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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 others who have experienced loss.

– SEASONS HOSPICE –

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TIMING OF REFERRAL TO HOSPICE CARE CAN GREATLY IMPROVE QUALITY AND SATISFACTION

By Nikki Gruis Diekmann, Director, Quality and Compliance



It is widely known among hospice professionals that earlier referrals to hospice lead to better quality of life and overall satisfaction for the patient and their family or caregivers. Yet short lengths of stay are a common issue that most hospice agencies face today. The National Hospice and Palliative Care Organization last reported the national average hospice length of stay for Medicare patients was 71 days in 2016 (the most recent aggregated data available) and the median length of stay coming in even lower, at 24 days of hospice care. There has even been an increase in the extreme short length of stay patients with nearly 28% of all patients on hospice care only receiving seven or less days of hospice due to late referrals. Regardless of the potential short length of stay a patient may have, Seasons Hospice is committed to providing the highest quality end-of-life care for the individual and support for their loved ones.

The sooner a patient is referred to hospice, the more care and comfort they will receive. Seasons Hospice is able to admit patients onto our hospice program seven days a week and can begin the referral process on any potential patient at any time of the day. Even if the patient or family are not fully ready to accept hospice, Seasons Hospice is able to complete informational visits and consultations to provide details regarding the support hospice can deliver and insight on whether the resident may qualify for hospice. Because hospice is focused on living, not dying, people who utilize hospice services early in the course of a life-limiting illness have more time to develop personal and professional rapport with supportive staff and volunteers, discuss end-of-life goals and create an optimal plan of care with both the patient and family's involvement.

Knowing when to elect hospice is paramount. Historically, Seasons Hospice has worked directly with providers and facilities to educate them about hospice eligibility criteria so they fully understand when a hospice referral is appropriate. We actively seek to educate the

general public, too, since anyone can begin the discussion about hospice care and anyone can refer to hospice.

Seeing a loved one's health decline can be very difficult; it may be helpful during these times of hardship to know that an improvement in quality of life and increased comfort is often possible and attainable through hospice. Knowing some key signs of decline is empowering for family members in helping them know when hospice is an appropriate option. Some of these signs include:

- The individual is losing weight because they are forgetting to eat or it is too difficult for them to prepare a meal or make it to the dining room (if in a facility).
- They need more support; they are having increased difficulty managing many or all aspects of their daily living such as bathing, dressing, toileting, etc.
- The person may be experiencing an increase in falls, multiple trips to the ER and/or hospital, spending more time sleeping or in bed due to fatigue.
- Their worsening symptoms (shortness of breath, pain, nausea/vomiting, etc.) are affecting their quality of life. It is becoming difficult for them to leave their room or participate in activities they once enjoyed.
- The individual's level of mobility has declined and now requires more frequent intervention by their caregiver or facility staff.

Whether a loved one is living in his or her own private home, a nursing home or assisted living facility, hospice care can be the optimal choice near the end of life. If you have a loved one who may be needing hospice care, Seasons Hospice staff are available for informational visits, either at your home or place of choosing, or at our administrative office. For more information contact us at 507-285-1930 and ask to speak to an admissions team member or email us at info@seasonshospice.org.

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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: *An Adventurous Spirit*

Mike's wife Penny describes how Seasons Hospice helped them cope with his ALS as his disease progressed.



I first spoke to Mike Hennes on the phone in January 1994. When he told me he'd worked in Antarctica for 14 months and he'd happily go back, I knew he was special. I had to meet this guy! When we met, his kindness and

understated confidence hooked me. It was the start of a beautiful friendship.

Our second date revealed Mike's hallmark humor, wit, and deep love for family and country. With a barely contained grin, he proclaimed he was so special that his grand-niece wanted to take him to preschool show-and-tell. (Her teacher had told her no one lived in Antarctica!) Mike told me about his hometown of Minot, ND and growing up in his large extended family where he was 18 years younger than four siblings and a year or two older than 13 nieces and nephews. He kept me laughing with stories about serving in the National Guard, adventures with buddies as young man, and his delight in cooking for them.

I soon learned that Mike's curiosity, humor, and intellect allowed every day to be ripe with potential for little adventures and opportunities for quick-witted one-liners. I also learned his kind and nurturing support was unwavering. We married three years later.

Work was a means to life rather than Mike's identity. He'd worked in industrial maintenance, building management, as a realtor and a process server. Mike delighted in spending time with his family in the Dakotas, mine in Michigan, and our trips to the North Shore and offbeat corners of New Mexico.

Mike believed everyone needed hobbies to keep perspective and provide a creative outlet. His were many and varied. Cooking was a passion and an expression of love. He loved pheasant hunting and shot in sporting clay and trap leagues in Chatfield and Byron. Always figuring out how to make something, he often made the tools he needed. In 2009, Mike discovered carving and quickly became a passionate and talented spoon carver. He found kindred spirits in the Rochester Woodcarvers Club, and at folk schools in the region.

Deeply grounded, Mike was the calm man who stepped up to lead in a crisis. He had a knack for using unexpected humor to diffuse tension. He quietly helped those in need, whether the need was small, a few hours showing a frustrated six-year-old how to draw cars, or large, like caring for his terminally ill father-in-law.



“I know without a doubt that there are angels on earth and they work at Seasons Hospice.”

When fatigue and a persistent weakness in his right hand led to a diagnosis of ALS in February 2015, we were devastated. We put on brave faces for each other and embarked on a whirlwind of activity to sell our home, move into a handicapped accessible townhome and enjoyed trips to New Mexico, the North Shore, and Michigan while he still could. Not surprisingly, the man who defined himself by what he did with his hands and for others struggled with becoming a person who needed help.

By mid-December 2017, we started home hospice care with Seasons Hospice. Mike’s RN, Teresa, helped with my every question and explained how medication could help ease Mike’s anxiety about breathing difficulties associated with ALS. She encouraged Mike to try the medication and it helped. A month later, we both knew I could no longer manage his care at home and we reluctantly moved him to the Seasons Hospice House in Rochester on January 15, 2018.

Mike’s first night was rough. He missed his home and independence, and his symptoms were hard to manage. The next morning, I was impressed by how quickly our social worker Joann as well as other staff made me aware of the problems and what they were doing to address Mike’s issues. His RNs Stephanie, Julie, and Kenny recommended that Mike also be treated for depression, which allowed some of his wit to resurface. On his better days he enjoyed bantering with the staff. Seeing his humor surface again was a gift for which I am deeply grateful.



We were both thankful that our dog Lucy was a welcome visitor. Mike also liked visits from the therapy dog and the massage therapists. Chaplain Carol’s steady guidance helped me vent frustrations.

For the 2-1/2 months that Mike was at the Hospice House, all of the staff treated us with respect and with loving kindness. Mike passed on March 29, 2018. Since then, the grief support staff and programs have been a significant source of comfort during my first year of transition. I know without a doubt that there are angels on earth and they work at Seasons Hospice.

Written by: Penny Hennes

Pictured opposite page: Mike Hennes with his dog, Lucy

Pictured above left: Mike and Penny Hennes

Pictured above: Mike Hennes







– THE IMPORTANCE OF HOSPICE - A MEDICARE BENEFIT –

For more than 35 years, the Medicare Hospice Benefit has ensured access, choice and quality of life for beneficiaries facing the end of life. Seasons Hospice has been providing hospice care and support to patients and families facing serious, advanced and life-limiting illness for nearly 23 years. We serve the community of Rochester as well as communities within a 40-mile radius including the following counties: Dodge, Fillmore, Goodhue, Mower, Olmsted, Wabasha and Winona counties. Patients and families can access nursing care 24 hours per day, seven days a week with visits from staff during the day as part of the care plan or by phone after hours with on-call nursing staff who are available to make visits as needed. Our staff is available to admit patients Monday through Sunday.

What makes hospice so unique? It is a model of care that considers all aspects of the patient's condition. Not only does Seasons Hospice provide expert medical care, we provide comprehensive pain management, emotional, spiritual and psycho-social support, massage and music therapy, family services like respite care and bereavement counseling through our Center for Grief Education and Support. Our extensive volunteer program offers a variety of options to benefit our patients. From highly trained pet therapy teams that pay visits to patients, to our "Vet to Vet" program where volunteer veterans connect with our veteran patients through personal visits, offering camaraderie, special presentations and a final salute from one veteran to another to thank them for their service to our country. These are just some of the ways volunteers support our patients.

We receive no reimbursement from Medicare, Medicaid or private insurance for a number of our services but we offer them anyway as part of our commitment to enhancing our patients' hospice experience with the goal of adding quality of life to each of their remaining days, weeks or months of life.

INTERESTING STATISTICS ABOUT SEASONS HOSPICE DURING 2018:

-  Our hospice program served nearly 500 patients and their families.
-  More than 200 physicians referred patients to Seasons Hospice.
-  We partner with approximately 70 different facilities in our service area to provide hospice care. These include nursing homes, assisted living facilities, memory care facilities, adult foster care and group homes for disabled individuals.
-  Where do our patients reside? 15% reside at the Seasons Hospice House and the remainder live in their own home or at a nursing home, assisted living or other group facility.
-  The top three medical diagnoses for Seasons Hospice patients were: Alzheimer's Disease/Dementia - 31%; Heart and Lung Disease - 29%; Cancer - 27%.
-  Our Center for Grief Education and Support experienced continued growth last year, serving over 2,100 individuals in the community and beyond through a variety of services: support groups, one-on-one and family counseling, drop-in teen groups, in-school grief groups and other grief support programs.

Anyone is eligible to receive hospice care provided they have a terminal diagnosis with a probable life expectancy of six months and are no longer seeking curative treatment. The holistic model of care that hospice provides across the country for 35 years has proved to be a valuable benefit for those at the end of life and its importance will only increase as the population ages over the next ten years and beyond.

Some information in this article was excerpted from the National Hospice and Palliative Care Organization's "My Hospice" series.

reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

SEASONS  HOSPICE

- 1. Masks Article

- 2. For Helping a Child Cope with Death, Loss, and Grief

- 3. Circle of Remembrance

- 4. Calendar of Events



“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

MASKS

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

Seasons Hospice is deeply committed to making bereavement support available throughout the Rochester community. As part of this care for the community, staff and volunteers from the Center for Grief Education and Support (CGES) provide grief support in a number of the Rochester public schools. Seasons’ facilitators have been trained in working with grief and use a variety of hands-on activities with students. One special group activity that occurred recently resulted from a comment that came up multiple times during these school grief groups. Students stated that they needed to “wear a mask” to hide their grief. Either they didn’t want to be treated differently, so they acted as if nothing was wrong, or they heard that they shouldn’t be so sad – they should “just get over it.” So they put on their fake smile and pushed their grief to the side, or more accurately, inside.

Because of these comments, the CGES staff, with teachers from Rochester public schools, brainstormed on how to incorporate the idea of producing “masks of grief” into the grief curriculum. Maureen Quinn from Mayo High School spearheaded this project and provided a weekly creative focus which included

using a variety of art media such as paint, glitter, paper, buttons and more, to the masks. At the end of our six-week groups, the masks were collected and displayed in the Rochester skyway as part of the Community Reflections on Living and Dying initiative. Students also wrote a brief description of their mask, putting into words what they wanted those walking by to see in their masks.

A particularly impactful component of the mask activity was to address the “if onlys” and “I should haves” that accompany grief. Students were encouraged to represent and express these feelings, and many students chose to put their regrets on the inside of their mask rather than sharing these very real and personal feelings. Many shared their sense of relief and release in being able to name these regrets and “let them out.”

Our work with the students has been challenging, emotional, rewarding and impactful, and our hope as we continue to work in the schools is that kids impacted by loss will have a safe place where they are able to take off their masks, to understand that they are not alone and to honor their loved one by keeping their memory alive.



FOR HELPING A CHILD COPE WITH DEATH, LOSS AND GRIEF

Helping a child cope with death, grief and loss is hard. We want to protect our children from the pain and heartache of losing a cherished loved one. But the inevitability of death is more powerful than our need to protect our children. When death and loss come into our children's lives there are things you can do to help them cope.

- 1 Art** is a wonderful venue for exploring feelings. Ask the child to draw or create (clay and play dough are wonderful) whatever they want. Let them take the lead and don't push them at first. Over time you can gently guide them into exploring their thoughts and feelings through the medium. One prompt I have used is to ask if they want to draw a picture for the person they have lost. If the person has passed you can do a special ritual to "send" the picture to the person. Our favorite is to burn the picture and imagine the smoke is sending it to our beloved.
- 2 Music** is another fantastic funnel for emotions. We really enjoyed combining music and art. Have the child pick a song, or choose a song that has some special meaning, then have the child paint or draw while listening to the music.
- 3 Structure** and routine can help, or it can hurt. If the person was a part of your daily lives and routines it can be extremely painful to try and continue that routine without them. In those situations, changing things up and doing things differently can help. If the loss is not something that impacts daily routines the routines can be soothing and comforting. Familiar.
- 4 Books** that relate to the child and help them develop context around the loss can be very helpful. For younger children Todd Parr has an amazing book called *The Goodbye Book*.
- 5 Create photobooks.** We have found it really helpful to create a book for our children featuring pictures of our child with their treasured people. We keep this book in their bedroom so they can look at it any time.
- 6 Exercise** is so important. When you are feeling depressed or upset the last thing you may want to do is get moving, but it really will help you and your child. Get them running and playing. Make it a part of your daily schedule.
- 7 Create your own small memorial** by planting a tree. This is one of our favorite ways of celebrating a life. At the base of the tree we will often bury small tokens like a piece of art the child has created.
- 8 Be there.** Simply be there with your child. Talk if they want to talk. I have found hard topics are often easier to talk about while doing things like gardening, doing puzzles, riding in the car. But if they don't want to talk just be there with them. Help them to not feel alone in their pain.
- 9 Bring in help.** If you are struggling too much or if your child simply seems to want to talk to someone else, that's OK. Sometimes talking to the other parent, or a grandparent or other trusted person is what the child needs. Embrace this and build a safe support network for your child. Helping a child cope with death is not something you need to do alone.
- 10 Therapy** can be a blessing if you or your child seem to be struggling more than what you feel is normal. Getting extra help is especially important if you notice any self-harm or significant behavioral issues. There are many options available such as grief counselors, therapists, psychologists and support groups. There are many grief support programs that are free of charge and grief support groups are in almost every community. Some of these resources are free and programs are usually available for all ages

Provided by: www.steampoweredfamily.com

If you would like to schedule an individual time or family session, please call the Center for Grief Education and Support – 507-285-1930 or email us at cges@seasonshospice.org. You are not alone on this journey.

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, the following options are available:

- Fill out the form below (back of form found on page 4 of this insert) and return to Seasons Hospice with your payment.
- Complete and submit an online form <https://www.seasonshospice.org/circle-of-remembrance-memorial-paver-form>.
- For more information contact the Center for Grief Education and Support by calling 507-285-1930 or email us at cges@seasonshospice.org.

CIRCLE OF REMEMBRANCE — ORDER FORM —

YES, I wish to purchase a
Commemorative Granite Paver at \$250 \$ _____
(includes one complimentary mini replica paver)

Additional Mini Replica Paver(s) = \$35 each # _____ \$ _____
TOTAL \$ _____

If purchasing additional pavers, please indicate here if you would like them placed together.

NO, I do not wish to purchase a paver, but I'd like to make a donation in the amount of \$ _____

Check enclosed. Make checks payable to: **Seasons Hospice.**

Charge to: Visa Master Card Discover
 American Express

Card # _____ Exp. _____ CW Code _____

Name as it appears on card _____

Purchaser _____

Address _____

City _____ State _____ Zip _____

Use the reverse side of this form to write your inscription.
Please send completed form(s) with payment enclosed to
Seasons Hospice
1696 Greenview Drive SW
Rochester, MN 55902

Orders will be processed and bricks engraved in batches of eight to ten. You will be notified when your paver has been installed.

For more information, contact
Seasons Hospice at (507) 285-1930.

If you wish to purchase more than one regular sized paver, please make a copy of this order form for each purchase, completing both sides.

*“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

CALENDAR OF EVENTS

ONGOING PROGRAMS

Newly Bereaved Group

First Thursday each month 6:30-8:30 p.m.
Third Thursday each month 12:00-2:00 p.m.

Coffee & Conversation

Second & Fourth Wednesday each month 9:00-10:00 a.m.
Third Thursday each month 6:00-7:00 p.m.

Pregnancy After Loss Group

First Wednesday each month 6:30-8:00 p.m.

Pregnancy & Infant Loss Group

Second Thursday each month 6:30-8:00 p.m.

Pet Loss Group

Second Wednesday each month 6:00-7:00 p.m.

Survivors of Suicide Groups (Adults and Teens)

Third Wednesday each month 6:00-7:30 p.m.

Stepping Stones

Fourth Monday each month 6:00-7:30 p.m.

Teen Drop-in Group

Third Wednesday each month 4:30-5:30 p.m.

Veteran Loss & Transitions Group

Second & Fourth Monday each month 6:00-7:30 p.m.

SPECIAL PROGRAMS

Managing Special Days Without Your Loved One

Special days, such as birthdays, anniversaries, and holidays can be especially difficult times filled with emotional turbulence for those who have experienced the loss of a loved one. Join us for this two-part event - workshop/crafting. (Offered two different dates)

April 8 – 6:00-9:00 p.m.; April 10 – 1:00-4:00 p.m.

Adult Grief Group/Young Loss Grief Group

We offer two ten-week groups for those who wish to explore issues related to grief and loss.

Tuesdays, April 9 – June 11

One Year Later...Re-building Your Life

A three-week group meeting offered in August for anyone ready to explore a future without their loved one.

Dates TBD

Remembering and Celebrating

Walk the beautiful Seasons Hospice House grounds and visit the Circle of Remembrance Memorial. Enjoy reflective music and poems as you remember and celebrate loved ones.

Date TBD

Individual counseling is available by appointment. All grief groups are held at the Center for Grief Education and Support located at 1696 Greenview Drive SW, Rochester. For more information call CGES at 507-285-1930 or email us at cges@seasonshospice.org.

CIRCLE OF REMEMBRANCE GRANITE PAVER INSCRIPTION

The inscription must fit within three lines of 20 characters each. A space or punctuation mark counts as one character. Please write your inscription in the spaces provided below.

Please send order form with payment to:
Seasons Hospice, 1696 Greenview Drive SW,
Rochester, MN 55902

– A LIVE & LOVE AFFAIR 2018 –

A Night in Havana

It was a “Hot Havana Night” at the Rochester International Event Center on Saturday, November 17 for the 12th annual “A Live & Love Affair” gala. Guests clad in tropical attire were ready for a festive evening featuring Mango Mojitos, Caribbean Cuisine and Latin Jazz by the John Paulson Combo. Dancers from Dahl Dance showcased their skills by dancing the Salsa, Mambo and other Latin dances. And of course, following the live the auction, the Bruce A. Henry Band got everyone on their feet to dance the night away. Special thanks to our emcees Tom Overlie and Caitlin Alexander, co-anchors of KTTC-TV News, our auctioneer John Kruesel, and our guest speaker, Dr. Ed Creagan.

A Night in Havana was a great success with 540 guests attending and net revenue of \$150,000. These funds will help sustain the hospice and grief support programs we provide which we receive no reimbursement for from Medicare, Medicaid or private insurance. One hundred percent of gala proceeds support the mission of Seasons Hospice.

We could not stage this event without the support of our sponsors and we thank them for their continued financial investment. The following is a list of the 2018 gala’s major sponsors: Platinum Sponsor: Think Mutual Bank; Gold Sponsors: Greg and Sharon Gentling, Rochester International Event Center; Décor Sponsor: Marcia and John Bouquet; Entertainment Sponsor: Ranfranz and Vine Funeral Homes; Media Sponsor - KTTC-TV; Lighting Sponsor - Custom Alarm; Printing and Graphic Design Sponsors: Davies Printing Company, Tammy Westby/CRW architecture; Silver Sponsors: Hansen Title & Legal Services, LLC, Hayfield Window and Door Company; Wine Raffle Sponsor - Andy’s Liquor.

Bronze Sponsors were: A.B. Systems, Inc.; Shawn Buryska - Coldwell Banker Burnet Realty; Don Charlson - Edward Jones; Marco; Medline; North Risk Parnters - C.O. Brown Division; Rochester Home Infusion; Smith Schafer and Associates, LTD; Sunshine Sanitation. Contributing sponsors included: Altra Federal Credit Union; Chocolaterie Stam; Corner Home Medical; Kids on the Go; Le Jardin Floral; Northern Sun Productions; Olmsted Medical Center.

Last but certainly not least, we wish to acknowledge the incredible 2018 Gala Committee whose tireless work and dedication resulted in a hugely successful event! Chairperson: Dee Elwood; Committee members: Therese Armstead, Shelly Buryska, Ginger Carson, Jeannine Hadley, Caryl Jermier, Kaitlyn Joseph, Marcia Marcoux, Miki Paulson, Terri Penz, Kelly Retterath, Phyllis Trcka, Tammy Westby.



Dr. Ed Creagan, guest speaker



Gala guests Lauren and Jacki Snyder



Tropical table setting

*Save the Date for 11/16/19 – “A Live & Love Affair - Centered on Broadway”
at the new Hilton Hotel Downtown!*

– SEASONS OF LIFE SOCIETY –

Vicky and Bruce Schleeter joined the Seasons of Life Legacy Society in May 2018 and they explain their motivation behind this generous act in the following account.

Seasons Hospice...Just Hearing these Words Bring a Sense of Warmth to our Heart

By Vicky and Bruce Schleeter

It was in 2012 that we joined the Seasons Hospice family. Our beautiful 21-year-old daughter Danielle was in kidney failure with additional medical issues. We met with the caring Seasons Hospice staff to come up with a compassionate end-of-life plan. Danielle loved listening to music so the music therapist came to play for her. We needed a hospital bed and Seasons brought a bed that we placed in the living room so Danielle could be included in the day. We relied on the nurses to visit every day to let us know what the next medical stage was for her and what to look for as well as adjusting her medications to keep her comfortable. Danielle passed away early morning on a Thursday. When I contacted Seasons that morning, one of the nurses said right away, "Oh, I had the best dream of Danielle last night." I asked her to tell me more. She indicated that she saw Danielle's face and that Danielle had on the biggest smile. I asked her about what time she saw this. She replied, "Oh, I suppose about 3:00 a.m." Danielle passed away at 3:04 a.m. What a comfort to hear this story! One more treasured "goodbye" Danielle gave us.

So, why have we included Season's Hospice in our estate planning? Even though Seasons Hospice was only

technically a part of our story for approximately two weeks, Seasons will always be a part of our story. There is a connection that cannot be explained unless you are part of the Seasons family. For us, Christmas isn't Christmas until we attend the Memories of the Heart celebration. Watching the candles dance as loved one's names are read and hearing the song, "Somewhere Over the Rainbow" is part of our new norm, our Christmas tradition.



Bruce and Vicky Schleeter

Seasons Hospice offers so many important ways of connecting with others, including opportunities for conversation with those in similar situations, bereavement groups such as pregnancy and loss, survivors of suicide, teen and Veteran's groups, loss of a beloved pet and more.

order to help ensure the continuation of their mission for many years to come is imperative! We want to help Seasons Hospice support others who find themselves, just as we did, learning how to navigate through the process of grief and death.

For us, leaving part of our estate to Seasons Hospice in

If you would like more information about including Seasons Hospice in your estate plans, please visit <https://seasonshospice.giftlegacy.com> or contact Carolyn Piepho, Director of Development and Communications at cpiepho@seasonshospice.org or call 507-285-1930.



Kooky Concessions and Catering will be hosting its third annual fundraiser to benefit Seasons Hospice on Sunday May 19, 2019 from 12:00-6:00 p.m. at the Eagles Club in Rochester. There will be silent auctions, raffles with prizes for both kids and adults, games with prizes, bake sale, live music and lots of fun for the whole family. **Fifty percent of Kooky's proceeds will be donated to Seasons Hospice.**

VOLUNTEER SPOTLIGHT: *Tyler Galardy*

Tyler Galardy is a high school senior who has been volunteering for Seasons Hospice since 2017.



Daniel and Tyler

The first time I heard of Seasons Hospice was during a camp called Summer of Service. Our tasks included decorating placemats that were placed on the residents' food trays. The following summer I volunteered at the House again, this time helping with yard work to clean up the grounds. At the time, I was not aware of how much these experiences would stick with me. The next summer I went to visit my great grandmother who has dementia. I spent the day talking with her and helping with anything she wanted. More importantly, I just listened and kept her company. Seeing the big difference this made in her day made me appreciate even more what the Seasons Hospice staff does. After this experience I knew that I wanted to volunteer at the Seasons Hospice House in any way that I could.

Many of the people I have told about my volunteer work at Season Hospice tell me how surprised they are that I am volunteering there at such a young age. It is not age that should define where someone chooses to volunteer; it is their experiences that shape them and what they are passionate about. I am honored that Seasons Hospice lets me help out and hopefully make an impact on the residents' lives. I usually work in the kitchen preparing the meals for the residents along with talking to them before and after mealtime.

One of the first times I realized the effect of my volunteering was with a particular women who resided at the house. She was not much of an eater but whenever she was asked about dinner she would always ask if it was tomato soup night. The next night I went to the house I heard that she did not want any soup. I went downstairs to her room to say hello and asked her if she wanted anything to eat. She said no, but then I asked, 'Not even any tomato soup?' Her face lit up and she started shaking her head in excitement. Later that night I heard from her daughter that she always looked forward to the day that I came in and brought her tomato soup. That event showed me that the smallest of things can make such an impact. I am so grateful for the opportunity to help give back and bring joy to the Seasons Hospice residents. I would not trade this for anything.

Chris Humble, Director of Volunteer Services stated that recently, one of our patients at the Hospice House, Daniel, had the following to say about Tyler: "I've trained many young engineers over the years and Tyler has what it takes to be successful." Daniel, we agree!

Celebrating Volunteers! National Volunteer Week: April 7-13, 2019

Volunteers are indispensable in fulfilling the mission of Seasons Hospice. Often referred to as the "heart and hands of hospice," Seasons' volunteers offer their services to our patients and staff in a variety of ways. Our board of directors contributes their professional and personal expertise in the oversight of the organization. We have a dedicated group of volunteers who come to the office weekly to assist with administrative tasks. Our Center for Grief Education and Support utilizes highly trained and skilled professionals who volunteer their time facilitating a number of grief support groups. Other volunteers visit patients, providing companionship, sometimes by reading and playing cards or cribbage, or perform light housekeeping duties if needed. And some, our "11th hour" volunteers, sit by the bedside of a patient who has no family or friends nearby during their final moments of life so that they are not alone.

Pet therapy dog and miniature horse volunteer teams spread love and comfort wherever they go while our veteran volunteers serve our veteran patients in an especially unique way. Our hospice house bustles with volunteers who love to cook and serve meals to patients. We are fortunate to have two talented groups of singing volunteers - the Prairie Heart Singers and members of the Choral Arts Ensemble - who serenade patients weekly. We have dedicated individuals who tend to the Hospice House grounds, making sure the gardens are well cared for.

During 2018, Seasons Hospice had 278 volunteers who generously contributed the following:

- Total # of donated hours - 8,255
- Miles traveled to perform their service - 36,881
- Estimated dollar value of volunteer time - \$217,932



Indeed, Seasons Hospice volunteers are the "heart and hands of hospice" and we are enriched by their presence and commitment to our organization.

Thank you for all you do!

1696 Greenview Drive SW
Rochester, MN 55902

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duplicate issues or no longer
wish to receive this newsletter.*

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APRIL 16TH IS NATIONAL HEALTHCARE DECISIONS DAY!

*Do you know what your advance care directive options are?
Have you indicated who you would want to make medical decisions
for you if you are unable? Seasons Hospice staff will be available
for walk-in consultations on April 16 from 9:00 a.m. to 1:00 p.m.
Stop by our office at 1696 Greenview Drive SW, Rochester
or call 507-285-1930.*

*Or visit the website of National Healthcare Decisions Day at
www.nhdd.org.*