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Adding Quality of Life to Each Day

SEASONS HOSPICE

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SEASONS HOSPICE

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

– SEASONS HOSPICE –

1696 Greenview Drive SW
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MY FIRST 90 DAYS – FILLED WITH GRATITUDE

By Kristina Wright-Peterson, RN, MSN, Executive Director



Since joining the Seasons Hospice team full-time this spring, I reflected recently on the work we have done this summer and into the fall season. Our team continues

to amaze me with their compassionate, patient-centered care. In a time when so many things in our life feel automatic and impersonal, our dedication to the patient and their support network is remarkable. It has been a whirlwind of a few months, but I am excited for what we have accomplished and what is on the horizon.

We continue to navigate the COVID-19 pandemic in order to keep our staff and patients safe, while staying abreast of the constantly changing guidelines presented to us by the various health agencies we consult. Along with much of the country, we have felt the strain of a workforce environment that has left us with open positions, combined with feeling the loss of valued members of our team.

Several new positions were created in order to support our growing staff. We have brought on managers and staff whose role is to support our team. I firmly believe, and say this frequently, “our people are what make Seasons remarkable.” And these individuals can only support our patients and their families, if they are also supported.

Seasons Hospice continues to see patients enrolling in our program with higher needs and we are constantly striving to meet those needs. Ongoing education is essential in keeping our staff current with best practices in

hospice care, so our staff recently attended several conferences and educational opportunities. Three of our team members participated in a national conference hosted by our electronic medical records company, Wellsky, and six of us attended the Minnesota Network of Hospice and Palliative Care state-wide conference. Of those six, two of our staff, Cory Moss and Amy Jo Fanslow, were presenters, sharing their knowledge on caring for Veterans at end of life. By investing our time and resources into learning from others, and sharing our knowledge, we are better equipped to care for our patients.

Of course, a highlight in these first 90 days was my first gala as Executive Director. And this year’s gala was markedly special as we gathered for the first time in the summer, at Mayowood Stone Barn. Looking over the hundreds of individuals that came together to support our mission was not only heartwarming, but motivating. When the community stands alongside us, it reminds us, even in these hard and challenging times, that we are not alone in this work.

Last but not least, as I reflect, I am thankful. Thankful for the opportunity to serve this organization and our team. Thankful for a community that has made it possible for this work to happen. And thankful to all of you who have, and continue to, walk along side of us.

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In recognition of the 25th anniversary of our Hospice House, please consider donating to Seasons Hospice. 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: *A Life of Adventure*

Quiet, Helpful, Great Smile, Honest, Thoughtful, Fun Friend, Faith-Filled... These words exemplify who DeWaldon (De) Bendtsen was, in a loving account by his wife, Trish.



Words from the many sympathy cards and notes received for De that described his 88 years of life based on the foundation of a strong Danish and German heritage.

On June 21, 1933, Anna and Bendt Bendtsen welcomed their sixth child,

DeWaldon Lee, to Wagner, South Dakota, during the summer solstice. A perfect beginning for a long life of adventures. Together, this family developed into a hardworking, loving, chaotic unit of twelve, who eventually planted deep roots in Rose Creek, MN. DeWaldon (De) and his siblings spent years working the farm, roaming the wilds, playing, and creating a bit of ruckus together. What fun they had living in an old hotel, using an old limousine, skiing behind horses, and traveling and camping in an old wooden school bus, where the fishing poles were always at the ready.

After graduating high school, De ventured to Chicago to attend DeVry Technical College for radio and TV repair from 1951-1953. After some big city adventures,

he was drafted into the Army in 1956 where he moved around stateside, spending most of the time in Georgia heading up a Radio Relay Team. After the service, he returned to Minnesota and graduated from the University of Minnesota in Electrical Engineering. De always found time to have new adventures with friends, especially skiing the mountains and exploring the BWCA for new lakes to fish.

In 1964, De began a 27-year career at IBM in Rochester. In 1967, De was blessed with his most prized “catch,” Trish Enderson. Together what escapades they enjoyed! Countless hours camping, traveling, gardening, golfing, volunteering, playing cards, biking, skiing, hiking, canoeing, woodworking, and fishing.

Over the years, much time was spent being with the ever-growing Bendtsen and Enderson families, at work, in church, with friends, and whenever possible, fishing! De and Trish’s family expanded to include children Mike and Pam, and four grandboys: Andrew, Henry, AJ, and Everett. Grandpa De provided countless shoulder rides, workshop projects, visits to school functions, cheering at football and baseball games, ski, and mountain bike races, telling jokes, playing cards, and providing fishing lessons.

For as long as he could, De loved life. He never wanted to miss an adventure, but eventually, there were small indicators that life was changing. Several minor bike mishaps and a change in his walking led to a diagnosis of Parkinson’s Disease and Progressive



“The lovingly delivered full-time bedside nursing was beyond all expectation. His final three months here provided time together, where we as a family could find the way to say good-bye.”

Supranuclear Palsy. Despite home physical therapy and medications for balance, falls became more frequent which led to De walking with a cane, eventually needing a wheelchair. Throughout these transitions, De’s determination and smile always remained strong.

In 2019, home health was enlisted to help with home care. In early March of 2020, the palliative care doctor recommended a care facility. As no room was immediately available, hospice became the next step. Unexpectedly, just three days before COVID-19 restrictions went into effect, we were blessed to have Seasons Hospice become an intricate part of our family. For over a year, nurse Ryne, social worker Michelle, and caring aides were with us several days a week. They always knelt before De and spoke directly to him, truly valuing his responses and needs. Even though he had become non-verbal, he continued to communicate with his smile and eyes.

In June of 2021, De transitioned to the Hospice House. The peaceful room with large windows and the continued care from the staff made this emotional move much easier. The lovingly delivered full-time bedside nursing was beyond all expectations. His final three months here provided time together, where we as a family could find the way to say good-bye.

De’s passing on September 16, 2021, left behind a legacy of life and deep appreciation for what the earth gives and how it should be rewarded by being cared for.



Written by: Trish Bendtsen
 Pictured opposite page: De with Trish
 Above left: Dewaldon family photo
 Above top: Bendtsen WHV presentation
 Above bottom left: De with grandsons
 Above bottom right: De fishing with grandsons

VOLUNTEER SPOTLIGHT: *Thank you Greg & Janice!*



Q: Assuming that you are both retired, what did you do in your previous “paid work” lives?

A: Yes, we have been retired for five years. Greg worked at Mayo Clinic as a study coordinator for Anesthesia/Critical Care. Janice worked for Mayo Clinic as a Hematology Laboratory Specialist.

Q: Did you have any connection to Seasons Hospice in the past – what inspired you to volunteer for Seasons?

A: We did not have a direct connection with Seasons Hospice. We were looking to volunteer somewhere and saw a notice in the Rochester Post Bulletin that various organizations were discussing their volunteer opportunities at Forager Restaurant (this was about four years ago) so we went to enjoy some good food and listen to the various presentations. Chris Humble was there representing Seasons Hospice. We liked what she described about the gardens at the Hospice House and signed up soon after.

Q: Please share the kinds of activities/work you do in your role as a Seasons Hospice volunteer?

A: We both help to maintain the gardens at the Hospice House. There are now about 12 of us that are working out there on the garden areas. We both also help out in the office assembling admission and information/education materials as well as do some database entry and other various tasks as needed.

Q: What is it about the work you do that keeps you coming back?

A: The staff and clients/family members that we encounter at the house are so appreciative of the gardens and it is so rewarding to hear how the gardens help them at this difficult time. We also feel really valued by the Seasons staff both at the house and office; everyone is so friendly and appreciative of our help. It’s a wonderful organization to volunteer for.

Q: How did you both meet? What do you like to do when you’re not volunteering for Seasons Hospice?

A: We met online. We both like to stay active. We golf, play tennis and pickleball, bike, travel, hike in our state and national parks, kayak, garden, cook, and in the winter sometimes cross-country ski. We also read a lot and Janice makes jewelry.

Q: Is there anything else you’d like to share that would provide someone who is considering volunteering for Seasons Hospice to take that next step?

A: Try it. It’s rewarding. It’s needed. Whoever you volunteer for will be very glad to have you and it will add a lot to your life; it has to ours.

Greg Wilson and Janice Hodnefield have volunteered for Seasons Hospice since 2018 on a weekly basis. We are so grateful to them for their tireless devotion to our organization and patients.

reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

What Ambiguous Loss Is and How To Deal With It – A psychologist shares ways to cope with lack of closure –

It's been more than 40 years since family therapist Pauline Boss, PhD, first coined the term "ambiguous loss" and published her book by the same name. In its simplest sense, "ambiguous loss" refers to loss without closure. And today, the term has never been more relevant, especially as we continue grappling with the many ways the COVID-19 pandemic has upended our lives. Psychologist Kia-Rai Prewitt, PhD, delves deeper into this concept, including its original meaning and how it's especially applicable today.

WHAT IS AMBIGUOUS LOSS?

"Dr. Pauline Boss created this term to refer to a lack of information and closure that surrounds the loss of a loved one," Dr. Prewitt says.

At its core, ambiguous loss is all about a lack of resolution – but Dr. Boss created categories to differentiate between physical and psychological loss.

TYPE-ONE AMBIGUOUS LOSS

Type-one deals with physical loss, like when you don't know for sure whether someone you love has died or what has happened to them. Think, for example, of a parent whose child has been kidnapped or a person whose spouse has gone missing on military deployment.

Dr. Boss calls this category "physical absence with psychological presence," a type of ambiguous loss that occurs when someone you love is physically absent under unknown, uncertain or unresolved circumstances.

Examples include loss as a result of:

- *Unexplained disappearances, like kidnapping*
- *War and acts of terrorism*
- *Deportation and genocide*
- *Natural disasters*

This type of ambiguous loss can also come from a loss of contact, even if you know where the person is or what has happened to them. This kind of ambiguous loss includes circumstances like:

- *Divorce*
- *Adoption*
- *Estrangement*
- *Incarceration*
- *Separation due to immigration*

"As an example, think about what happens after a divorce," Dr. Prewitt says. "You know your ex-spouse still exists, but they are no longer in your life the way they used to be when you were married. That's ambiguous loss, too."

Another modern example is the trend toward ghosting – when someone you're dating just stops responding and falls out of touch, leaving you without answers.

TYPE-TWO AMBIGUOUS LOSS

This type of ambiguous loss refers to a psychological loss, including a mental or emotional disappearance (like when someone's personality has changed so much that they no longer seem like the person you once knew).

Dr. Boss describes it as "psychological absence with physical presence." Your loved one is physically present, but they've changed, whether emotionally or cognitively (or both). Examples include changes caused by:

- *Alzheimer's disease and other forms of dementia*
- *Traumatic brain injury*
- *Drug and/or alcohol addiction*
- *Depression or other chronic mental illness*

"A common example I see is when I work with couples," Dr. Prewitt notes. "A spouse says they want the person their partner used to be, especially if that partner has a mental or physical illness or has experienced a traumatic event during the course of the relationship."

WHY AMBIGUOUS LOSS IS SO HARD TO HANDLE

Usually, closure is an important piece of the complicated puzzle that is grief. It provides us with some way to process what's happened. *(continued on back...)*

reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

AMBIGUOUS LOSS (*continued*) • MEMORIES OF THE HEART

"We typically crave closure because our brains are wired to analyze information and our environment," Dr. Prewitt explains. When someone dies of known causes, even when it's sudden or particularly traumatic, we are, at least, able to comprehend that a loss has happened. Death is concrete – but ambiguous loss doesn't offer any sense of closure.

This is especially true in the case of open-ended disappearances – say, if your child has run away from home or your partner is presumed dead after a hurricane. But there's also no closure when a parent's personality changes as a result of Alzheimer's or when a friend's mental illness makes them nearly unrecognizable to you.

"When we don't have all the information, we lose our sense of control, and our thoughts fill in the blanks," Dr. Prewitt says. "Those thoughts can be terrifying because there is nothing to confirm if what you're thinking is right or wrong.

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<https://health.clevelandclinic.org/ambiguous-loss-and-grief/>

WAYS TO COPE WITH AMBIGUOUS LOSS

- 1. Take care of yourself:** *Getting enough sleep, eating healthy, and drinking enough water will help as you learn to cope with the complex emotions and uncertainty that accompanies ambiguous loss.*
- 2. Name what you are experiencing as ambiguous loss:** *Oftentimes grief and loss are seen as only encompassing the death of a loved one, ambiguous loss can be difficult to understand for those who have not experienced it.*
- 3. Give yourself permission to feel:** *There are many emotions that accompany ambiguous loss, allowing yourself to feel the range of emotions that accompany loss is healthy and will help you through your grief journey.*
- 4. Identify support persons:** *Trusted persons who will allow you time to openly share your thoughts and feelings in a safe and non-judgmental space.*
- 5. Join a support group:** *Find resources in your area for persons experiencing ambiguous loss or the specific loss you are experiencing so you do not feel like you are going through this alone.*
- 6. Therapy:** *A trained therapist can help you process the grief and loss you are experiencing, as well as help you identify healthy ways to cope with the uncertainty that surrounds ambiguous loss.*

FALL 2022



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 1st through December 31st.

The names of those served by Seasons Hospice this past year will be a part of this service.

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

Center for Grief Education and Support

SEASONS  HOSPICE

ODE TO SUMMER GALA 2022

The stars aligned on August 25 for a picture-perfect event in celebration of Seasons Hospice. Mayowood Stone Barn was the setting for this magical evening experienced by all in attendance. Guests enjoyed summertime hors d'oeuvres and bubbly bellinis against a backdrop of jazz by the John Paulson Trio, the silent and live auction, fabulous three-course dinner by Chef Chris Hodapp, and dinnertime serenading by Erin Cook with Jon Davis, keyboardist, followed by our Call to the Heart giving appeal. Rounding out the evening was a nightcap by Tattersall Distilling. Ode to Summer was a financial success, raising \$130,000 after expenses, in support of our hospice and bereavement programs!

We could not have presented such an elegant and lively event without the generosity of our sponsors, beginning with our Platinum Sponsor, **Think Bank**, and our Gold Sponsors, **Greg and Sharon Gentling** and **Mayowood Stone Barn**. Followed by our Media Sponsor, **KTTC**; Silver Sponsors, **Altra Federal Credit Union** and **TSP, Inc.**; Décor Sponsor, **Penz Automotive**; Summer Swag Sponsor, **Piepho Moving & Storage**; Printing & Graphic Design Sponsors, **Davies Printing Company** and **Tammy Westby/CRW Architecture**; 25th Anniversary Sponsors, **Custom Alarm** and **Merl and Marilyn Groteboer**. Thanks to our Bronze Sponsors, **A.B. Systems, Inc.**, **Shawn and Shelly Buryska**, **Don and Amy Charlson**, **Kraus-Anderson Construction Company**, **Macken Funeral Home**, **North Risk Partners-C.O. Brown Division**, **Premier Bank Rochester**, **Rodney Anderson Law Offices, LLC**, **SFM Mutual Insurance Company**, and **Smith Schafer & Associates**. We also wish to acknowledge our Contributor Sponsors, **Kids on the Go**, **Olmsted Medical Center**, and **West Bank**; as well as our In-kind Sponsors, **Andy's Liquor**, **Le Jardin Floral**, and **Tattersall Distilling**.

There were many other individuals and businesses who contributed to our success, from auction donors and buyers, to financial underwriters, and those who gave so generously to our Call to the Heart giving appeal, before and during the event. And of course, we couldn't have a party without those in attendance, or the volunteers who helped throughout the night, so thank you for your presence!

Lastly, we want to thank the following individuals for their role in our success: **Tom Overlie**, Emcee, **John Kruesel**, Auctioneer, and the **2022 Gala Committee** chaired by **Dee Elwood** and **Ginger Carson**, with invaluable support from committee members **Therese Armstead**, **Shelly Buryska**, **Jeannine Hadley**, **Terri Penz**, **Tena Russell**, and **Tammy Westby**.



Above top: Platinum Sponsor Think Bank's table
Above middle: Cocktail hour at Mayowood Stone Barn
Above bottom right: Jon and Erin playing

A gala like none other!

SEASONS HOSPICE

Seasons Hospice House – Celebrating 25 Years



November 4, 1997 was a historic day

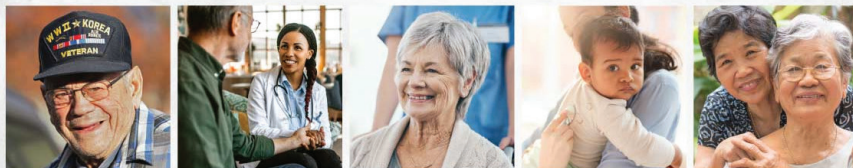
for Seasons Hospice as it marked the day we opened the Seasons Hospice House and welcomed our first patient. With this opening, we held the distinction of operating the first Medicare-certified, freestanding hospice facility in Minnesota. Originally built as the family home of Dr. Ed and Mrs. Winnie Donoghue in the mid-1950's, Seasons was the third and final owner.

Throughout these past 25 years, our house has been a refuge, a haven of peace and comfort, and even a place of joy, with wedding celebrations, baptisms, and birthday parties all occurring here. We are grateful to the individuals and families who entrusted us with their care during those early days when we had few employees, but together embraced a commitment to providing the best hospice care possible, with dignity and compassion

We celebrated our anniversary with a ribbon cutting ceremony at the Hospice House on October 4, officiated by the Rochester Area Chamber of Commerce Ambassadors. Joining the Ambassadors were current and former staff, volunteers, and board members. It was a glorious autumn day for this special celebration!

We share our success with every individual and organization who have believed in us, from the beginning to the present day. Through this rich legacy of service, we are inspired to continue our mission of providing individualized and compassionate care, education, and support for the dying and those who have experienced loss, for another 25 years and more!

NATIONAL HOSPICE AND PALLIATIVE CARE MONTH



MEETING YOU WHERE YOU ARE.

To learn more, contact Seasons Hospice at (507) 285-1930
or visit www.seasonshospice.org

SEASONS HOSPICE

Adding Quality of Life to Each Day

WE HONOR VETERANS – UPDATE

We are excited to announce that Seasons Hospice achieved Partner Level Four in the We Honor Veterans program – a collaboration between the Veterans Administration and the National Hospice and Palliative Care Organization.



This program provides hospice professionals and volunteers with educational resources and tools to better care for Veterans at the end of life. Many dying Veterans face unique challenges related to their service, and through this program, our staff and volunteers have gained valuable knowledge to meet their needs. Seasons Hospice is one of 16 hospices nationwide who have reached Partner Level Four, representing a heightened commitment to our Veteran patients.

TEE IT UP *for the Troops*

Seasons Hospice volunteers were an indispensable part of Tee It Up for the Troops on Thursday, August 18, offering helping hands to the organizers of the event.

Thank you to Lynn Clarey and his team for putting on such a spectacular event that honors our Veterans in such a meaningful way.



On left: Seasons Hospice volunteers
On right: Tribute to fallen soldiers

1696 Greenview Drive SW
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*Please notify us if you receive
duplicate issues or no longer
wish to receive this newsletter.*

NEW LABYRINTH *on the Hospice House Grounds*

*If you follow the path marked by the
"Seasons Trail" to its end, it will bring
you to our lovely new Seasons of Life
Labyrinth, which was made possible
through a generous donation from the
estate of Mary Lou Sebesta (Warren).*

*Installed in mid-June in a clearing
near the Hospice House, the labyrinth
is meant to be a place of peace
and reflection.*

*We plan to have a dedication of
the Seasons of Life Labyrinth in
late spring/early summer of 2023.
Stay tuned for more details!*

