

# 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 ELEPHANT IN THE ROOM

By Beverly Haynes, RN – Executive Director



The core mission of Seasons Hospice is to provide individualized and compassionate care, education and support for the dying and those who have experience loss. Of equal importance to fulfilling our mission of caring for the dying is to inform and educate the community about the myriad issues related to end of life. This can include encouraging individuals to have those vitally important conversations around death and dying and exploring one's wishes for their end of life.

Talking about death and dying is difficult and having conversations around end of life wishes can easily be postponed and often are. To help further the public and private discussions around death, Seasons Hospice recently became associated with a group in Rochester called "The Elephant in the Room," founded by Susan Hansen, Librarian/Webmaster at the Rochester Public Library. Today, the 'elephant in the room' phrase is used to describe those topics, issues or problems that we are embarrassed or afraid to discuss. The group is made up of local organizations and community members who see the importance of having conversations around death and dying and creating advanced directives to guide loved ones when a decision needs to be made. The "Elephant in the Room" group plans a variety of educational and social events and art projects where people can come together and discuss their thoughts about death, dying and living well.

For years, Seasons Hospice has actively utilized unique avenues to bring these challenging conversations to the forefront. We've partnered with the Rochester Civic Theatre on three different occasions to present dramatic works and public discussions on the topic of death and dying. In February 2018, we will collaborate with Rochester Civic Theatre once again in presenting the premiere of *Stay With Me Awhile*, an original work co-written by Rochester resident Mary E. Johnson and Barbara Means Fraser, and sponsored by the Carl and Verna Schmidt Foundation. This play chronicles actual experiences of individuals who have kept vigil with a friend or loved one nearing the time of death.

Seasons is also part of a major initiative to bring The Convenings to Rochester in 2018. The Convenings is the brainchild of the Bruce Kramer Collaborative whose mission is "to carry out Bruce Kramer's vision of addressing the important questions people have as they seek possibilities for embracing full and meaningful lives, now and at the end of life." Bruce Kramer died of ALS in 2015 and was the featured speaker at an event Seasons Hospice hosted in 2013. The goal of The Convenings is to inspire people to think about and discuss their choices for living and dying well. There will be an initial event hosted by Cathy Wurzer followed by events and activities related to end of life, with area leaders and resource providers giving "communities of care" the support they need for discussing the important and sometimes urgent, end-of-life issues.

Normalizing conversations around death helps people realize that talking about death doesn't mean you are giving up on your loved one or that you are losing hope. Nor does it mean that discussing death will make it happen. When people talk openly with those who will be implementing their wishes for what their end of life care will be, they are giving a gift to their loved ones. Through advance planning and discussion of these plans, family can be assured they are honoring their loved ones' intentions and through that, can come peace and comfort.

With the holidays approaching and families gathering, this is an excellent time to start talking with one another about how you would like your final months and days to be spent, and what kind of care you would like. An excellent resource to guide these conversations can be found at the Honoring Choices website: [www.honoringchoices.org](http://www.honoringchoices.org). Please don't wait for a crisis to prompt this discussion. Research shows that grief following the death of a loved one is less distressing when family members know what their loved ones' wishes are, and are observed. The end of life is always difficult, but it can also be a time of incredible richness, enhanced by open, honest discussion. -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 Devoted Family Matriarch

*The family of Evelyn Mae Bowron reflects on their mother's love and her legacy.*



Evelyn Mae (Cole) Bowron was born on August 1, 1933 in Atlanta, Georgia to Kaiser and Maebelle Cole. She was raised in rural Georgia until she graduated from LaGrange High School and then entered the US Air Force in July of 1952. Evie

loved her country and was very proud to have served during the Korean War. She was stationed at Lackland AFB in San Antonio, TX. It was there that she met and married Jim Bowron, her life-long partner for 63 years. Together they raised six strong-willed, independent, competitive, and at times challenging, children while going to college to become a nurse. She worked full-time as a nurse, with a husband who often worked three jobs to help make ends meet.

Evie was the matriarch of her family. She set the standard fostering a foundation of respect, responsibility, work ethic, care for others, faith in God, and love. Evie was a loving, caring wife to Jim.

She often went out of her comfort zone to support his passions. She took up traveling, camping, fishing, golf, not because she necessarily loved those activities, but because she wanted to spend quality time with Jim and their children doing the things they all loved. Evie and Jim made it a priority to attend all of the kids' school functions, sports games, music concerts, and plays. They continued that support with their sixteen grandchildren and eighteen great grandchildren. Evie gave her family "unconditional love." She, along with Jim, developed a foundation of trust, honesty, integrity, and compassion which helped the family get through some tough times, enjoy some great times, but most important gave all their children an opportunity to develop into the people they all are today.

Evie's care giving went beyond the family. Her passion for her career as an LPN was impossible to miss. She often talked about the love she had caring for her patients and working alongside other nurses and doctors. Even after she retired she was called into nursing duty, answering all of the phone calls from her children inquiring about illness, injury, medications, and baby care, to managing the daily medications for her and Jim. She was even called into duty while flying on planes. On at least three different occasions a passenger had an in-flight medical issue and Evie volunteered to sit with the passenger and monitor the situation until they landed.



*“Until one experiences hospice care you can’t imagine the positive impact it has on everyone involved.”*

Evie was most comfortable quietly sitting in her chair watching TV, or reading books. In the early years she watched soap operas she called “my stories,” and later in life she enjoyed watching golf, MN Twins, MN Vikings, MN Wild, which later expanded to volleyball, women’s softball, college baseball, and even motocross racing. Evie’s true passion was reading. No matter where she went Evie always had a book in her hand. She’d find a comfortable chair and read. Romance novels and murder mysteries were her favorites. Over the years her “Collection” grew to the point where she set up a library in the basement. She became the librarian for her children, grandchildren, and neighborhood. She was most proud of getting Jim to begin reading her books.

On Tuesday, August 8th, the Lord received an incredible gift when he wrapped his arms around Evelyn Mae Bowron and welcomed her to heaven after a year-long battle with lung cancer. During the last month of her life Evie was given a special gift, Seasons Hospice. The loving care Evie received in her final days from people like Ali, Jodi, Elizabeth, Julie, Lincoln, Christine and others was not only comforting for Evie, but also for Jim and the rest of our family. Until one experiences hospice care you can’t imagine the positive impact it has on everyone involved. It was incredible. Passion, care, love, empathy, respect, and dignity was provided to all. We can’t thank Seasons Hospice enough for the wonderful care given to Evie and the comfort you all



provided for her the last weeks, days, and hours of life on this earth. We are eternally grateful.-sg-

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Written by:

Pictured opposite page: Evelyn’s 84th birthday

Pictured above left: Evelyn reading

Pictured above: Evelyn with great-grandchildren

# – A LIVE & LOVE AFFAIR 2017 –

*Don't miss the party of the season at Fête de Paris benefiting Seasons Hospice.*

## SATURDAY, NOVEMBER 18, 2017

6:00 p.m. to Midnight -- VIP Cocktail Hour begins at 5:00 p.m.

Rochester International Event Center



Transport yourself to Paris for an evening of frivolity, fabulous music by *Under Paris Skies* Gypsy Jazz Combo and the Bruce A. Henry Band, and fine French cuisine. Have your portrait drawn by a caricaturist and shop for silent auction items at our Parisian Market.

*Get ready for the liveliest live auction in Rochester!*

From five nights in Paris with a class at Le Cordon Bleu, or a Napa Valley wine escape featuring a day with French winemaker Yannick Rousseau of Y. Rousseau Wines, to exquisite jewelry from Lasker Jewelers and Master Jewelers and so much more, you will be in for an exciting evening.

Co-Emcees: Tom Overlie and Caitlin Alexander - KTTC-TV News Anchors • Auctioneer: John Kruesel

Tickets are now on sale and can be purchased online at [www.seasonshospice.org](http://www.seasonshospice.org) or by calling 507-285-1930.

Regular admission: \$100 per person (\$50 tax-deductible)

VIP admission: \$135 per person (\$80 tax-deductible)

General Admission and VIP tables of eight are available: \$800/\$1100

## FROM THE FIRST SIP TO THE LAST DANCE YOU'LL BE SAYING *Ooh La La!*



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*For a complete listing of gala sponsors visit our webpage at [www.seasonshospice.org](http://www.seasonshospice.org).*

# reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

SEASONS  HOSPICE

1. Expansion of Bereavement Programs

Book Review:  
*Smiling Through Your Tears: Anticipating Grief*

2. The Lasts...

3. Tree of Memories  
Memories of the Heart

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

## CENTER FOR GRIEF EDUCATION AND SUPPORT EXPANDS BEREAVEMENT PROGRAMS

By Heidi Smith

New and exciting things are happening in the Center for Grief Education and Support. We have added staff and groups with the intent of providing a well-rounded blend of services to the greater Rochester area.

We have started grief groups in all three public high schools in Rochester, and a group will also be piloting in a middle school.

We have launched a discussion group for Veterans to explore their loss and transitions.

In addition to our Pregnancy and Infant Loss support group, we have added a Pregnancy After Loss group for those who are experiencing a new pregnancy after having had a previous loss.

Our facilitators have gone through the American Foundation for Suicide

Prevention’s training and will be hosting two Survivor of Suicide groups – one for Adults and one for Teens. And we continue to hold a Teen Drop-In once per month for students to come together and have a safe space to talk about their loss as well as build friendships.

Our original groups are still meeting and continue to grow!

Please see our calendar on the following page or visit our website for dates and frequency. We would love to answer any questions that you may have about our changes and provide additional information. We can be reached at the main Seasons Hospice number (507) 285-1930 (ask for Bereavement) or e-mail us at [cges@seasonshospice.org](mailto:cges@seasonshospice.org).

Thank you for your continued support and encouragement in reminding those who are grieving that they are not alone.

## BOOK REVIEW *Smiling Through Your Tears: Anticipating Grief*



**Length:**  
190 pages

**Written by:**  
Harriet Hodgson, BS, MA & Lois Krahn, MD

**Available from:**  
Barnes and Noble

EARLY GRIEF IS a feeling of loss before a loss or dreaded event occurs. If you’re grieving for a sick loved one, a child in danger, a dear friend, a devoted pet, or global terrorism, this book is for you. It is a balm for your wounded soul. The book is filled with healing steps -114 in all, and they lead you to your healing path. All of us go through early grief. Though you can’t avoid it, you can get through it, and create a new and meaningful life. Along the way, you may find yourself smiling through your tears.

# THE LASTS....

By Jennifer Stern, LISW

*Transformative Grief*

The last words spoken. The last touch. The last meal shared. The last laugh. The last show watched. **The lasts**....moments and interactions that would otherwise go unnoticed in everyday life now sacred. Memories that, when lucky, we wish to bottle and protectively hold on a shelf. Untouched for eternity. Never dimmed. Never forgotten. Accessible to us, for us, always.

Remembering those lasts can at times feel unbearable, oppressive, truly unendurable. IF ONLY I HAD KNOWN, I would have...I could have...I should have...The magical thinking of grief and loss. Don't get stuck there.

In time, when the bevy of overwhelming emotions that paralyze us in grief, often coming in relentless waves, shows there will be space for the memories. When remembering the time when....makes you smile instead of bringing you to your knees.

*There will come a time when* photographs will bring forth welcomed nostalgia of moments, conversations and experiences shared.

*There will come a time when* hearing a familiar song will again bring a smile to your face.

*There will come a time when* smells will elicit memories of meals enjoyed, traditions shared, places explored, and fill you with gratitude.

*There will come a time when* remembering will strengthen, comfort, and remind you of the love shared. And you will be okay. You will not be overcome with the searing pain of loss. You will not be engulfed by the immense void, the extreme emptiness, the despair. You will remember. You will breathe. You will be okay.

And when that time comes there are things you can do to remember your loved one well.

- **Select favorite items** of your loved one's clothing and have them made into a quilt or pillow.
- **Create a memory box.** Ask family and friends from all parts of your loved one's life to write down or email favorite memories and place them inside of the memory box to read on holidays, birthdays, anniversaries, or whenever the need arises.
- **Create a playlist** of songs that remind you of your loved one.
- **Make a donation** to a charity in your loved one's name on their birthday or on the anniversary of their death creating a legacy of giving in their honor. (A donation to the Humane Society for an animal lover. A donation to the public library for an avid reader. A donation to the Hunger Network for the foodie, etc.)
- **Donate a bench**, or plant a tree, with a plaque honoring your loved one at a favorite playground, walking path or park.
- **Create a photo slideshow** with favorite pictures and music as a keepsake.
- **Create a tribute scrapbook:** Include information about your loved one (where they were born, birth certificate, ink print of their hand or foot, their favorite color, favorite foods, recipes, interests and hobbies, etc.). Add photographs and other meaningful items such as tickets from concerts, theater, sporting events, certificates, awards, letters, artwork, favorite quotes...anything that captures the essence of their life.

*There are many ways to remember, to honor, and to commemorate your loved one and their life. Make it meaningful to you. It does not matter when they died, how they died, or how long they lived. **What matters is that they were loved and that they will be remembered.***

*Transformativegrief.com*

# reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

## TREE OF MEMORIES

Seasons Hospice annual lighting of the "Tree of Memories" commemorates the light that our loved ones brought into our lives. It also offers a little hope to what many feel is a difficult season. The "Tree of Memories" will be illuminated on Tuesday, December 5, 2017. Once illuminated, the tree will remain lit through January 2nd, providing the community with a place to share memories and honor loved ones. The tree is located on the property of the Seasons Hospice Administrative Office, 1696 Greenview Drive SW, Rochester, MN.

If you would like to make a contribution to help sustain this community memorial, please contact Seasons Hospice at 507-285-1930 or [cges@seasonshospice.org](mailto:cges@seasonshospice.org).



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

Memories of the Heart will be held Tuesday, December 5th at Christ United Methodist Church at 7:00 p.m. For the past twenty 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 the memory board. A reception of fellowship and support will be held following the service.

Please return the request form below by Wednesday, November 22. For more information, contact the Hospice office at 507/285-1930 ext 1202, email [cges@seasonshospice.org](mailto:cges@seasonshospice.org), or register online at [www.seasonshospice.org/griefsupport](http://www.seasonshospice.org/griefsupport).

(cut here)

### – *Memories of the Heart* – Seasons Hospice Annual Community Memorial Service

Please return this request with your loved one's name(s) by noon Wednesday, November 22, 2017 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 or complete the enclosed envelope with payment of choice.

YOUR NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

IN MEMORY OF: \_\_\_\_\_  
*(This/These name(s) will be read at Memories of the Heart)*

PRONOUNCED HOW?: \_\_\_\_\_

IN MEMORY OF: \_\_\_\_\_  
*(This/These name(s) will be read at Memories of the Heart)*

PRONOUNCED HOW?: \_\_\_\_\_

**Seasons Hospice**  
1696 Greenview Drive SW • Rochester, MN 55902  
507-285-1930 • [www.seasonshospice.org/griefsupport](http://www.seasonshospice.org/griefsupport)

# CALENDAR OF EVENTS

## ONGOING PROGRAMS

### Coffee & Conversation Group

Second/Fourth Wednesday of every month  
9:00 - 10:00 a.m.

Third Thursday of every month  
6:00 - 7:00 p.m.

### Newly Bereaved Group

First Thursday of every month  
6:30 - 8:30 p.m.

Third Thursday of every month  
12:00 – 2:00 p.m.

### Pregnancy After Loss Group

First Wednesday of every month  
6:30 – 8:00 p.m.

### Pregnancy and Infant Loss Group

Second Thursday of every month  
6:30 – 8:00 p.m.

### Teen Drop-In

Third Wednesday of every month  
4:30 – 5:30 p.m.

### Survivors of Suicide Group

Third Wednesday of every month  
Teen: 6:00 – 7:30 p.m.  
Adult: 6:00 – 7:30 p.m.

### Veterans Loss and Transition Discussion Group

Mondays  
6:00 – 7:30 p.m.  
January 8 – February 26, 2018

### Pet Loss Group

Second Wednesday of every month  
6:00 – 7:00 p.m.

## SPECIAL PROGRAMS

### NOVEMBER

#### Managing the Holidays Without Your Loved One\*

*A workshop to help individuals and families begin to formulate a plan for the upcoming holidays and provide hands on tools to help manage those overwhelming feelings. This program is available to any adult, child or family member in the community who has lost a loved one.*

Saturday, November 11, 2017

8:00-10:00 a.m. Training Session – explore options for how to navigate the upcoming holidays

10:00-12:00 p.m. Craft Workshop – time will be filled with crafts such as memory wreaths, luminaries and ornaments

Center for Grief Education and Support

### DECEMBER

#### Memories of the Heart\*

*You are invited to join us in honoring, remembering and celebrating loved ones who have died. This evening will include candle lighting, music, reflection, and the reading of loved ones' names. A reception will follow.*

Tuesday, December 5 – 7:00 p.m.

Christ United Methodist Church / Rochester, MN

#### Tree of Memories

*The Tree of Memories will be lit throughout the holiday season in commemoration of loved ones.*

### JANUARY 2017

#### Adult Grief Group\*

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

Tuesdays, January 16 – March 20

Registration required.

\*Registration Required

*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 or view our website: [www.seasonshospice.org](http://www.seasonshospice.org).*



*Stay With Me Awhile* is a brand new work and will have its world premiere at the Rochester Civic Theatre Company's Studio Theatre in February 2018. Co-written by Mary E. Johnson of Rochester and Barbara Means Foster of Santa Barbara, California, Seasons Hospice is honored to be a partner in bringing this important work to the stage. The Carl and Verna Schmidt Foundation sponsored this production.

*Stay With Me Awhile* is a docu-drama or readers theatre where the actors are story-tellers. The stories they tell are adapted from over 100 interviews with people who have kept a vigil with a friend or loved one near the end of life.

In our society we are used to telling the stories of the birth of our babies or the story of our weddings or holy unions. But we seem to have no easy place in which to share the powerful stories that happen as death approaches. *Stay With Me Awhile* immerses the audience in the world of the vigil and is designed to present common, human experiences with which many will identify. This play will be especially meaningful for anyone who has kept vigil with someone you love.

**The play opens on Friday, February 2, 2018 and runs through Sunday, February 18, 2018.**

Some of the performances of *Stay With Me Awhile* will be followed by discussions. Performances will take place in the Rochester Civic Theatre Company Studio Theatre.

*Ticket information is available at [rochestercivictheatre.org](http://rochestercivictheatre.org) or by calling the theatre box office at (507) 282-8481.*



In observance of National Hospice and Palliative Care Month, the Greater Rochester Area Providers of Hospice (GRAPH), a consortium consisting of Seasons Hospice, Heartland Hospice, Mayo Clinic and St. Croix Hospice are hosting an education event on Thursday, November 9 from 8:30 a.m. to 4:00 p.m. at Gloria Dei Lutheran Church.

The purpose of the event is to help educate the community on the importance of end of life planning.

### Schedule of Events:

8:30 - 9:00 a.m.	Registration
9:00 - 10:30 a.m.	Hospice 101
10:30 - 10:45 a.m.	Break
10:45 - 12:00 p.m.	Making Decisions About My Medical Care - Presented by Carol Shaffer, Seasons Hospice Chaplain
12:00 - 12:30 p.m.	Lunch - Box lunch provided
12:30 - 1:30 p.m.	Key Documents for Every Estate Plan - Presented by Jason Wagner, JD
1:30 - 4:00 p.m.	Lawyers available to assist with completing Advance Directive forms

To register visit <http://tinyurl.com/rochmnhospice> • For questions contact: Amy Stelpflug - 507-284-4527

*Sponsored by Greater Rochester Area Hospice Providers*

# JOIN OUR TEAM AS A VOLUNTEER FOR SEASONS HOSPICE!



Volunteers are an integral part of the Seasons Hospice team, providing compassion and care when it is needed most. The heart and hands of hospice, they provide a special kind of caring to patients, families and staff through helping to make the hospice experience manageable and rewarding. Men, women, and young people of all ages and backgrounds volunteer for Seasons Hospice in a variety of roles.

## WAYS TO VOLUNTEER

### Patient/Family Care

Works with staff to provide supportive care and services for patients and families. Service may include offering companionship, transportation, assistance with chores, running errands, or providing respite for the family caregiver.

### Hospice House Volunteer

Volunteers are a welcoming presence at the hospice house providing hospitality for patients and guests. Duties range from light housekeeping, baking, cooking, and providing companionship to patients.

### Hospice House Outdoor Grounds Volunteer

The hospice house grounds are filled with beautiful gardens that require tender loving care to maintain.

### 11th Hour Volunteer

This opportunity gives the gift of presence when death is imminent so that no one should have to die alone.

### Grief Support

Provides grief support aftercare services for family members through phone calls, cards, clerical support, assisting with grief support groups or providing personal support.

### Office and Special Projects

Provides clerical assistance with filing, answering phones, computer entry, mailings and working on community events such as our annual gala.

### Nursing Home

Serve as a volunteer visitor for hospice patients who live in a skilled nursing facility.

### We Honor Veterans Volunteer

Veteran volunteers provide a special kind of support and companionship to our dying veteran patients. Through bedside visits, these men and women offer a final salute and thanks for their service to our country.

### Pet Therapy

These highly trained pet therapy teams visit patients wherever they may reside, bringing joy, contentment and solace. We have both dog and horse pet therapy teams.

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*Please contact Chris Humble, Director of Volunteer Services at Seasons Hospice if you are are interested in learning more about the rewards of volunteering for Seasons Hospice. Chris can be reached at [chumble@seasonshospice.org](mailto:chumble@seasonshospice.org) or at 507-285-1930.*

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# LEARN WHAT HOSPICE CARE REALLY MEANS TO PATIENTS AND THEIR FAMILIES

***What makes a good death?*** This is a question that many people prefer not to think about in their day-to-day lives. However, for patients facing an uncertain future, it is an extremely relevant reality. The answer can vary from person to person, depending on individual personalities, interests and desires. However, for most people, a good death is quite simple. It means being physically comfortable, at peace in your own home, surrounded by your loved ones doing the things you love to do up until the very end. These essential details are made possible by hospice care.

Hospice, by definition, is a team-oriented approach to providing specialized care for people facing a life-limiting illness or injury. It includes expert medical care, pain management and emotional support for patients and their families. But more simply, hospice care supports living one's life to the fullest with dignity regardless of how much time remains.

Seven in 10 Americans said they would prefer to die at home according to a Time/CNN Poll. Statistics show that 25 percent actually do according to the Centers for Disease Control and Prevention. In a recent national survey, the overwhelming majority of respondents agreed that expertise in keeping a terminally-ill patient as comfortable and as pain-free as possible is the single most important service to consider when caring for a loved one and the end-of-life experience. This is the essence of hospice care.

One of the great myths of hospice, for many who have not experienced it, is that hospice patients are merely lying in a bed, barely conscious. This is not the case. When a patient is admitted at an appropriate time, hospice care can improve his or her quality of life. Research shows that health care providers feel responsible to discuss hospice with their patients when the time is right, as it provides a kind of care that they are unable to give. Nearly three-fourths of family caregivers agree that hospice care is a better choice for a terminally ill patient. Of this group, 69 percent believe that involvement in hospice makes a better impact on the patient's family as well.

Another hospice myth is that families lose control over what happens to their loved ones. The facts are that a family is generally able to choose their preferred hospice provider for a loved one, and can be trained to serve as a primary caregiver, with a specialist to provide support when needed. It is the unique nature of hospice that allows for the feeling of family and comfort to become embedded and vital in the patient's care. This concept of more family interaction explains the overall goal of hospice - creating more moments of life before a life is over.

Hospice enables moments and memories that would otherwise not occur. It is the quality of these final moments, after all, that can define a "good death."

It's never too soon to explore your end-of-life options. To find out more about whether you or your loved one is appropriate for hospice contact Seasons Hospice at 507-285-1930 or visit [www.seasonshospice.org](http://www.seasonshospice.org).

*Reprinted from NHPCO*

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## 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  
Rochester, MN 55902

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A Live & Love Affair Gala Goes to Paris

# Fête de Paris

Benefiting Seasons Hospice

Saturday, November 18, 2017 6:00 p.m. to Midnight  
Rochester International Event Center



From the first sip to the last dance, you'll be saying

*Ooh La La!*

SEASONS  HOSPICE

Adding Quality of Life to Each Day

To purchase tickets visit [www.seasonshospice.org](http://www.seasonshospice.org)  
or call 507-285-1930

