

# SEASONS GREETINGS

- A PUBLICATION OF SEASONS HOSPICE -

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## SEASONS HOSPICE

*Provides individualized and compassionate care, education and support for the dying and others who have experienced loss.*

- SEASONS HOSPICE -

1696 Greenview Drive SW  
Rochester, MN 55902  
phone: 507-285-1930  
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## SEASONS HOSPICE

### Adding Quality of Life to Each Day

#### THE BLESSING THAT IS HOSPICE

By Mary E. Johnson, President



In the spring of 1956 my grandmother suffered a massive stroke. She was instantly unconscious and remained so until her death in the late summer of that year. For months she lay in her hospital bed on starched, white sheets in a room at the end of the hallway. My parents had a houseful of young children at the time. The short drive to the hospital for daily visits became a burden. I remember my mother saying that, even as she sat at her mother's bedside, she was often preoccupied with the pressing needs of her young family. My grandmother died alone one morning in late August.

As I reflect on this piece of my family's history, my appreciation of the blessing of hospice deepens. While I grieve over lost opportunities, I appreciate what we have today - a precious resource that enables us to fully participate in the sacred final chapters of our loved ones lives as we are able. If my grandmother had been in hospice care she may have been able to leave the hospital and come to the end of her life in a more welcoming and comfortable environment. If her mother had been in hospice care my mother could have availed herself of respite resources to help care for her young family so that she could spend quality time with her mother and be fully present to her. But hospice was in its youth in 1956, not yet having crossed the pond from its beginnings in the United Kingdom.

In my years as a hospital chaplain, helping to deliver hundreds of patients into the loving arms of hospice professionals, I couldn't imagine not having this resource. I couldn't imagine sending people to the "end of the hallway" when hospice offers such a different experience. We are beyond the point of thinking of hospice as an "alternative." Hospice is the gold standard in end-of-life care. But we still have work to do to make hospice the "standard."

Hospice continues to be under-utilized in our country. While the importance of expert end-of-life care at the end of life cannot be over-stated, hospice can offer so much more. If someone is enrolled in hospice at an earlier point in her/his end-of-life journey, the expertise of hospice in pain and symptom management can be brought to bear on what are, many times, complex and difficult circumstances. In addition, the expertise of hospice professionals - nurses, physicians, chaplains, social workers, and the other members of the hospice team - can enhance the dying experience by assisting the patient and her/his family members with the identification and achievement of goals - keeping the patient and family at the center of the plan of care.

Fast forward to 2017. I am currently the family member of a hospice patient. My brother is in hospice care in another state. I have been transformed by the care and concern I have received from hospice during this difficult journey. As a sibling who lives at a distance I have benefited from excellent communication and total inclusion in goal-setting and care-planning. My family and I have been the recipients of wonderful support. The uncertainty of my brother's struggles with dementia has been tempered by the kind and attentive care he and we are receiving.

It is my pleasure to serve as the President of the Seasons Hospice Board of Directors for the coming year. I love working with such a dedicated and committed group of individuals as Seasons strives to fulfill its mission. And, I thank you for your interest in and support of the work of Seasons Hospice. Our hope is to continue to share the blessing of hospice care every day. -SG-

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## PLEASE NOTE:

Visit our website at [www.seasonshospice.org](http://www.seasonshospice.org) to view our video, learn about Seasons Hospice programs, employment or volunteer opportunities and more.

# FACES OF HOSPICE: *A Life Well Lived*

*Sue Bean Sauter, daughter of Seasons Hospice patient John R. Bean, writes this account of his life*



John R. Bean was born February 13, 1918, in Southern Illinois. His family moved to Winona, Minnesota, when John was five years old. They lived with his grandparents and great-uncle, who was injured in WWI.

When John was 11 years old, the Great Depression hit and his family was very poor. He began working at a store after school each day, to help his family get by. As an early teen, he began walking to Winona's outskirts to wash airplanes and do odd jobs at the Winona airport (now Max Conrad Airport). In lieu of money, Max Conrad gave John two hours of flight instruction when John was 15 years old. That set him on his life's path! He was an aeronautics instructor at the University of Colorado, flew as a transport pilot during WWII, and became an instructor and Captain for Northwest Airlines. He finished his 36-year career flying for NWA, flying 747's to the Orient.

At age 25, John married his wife of 69 years, Jeanne, and they raised four sons and a daughter. Throughout their married life, the family camped in the Boundary Waters, fished, hunted, traveled the USA and spent summers at their family cabin in northern Minnesota. Nearing his retirement years, John and Jeanne moved from Minneapolis to Marrowstone Island, off the tip of the Olympic Peninsula in the state of Washington. They enjoyed ocean fishing, clam digging, crabbing, picking oysters and hiking the beaches of Puget Sound.

John and Jeanne moved back to Rochester when he was 82, in order to live near their only daughter and the Mayo Clinic. It was a good move because within five years, both had medical concerns. Jeanne lived her last six years at Samaritan Bethany Home, with a three-month stay at the Seasons Hospice House. The level of care she received from the "Seasons angels," enabled her to move back to the care facility and she lived three more healthy years. John moved in with his daughter after open heart surgery saved his life, at age 89, and he remained there until needing end-of-life care.

When that time came, John transferred from the hospital to the Seasons Hospice House, where he was expected to live only days. Again, with such tender loving care by the Seasons staff, he improved and enjoyed the last two months of his earthly life.



*“After a couple days at the Seasons Hospice House, John mentioned to his daughter, ‘This is really a good place...this is the right place for me!’ That meant the world to his children.”*

He asked his children, time and again, to never put him in a “nursing home.” After a couple days at the Seasons Hospice House, John mentioned to his daughter, ‘This is really a good place...this is the right place for me!’ That meant the world to his children.

As he recovered a bit, John built quality relationships with the house staff: nurses, the cook, the volunteer services director, and even the main office staff members. Jim Crawley, a veteran volunteer at Seasons, became an extra-special friend of John’s. Their multiple visits and conversations were definitely highlights during John’s last months. They built a very special bond, as fellow veterans. Jim truly gave John the gift of honor!

One request John had was for some pan-fried whole sunfish like he loved to eat at his cabin and while camping. It seemed like an impossible request, but the house staff contacted the main office staff, and the husband of the receptionist offered to go fishing while up north and bring some sunfish home for John. The kind gentleman called to get exact directions on how John wanted them cleaned and then delivered them to the house that Sunday for supper. The house cook fried some up and John was in his glory, even though he had very little appetite left.

John passed on July 28, 2015, at the age of 97-1/2 and was buried with full military honors in Winona. He was quite a guy and is missed by many! -SG-



Written by: Sue Bean Sauter

Pictured opposite page: John Bean the pilot

Pictured above right: John and Jeanne Bean on their wedding day

Pictured above: The Bean family

Pictured above left: John Bean with his cooked sunfish

# – A LIVE & LOVE AFFAIR 2016 –

## *An Evening With Gatsby*

Guys and dolls, dappers and flappers all turned out for a festive evening at the 11th annual “A Live & Love Affair” gala - *An Evening with Gatsby*, on Saturday, November 19, 2016. From the first moments to the last, it was a memorable evening, made all more so by the majority of guests who dressed in “Roaring 20’s” style. A sellout crowd of 560 guests helped to create an event that exceeded all expectations resulting in net revenue of nearly \$200,000. All proceeds from the gala benefited the hospice and bereavement programs of Seasons Hospice.

Our success would not have been possible without the generous support of our sponsors. The following businesses and individuals provided major support: **Think Mutual Bank** - Platinum Sponsor; **Greg & Sharon Gentling** and the **Rochester International Event Center** - Gold Sponsors; **Hayfield Window & Door Company**, **Ranfranz & Vine Funeral Homes**, **Jack & Mary Ann Remick**, **R & S Transport** - Silver Sponsors; **Davies Printing Company** and **Tammy Westby** - Printing and Graphics Sponsors; **KTTC-TV** - Major Media Sponsor; **Custom Alarm and Sound & Media Solutions** - Lighting & Special Effects Sponsor; **Andy’s Liquor** - Wine Raffle Sponsor; **John & Marcia Bouquet** - Décor Sponsor; **Alloro, Inc.** and **Ed Creagan & Peggy Menzel**, Pet Therapy Sponsors. Many other sponsors, underwriters and donors contributed to *An Evening with Gatsby’s* success.



*Don Charlson & Amy Dunn peruse the silent auction items*

Special thanks to the tireless support and commitment of the 2016 gala committee, led by co-chairs Dee Elwood and Jeannine Hadley. Additional committee members include: Therese Armstead, Nola Becker, Caryl DeBlicke, Peg Harmon, Joan Krauss, Miki Paulson, Terri Penz, Jennelle Stemper, Margo Stich and Tammy Westby. We appreciate as well, the contributions of co-emcees Tom Overlie and Caitlin Alexander of KTTC-TV. John Kruesel pulled out all the stops as the evening’s auctioneer. We also appreciate the generosity of Brandon Slocum Studios for providing photography throughout the evening. There are many other volunteers who supported this event and we are grateful to all.



*Dan & Terri Penz’s antique car*



*Gatsby guests dressed for the party*

*Please mark your calendars now for Saturday, November 18, 2017 for the 12th annual “A Live & Love Affair” gala - Fête de Paris! More details to come...*

# reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

Center for Grief Education and Support

SEASONS HOSPICE

1. School Wages Coin War to Raise Money  
Upcoming Changes to Center for Grief Education and Support for Those Impacted by Grief Open House
2. Answers to Grief Question, "How Are You?"
3. Circle of Remembrance
4. Calendar of Events

*"What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us."*

~ HELEN KELLER

*"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve."*

~ EARL GROLLMAN

## PINE ISLAND MIDDLE SCHOOL WAGES COIN WAR TO RAISE MONEY

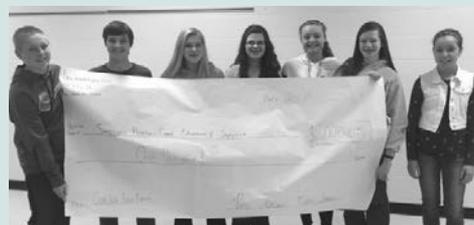
*Story by Janet Hanke*

Pine Island Middle School students were at war from January 23 – February 10. But it was all for a good cause. Each year the Middle School Student Council sponsors a fundraising event for the good of the community. This year, the Council chose the Center for Grief Education and Support at Seasons Hospice in Rochester. To raise funds, the Council held a Coin War. Each Middle School homeroom collected coins over the three week war. Bills were collected in a different bin, but coins were king as students competed to see which homeroom could collect the most. The grand total raised was \$1,000 for the Grief Education Center.

Middle School Student Council Advisor Elizabeth Wentzel said that the Council chose Seasons Grief Counseling and Education Center after one of their fellow students lost her mother in an auto accident recently. The group decided to help an organization that specializes in grief counseling. The Grief Education Center provides workshops and a variety of support groups for those who are

grieving the loss of a loved one. The fundraiser has assisted other worthy causes in the past that have related to issues that are close to students and their families including the American Cancer Society, Leukemia Lymphoma Foundation, Crohns and Colitis Foundation and others. The winning homeroom was Wentzel's homeroom class. They will be recognized at an assembly on March 10 and will also be treated to a breakfast party to thank them for their generosity.

*This story was originally printed in the News-Record.*



*From left to right: Jacob Gerhart, Kaedyn Peterson-Rucker, Lauren Pokrandt, Madeline Hansen, Kiley House, Makenzie Alberts, and Emily Unverzagt . Additional Student Council members not pictured: Noah Wernau, Mason Pike, Jared Organ and Annika Organ.*

## NEW PROGRAMS PLANNED FOR THE CENTER FOR GRIEF EDUCATION AND SUPPORT

*by Heidi Smith*

The prospect of change can often be scary, but that's not the case with recent changes that are happening in the Center for Grief Education and Support (CGES). We are in the midst of plans to expand and improve our services for those impacted by grief.

In November of 2016, Seasons Hospice/CGES was awarded a major grant from the Otto Bremer Trust to maintain existing grief support while expanding programming to include additional groups. We have added staff, updated our counseling space through another grant from the People's Energy Cooperative, and broadened our focus on needs within the Rochester area and surrounding communities.

The new groups that will be launched include:

- A group to focus on grief specific to veterans
- Pregnancy After Loss in addition to our ongoing Pregnancy and Infant Loss group
- A Survivor of Suicide group (in conjunction with the American Foundation of Suicide Prevention)
- Additional grief groups to support teens and adolescents both within the CGES as well as within Rochester high schools.
- A presentation to companies highlighting the impact of grief in the workplace and tools to help employees who are grieving.

We hope that through providing grief resources to these specific areas, people with related stories are able to companion one another in a safe environment.

# ANSWERS TO THE GRIEF QUESTION, "HOW ARE YOU?"

by Harriet Hodgson

In 2007 four family members died: my elder daughter, father-in-law, brother, and former son-in-law. My daughter Helen was the mother of my twin grandchildren (one boy, one girl) and died from the injuries she received in a car crash. The twins' father died from the injuries he received in another crash. His death made our grandkids orphans and my husband and me guardians. Suddenly, we were GRGs, grandparents raising grandchildren.

The twins were 15 years old when they moved in with us. We couldn't believe what had happened to us and the twins couldn't either. "Hollywood would reject this story," a friend commented. "It's unbelievable." Grieving for four family members and raising grandkids was the biggest challenge of my life. Thankfully, I knew that recovering from grief was up to me.

I began to dread the question, "How are you." Grief is confusing and I didn't know how I was feeling. Most of the people who asked the question expected me to say "fine." But I wasn't fine and overcome with grief. In self-defense I came up with five answers to this question.

- **I'm fine.** This is the answer I used early in my grief journey. It was the answer people wanted to hear and I said it to avoid conversation.
- **I'm okay.** I liked this answer because it fit all people and situations. Besides, okay is a common American term.
- **I'm getting along.** I used this answer in the middle stage of grief. It implied progress and seemed to satisfy people.
- **I'm coping.** Finding the courage to say this took me a year and a half. I only used the answer with close friends.
- **I'm good.** Ten years have passed since my daughter died and I am good. Although I'm not living the life I thought I'd be living, it's a rewarding life.

Today, the twins are 25 years old and involved in their own lives. My granddaughter works for The Salvation Army in St. Paul. She is also an independent photographer. My grandson is a freshman at the Mayo Clinic School of Medicine. He will be the third physician in our immediate family. I'm so proud of them I could shout their praises from roof tops.

Grief can be a transforming emotion and it transformed me. When I get into bed at night, I know that I made good things from grief. You can too. Start by testing the answers to "How are you?" Give to others, even if you have little to give. Make quiet part of each day and listen to your soul. Try to live mindfully. Remember, love never dies and is always with you. Hard as it is to believe now, the day will come when you feel happy again. You deserve it!

*Harriet Hodgson is the author of 35 books and thousands of articles. For more information about this Rochester author visit [www.harriethodgson.com](http://www.harriethodgson.com).*

*Please join us for an Open House to celebrate our updated  
"Comfy Room" and programs!*

*Monday May 8th • 4:30-6:30 pm*

*Center for Grief Education and Support • 1696 Greenview Drive SW • Rochester, MN 55902*

# reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

## CIRCLE OF REMEMBRANCE

After the death of a loved one we often look for ways to preserve their memory. Some may journal and express their love in writing, others may paint or develop a “play list” of music expressing the various moods of their relationship. Some are able to build large monuments such as buildings or lasting memorials to honor, appreciate and educate future generations as to the contributions of this individual, while others mark a spot with a simple cross or inconspicuous reminder that only they would understand. Memorials are also created as a way of coping with grief.

Seasons Hospice offers an opportunity to remember loved ones through our Circle of Remembrance Memorial. A personalized paver that is inscribed with your own sentiment about your loved one will be lovingly placed along the pathway on the grounds of the Seasons Hospice House.

To order a paver, fill out the form below (back of form found on page 4 of this insert) and return to Seasons Hospice with your payment. For more information contact Heidi Smith, Director of the Center for Grief Education and Support, 507-285-1930; shbp@seasonshospice.org.

### 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

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 to

Seasons Hospice  
1696 Greenview Drive SW  
Rochester, MN 55902

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

For more information, contact  
**Seasons Hospice at (507) 285-1930.**

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.

*“Memorials help us to look back and move forward.  
We can safely continue on because we remember.  
What we remember lives on.”*

~ PAT SCHWEIBERT, GRIEF WATCH

# CALENDAR OF EVENTS

## ONGOING PROGRAMS

### Newly Bereaved Group

First Thursday of every month 6:30 - 8:30 pm  
 Third Thursday of every month 12:00 - 2:00 pm

### Coffee & Conversation Group

Second/Fourth Wednesday of every month  
 9:00 - 10:00 am  
 Third Thursday of every month 6:00 - 7:00 pm

### Pregnancy and Infant Loss Support Group

Second Thursday of every month 6:30 - 8:00 pm

### Pregnancy After Loss Support Group

First Wednesday of every month 6:30 - 8:00 pm

### Pet Loss Group

Second Wednesday of every month 6:00 - 7:00 pm

### Drop-In Teen Days

Third Wednesday of every month 4:30 - 5:30 pm

*All grief groups are held at The Center for Grief Education and Support located at 1696 Greenview Drive SW, Rochester.  
 For more information call 507-285-1930.*

## SPECIAL PROGRAMS

### APRIL

#### Adult Grief Group

*An eight-week group meeting for those who wish to explore issues related to grief and loss.*

Mondays April 10 – June 5, 2017 6:00 - 8:00 pm  
 Tuesdays April 11 – June 6, 2017 3:00 - 5:00 pm

### AUGUST

#### One Year Later...Rebuilding Your Life

*A two-week group meeting for anyone ready to explore a future without their loved one.*

Tuesdays August 15 & 22 6:00 - 8:00 pm

### SEPTEMBER

#### Adult Grief Group

*An eight-week group meeting for those who wish to explore issues related to grief and loss.*

Date and time to be determined

## CIRCLE OF REMEMBRANCE GRANITE PAVER INSCRIPTION

*The inscription must fit within three lines of 20 characters each. A space or punctuation mark counts as one character. Please write your inscription in the spaces provided below.*

*Please send order form with payment to:  
 Seasons Hospice, 1696 Greenview Drive SW,  
 Rochester, MN 55902*




# JIM CRAWLEY RECEIVES HOSPICE VETERAN VOLUNTEER OF THE YEAR AWARD



*Jim Crawley paying a veteran's visit*

We are delighted to announce that Jim Crawley, a veteran volunteer for Seasons Hospice working with our "Vet to Vet" volunteer program, was recently named the recipient of the 2017 Volunteer Service Award for Veteran Volunteers by Minnesota Network of Hospice and Palliative Care (MNHPC). Jim began volunteering for Seasons Hospice in March 2013 as a direct care volunteer, then moved into volunteering for the Vet to Vet program, which he was instrumental in forming in April 2013. As a veteran volunteer, Jim dresses in his military uniform and goes to the bedside of our dying veteran patients to offer them a final salute and a packet assembled by the Mantorville Ladies Auxiliary #4555. Jim has volunteered over 800 direct care hours, delivered 212 veteran packets and traveled 5,940 miles to serve patients and their families.

One of the hallmarks of Jim's service to our veteran patients is the lengths he goes to, to make sure that they are properly recognized for their service to our country. Chris Humble, Director of Volunteer Services for Seasons

Hospice, provided this account of one of Jim's many noteworthy actions he has taken on behalf of our veterans.

*On a recent Vet to Vet visit, Jim met Alan. Jim listened attentively as Alan told the story of his time in the Army. But Jim was especially interested when Alan told him that he was released early from service, and that he never received a Medal of Good Conduct. 'I guess they thought I didn't deserve it,' Alan stated.*

*With Alan's permission, Jim did some investigating and learned that Alan should have received the Good Conduct Medal. With the help of the VFW commander they were able to acquire the medal. Jim and the VFW commander returned to Alan's home, dressed in their Color Guard uniforms, and, on behalf of a grateful nation, presented Alan with the medal he had earned so many years ago. With tears in his eyes, Alan stood, saluted and proudly accepted the medal.*

**Congratulations, Jim, on this well deserved award!**

## KOOKY CONCESSIONS FUNDRAISER BENEFITING SEASONS HOSPICE

Random acts of kindness often find their way to our doorstep and this happened recently when Jacob Thomas, owner of Kooky Concessions, emailed Seasons Hospice to say that he would like to host a fundraiser with proceeds of the event benefiting Seasons Hospice. Jacob's grandmother and grandfather were on hospice with Seasons several years ago, and Jacob was so moved by the care his grandparents received, he wanted to reciprocate in this very generous way.

The event will take place on Sunday, May 28 from 1:00 - 6:00 p.m. at the Rochester Eagles Club at 917 15th Avenue SE by Cub Foods. The day will be filled with activities for young and young at heart: silent auctions, raffles for both kids and adults, games with prizes for kids, karaoke, bake sale, and more! There will be a \$10 voluntary entry fee. Kooky Concessions Food Truck will be on hand and 50% of all food truck sales will be given to Seasons Hospice.

Based on Jacob's own personal experience with Seasons, he wants to spread the word so that more people understand the value of hospice care. It's also his way of expressing his gratitude for the care Seasons provided. "Your organization took care of both my grandmother and grandfather when times seemed to be at the worst and made things a whole heck of a lot easier in those dark times so we could have a little bit more closure. I really want to say THANK YOU from the bottom of not only mine, but also my family's hearts." Thank you, Jacob Thomas.

*For more information contact Seasons Hospice at 507-285-1930 or email Carolyn Piepho at [cpiepho@seasonshospice.org](mailto:cpiepho@seasonshospice.org).*

# VOLUNTEER SPOTLIGHT: *Dr. David Dines – A Lifetime of Service to Others*

*By Carolyn Piepho*



To know Dr. David Dines is to experience a man of character, compassion, and an almost childlike delight in people and their life stories. A dapper gentleman in his 91st year, his days are filled with doing good for others, including the patients of Seasons Hospice, as one of our longest serving volunteers.

Dr. Dines was one of four children growing up in Denver, Colorado. He went away to boarding school at the age of 14 to attend Phillips Academy in Andover, Massachusetts. By his own admission, it was hard to be away from home at such a young age. Dines enlisted in the Marine Corps in 1943 when he was just 17 years old, serving in Guam and Iwo Jima. Sadly, he lost his two closest friends at Iwo Jima.

*Dr. Dines visiting Bob, a patient at the Hospice House*

After his time in the service, Dr. Dines returned to Colorado to study pre-medicine at Colorado College. He married his beloved wife, Bette, in 1947, and the two of them created a life together that at times was difficult due to very tight finances. His only income was from a paper route in Colorado Springs that he states was the largest in the city. “Bette and I would get up at 5:00 a.m. and go pack our papers and I would sit on the fender and throw them,” he says. “Many times, Bette would turn the corner and I would slip off but there were never any bad falls.”

Medical school at the University of Colorado, followed by a residency and fellowship at Mayo Clinic, paved the way for Dines to build a large practice of cardiopulmonary diseases and internal medicine back in Denver. Dr. Dines missed the Mayo model of medical care and ultimately returned to Mayo Clinic in Rochester to practice medicine and raise his family of three children with Bette.

His experience with hospice came about personally through the death of his daughter Sarah, who died of breast cancer in 2000 at the age of 48. Sarah received hospice care for three months in Denver, and one year later, Dines decided to become a volunteer for Seasons Hospice. He believes the profound loss he suffered through his daughter’s death has made him a more compassionate physician and volunteer. “You know, you’ll come out having talked with some of these people with tears in your eyes,” he says. “Many of them I’ll give a big hug. But it’s just hard to express how much you get out of it.” He loves visiting with patients at the Seasons Hospice House, conversing about topics that are of interest to them. “One lady I remember was a retired teacher and she loved books. We would talk about books. She was a neat lady,” he says.

Dines’ history with the Hospice House predates his time as a volunteer. Dr. and Mrs. Dines were very close friends with Dr. Ed and Mrs. Winnie Donoghue, and they spent many years at the house when it was the family home of the Donoghues. Dines talks of Dr. Donoghue’s practice of keeping a large bird cage in the living room where a myna bird resided. “Ed taught the bird every four letter word. We would be over there having cocktails and the myna bird would come up with a four letter word. Ed got the biggest kick out of that.”

To see the former Donoghue home being used as a place of care and comfort for those at the end of life means a great deal to Dr. Dines. The hospice philosophy of providing comfort care and pain management at the end of life hasn’t changed since he first started volunteering for Seasons Hospice in 2001. But Dines believes the manner in which some physicians treat terminally ill patients has. “One of the problems is doctors are not preparing people like they used to. They’re not letting them know that nothing more can be done except

# VOLUNTEER SPOTLIGHT: *Dr. David Dines*

*(continued)*

comfort and pain control.” Dines is concerned that sometimes, medical interventions occur at the expense of quality of life.

When not volunteering for Seasons Hospice, Dr. Dines can be found participating in any one of a myriad of personal interests. He loves to play the guitar, having started when he got out of the service. Dines took up painting after he retired and has a showing of his paintings twice a year at Charter House where he and Mrs. Dines live. Singing and playing bridge are also favorite pastimes.

When asked what he attributes his longevity and good health to, Dr. Dines says, “I’ve had a lot of luck.” While luck may indeed be a factor, perhaps it’s also his positive outlook, a very active life with a focus on serving others and that unmistakable twinkle in his eyes.



## *April is National Volunteer Month!*

Seasons Hospice extends a heartfelt thank you to all our volunteers who give their time, treasure and talents to help support the mission of Seasons Hospice.

***Did you know** that in 2016, 195 individuals provided volunteer services to Seasons Hospice? Collectively, they donated 6,834 hours and traveled 31,660 miles on our and our patients’ behalf. The total dollar value of their contributed labor was \$172,217.00.*

To receive information about the programs and activities of Seasons Hospice, visit **[bit.ly/askseasons](http://bit.ly/askseasons)**

## PLANNED GIVING REMINDER

*Please consider making an investment in the future of Seasons Hospice.*

There are many ways to make a lasting and significant gift to Seasons Hospice that will continue supporting our mission in perpetuity. Through planned gifts such as a bequest, beneficiary designation, charitable gift annuity or many other planned giving models, you could realize tax benefits or even income at the same time you are helping sustain Seasons Hospice.

Please notify Seasons Hospice if you have already included us in your estate plans so you can be inducted into our “Seasons of Life Society” for legacy donors.

*For more information contact Carolyn Piepho at [cpiepho@seasonshospice.org](mailto:cpiepho@seasonshospice.org) or 507-285-1930.*

1696 Greenview Drive SW  
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*Please notify us if you receive  
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# NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

## APRIL 16TH IS NATIONAL HEALTHCARE DECISIONS DAY!

National Healthcare Decisions Day is a national initiative to increase the number of Americans who have completed an advance directive (living will).

Advance care planning is the process of communication between an individual and his or her healthcare agent to understand, discuss and plan for future healthcare decision in the event the individual is unable to make his or her own healthcare decisions.

*For more information contact Seasons Hospice at 507-285-1930 or email [info@seasonshospice.org](mailto:info@seasonshospice.org).  
Or visit the website of National Healthcare Decisions Day at [www.nhdd.org](http://www.nhdd.org)*