

Adding Quality of Life to Each Day 1996 – Celebrating 25 Years – 2021

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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 –

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LOOKING BACK, LOOKING FORWARD

Beverly Haynes, RN, Executive Director



It has been over one year since the official start of the COVID-19 pandemic in the United States. Few of us had any idea what we would encounter, how our daily lives would be upended

or who among us would get sick or even die from this disease. Celebrations were canceled, family gatherings were limited or non-existent, funerals and memorial services were postponed or not held; all of which added another layer of grief and loss. The pandemic forced us to face our own mortality in a way not seen before in modern times, while conversations about death and dying became routine.

Seasons Hospice, too, has faced challenges during this health crisis. Our number one priority was, and remains, to keep our staff, volunteers and patients safe. In the early days of the pandemic when personal protective equipment (PPE) was in short supply, we went to great lengths to procure the necessary equipment to keep our staff safe. We utilized as many resources as possible, including sending out an appeal on Facebook for homemade masks. Over 100 volunteer seamstresses answered our call.

Today, our staff and volunteers undergo regular COVID-19 testing and all who expressed an interest in being vaccinated against COVID were able to receive their shots. Our dedication to providing excellent patient care has continued despite the limitations imposed by the coronavirus. We have needed to be flexible and creative in how we provide care. In some cases, access to our patients in skilled nursing or assisted living facilities has been restricted, but our nursing staff have always carried out personal visits regardless of a patient's COVID status. Within these settings, our full range of services may not be allowed

so when necessary, we arrange for music therapy, spiritual support and other visits, virtually. Our homecare and Seasons Hospice House patients have continued to receive all available services, when requested.

With the advent of the COVID-19 vaccine, there is cause for optimism that life will return to some semblance of normalcy, hopefully in the near future. We encourage everyone who can be vaccinated to do so, for your sake and for the safety of those around you.

In spite of these difficulties, this year is cause for celebration as we observe the 25th anniversary of the founding of Seasons Hospice. On October 29, 1996, we received our official status as a 501(c)(3) tax-exempt, charitable organization. We are proud of the fact that while many hospices across the state and country have needed to align with larger healthcare providers to remain viable, Seasons Hospice has persevered on our own as an independent, nonprofit organization. There has been some confusion between us and a national, for-profit hospice named Seasons Hospice & Palliative Care that has many branches located throughout the country but they have no connection to us as we are a local, community-based hospice.

Our reputation was built on providing the highest quality and most compassionate hospice care possible. Care that begins and ends with our devoted staff and volunteers. They, along with our generous donors, are the reasons for our success and longevity. We look forward to serving southeastern Minnesota for another 25 years and with your continued support, we will!

FACES OF HOSPICE: *Norman's Chair*

"Norman and I are part of one another's story and his life will continue through mine."



I was recently perusing Facebook Marketplace for gently used furniture, something I enjoy doing in my free time. My husband and I have an affinity and appreciation for mission-style furniture and I came across a beautiful mission leather chair that caught my eye. I reached out to the seller and made arrangements to see it in her home later that day.

Diane met us outside her rural Minnesota home and welcomed us in to see the chair that was just inside the front door. Immediately, my husband and I knew it would be a beautiful addition to our home joining various other mission pieces we had collected in our

22 years of marriage. As my husband went outside to prepare the car for us to load the chair, I visited with Diane. We made small talk about COVID-19 and I shared that I worked in healthcare as a Hospice Nurse Practitioner. She inquired as to which Hospice I worked with and trustingly shared that her husband, Norman, died with Seasons Hospice earlier this year in May. Since his death, Diane was downsizing their possessions. Norman was 76 years old and lived with Alzheimer's. Before his health declined and he went to live at the nursing home, Norman loved to sit in this chair in his home. This was Norman's beloved chair.

I drove away with a full heart, marveling at the intricacy of life and the surprising interconnectedness we share with one another as human beings. This chair was extra special to me as it belonged to a man whom I and many others in my organization had cared for in his final days.

We brought the chair to its new home and I cleaned and polished it with reverence as we found a place of honor for it in our living room. Norman's beautiful chair beckons us to come and sit and rest. It has now become my sacred place I yearn to start my day, centering in God's word and prayer or a place to unwind and read a good book as daylight fades. From his chair, I feel his strength, masculinity, and wisdom yet I sense his vulnerability and humanity in the worn wood and faded leather. Norman and I are part of one another's story and his life will continue through mine. I am grateful to have this treasure in my home and give it new life.

Heidi Seaberg is a nurse practitioner for Seasons Hospice.

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Written by: Heidi Seaberg, NP

Volunteer Appreciation Week: April 18-24, 2021

Thank You Seasons Hospice Volunteers!

The inspiration for this poem, written by Carolyn Piepho, Director of Development and Communications for Seasons Hospice, came after her own experience with Seasons' staff and volunteers while her mother was under the care of Seasons Hospice.

A VOLUNTEER'S HEART

Hour by hour,
Day by day,
Week by week,
Month by month,
Year after year
You hold a hand that's worn by age;
Warmed by your touch,
Quieted by your presence.

You plant a tree, prune a rose, feed the birds,
And tend to carpeted grounds with reverence for
This plot of land that brings peace to all who stay.

You bake, you cook, you clean and greet
To make this House a Home.

Your calling card is a final salute,
A hand-sewn testament to bravery;
A song from your heart;
A warm, furry face that finds a welcoming lap.

Your ready smile and reassuring embrace
Calms the frightened, nurtures the weary,
And comforts the grieving.

You file, you copy, you answer the phones,
And write endless notes to support the broken-hearted.

You pound the pavement to find wares to sell
At a gala marketplace.
You create, you zhuzh, you transform a space
Into a magical wonderland.

You are paid with a currency of the heart
Which enriches you beyond measure.
You are selfless, you are devoted, you are cherished.

You are, quite simply, the Heart of Seasons Hospice.

VOLUNTEER SPOTLIGHT: *A Match Made in Heaven*

Two young adults grieved separately, not knowing that their lives would someday be intertwined. Yet, it was through their grief and the circumstances that linked them that led Kelly Stanton and Andy Braun to one another.

Kelly's father, Jim Stanton, was a healthy, athletic, 55-year-old when inexplicably, he developed congestion and a cough. Kelly stated that her father thought he might have contracted pneumonia. After a doctor's appointment, and a course of antibiotics that didn't alleviate Jim's symptoms, Jim's doctor ordered a lung x-ray. A 6:00 a.m. phone call from Jim's doctor in April of 2014, changed the course of their lives irrevocably with a likely diagnosis of lung cancer. When a CT scan revealed Stage IV lung cancer that had metastasized to Jim's brain and spine, "It all came as a huge shock to us," Kelly said.

After three and a half years of oral and intravenous chemotherapy, with radiation treatments throughout, the family realized there weren't any more treatment options available. Hospice was selected for Jim, starting first with home hospice care. "I'm a nurse and I told my mom that I would take off work, that I would take care of everything," she said. "I just thought that home would be a great place." But after about two weeks, it became apparent that the family needed more help and the decision was made for Kelly's father to go to the Seasons Hospice House on October 25, 2017.

Andy was living a parallel existence, as his own father, Jack Braun, was admitted to the hospital in October 2016 after being sick for quite awhile with what the family thought was a bad upper respiratory infection. It was there that Andy's family learned of his equally shocking diagnosis: Stage IV lymphoma that had spread throughout his body. "We thought we were going to lose him right away, he was so inundated with his lymphoma," Andy said. Jack went to Charter House with the hope of gaining strength so he could start chemotherapy but his condition didn't improve so he moved to Chosen Valley Care Center (CVCC) in Chatfield.

Jack resided at CVCC for 10 months and in early October of 2017, the family decided hospice was his best option so Jack enrolled with Seasons Hospice. One week later on October 17, 2017, Jack transferred to the Seasons Hospice House. Andy talked about how they were able to make the best of a very difficult situation, enjoying some very special times with his dad while he was at the hospice house. "Everyone at the house was just fantastic; they were so good to dad, to us."

It was during this time of Jim Stanton and Jack Braun's overlapping stays at the house that Andy and Kelly became aware of each other's presence. Andy mentioned that he would see Kelly sitting near her father's bed when he would enter the house to go downstairs to his father's room. And Kelly could see Andy coming and going through a window in Jim's room that faced the parking lot. Andy said, "I didn't know this at the time, but Kelly would check me out as I was getting out of the car." But both of them stated this was not an opportune time; while they were both single, neither were interested in a relationship. They were each experiencing intense grief over the deaths of their fathers - Jim Stanton died November 13, 2017 and Jack Braun died February 21, 2018.

As time passed, Kelly and Andy's mothers proved to be instrumental in their eventual connection. Deb Stanton and Laurie Braun became friends as the result of seeing one another while their husbands were at the hospice house and later through a group they attended. After receiving the go-ahead from Kelly, Deb asked Laurie if she would check with Andy to see if he was interested in going out on a date with Kelly. The "matchmaking mothers" were successful and Andy and Kelly started to date in July 2019. Their relationship deepened to the point where they are getting married on September 4 of this year. The Seasons Hospice chaplain who attended to both fathers during their time on hospice will marry them.

In time, Kelly and Andy wanted to give back to Seasons Hospice in appreciation for the care their fathers received so they decided volunteering at the hospice house cooking meals was most fitting. They like cooking together and feel their fathers would appreciate they are giving back to Seasons in this way. Kelly and Andy began volunteering in January and enjoy it very much. It enables them to reciprocate the kindness they received during their families' time of need.



In five months, they will formalize their commitment to each other through marriage. And as they reflect on this, Kelly and Andy both feel strongly that their fathers had a role in bringing them together. Kelly commented that people will often say to her that she and Andy are "a match made in heaven," and her response, every time is, "We are, literally."

We wish Kelly and Andy the very best as they continue their lives together and thank them for their volunteer service to Seasons Hospice!

reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

SPRING IN MINNESOTA


By Heidi Smith, Director of Center for Grief Education and Support

Spring in Minnesota. One day is beautiful and sunny and the next day you experience a record-breaking rainfall that comes in icy sheets for hours. By the end of the week you see tulips popping their heads up alongside weeds. Such a rollercoaster of emotions! Let alone in the middle of our international COVID-19 pandemic. So often, our Minnesota spring weather parallels our grief journey. No two days are the same and we are left feeling a little unprepared.

world causes us to question our safety, predictability of everyday life, and what is good in the world." Further, he states that grief that is a non-death loss is what we call "disenfranchised" or not something we think of as "okay" to grieve or isn't "socially acceptable" like a death. Disenfranchised grief can cause a person to be at risk for complicated grief. The Center has seen a 49 percent increase in requests for some type of grief support since the start of the pandemic.

COVID-19 has changed the landscape of grief and grieving, and CGES has adapted our offerings to provide services during a time when grief is at a heightened and more complex level. The communal grief and loss that is being experienced locally may not always be due to death, however much of our grief reactions are similar. We know that grief impacts us mentally, physically, emotionally, socially and spiritually. According to Dr. Kenneth Doka, renown grief therapist, "The loss of our assumptive

Increased need for grief support services led us to apply to the Otto Bremer Trust and we were awarded a generous \$70,000 grant to help provide both in-person and virtual groups. These included new groups for staff, volunteers and the community related to the unique grief presented by COVID-19. We are continuing to monitor what the needs are in our community in the coming months so that we may continue to serve to the best of our abilities and resources.



"Grief comes in unexpected surges... mysterious cues that set off a reminder of grief. It comes crashing like a wave, sweeping me in its crest, twisting me inside out... then recedes.."

– TONY TALBOT

If you have questions, please don't hesitate to reach out to the Center for Grief Education and Support by emailing CGES@seasonshospice.org or calling 507-285-1930.

The CGES is supported by donations and agency resources so if you are interested in making a donation to support the work of the Center, you may do so by visiting www.seasonshospice.org/donations-and-giving and donate online. Or, you may send a check to the attention of Seasons Hospice – 1696 Greenview Drive SW, Rochester, MN 55902.

HOPE DURING DIFFICULT TIMES

“Hope is the pillar that holds up the world.” – Pliny the Elder

During this unprecedented time in our world, we struggle with how to balance focusing on the hard, real emotions of loss and grief, and the hope that our world will come out of this a little stronger and more compassionate. So how do we continue to hold both our grief and our hope?

Learn to prioritize.

What is truly important to you at this moment? How can you foster more of what is meaningful to you? Is it connection with others? How can you safely engage in an activity? Is it self-care? Are you feeling depleted and need to “fill up” on healthy activities such as being out in nature, exercise, sleep, replacing your diet with a healthier one, limiting your exposure to social media. Ask yourself what need is most pressing today and try to meet that need in a healthy way.

Let go of feeling in control.

The only thing you have control over is how you choose to respond to something. When working with students I draw a heart and put a circle around it as a reminder that we only have control of ourselves and nothing beyond that. Let go of feeling responsible for everyone and everything. Focus on how you are going to respond “when the next thing happens”.

Fostering an attitude of gratitude.

This begins with being thankful for what we do have in the moment. Sometimes it helps to look at our hierarchy of needs (Maslow) and being thankful for shelter, food and clothing. Maybe you connect with nature and are thankful for the beautiful sunrise or the gentle snow fall. Maybe reaching out to friends that you haven’t connected with in a while and letting them know how you appreciate their friendship.

Drink water and stay hydrated.

Eat and rest to help your immune system function properly. Find ways to calm yourself. Remember that even a five-minute break can help you refresh with a few deep breaths of fresh air.

Connect with Nature.

This might mean getting outside or viewing photos of your favorite places. Go for a walk in a nature center or even around the block. Being outdoors does wonders for your mood and helps reframe your thinking.

What are some practical ways to balance your grief with hope?

- Recognize it is okay to be sad and let the tears come.
- Recognize it is okay to be happy and allow laughter to be a part of your day.
- Reach out when you feel overwhelmed. Asking for help is not a sign of weakness.
- Grief impacts us mind, body and spirit. Take care of ALL of you.
- If you feel depleted, what fills you up in a healthy way? Commit to doing one thing today.
- Extend compassion to those around you and to yourself!

If you or someone you know is in need of support, please feel free to contact the Center for Grief Education and Support at 507-285-1930 or email us at cges@seasonshospice.org.

reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

CIRCLE OF REMEMBRANCE

After a 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 placed along the pathway on the grounds of the Seasons Hospice House.

To order a paver, complete and submit the online form found at www.seasonshospice.org/circle-of-remembrance-memorial-paver-form.

For information about upcoming support groups please see the calendar listings on our website: www.seasonshospice.org/calendar.



*“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

APRIL 16 IS NATIONAL HEALTHCARE DECISIONS DAY

It has never been more important to have your health care wishes documented in the event of a serious, life-limiting illness. The following article, reprinted from Honoring Choices Minnesota, details the urgency of completing your health care directive during this time of uncertainty due to the COVID-19 health crisis.



Honoring Choices
MINNESOTA

Advance Care Planning Information:

COVID-19

Advance Care Planning

Knowing your voice is heard when making decisions about health care is important.

Advance Care Planning is the process of preparing for a time when you may not be able to make your own medical decisions. The best time to make these decisions is when you are able to make your own choices.

Health Care Agent

Discussing and sharing your wishes with your loved ones, health care team and health care agent is important. A health care agent makes health care decisions based on your wishes if you are unable to communicate.

Health Care Directive

By writing a Health Care Directive, you can make your voice heard so your wishes are followed. A Health Care Directive is a written plan outlining your values and priorities for your future medical treatment.

Your individual health care goals, values, and preferences matter greatly if you experience severe or life-threatening illness from COVID-19. People of any age with underlying medical conditions, people over age 65, and people of color have a higher risk of developing life-threatening illness with COVID-19. Complications from this virus could render you unable to make medical decisions for yourself. Due to your personal risk factors, you may have COVID-19-specific preferences you wish to convey. To help you determine your risk level, visit: <https://www.nhpco.org/wp-content/uploads/COVID-19-Shared-Decision-Making-Tool.pdf>. Your loved ones and health care team need to know who will make medical decisions for you and how you want to be cared for if you become critically ill. This guide is intended to help you address COVID-19 as part of your advance care planning process.

Make or Update Your Advance Care Plan for COVID-19

- 1) Choose and ask a trusted adult to make medical decisions for you in the event that you become unable to communicate (this person is your health care agent).
- 2) Consider potential options for treatment, care, and support if you were to contract COVID-19:

Hospitalization

Would you prefer to receive care in a hospital or at home? If you prefer to receive care in the hospital, do you wish to receive intensive care and CPR (cardio-pulmonary resuscitation) as attempts to prolong your life? If you prefer to receive care at home, do you wish for skilled symptom management focused on comfort?

Oxygen Support

If recommended by your health care team, would you accept oxygen support? Oxygen treatment involves inhaling oxygen through a tube in your nose or mask over your mouth.

Mechanical Ventilation

Lung failure is the main cause of death from COVID-19. If you become critically ill, a specialized team will determine if you are eligible for a ventilator, if one is available. A ventilator is a machine that pushes a mixture of air and oxygen in and out of your lungs to breathe for you. The machine connects to a tube that goes through your mouth and down your windpipe at the back of your throat. Inserting this tube down your windpipe is called intubation. When the tube is in place, you cannot talk or swallow. You will receive medicine to help stay calm while the tube is in place. Being on a ventilator requires care in the Intensive Care Unit (ICU) at the hospital. Early studies suggest that individuals placed on a ventilator for COVID-19 will likely require lengthy mechanical ventilation, and the risk of death increases the longer individuals are on a ventilator. If the ventilator does not improve your condition or your condition worsens, you will be assessed to see whether the ventilator can still help you. It may be decided that the ventilator will no longer help you, so the breathing machine may be stopped. You will be kept comfortable during this process, and the focus of your care will be managing your symptoms and providing comfort. If you have concerns about ventilator use based on your current health, contact your health care provider.

Medications

Medications are used to provide sedation while on a ventilator or to provide symptom management. These symptoms may include: pain, shortness of breath, anxiety, nausea, and others. If you have concerns about specific medications used for treatment, talk with your health care provider and share with your health care agent.

Palliative Care and Hospice Care

Express your preference for palliative care or hospice care. Palliative care staff assess and manage your symptoms to prioritize and maximize your comfort. The goal of hospice care is to provide relief from physical, spiritual, and emotional pain that can be present during the last stage of life, and to support your loved ones. Visit www.mnhpc.org for more information about palliative care and hospice care in Minnesota.

- 3) Reflect on the following questions to help your health care agent make treatment decisions that match your wishes and values:
 - Is your main goal of medical care to maximize time and prolong your life, or to maximize quality of life and keep you comfortable?
 - What makes life most worth living?
 - What are your beliefs about when life would be no longer worth living?
 - Are there any personal, cultural, or religious beliefs that may help guide your care?
 - What brings you feelings of comfort/support?
- 4) Share your care goals, treatment preferences, and wishes for serious illness and end-of-life situations with your health care agent and your health care provider. Ask your health care provider how your current medical condition(s) may impact your likelihood of recovering from COVID-19.
- 5) Complete a health care directive form to appoint your health care agent. In it, clarify your goals of care, treatment preferences, and special concerns about COVID-19. Share a copy of your completed health care directive with your health care agent and your health care provider. For Minnesota health care directive forms, visit: www.honoringchoices.org.

POLST

If you do not want aggressive medical interventions such as ICU treatment, CPR, or mechanical ventilation, your health care provider may recommend medical orders called POLST (Provider Orders for Life-Sustaining Treatment) to document your wishes. A POLST form provides specific care instructions for emergency medical responders and other health care providers to follow. A POLST is not a replacement for a health care directive and does not name a health care agent. Your health care provider will help you determine whether a POLST form is appropriate for you. If you become unable to communicate your health care preferences, your health care provider can discuss POLST with your health care agent. For additional information on POLST and COVID-19, visit: www.polst.org.

Additional resources to help you make medical decisions concerning COVID-19:

<https://theconversationproject.org/wp-content/uploads/2020/04/tcpcovid19guide.pdf>

<https://respectingchoices.org/covid-19-resources/>

For more information about advance care planning or for help creating a Health Care Directive, contact your health care provider or Honoring Choices Minnesota.

HonoringChoices.org

612-362-3704

– A LIVE & LOVE AFFAIR 2020 –

Home is Where the Heart Is

We had no idea what to expect when we decided to present the 15th annual “A Live & Love Affair” gala virtually on Saturday, November 21, 2020. With emcee Tom Overlie, KTTC News Anchor, appearing live from his beautifully restored farmhouse and co-emcees and Seasons Hospice staff, Beverly Haynes and Carolyn Piepho, hosting from the production studio of Legacy Production Group, the evening proved to be a huge success.

Most guests purchased VIP tickets, which offered a delicious three-course meal prepared by Pinnacle Catering’s Chef Chris Hodapp along with an impressive VIP gift bag complete with wine, specialty liqueur from Tattersall Distilling, “Home is Where the Heart is” coasters, Chocolaterie Stam chocolates and Carroll’s caramel corn. The meals were heated and enjoyed during the virtual gala. The production featured video footage from Seasons Hospice, a personal testimony by a family member whose mother was on hospice and music by Bruce A. Henry, both during the event and after. While we weren’t able to offer a live auction, there was certainly spirited bidding on the silent auction with guests participating remotely.

The event brought in over \$95,000, after expenses, for Seasons Hospice with nearly 340 individuals “attending.” The support of this event from our community and beyond was extremely gratifying, especially during these difficult times.

We wish to thank our Gala 2020 sponsors whose support helped make this event possible! Platinum Sponsor: Think Bank; Gold Sponsors: Greg and Sharon Gentling, J. Powers at the Hilton; Media Sponsor: KTTC; Silver Sponsor: Tim and Linda Hansen; Entertainment Sponsor: Marcia and John Bouquet; VIP Gift Bag Sponsor: Piepho Moving & Storage; Bronze Sponsors: A.B. Systems, Inc., Altra Credit Union, Shawn and Shelly Buryska, Don and Amy Charlson, Kraus-Anderson Construction Company, Marco, North Risk Partners/C.O. Brown Division, Premier Bank Rochester, Rodney Anderson Law Offices, Smith Schafer & Associates, Sunshine Sanitation; Video Sponsors: Custom Alarm, Merl and Marilyn Groteboer, Caryl and Jay Jermier; Contributor Sponsors: Kids on the Go; Olmsted Medical Center, West Bank.



*The date of the 2021 gala is scheduled for Saturday, November 20.
Stay tuned for more details regarding whether the gala will be
virtual, in-person, or a combination of the two!*
