What can I do to help my grieving child?”

Dr. Alan Wolfelt, author, educator, and counselor has shared many ideas through his books. His suggestions include:

- Help your child select a keepsake that belonged to the person who has died.
- Be a model mourner for your child - cry, talk about the person who died, look at photos, be happy when you feel happy.
- Spend time together - play, garden, do artwork, listen to music, explore nature, surf the web, cook, laugh and listen, listen, listen to him/her.
- Believe in your child’s capacity to heal.

With love, support, structure, and consistency, children can maintain their bond with the person who has died in a way that promotes healthy mourning, living and growth.

CALENDAR OF EVENTS
(A partial list of community-wide offerings)



On-going

- Newly Bereaved Gatherings –See article page 4
First Thursday of every month
6:30 to 8:30 p.m.
Seasons Hospice Office, 1811 Greenview Place SW
- Coffee Gatherings – See article page 4
Second and fourth Wednesday of every month
9:00 to 10:00 a.m.
Seasons Hospice House, 5630 Weatherhill Drive SW
- First Thursday of every month
9:00 to 10:00 a.m.
Chosen Valley Care Center – Chatfield
- Third Saturday of every month (starting in May)
See article in this newsletter
10:30 to 11:30 a.m.
Seasons Hospice Office, 1811 Greenview Place SW

- April** Good Grief Camp –See article page 4
Saturday, April 21, 10:00 a.m. to 2:00 p.m.
Cabin in the Woods
- Spring Adult Grief Group
Tuesdays, April 24 to June 12 – 6:30 to 8:30 p.m.
Wednesdays, April 25 to June 13 – 12:30 to 2:00 p.m.

- June** Letters from the Heart – See article page 4
Saturday, June 23 – 12:00 to 4:00 p.m.

- July** Good Grief Camp
Saturday, July 14 – 9:00 a.m. to 3:00 p.m.

- August** Camp Jornada – A camp for children who have cancer or are survivors of parents and/or siblings who have died of cancer.
Sunday through Friday, August 12 to 17
For information – www.campjornada.com

- September** Fall Adult Grief Group
Tuesdays, September 11 to October 30 – 6:30 to 8:30 p.m.
Wednesdays, September 12 to October 31 – 12:30 to 2:00 p.m.

- October** Stepping Stones Family Program – See article page 4
Mondays, October 15 to November 5 – 5:30 to 7:00 p.m.

- November** Managing Holidays without Your Loved One
Mondays, November 12 and 19 – 6:30 to 8:30 p.m.
- Celebrating with Memories – See article page 4
Saturday, November 10 – 1:00 to 3:00 p.m.

They
whom we
love and lose
Are no longer
where they
were before.
They are now
wherever
we are.

– St. John Chrysostom



NEW OFFERINGS

Program for the Newly Bereaved – Starting in May, we will offer a monthly two hour program for newly bereaved. Individuals two to twelve weeks into their grief journey, will have an opportunity to share stories, explore grief, discuss self-care, and learn about available resources on the first Thursday of every month from 6:30 to 8:30 p.m. at the Seasons Hospice Office.

Family Programs - We are excited to announce that our family program continues to expand. Program dates and times are listed on page 3.

- Good Grief Camps - camp for grieving children to learn important grief management skills
- Letters from the Heart – grieving children write letters to loved ones
- Stepping Stones Family Program – 4 week support group for grieving children and parents/caregivers
- Celebrating with Memories – a children’s program during which mementos and photographs of loved ones will be shared

Saturday Coffee - Starting in May, an additional coffee gathering will be added for your convenience. The coffee will be held the third Saturday of every month from 10:30 to 11:30 a.m. at the Seasons Hospice Office. Anyone mourning the death of a loved one is invited to attend any of the informal coffees to share stories and journeys.

Expanded Lending Library - Our Lending Library continues to expand with the addition of approximately fifty new titles. These books include education and supportive information related to death, dying, and bereavement for children and adults. Visit our library any time Monday - Friday between 9:00 a.m. and 4:00 p.m. at the Seasons Hospice Office.

For more information about these programs, please call 285-1930 or e-mail shbp@seasonshospice.org.

RESOURCE LIST

(A partial list of resources)

Internet:

Willowgreen
www.willowgreen.com/

Grief Recovery Online
www.groww.com

Teenage Grief
www.teenlineonline.org

Books/Newsletters:

Journeys: A Newsletter to Help in Bereavement
www.hospicefoundation.org

How Do We Tell the Children? – Schaefer and Lyons

Aarvy Ardvark Finds Hope – Donna O’Toole



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 Robert & Margaret Hake
 Darwin N Halverson
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 Laurence Hand
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Circle of Remembrance Paver Update

Last spring, Seasons Hospice offered commemorative black granite pavers for purchase as a way to honor loved ones who have died. We created the *Circle of Remembrance* memorial around the pond on the grounds of our Hospice House as the setting for pavers. The response was incredible, resulting in over 120 beautifully inscribed pavers lining the pond. On a lovely autumn day in September, *Circle of Remembrance* was dedicated as part of our tenth anniversary celebration. With over 300 guests in attendance, it was a poignant sight to see so many people reaching down to touch their pavers, some leaving behind flowers, others, tiny ceramic hearts pavers given out by Seasons' staff.

Our intent is to make these pavers available on an ongoing basis. Therefore, Seasons Hospice is once again presenting the pavers for purchase at a cost of \$250 each. The pavers measure 4" x 8" x 2". With each purchase, you will receive a complimentary mini replica paver. If you would like to order additional mini pavers as a memento for family or friends, you may do so at a cost of \$35 each. All proceeds from *Circle of Remembrance* paver sales go toward our Center for Grief Education and Support.

To order, please complete both sides of the order form found in this issue and return it with your payment 1811 Greenview Place SW, Suite 110, Rochester, MN 55902.

If you have any questions, please call the Seasons Hospice office at 507-285-1930. You are welcome to view the *Circle of Remembrance* memorial. The Hospice House address is 5650 Weatherhill Road SW, Rochester. New orders will be engraved and installed later this spring or early summer. You will be notified once installation has taken place so you may visit your paver.

Community Lawn Care Partnership

Again this year, Seasons Hospice has teamed up with Community Lawn Care to give you a unique opportunity to support our hospice efforts. Community Lawn Care relies on local non-profits to help market their services. In return for our help, a portion of every dollar made is donated to support Seasons Hospice's efforts to provide care and support at the end-of-life and to support ongoing bereavement services. Community Lawn Care offers a valuable, high quality product at a very competitive price while helping make our community better by supporting local non-profits organizations.

Not only does Community Lawn Care make a financial contribution to Seasons, but they also provide lawn care services free of charge at the Hospice House. If you are interested in a free, no-obligation lawn analysis and to find out how you can support Seasons Hospice, please contact Nate Klicker at Community Lawn Care by calling 1-877-400-5696 or visit the website www.communitylawncare.com/roches/seahos/. All you need to do is request that Seasons Hospice be supported when you sign up with Community Lawn Care!



Seasons Hospice
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