

SEASONS HOSPICE

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 others who have experienced loss.

– SEASONS HOSPICE –

1696 Greenview Drive SW
Rochester, MN 55902
phone: 507-285-1930
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www.seasonshospice.org

SEASONS HOSPICE – A WONDERFUL PLACE TO WORK

By Michelle Donahue, Director of Human Resources

As a mid-size employer in Rochester, Seasons Hospice is somewhat of a “well-kept secret” as a place to build a rewarding career. With over 100 full-time, part-time and supplemental employees, Seasons provides a workplace that is, first and foremost, mission-centered with an emphasis on providing personalized and compassionate care to our patients, their families and our bereavement clients. Longevity is the norm here, with 22% of staff having worked for Seasons Hospice for 10 years or greater (10% are 15+ years and 6% are 20+ years). Four staff members worked for Seasons on the first day we opened our doors including our Executive Director, Beverly Haynes, who was the first RN hired at the Seasons Hospice House.

Staff often comment on the “family-like” atmosphere at Seasons Hospice and really feel that their colleagues are advocates for not only our patients but for one another. Work/life balance is not just a “buzzword;” it is in fact an expectation that staff take care of themselves by practicing good self-care and trying to separate from their jobs when they are “off the clock.” Hospice care is personally rewarding, but it can also be emotionally challenging, thus the emphasis by leadership on taking care of one’s self.

Employees are encouraged and supported to work in all areas of their training/education. For example, nurses are able to utilize a wide variety of their nursing skills, not just focus on one area as is often the case in larger organizations. Our staff takes pride in being part of a greater mission, something that goes beyond the bottom line. We are here to serve individuals and their loved ones during one of the most difficult periods in a person’s life and our staff feel it is an honor and a privilege to be part of this journey.

We may be a smaller organization, but we have worked very hard to compensate our employees at comparable rates within the Rochester workforce. We provide competitive salaries, benefits and paid time off with a newly offered 401K retirement plan where Seasons provides a matching contribution.

As a nonprofit organization, Seasons Hospice relies on the generosity of our community, our donors and supporters to help sustain us financially. Because we benefit from the generosity of others, we believe in giving

back to the community and actively participate in a variety of local and regional events. We are part of the “Adopt a Highway” program; several times per year, staff and volunteers are out on Highway 52 cleaning up the highway. We participate in “Adopt a Family” through Families First Rochester, Brains for a Cure, Tee it up for the Troops, the Alzheimer’s Walk and others.

Our workplace is a fun place and we offer many different opportunities for our staff that shows how much we care about them in ways that positively affect their well-being. The Employee Wellness Committee sponsors “lunch and learn” events from subject matter experts to enhance employee knowledge both professionally and personally. “Code Lavender” is a day set aside for staff to focus on self-care and healing where practitioners from the community come to our office and provide massages, yoga instruction, healing touch, acupuncture and other self-care modalities. We focus on healthy eating and our “healthy vending” provides staff with nutritious options for snacks and “grab and go” items. We also sponsor healthy grilling activities where dieticians from local grocery stores present nutritious options for grilling. Employees are able to sample the food and take home delicious recipes.

Seasons Hospice is a very special place to work and we are gratified that our retention is high, turnover is low and job satisfaction is exemplary. If you are interested in a career with Seasons Hospice, please contact Michelle Donahue, Director of Human Resources at mdonahue@seasonshospice.org or call 507-285-1930. -SG-



ALSO INCLUDED IN THIS ISSUE:

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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 Tribute to a Beloved Soulmate

Randy Stuhldreher writes this poignant account of his lovely wife, Cheryl, and their hospice journey.



In 1978, I was a traveling musician and Sioux Falls, South Dakota was just another stop for my job. But by virtue of me just about knocking over Cheryl as we both tried to exit a nightclub door, I spent the next forty years with my soulmate.

Six months after the door incident we were married and our life together was off and running, eventually settling down for good in Rochester in 1988. As each year passed, I realized what a special person Cheryl was. She was forever outgoing and always wanted to get together with friends and especially her family in Sioux Falls.

Always taking advantage of educational opportunities, Cheryl eventually received her Master's Degree in Nursing. She loved being a nurse and eventually a lactation consultant. Many times, we would be approached by a mother with her infant thanking Cheryl for being so kind and patient while educating her on breastfeeding.

We always found time to get away with our camper. She loved being around a campfire with our son and any friends who might be joining us for a weekend campout. Her love of our church was also evident. She was at her most content while being of service to her church family in any capacity she could. And, Cheryl was my biggest supporter as she and her friends would frequently accompany me to local area playing engagements.

The first indication of what was to eventually be diagnosed as Lewy Body Dementia came in 2012 as Cheryl's left foot started tapping involuntarily. She also had issues with balance while standing and talking to patients at work. Eventually she would have difficulties doing the simplest of chores at Mayo Clinic. So, in 2014 she went on long-term disability. It was heartbreaking for her to leave her position at Mayo but she faced it with her usual optimism, determined to have the best life that she could have.

Cheryl's sickness progressed until she could no longer do everyday things like walking, talking or feeding herself. Her mind was drifting off as well. But through it all I never heard her complain once, always cheerfully accepting my guidance no matter what I might have needed her to do. I always looked for ways to make her laugh and in return she gave me the biggest gift possible whenever she flashed her devilish smile.

By 2017, it was recommended by Mayo to seek hospice care and Seasons Hospice was my first choice. Because



“Cheryl’s last days were spent at home. She passed away on February 9, 2019 in peace with no pain thanks mainly to the guidance, patients and love provided by the Seasons Hospice staff.”

I was committed to keeping Cheryl at home, Seasons was only too happy to have their many services come into our house. Without exception, every Seasons Hospice worker did their best to help Cheryl and myself. It was amazing to experience the compassion and love they showed us each and every time. I have no doubt their care added time to Cheryl’s life for which I am forever in their debt.

Cheryl’s care team provided twice a week bathing as well as weekly nursing visits, always being proactive in asking if we needed extra visits. Cheryl’s lead nurse Teresa was such a comfort as was all her other nurses. Our social worker Joey made us feel like part of the Seasons family. We also took full advantage of the many services offered such as chaplain, music and massage therapy visits. One of our favorite visitors was Mickey, the pet therapy dog and his owners, Gary and Kathie Kleist. Their friendship meant so much to the both of us, we will be forever grateful. I also took advantage of Seasons’ respite program at the Seasons Hospice House. Cheryl stayed there on several occasions for a five-day period. She enjoyed the time there and it gave me an opportunity to catch up on things.

Cheryl’s last days were spent at home. She passed away on February 9, 2019 in peace with no pain, thanks mainly to the guidance, patience and love provided by the Seasons Hospice staff. God bless each and every one of you. -SG-



Written by: Randy Stuhldreher

Pictured opposite page: Randy and Cheryl one month after meeting in 1978

Pictured above left: Cheryl visiting with special friends

Pictured above top: Randy and Cheryl celebrating Christmas in 2010

Pictured above bottom: Cheryl enjoying sunshine on their deck

– A LIVE & LOVE AFFAIR 2019 –



Get ready for the event of the year at the stunning new Hilton Hotel where “Broadway meets Rochester” on Saturday, November 16! Guests will mingle with the Phantom of the Opera and other Broadway characters as they enjoy a festive evening complete with Broadway show tunes, amazing silent and live auction items, a sumptuous three-course dinner prepared by Executive Chef Chris Hodapp, our famous wine raffle and more.

An exciting new element this year is the return of our “Great Gatherings” sign-up parties! You can buy one ticket or numerous tickets and when the spots are all sold, the event is closed. We are offering presales on the following events:

- Historical tour of Rochester led by local historians Judge Kevin Lund and John Kruesel aboard the Rochester Trolley with lunch afterward at Forager. 4/18/20, 1-3:30 p.m. Cost is \$60 per person.
- Learn how to make cocktails at Young Joni restaurant in Minneapolis, owned by 2019 James Beard Award winner for Best Chef Midwest, Ann Kim. Taste cocktails, snack on gourmet pizzas and learn the tricks of the trade by top Twin Cities’ mixologist, Adam Gorski. Round trip transportation provided. 1/25/20, 11:15 a.m. – 4:30 p.m. Cost is \$100 per person.
- English style tea at Le Petit Café complete with tea sandwiches, scones, petit fours, delicious variety of teas and champagne or rosé. 4/26/20 at 2:00 p.m. Cost is \$50 per person.
- Local brewery tour and tasting featuring a variety of Rochester breweries including beer flights at Forager Brewery, Little Thistle Brewing, Thesis Beer Project and Grand Rounds for beer and appetizers. Transportation provided by Star Transportation. 2/23/20, 1-5:00 p.m. Cost is \$75 per person.
- Viola Nursery & Greenhouse is hosting a spring planting party to provide you with creative ideas for your gardens. Package includes pots, soil, plants, expert help, and lots of fun. 5/17/20. 1-3:00 p.m. Cost is \$50 per person.
- Enjoy wine and appetizers with your friends at the sleek, chic new Moka on Peace Plaza. Thursday, December 12 from 5-7:00 p.m. Cost is \$50 per person.

To purchase your tickets to any of these events visit <https://one.bidpal.net/liveandlove2019/browse/featured>. **Great Gatherings events are available for purchase without attending the event.**

The evening will be emceed by Tom Overlie and Caitlin Alexander, KTTC news anchors, and John Kruesel will provide auctioneering services with his usual skill and humor. The party will take place on two floors with the VIP reception, auction activities and dinner occurring on the third floor in the Atrium and Ballroom. After the live auction closes, guests will move upstairs for dancing to the Bruce A. Henry Band in the fourth floor Ballroom. VIP guests will enjoy a special spirits and liqueurs tasting provided Tattersall Distilling in the Tattersall Distilling VIP Lounge across from the Ballroom.

LIFE IS A CABARET ON BROADWAY!

Special thanks to our Major Sponsors for their generous support:
Think Mutual Bank - Platinum Sponsor; **Greg and Sharon Gentling, J. Powers at the Hilton** - Gold Sponsors; **Marcia and John Bouquet** - Décor Sponsor, **Ranfranz and Vine Funeral Homes** - Entertainment Sponsor; **KTTC- TV** - Media Sponsor; **Davies Printing Company, Tammy Westby, CRW Architecture** - Printing and Graphics Sponsors; **Tim and Linda Hansen** - Silver Sponsor. A complete listing of all sponsors and major underwriters can be found on the gala webpage.

To purchase tickets online, visit [bidpal.net/liveandlove2019](https://one.bidpal.net/liveandlove2019). Or you may buy tickets by calling Seasons Hospice at 507-285-1930.



Silent and live auction packages are available to view on the gala website and certain Great Gatherings packages can be purchased online in advance.

<https://one.bidpal.net/liveandlove2019/welcome>

reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

SEASONS HOSPICE

1. Resources for Suicide Loss
2. What Not to Say
3. Tree of Memories/
Memories of the Heart
4. Calendar of Events



“You don’t heal from the loss of a loved one because time passes, you heal because of what you do with the time.”

—CAROL CRANDELL

RESOURCES FOR THOSE WHO HAVE EXPERIENCED LOSS FROM SUICIDE

By Tim Haskamp and Michelle Coyle, Grief Counselors, CGES

Losing a loved one, a friend, a co-worker, or an acquaintance to suicide may be one of the most difficult life events you will face. For survivors of suicide the pain is often so deep, details leading up to it are jarring and traumatic. For some it can be hard to talk about. It is not uncommon for the survivor’s usual support system to feel unequipped to walk this type of grief journey and often it vanishes. So where does one turn when the worst has happened and how can one support a suicide survivor?

Ron Rolheiser in his book “Bruised and Wounded” offers the concept of suicide as a terminal illness. ‘An emotional illness, like cancer, it can sometimes be treated and cured; sometimes it cannot be treated but it can be controlled and the person learns to live with it; and sometimes it is untreatable and ends with a suicide.’ Rolheiser feels that most suicides result because a person is too bruised to have the resiliency needed to cope with life. It is simply hard, if not impossible, to see or understand another person’s pain. Love from others may not change a person’s decision to take their own life, just as love cannot keep someone with a terminal illness alive.

Beverly Cobain, who lost her cousin, Kurt, to suicide in 2006 and Jean Larch, a crisis intervention specialist wrote a book entitled: “Dying to be Free, A Healing Guide for Families after a Suicide.” They write of “psychache,” where a person enters into this state of no return where he/she is disconnected from loved ones due to his/her own inner pain. Some individuals are able to utilize their support resources but others may reach a point where they are unable to utilize these resources and become completely disconnected and see no other alternative except for suicide. ‘They become quiet, maybe empty, but feel a sense of peace because their war is over and their

suffering will end; not understanding that the suffering of their loved ones begins.’ Kay Redfield Jamison, a psychologist with bipolar disorder, wrote of this thought process in her book “The Night Falls Fast.” She understands this suffering because of her past suicide attempts before she accepted treatment and was able to transform her own suffering towards helping others.

In the book, “The Empty Chair: The Journey of Grief After Suicide,” Beryl S. Glover shares her grief following the death of her daughter by suicide. She shares the loss as being like an empty chair where her daughter sat, and life is now altered and empty. “Our hearts cannot be mended by moving or replacing the chair”. She shares her journey as an opportunity to ‘widen and deepen our appreciation of life’ but we must work through our grief and pain. Suicide is full of complexities but like any death, it is full of grief for those left behind. Sometimes the best we can do is to find a way to honor the efforts your loved one gave to life.

Seasons Hospice Survivor of Suicide Group offers an opportunity to work through the pain of suicide with others at the Center for Grief Education and Support on the third Wednesday of each month from 6:00–7:30 p.m. This is not an easy road due to its many conflicting emotions but we do not want you to travel this journey alone. We do not offer answers but do offer some suggested resources and a listening ear with others who are walking a similar journey. One of the past co-facilitators, Tonya, who lost her son from suicide, felt her best resource was the Handbook for Survivors of Suicide published by the American Association of Suicidology because of its simple but straightforward message. This handbook is available at the Center for Grief Education and Support.

WHAT NOT TO SAY...AND WHAT YOU MIGHT SAY OR DO INSTEAD

By Michelle Coyle

While grief is universal to human experience and is no respecter of wealth, education or status, one might think he or she knows just how to respond to a friend who has just experienced loss. Most of us have said some not-so-helpful things (albeit well-intended) that reflected how little we knew about what the other person was experiencing. Ashley Davis Bush, author and contributor to the HuffPost blog gives us some ideas of what not to say or do, as well as suggesting helpful things we can say or do:

1. Don't Ignore Their Situation

Don't avoid someone or not acknowledge their loss because you don't know what to say or because you don't want to upset them. By ignoring their experience, you make them feel as if their loss doesn't matter.

Do Say Instead:

"I can't imagine what you're going through but I am so sorry for your loss."

"I am heartbroken for you."

Acknowledge their loss. If you knew the person who died, share a story about them. Grievors love to share memories and hear stories about their dear ones. If they happen to cry in your presence, that is perfectly okay! Tears are a natural way to move emotion through the body.

2. Don't Minimize or Deny Their Pain

Don't Say:

"At least you had ____ years together," or *"At least they're not suffering anymore."*

Either of these comments may be true, but they minimize the loss and implicitly suggest that the griever shouldn't be grieving.

"It was God's will"

This is not the time for a theological discussion. In general, this comment does not help grievors feel better.

"He/She is in a better place now."

Perhaps... But this doesn't address the griever's loss.

"You can have other children... get remarried... You have other siblings."

These comments imply that people are replaceable, which they are not.

"Time heals all wounds."

Actually, time alone does not heal. Time plus active grief work does lead to a kind of "healing," but the loss will still be a lifelong aspect to their lives now.

Do Say Instead:

"You must miss him so much."

"It is devastating to lose a loved one."

"I can't imagine how painful it must be to lose someone you love so much."

You don't want to try to minimize their loss. You can't take away their pain. Instead, use words that validate and empathize with their pain.

3. Don't Offer Vague Attempts to Help

Don't Say:

"Let me know if I can help."

While polite, this response puts the burden of action on the griever.

"Call me if you'd like to talk."

Grievors rarely have the energy to reach out. Don't put the burden on them to call you.

Do or Say Something Concrete Instead:

"I'll call you tomorrow and we can talk if you feel up to it."

"Here is a frozen casserole to take the pressure off of dinner tomorrow night."

Just show up with a basket of cookies, a homemade dinner or a bouquet of flowers. Or show up and wash their car, mow their lawn or take care of their kids for an evening. Also call and just check in, letting them know that you're thinking about them. If they don't return your calls, don't take it personally. Some people will want a friend to listen and others would prefer to retreat. Still others may prefer the anonymity of an online support group. Either way, reach out and then respect their wishes.

4. Don't Expect Them to "Get Over It" or "Be Their Old Selves"

Don't Say:

"Isn't it time that you move on, get over this, quit wallowing?"

Grief has no time line. It's not a two-week, two-month, or even two-year process. Closure is a myth. In fact, grief is a lifelong process and is not something that you get over. Grievors must learn to live with loss and integrate it into their new experience of the world.

"When will you be your old self again?"

The answer is "never." After a major loss, an individual is irrevocably changed. Understand that they are going through a process of intense growth and change. Be patient as they discover who they are.

Do Say Instead:

"I know that you move forward with your dear one's love ever present in your heart."

Just because the physical form of the person has died does not mean that the relationship has died. A new relationship is emerging, based on love and memory and spirit. Honor the fact that they will have a continuing bond with their loved one. *"I know that you're becoming a new person and I'm here for you as you grow."* How they interact with the world is different now. They are growing and you want to support that process.

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 3, 2019. Once illuminated, the tree will remain lit through February 1st 2020, 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.



MEMORIES OF THE HEART

A Time to Remember Loved Ones Who Have Died

"Memories of the Heart" will be held Tuesday, December 3, 2019 at Christ United Methodist Church. This year we will be hosting our reception prior to the service. **Reception begins at 6:00 p.m. followed by the service 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 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.

Please return the request form below by Tuesday November 19, 2019. For more information, contact the Hospice office at 507-285-1930 ext.1202, email cges@seasonshospice.org, or complete online at seasonshospice.org/grief-support. If you would like to make a contribution to help sustain the CGES, your donations are gratefully accepted and can be made online at www.seasonshospice.org/donations-form and designate Center for Grief Education & Support or call us at 507-285-1930.

(cut here)

– *Memories of the Heart* –

Seasons Hospice Annual Community Memorial Service

Please return this request with your loved one's name(s) by Tuesday November 19, 2019, to Seasons Hospice. If you wish to make a 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 name(s) will be read at Memories of the Heart)

PRONOUNCED HOW?: _____

IN MEMORY OF: _____
(This name(s) will be read at Memories of the Heart)

PRONOUNCED HOW?: _____

Seasons Hospice
1696 Greenview Drive SW • Rochester, MN 55902
507-285-1930

CALENDAR OF EVENTS

ONGOING PROGRAMS

Coffee & Conversation Group

Third Thursday of every month

6:00–7:00 p.m.

Fourth Wednesday of every month

9:00–10:00 a.m.

Newly Bereaved Group

First Thursday of every month

6:30–8:30 p.m.

Second Wednesday of every month

9:00–11:00 a.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.

Stepping Stones

Fourth Monday 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/Adult: 6:00–7:30 p.m.

Veterans Loss and Transition Discussion Group

First and Third Monday every month

6:00–7:30 p.m.

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 program designed to explore difficulties with grieving during the holidays. (Registration required)

Saturday, November 2, 2019

8:30–10:30 a.m. Workshop: Strategies to help reduce stress and anxiety during upcoming special days and holidays. Interactive discussion around potential scenarios and options to manage the upcoming special days and holidays.

10:30–11:30 a.m. Crafts: An opportunity for children and adults to create crafts together to honor the deceased.

DECEMBER

Memories of the Heart

Tuesday December 3, 2019 at Christ United Methodist Church – Rochester, MN

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

This year we will be hosting our reception prior to the service. Reception begins at 6:00 p.m. followed by the service at 7:00 p.m.

Tree of Memories

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

*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/grief-support

SEASONS HOSPICE ANNOUNCES NEW MEDICAL DIRECTOR



We are pleased to announce that Dr. Kristen Kirsch will be joining our staff as Medical Director of Seasons Hospice. Dr. Kirsch has many years' experience working in the hospice and palliative care field in southeast Minnesota. Her experience in family medicine, aging and supportive care as well as long term care brings a broad knowledge base that will enhance her role at Seasons Hospice. Dr. Kirsch will assume the role of overseeing the medical component of the Seasons Hospice program, providing guidance, coordinating care with the patient's primary physician and ensuring quality standards of care for Seasons' patients and families. Dr. Michael Mesick, who assumed the role of Medical Director in 2013, will be stepping down from those responsibilities and we are happy to say he will be continuing on with Seasons Hospice as a hospice physician.

A graduate of the University of Minnesota Medical School, Dr. Kirsch did her family medicine residency at Akron General Medical Center in Akron, Ohio. She practiced family medicine at the Mayo Clinic Health System Austin site and then followed her passion for geriatrics and palliative care into a nursing home and home-bound practice.

Dr. Kirsch is excited to be part of the Seasons Hospice team that provides such compassionate and high-quality end of life care. And, we are excited to have her join our organization, knowing that she will contribute significantly to the mission of Seasons Hospice.

VOLUNTEER SPOTLIGHT: *Gary, Kathie and Mickey Kleist - The Right Stuff for Calm and Comfort*

By Tyler Ringstad, Seasons Hospice Volunteer

Mickey, a half Yorkie, half Bichon mix, rests easy in Kathie's lap as Kathie, her husband Gary, and I chat about their service with the Seasons Hospice pet therapy program. Clearly, Mickey has the "right stuff" to provide comfort and companionship to hospice patients: calm, kind, and undeniably cute. "A gentle soul," Kathie says.

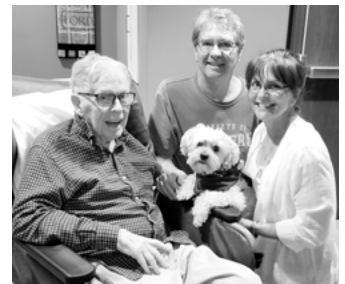
Gary, Kathie, and Mickey have been meeting, comforting, and all-around helping their Seasons Hospice friends (they emphasize friends) for about six years now. On top of this, they also volunteer frequently with their church. They enjoy the simple pleasures of life: canoeing, fishing, time with family and friends. They're both retired – Gary from the Rochester Parks and Recreation Department, Kathie from Mayo Clinic – and they've never been so busy!

Mickey came home at the behest of their son, who was then 11 years old. The family drove to Iowa to look at dogs, and their son kept returning to Mickey. It didn't take long for them to fall in love with Mickey, too. "It was the hand of God that led us to this dog, and Ben's persistence," Gary says. "This dog just couldn't be a better companion for us and those we serve."

Mickey knows his job well. He cuddles and snuggles if someone wants a close connection. He plops down on his side and snores on the floor if someone wants a comforting presence. He comforts family as much as his intended visitor, always there for a hug in a time of need. Mickey can be very popular. Sometimes, if they're visiting a friend in a nursing home, it can take just as long to get to their friend's room as it does to visit with the friend because everyone wants to meet Mickey. Mickey clearly has a unique ability to connect and comfort.

Kathie, Gary, and Mickey have been a true gift to those whom Seasons Hospice serves. For kindness, conversation, and service, there's no doubt they've each got "The Right Stuff."

For information about volunteering, contact Chris Humble at chumble@seasonshospice.org or call 507-285-1930.



Gary, Kathie and Mickey Kleist with Benjamin Persons, Seasons Hospice patient

**DEA NATIONAL Rx
TAKEBACK**

**Saturday, October 26
9 a.m. – 1 p.m.**
DEATakeBack.com



Did you know?

- If you don't properly dispose of the unused or expired prescription drugs in your home, they might find a new one.

Why does it matter?

- Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and abuse.
- Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision.
- The non-medical use of prescription drugs ranks second only to marijuana as the most common form of drug abuse in America.
- The majority of teenagers abusing prescription drugs get them from family and friends — and the home medicine cabinet.
- Unused prescription drugs thrown in the trash can be retrieved and abused or illegally sold. Unused drugs that are flushed contaminate the water supply. Proper disposal of unused drugs saves lives and protects the environment.
- **Take-back programs are the best way to dispose of old drugs.**

What can you do?

- Take the opportunity to safely dispose of any unused or expired prescription medications during the National Prescription Drug Take Back Day.

SATURDAY, OCTOBER 26 (9 A.M.–1 P.M.)

DROP-OFF SITE: MAYO CLINIC

200 First Street SW
Rochester, MN 55905

Gonda Building, West Entrance, Patient Drop-Off Area



Visit DEATakeBack.com for a collection site near you.

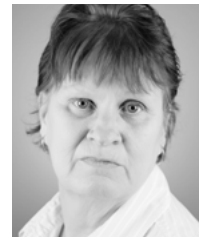
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We bid farewell to two of our most “seasoned,” dedicated and steadfast staff members – Patti Nietz and Sue Binner. Patti’s tenure with Seasons Hospice goes back more than 25 years when she served as a volunteer with the St. Charles Area Volunteers. This organization partnered with Shamrock Seasons Hospice to provide hospice and home health care to individuals at the end of life and Patti provided both direct and indirect care to hospice patients. When Seasons Hospice was officially incorporated as a 501(c)3 nonprofit organization in 1996, Patti continued her role as a volunteer, working out of the old City Hall in St. Charles which was the first office space for Seasons Hospice.



The Seasons Hospice House was opened in 1997 and Patti was hired in June of 1997 to provide administrative support. At that time, there were only a handful of staff members and Patti took care of billing, accounts receivable and payable, payroll, phones and ample amounts of “other duties as assigned.” As Seasons Hospice grew and our office needs changed, Patti helped shepherd the organization through these transitions and was the steady anchor for all. Her last “official” date as a member of the Seasons Hospice staff was August 14, 2019, but thankfully, Patti continues on as a volunteer, which brings her full circle to her starting point... selflessly giving her time to Seasons Hospice in order to help those at the end of life.

The passing of an era continues with the upcoming retirement of Sue Binner, Seasons Hospice employee since May 1998. Sue was hired to be the cook at the hospice house and served in that capacity for about five years. From there, she assumed the role of housekeeper and has been keeping the house spotless ever since. One of the first things that impressed Sue about working at Seasons was how kind everyone was to her. This was a dream job and it was enhanced even more by her interactions with so many different people who would come through the doors of the house. From patients and their families to staff and volunteers, Sue intersected with them all.



Once the homecare and administration staff outgrew their offices at the hospice house, Seasons moved its offices to a commercial office facility. Sue’s role expanded to being housekeeper of the administrative and homecare offices, too. Having spent the past 21 years at Seasons Hospice, she has seen many changes but the one constant has been the dedication and commitment of the staff to serve our patients and their families.

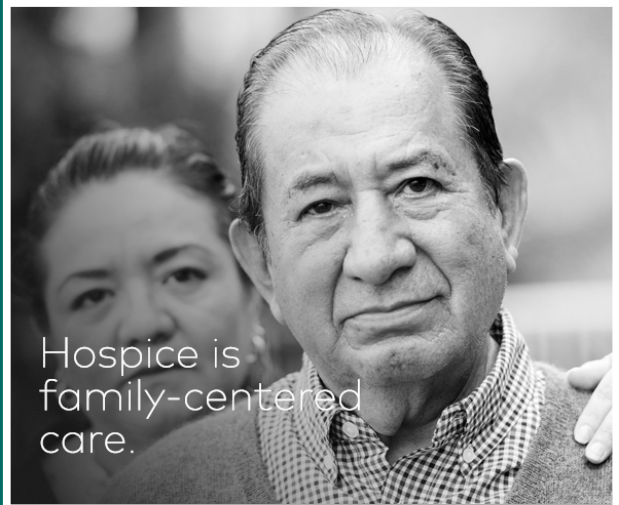
Sue’s last day is October 31 and she is looking forward to ending her three and one-half hour per trip weekly commute from her home in Spooner, Wisconsin to Rochester – a trek she has made for over 15 years.

On behalf of a very grateful staff, we wish Patti and Sue “Happy Trails” in this new juncture of their lives.

NOVEMBER IS NATIONAL HOSPICE AND PALLIATIVE CARE MONTH

It’s never too soon to explore your end-of-life options. To learn more about hospice or to inquire as to whether you or a loved one are appropriate for hospice, contact Seasons Hospice at 507-285-1930 or email us at info@seasonshospice.org. Visit our website at www.seasonshospice.org.

NATIONAL HOSPICE & PALLIATIVE CARE MONTH | NOVEMBER



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