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Adding Quality of Life to Each Day

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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
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 Phone: 507-285-1930
www.seasonshospice.org

THE EVOLUTION OF THE NURSE PRACTITIONER

Heidi Seaberg wrote this account of her experience as a Nurse Practitioner for Seasons Hospice.



In April 2020, Seasons Hospice welcomed its first Nurse Practitioner (NP) to the team. Though a recent addition to our organization, this year marks the 56th anniversary of the NP profession in the United States. The role has transformed over five decades and I proudly represent one of more than 325,000 licensed NPs in the United States.

The NP role was created as a result of a shortage of physicians. In 1965, the first NP training program was launched at the University of Colorado with the goal of bridging the primary care provider gap in underserved urban and rural areas. In 1989, limited reimbursement for NPs began and in 1997, the Balanced Budget Act granted NPs direct reimbursement. By 2000, NPs were legally able to practice in all 50 states. Medicare granted NPs the ability to function as a hospice attending physician in 2003; in 2011, NPs were allowed to complete the required face-to-face visit to validate hospice eligibility for patients in their third or subsequent hospice benefit period.

NPs are advanced practice registered nurses (RNs) with additional education and clinical training beyond their initial RN preparation. All NPs complete a master's or doctoral degree. NPs practice under the rules and regulations of the state in which they are licensed. In Minnesota, NPs perform a history and exam, diagnose conditions, order and interpret diagnostic tests, prescribe medications and other treatments, manage patients' overall care, and provide counseling and education.

As a NP at Seasons Hospice, I have the opportunity to collaborate with hospice

and facility staff, the patients' primary care providers, patients, hospice volunteers, and family members and caregivers of our patients. I work most intimately with our talented RN and LPN staff to effectively manage symptoms such as pain, shortness of breath, nausea, anxiety, and restlessness to promote comfort at the end of life. I admire and appreciate the value each person on our team brings to the hospice journey. Whether it be through a massage, a song, a prayer, a meaningful conversation, a dog snuggle, a bed bath, or a dressing change, the hospice team invests themselves wholeheartedly. On a daily basis, I see our employees and volunteers extend themselves to nurture all dimensions of the patient and support their goals and wishes.

Meeting with patients and their families and engaging in meaningful conversations is my favorite part of being a NP. Establishing trust, knowing their story, and building an authentic relationship provides personal satisfaction. In my previous role as a NP, I worked as a primary care provider and cared for adult patients in our community for over six years. Around the same time that I transitioned to Seasons Hospice, one of my elderly patients with a terminal diagnosis started care with Seasons Hospice. I had the continued privilege of guiding her care and making a visit to her home to see her and her family members before she died. Her husband proudly showed me her extensive collection of art she had painted over the years; the hobby that was so dear to her. This was such a powerful experience for me and I am so honored to be a NP at Seasons Hospice.

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*In recognition of our 25th anniversary, please support our **25 Years of Caring** campaign with a generous donation. You may donate online at www.seasonshospice.org/donations-and-giving or send in a check to Seasons Hospice, 1696 Greenview Drive SW, Rochester, MN 55902. Thank you for your support!*

PLEASE NOTE:

Visit our website at www.seasonshospice.org to view our video, learn about Seasons Hospice programs, employment or volunteer opportunities and more.

FACES OF HOSPICE: *Gone to Her Garden*

Mary Madden wrote this loving account of her mother, Carole Madden, in which she described her life before her illness and the role Seasons Hospice played in helping Carole achieve a peaceful death.



My talented and energetic mother was diagnosed with Lewy Body Dementia in August of 2017. This news came as a great sadness to us all, but was particularly hard for my mom. She lost her own mother to dementia over a period of ten heartbreaking years and often

said she would choose any other path to her own end if she could. When mom's neurologist offered her a medication which might act to slow down the progression of her disease, she said very quietly, "Why would I want to slow this down? It's going to be hard enough even if it goes fast."

In addition to raising children and working as a legal secretary and office manager, my mom had so many interests: travel, entertaining, cooking, and spoiling grandchildren. She was an accomplished knitter, bridge player, genealogist, reader and letter writer. Gardens she created and tended at her Bloomington home and cabin 'up north' were glorious! She was a devoted daughter, sister, wife, mother, grandmother, and friend. She and

my father were married for 62 years when my dad died (peacefully at home on hospice care) in October of 2017.

Within three weeks of that date- in the thick of her grief- my mom had a devastating fall at her home. Following a shoulder replacement at Mayo, she settled into an assisted living apartment here in Rochester. She did an amazing job of recovering physically, coping with the loss of my dad, and adjusting to an entirely new life. As her dementia progressed, she could no longer play bridge but she became brilliant at dominoes. She could no longer garden, but she loved admiring all the plantings around her building and neighborhood. She did not miss laundry or housecleaning!

Over the course of 2018 and 2019, multiple falls and ER visits brought her/us the gift of 'home care' at her assisted living facility. She loved it. On a snowy day in late January 2020, mom's beloved nurse practitioner- Brenda D- had a hard but beautiful talk with mom about her end of life plans. Mom said she would like to shift to hospice care and we chose Seasons Hospice, both for their reputation as well as for the option of the Hospice House, if desired. Within ten days, mom had met all members of her new team of Seasons providers, had a schedule for RN, social worker, nursing assistant and chaplain visits, as well as music and massage therapy, and pet therapy visits. She was sometimes too tired to participate, but loved the attentive and responsive team (especially Erin, who brought the gift of music to trigger so many sweet memories, and Ali, who brought a wonderful humor back to mom's life). The team supported me as well as mom; I



“We had 24/7 access; it seemed like a miracle. Her pain was expertly managed and I believe she simply relaxed into death. It was a beautiful experience.”

don't know how many hours Joey clocked with me on the phone and in person, but I am grateful for every minute!

The dark cloud of COVID in March of 2020 resulted in a complete lockdown of mom's facility. I went from visiting her almost daily to wondering if I'd ever touch her again. She struggled to use her phone, and did not understand 'window visits,' but through it all, staff at her facility and the Seasons staff did their best to help us 'see' each other. July came, and as mom's more serious decline began, visiting restrictions remained in place. The time was right for the Seasons Hospice House!

Mom arrived at the House on August 4th, and died so VERY peacefully there on August 13th. Her days were filled with attentive, gentle care, fresh air, big windows that let in healing light, music, wheelchair rides to tour the many lovely gardens and sit next to the flowing pond. She would often identify the plants and flowers for me, bringing back such sweet memories of my childhood with her. Best of all was the unlimited chance for all of us who loved her to see her, touch her, kiss her, read to her, and provide care for her. We had 24/7 access; it seemed like a miracle. Her pain was expertly managed and I believe she simply relaxed into death. It was a beautiful experience.

My husband and I now volunteer at the House- tending to a couple of the many gardens there that brought mom such peace. I think of her with every visit, and feel her spirit there.

I shall be FOREVER grateful for Seasons Hospice.



Written by: Mary Madden

Pictured opposite page: Carole Madden

Pictured above left: Carole and Mary

Pictured above top: Mary and Carole

Pictured above bottom left: Carole by pond

Pictured above bottom right: Carole's paver

25 Years of Caring

A Silver Anniversary Soirée to Benefit Seasons Hospice

Gather with friends or family, at home or a location of your choosing, while celebrating the 25th Anniversary of Seasons Hospice on Saturday, November 20!

Although we can't be in person together to celebrate this momentous occasion, an evening of fine food, celebration, and fun will be yours to enjoy!

Several ticket packages are available, including signature "to-go" dining experiences prepared by J. Powers' Executive Chef Chris Hodapp, to enjoy before or during the event.

After savoring a sumptuous dinner, settle in to view the evening's festivities. Or, if you prefer to view the livestream event without ordering a dinner, register for the Viewer/Bidder package at no cost.

To purchase your tickets or for more information, visit our gala website at bidpal.net/silversoiree2021

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A complete listing of sponsors can be found on the gala website at bidpal.net/silversoiree2021

reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

SEASONS HOSPICE

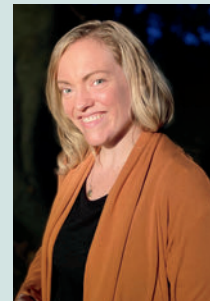
1. Farewell and Welcome to Staff

2. Memories of the Heart Thread



We bid farewell to Heidi Smith, who has been director of the Center for Grief Education and Support, for the past seven years. During her tenure with the Center, Heidi attained numerous certifications that enhanced her work as director of CGES and as a grief counselor. She cites starting grief support in the schools, her work with adolescents in the juvenile detention center, providing grief support to inmates at the Federal Medical Center, and launching a variety of special grief groups including Young Spouse Loss, Veteran's Loss and Transition, and Survivor of Suicide as being among her greatest accomplishments. Heidi's work with students creating the "Grief Unmasked" art project that exhibited at the Rochester Art Center in September 2020, represents the pinnacle of her time here. ***We wish Heidi well in her retirement!***

We are pleased to welcome the new Director of the Center for Grief Education and Support, Kris Hays. Kris has been transitioning over the past month into her new role. With over ten years in the mental health field, she has valuable experience working with various populations including adults, families, couples, and adolescents who are coping with mental health and chemical health issues, as well as grief, loss, and trauma. She holds licensures in both Marriage and Family Therapy as well as Alcohol and Drug Counseling and is certified as a Grief Counseling Specialist. ***Welcome to Seasons Hospice, Kris!***



The following are messages are from Heidi and Kris.

I have had the distinct privilege of working in this position since November 2014. This decision was not made lightly as it has been an honor to journey with so many who are grieving. During my seven years at Seasons, I have learned from each of you and consider it a privilege to hear your powerful stories.

Working with the Bereavement Team, Seasons Hospice Staff, and Seasons Volunteers, has been the highlight of my career. Your care and compassion for Rochester and surrounding communities is unsurpassable. I look forward to maintaining a relationship with the Center for Grief Education and Support in the future. In fact, I look forward to hopefully volunteering with the new Director for the CGES.

– Heidi Smith

"The suffering at such times [of bereavement] can be great, I know. But it is somehow comforting to learn, even through suffering, how large and powerful love is."

–FENTON JOHNSON

The heart of Seasons Hospice staff and programming has been evident from the moment I first walked through these doors. I am proud to be a part of this team, and privileged to provide care and support for folks coming to our programs for a safe space to grieve, seeing they are not alone. My hope is to continue to carry on the tradition of providing professional and compassionate care in a judgement-free space for family members of our patients and in our community. When we serve individuals, we serve families. When we serve families, we serve the community and beyond.

One of the reasons I was drawn to Seasons Hospice was the holistic and person-centered care approach, along with an interdisciplinary team focus. It is through this lens that we can see those in our care more clearly and help them to achieve their goals, have a supportive space to share their story, and know that they are supported in their journey. I am beyond grateful to be here and look forward to being part of the growth of Seasons Hospice.

– Kris Hays

reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

MEMORIES OF THE HEART



Memories of the Heart

Community Memorial Service

A Time to Remember Loved Ones Who Have Died

You are invited to *Memories of the Heart* memorial service which will be viewed online this year rather than in person. The video will be available on the Seasons Hospice website beginning December 7th through December 31st.

The names of those served by Seasons Hospice this past year will be a part of this service. If you prefer your loved one's name not to be read, or wish to add additional names, please contact us at 507-285-1930 or email cges@seasonshospice.org by November 15, 2020.

The video can be viewed by visiting the link found on the Grief Center web page at www.seasonshospice.org/cges.

The following poem was written by Scherer, a Seasons Hospice volunteer, which depicts her experiences with grief and loss.

– THREAD –

Thread
winding
turning, twisting,
sewing the fabric
of humanity
strength—compassion
together we strengthen
the thread

broken
snapped, severed
How does one recover
from grief?
facing our loss
courage—tenacity
together we are
building community

grief
time, space
expressing the pain
we experience
sharing our journey
remember—remember
together we are walking
the path

centering
soul—spirit
thread building comes
from within
growing strong roots
grounded—connected
together we are helping
one another

VOLUNTEER SPOTLIGHT: *Jonelle Krygier*



With a passion for people and nursing, Jonelle Krygier has found her niche in the work of hospice.

Jonelle came to Seasons Hospice first as a nurse who worked at the Hospice House for seven years. There, she found she loved the hands-on aspects of patient care. After retiring, and with a little hesitancy about volunteering for a former employer, Jonelle became a Seasons volunteer in 2017, because, as she says, she's "very people-oriented and still wants to help people." She's modest about how many ways she helps.

When asked which of her many volunteer roles is her favorite, Jonelle is quick to say it's bedside patient care. She provides direct care, which involves social interaction with patients, light housekeeping, respite care to aid their caregivers, and transportation to medical appointments. She does check-in calls to help ensure that home hospice patients have the medications and supplies they need prior to the weekend. Jonelle is also an 11th hour volunteer who stays with a person who has no one who can be present in their final hours. Jonelle also serves Seasons' staff and other volunteers as a member of the committee for volunteer education.

Jonelle is aware that some people may view hospice work as being uncomfortable, but she believes that death and dying is a natural part of living. She quickly realized she is fully herself with patients and families who are in need of hospice, saying, "I know how I would want someone to greet me if it were my person."

Quick to downplay all her contributions, Jonelle prefers to "go about this quietly." She gives credit to Chris Humble, the director of volunteer services, for making volunteering such a good experience.

When asked what she does outside of her considerable volunteer efforts, Jonelle says she enjoys cooking, "any little road trip." and her five grandchildren in the Twin Cities who range in age from four to ten. As for her work with Seasons Hospice, she says with a gentle laugh and a twinkle in her eye, "I know it is where I'm meant to be."

Written by fellow volunteer, Penny Hennes

STAFF CHANGES AT THE SEASONS HOSPICE HOUSE



Dawn McMartin, Seasons Hospice House Manager, is retiring at the end of October after serving in this position since October 17, 2011. Prior to coming to Seasons, Dawn worked for 30 years as an RN at Mayo Clinic in a number of capacities. It was during a period working at a nursing home in St.

Charles that the seed was planted for a career in hospice, due to her enjoyment of her time with the patients in long term care.

When the position of Hospice House Manager became available in 2011, someone encouraged Dawn to apply, and, as she said, "The rest is history." Of her time here, a couple of things really stand out to Dawn. Newly in her role as house manager, Dawn said that the Medical Director at the time, Dr. Tom Miller, had a profound impact on her. "I always appreciated the way he interacted with patients and families, as well as staff. He was objective, always honest, but very kind." Dawn also has been struck by the dedication of the Seasons Hospice staff in the way they embrace their role of supporting people through their end of life journey. "Our staff feel this is where they are supposed to be," she said.

In her retirement, Dawn plans to catch up on all the projects she has put on hold over the years. An avid quilter and jewelry maker, she plans to get back to these creative outlets. But she's also very excited to spend more time with her four grandchildren ranging in age from 1 ½ to 4 years of age, all living far away from her.

We thank you for your time with Seasons Hospice, Dawn, and wish you well!



We're excited to introduce Jessica Behnken, RN, as the new Seasons Hospice House Manager. Jess started with Seasons on August 9 and has hit the ground running! Her work as an RN in Family Medicine with Olmsted Medical Center (OMC), working in the Skyway Clinic, helped lay the groundwork for her transition to Seasons. The Skyway Clinic closed due to COVID and so Jess continued with OMC, working as a COVID triage nurse at the Graham Park drive-through testing site. She continued in a number of capacities with OMC. It was her time with REM group homes that really nurtured her desire to work in hospice. Jess has always wanted to provide hospice care, and actually has a personal connection to Seasons. "My grandmother died at the hospice house 20 years ago," she said. She was also instrumental in getting her father onto a hospice program due to her long-held belief in its benefits.

Although she has been with Seasons Hospice for only two months, Jess has been so impressed by her coworkers. She stated, "My teammates are amazing. Everyone has been helpful and passionate about the work we do for patients and families. Clearly, they are here for the right reasons."

We welcome Jess to Seasons Hospice and know our patients are in capable, caring hands!

– DON'T WAIT TO TAKE

It's an all too common situation. A family is at the bedside of a loved one who is seriously ill and nearing the end of life. Each member of the family has a different idea of what should be done and what the patient would have wanted.

Far too many people wait until they are in the midst of a health care crisis before thinking about what options are available or what care they or their loved ones would have wanted. Often, by waiting too long to learn about possible options, like hospice care, people end up spending difficult days in the hospital or the emergency room and opportunities to be with loved ones at home are lost.

When a family is coping with a serious illness and a cure is no longer possible, hospice provides the type of care most people say they want at the end of life: comfort and dignity. Considered to be the model for high-quality, compassionate care for people with a life-limiting illness, hospice care includes expert medical care, pain management, and emotional and spiritual support. When a person enrolls with Seasons Hospice, they receive care and support from an inter-disciplinary team comprised of our medical director, nurse practitioner, RN's, LPN's, hospice aides, social workers, chaplains, music and massage therapists, bereavement counselors, and a dedicated group of volunteers who offer companionship and assistance to patients and family members alike. The wishes of the patient and family are always at the center of care.

The majority of Seasons Hospice's patients receive care at home, whether that is a private residence, nursing home, assisted living facility, group home or others. We also provide residential care at our hospice house located on 13 beautifully wooded acres in southwest Rochester. Hospice care is paid for by Medicare, Medicaid, and most private insurance plans and HMOs.

When making the decision if hospice is right for you or your loved one, Seasons Hospice staff are here to provide information about care options and choices so that the patient is directly involved with their care. We are here to support the patient

with the goal of living life as fully as possible for the remainder of their life. Hospice is for the family, too, and we focus on supporting them through this journey.



National Hospice and
Palliative Care Month

Meeting
where you

TALK ABOUT HOSPICE –

One of the best ways to make sure you and your loved ones benefit fully from hospice, should you ever need this care, is to talk about it before it becomes an issue. For more information, contact

Seasons Hospice at 507-285-1930 or email us at info@seasonshospice.org. You will also find information about what Seasons Hospice provides on our website: www.seasonshospice.org.



Serious illness doesn't wait for a pandemic to end.

During an unprecedented time, our commitment to care has not changed. We are working directly with the community we serve, offering comfort, dignity, and compassion to those who need the person-centered support we provide. We're available where and when you need us, to provide support and keep you and your loved ones safe.

To learn more, visit seasonshospice.org.

info@seasonshospice.org
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25 Years of Caring

A Silver Anniversary Virtual Soirée Benefiting Seasons Hospice

Saturday, November 20, 2021

7:00 to 8:00 p.m.

Premium Sponsor: **Think Bank**

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Gather with friends or family, at home or a location of your choosing,
while celebrating the 25th Anniversary of Seasons Hospice

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