

# 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  
www.seasonshospice.org

### THE LAST NEWSLETTER

*By Beverly Haynes, RN, Executive Director*



*Bev Haynes will officially retire June 1, after serving Seasons Hospice for nearly 25 years.*

Just under 25 years ago, I received a phone call from the Seasons Hospice director asking if I'd like to be an on-call nurse for hospice. My first thought was, 'What is hospice?' I was given a pager and patient list and the rest is history. I read all I could to learn, and as I started the journey of a hospice nurse, I realized how valuable and important this work is. I look back at my young life and see that I was somehow prepared for this work through the death of my dad as a young child, and growing up living with two elderly grandmothers in our home. As I got older, death and dying were always a part of my life.

I have had the opportunity to work in many positions at Seasons Hospice, from my first role as an on-call nurse, to the first nurse to staff the Seasons Hospice House when it opened, then on to house manager, quality and compliance, director of clinical services and finally, in 2009, executive director. It was never on my list of things to do to be the leader of an organization, but it truly has been a gift.

While 25 years is a long time, it really doesn't feel that way when I reflect on my time with Seasons. My children grew up being part of Seasons Hospice. Trick-or-treating for the patients at the house, volunteering, catching tadpoles in the pond, taking care of and cuddling Olivia, the house cat. Helping with thrift sales, our move to the new office, caring for the path and gardens at the house, and being at the gala are just a sampling of all the ways they have

been involved. Mostly, listening to me tell stories and share valued life lessons I have learned walking with dying patients and families.

When I first started at Seasons Hospice and was asked by people where I worked, they often looked confused and would comment that they had never heard of hospice or Seasons Hospice. Now, as I end my career, most people have a friend or loved one who received care from Seasons and know firsthand, the unparalleled services Seasons Hospice provides.

There are so many insights I've gained and shared through my years and experiences here. I realized that each person's end of life journey is unique and equally important. Remembering why we chose to work in hospice needed to be foremost in our minds; it guides our every decision and interaction. And what we do is all about love and kindness: the tender care and support our staff brings to patients and families. I have learned that being a reassuring, comforting presence is one of the greatest gifts we can give during a time that is often filled with sorrow, anxiety, and fear. But, it can also be a time of celebration, communion, and life review. For me, there is no work more important than caring for others at the end of life.

My life's mission through my many roles working in hospice has been to normalize death as a natural part of life, while encouraging individuals to have their own conversations around death and dying with loved

*continued on page 2*



ones. My hope is that this has been valuable to our staff, volunteers, patients, families, colleagues, friends, family and the community as a whole. I have benefited personally and professionally from the many co-workers and volunteers I have worked with. They taught me what it means to give of yourself and to really care. I could not have succeeded without my teammates, my friends, and my family, who have supported me and the mission of Seasons Hospice.

As I prepare to leave Seasons Hospice in another's capable hands, I am filled with pride, satisfaction from participating in something that helps so many, and respect for the Seasons Hospice team, past, present, and future, and hope for what is to come.

With gratitude and love,

*Beverly*

## SEASONS HOSPICE WELCOMES NEW EXECUTIVE DIRECTOR



*Seasons Hospice welcomes Kristina Wright-Peterson in her new role as Executive Director. No stranger to Seasons Hospice, Kristina has worked at the Hospice House as a supplemental RN since 2018.*

I want to thank the Seasons Hospice Board of Directors for this opportunity to join the Seasons team as the next Executive Director. This is quite literally a dream come true for me as my personal values and professional goals have come together. Some of the team already knows this about me, but for those that don't: my father died from leukemia when I was nine-years-old. That experience has influenced just about every aspect of my life, including choosing nursing as a career, founding a non-profit organization, and joining the Seasons volunteer pool many years ago. Thankfully, that volunteer work evolved into a supplemental nursing position at the house and it has been clear to me for some time that Seasons Hospice provides not only the highest quality hospice care, but also has a team of individuals that is unlike any team I have ever been a part of before. From nursing care to chaplain services, veterans support, our favorite four-legged companions through our pet therapy program, music and massage therapy and grief support, Seasons has so much to offer our community and has already impacted countless individuals and families.

When my father was diagnosed and we were told he may not have long to live, my mother and I cared for him the best we could at home. This was a time before hospice care was readily available in many communities, and many providers weren't discussing it as an option with families on a regular basis. Without knowing that we were doing it, mom and I were hospice care providers for eight months before dad died. I am very passionate about ensuring that hospice care is available and accessible to all individuals as it gives them a type of support that my own family did not have access to.

I also want to thank Beverly Haynes for her strong and remarkable leadership to bring this organization to where it is today. She is a leader I have looked up to for many years and I feel privileged to follow in her footsteps. It will be different without her presence every day, but her legacy will forever have a footprint at Seasons Hospice.

I look forward to meeting you all in the near future.

*Kristina*

# VOLUNTEER SPOTLIGHT: *Farewell to Chris Humble*



We're turning the spotlight on "one of our own," with this farewell tribute to Chris Humble, director of volunteer services, who is retiring on May 13. For more than ten years, Chris has served our patients and their families with dedication, perseverance, and compassion. Dogged in her pursuit of finding the "right" volunteer/patient match, facilitating that last final wish through a Sentimental Journey, spreading love and companionship from our pet therapy teams to patients and high school and college students alike, and, going the extra mile to ensure that our veteran patients received visits from our team of veteran volunteers, which always ended with a final salute.

Under Chris' direction, the volunteer program at Seasons Hospice has thrived. Her personal passions became professional ones. A dog lover from way back, Chris started our pet therapy program within a few months of her employment and built it into a highly respected and sought-after addition to our patient services. Her deep reverence for the men and women in the armed forces, and her desire to give them the respect and commendation they are due through our Veteran to Veteran program, was fueled by her father's military service in the United States Air Force.

Everything Chris endeavored to do had to meet her own high standards: were the volunteer services we provided the best they could be? Did we meet the needs of our patients to the fullest extent possible? Have all avenues been exhausted to take care of those we serve? Never one to say 'No, it can't be done,' Chris has always gone to great lengths in order to deliver on a commitment, whether it involved her working late at night, early in the morning, or over a weekend.

When asked what has deeply affected Chris over these past ten years, she states, "I have personally witnessed the impact volunteers make in the lives of our patients and families. And I've seen that volunteering is not a once-a-week thing done out of obligation. It is who they are at the very core of their being. I will be forever grateful to have worked alongside these amazing individuals."

*And so, we offer Chris our gratitude and thanks for a job superbly done, and extend our best wishes as she rides off into the proverbial sunset in her little blue sports car. Chris has promised to return as a volunteer after a spell, and we will welcome her back with open arms.*

## NEW VOLUNTEER SERVICES MANAGER



### Introducing Deb Gearhart!

Deb Gearhart has been selected to take over the reigns of our volunteer department as our new volunteer services manager. No stranger to Seasons Hospice, Deb first began working here as a massage therapist in May 2019 and transitioned to the role of volunteer services administrative assistant in November 2021. Deb is a natural for this position, due in part to her own lengthy history as a volunteer. Of her new role, Deb states, "I plan to carry on the mission that was set forward by our wonderful Chris Humble. My priorities are getting to know each of our volunteers better so I may serve them in their roles the best that I can."

*Possessing the heart of a volunteer herself, we know she will do just that!*

*In recognition of the 25th anniversary of the opening of our Hospice House, please support Seasons Hospice with a generous donation. **You may donate online at [www.seasonshospice.org/donations-and-giving](http://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](http://www.seasonshospice.org) to view our new video of our Hospice House, or learn about Seasons Hospice programs, employment or volunteer opportunities, and more.*

# Ode to Summer

## A Celebration of Seasons Hospice

*Big changes are in store for the gala this year as we've moved our date and location to Thursday, August 25, from 5:30 to 10:00 p.m. at the Mayowood Stone Barn!*

The COVID-19 pandemic required us to hold our events virtually for the past two years, so it was decided to reschedule our date to August since COVID transmission rates have been lower in the summer months.

We're looking forward to seeing our dedicated supporters in person!

This year's theme is *Ode to Summer*, and guests will experience the fresh flavors of summer, beginning with peach bellini cocktails and butlered hors d'oeuvres. Cocktail hour music will be provided by the John Paulson Jazz Trio. A sumptuous three-course dinner will follow, prepared by J. Powers' Executive Chef Chris Hodapp. During dinner, attendees will be serenaded by Erin Cook, Seasons Hospice music therapist, who has performed in numerous theatrical productions in New York prior to returning to Rochester. Local Rochester pianist, Jon Davis, will accompany Erin on keyboards. Throughout the cocktail and dinner hours, guests will have the opportunity to bid on a vast array of unique silent auction items ranging from regional getaways to amazing food experiences, sporting events, jewelry, home décor items, and more. We are delighted to welcome back Tom Overlie, KTTC News Anchor, as the evening's emcee.

After dinner, the mission of Seasons Hospice will be illustrated through a moving, videotaped presentation by Mary Madden, whose beloved mother Carol, was cared for by Seasons, first at an assisted living facility where she resided, then at our hospice house. This will be followed by our Call to the Heart giving appeal which raises critical funds for our hospice and bereavement programs. Rounding out the program will be our live auction, featuring up to six one-of-a-kind auction experiences. Guests can mingle after dinner or amble over to the Blacksmith Shop for socializing and a spirits tasting presented by Tattersall Distilling of Minneapolis.

*Ode to Summer* would not be possible without the generous support of our sponsors. In particular, we wish to thank our Platinum Sponsor, Think Bank, for their tremendous generosity and longtime support. We also want to thank Mayowood Stone Barn for their valued support as our Gold Sponsor.

Finally, KTTC is continuing its tradition of being our Media Sponsor and we are so appreciative of their promotional support.

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*Stay tuned for more details...tickets go on sale in June!*



# reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

Center for Grief Education and Support

SEASONS  HOSPICE

*“The reality is that you will grieve forever. You will not ‘get over’ the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to”*

– ELISABETH KUBLER-ROSS

## TAKE CARE OF YOURSELF FIRST

- If you don't take care of yourself, you can't take care of anyone else
- If you are caring for a child, your well-being gives your child a sense of safety
- Stay healthy
- Learn about grief
- Allow yourself to grieve
- Ask others for help
- Take a break from raising a grieving child
- Find a support group
- Be patient with yourself
- Nurture your soul
- Reward yourself
- Reduce stress
- Put major life decisions on hold
- Resume normal routines when ready
- Spend time with other adults
- Keep a journal
- Make use of rituals and remembrance
- Find your own models of good grief
- Teens get cues about how they are “supposed” to grieve and learn from watching and imitating the adults around them
- Parents who attend to their own grief processes in positive ways set a good example for their teens

# SELF CARE SUGGESTIONS TO CONSIDER WHILE GRIEVING

**Self-Care.** How often have we seen these two words? How often have we heard them, said them to ourselves and others? Self-care is something we are aware of and know the benefits of to assist us in dealing with stress. We all strive to practice as much self-care as we can in any given situation. Sometimes it's a lot and sometimes it's a little. If you or someone you know is struggling with grief, then the need for self-care is likely quite high. Grief is unique and affects everyone differently, in multiple ways. We see typical grief reactions emotionally, but also physically, cognitively, relationally, and spiritually. It can be surprising to learn how often grief reactions happen in many areas; sometimes one at a time, though often multiple parts of a person are affected at the same time. Understanding this can underscore the idea that a grieving person is someone experiencing some distress in their lives. Which brings us back around to self-care. When there is distress, various self-care techniques can help to soothe, comfort, and distract. This topic is discussed frequently with those attending support services here at the Center for Grief Education and Support. We've compiled some of the suggestions given that are considered most helpful.

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**1. Embrace the roller coaster of thoughts, feelings and emotions.** It's completely understandable that someone would have some instability in this area, even for some time to come. A highly significant life event has happened and it stands to reason there is a lot of adjusting to do with all the change that happens after loss. With thoughts, feelings, and emotions being up, down, and all over the place, people can feel they must be doing something wrong. This is furthest from the truth. It is normal, natural, and expected to have this roller coaster experience. Allowing yourself to accept this experience will often take away much of the fear that can happen otherwise. Being kind to yourself and extending grace in this way is called self-compassion and can be very helpful with healing.

**2. Pay attention to physical symptoms.** Those who are grieving also describe physical symptoms such as tense muscles, back aches, stomach aches, headaches, more frequent or more robust colds, viruses and infections; also, not being able to sleep, sleeping too much, not being able to eat, eating too much. Fatigue, shortness of breath, dizziness are also symptoms that are expressed. When grieving, or experiencing distress, our immune system tends to not work as well and can make us more vulnerable to illness. Sleeping when you can, intentionally eating appropriate amounts, and the practice of stretching of muscles can assist with easing some of these symptoms. Practicing safety in the areas of hand washing and wearing masks as necessary can also help to reduce incidences of illness. One habit that is reported as being tremendously helpful is intentionally drinking water to stay hydrated.

**3. Find time to access spirituality.** This may not necessarily mean religious endeavors, though it may if those rituals are helpful for you. Other ways to do this as a means of self-care would be visiting a conservatory where there are flowers, planting or tending flowers of

your own, spending time in the sunshine when available, taking a walk and noticing the sights, smells, sounds of the world around you. Enjoying a warm bath or swimming in water can be quite soothing. Expressing yourself creatively by drawing, painting, coloring, making a collage, creating a sculpture.... journaling, looking at and reading about art. Also talking to others who are willing to actively listen as you tell the story of the changes in your life. These are all spiritual experiences. Seek out the spiritual advisors in your life who can assist you. Learn meditative practices such as stretching, deep breathing exercises, yoga, Chi Gong, Tai Chi, etc. All of these can reduce stress and offer comfort during the grieving process.

**4. Reach out to others for support and assistance.** This one can be so very hard to do, yet often reaps many rewards. It is essential to set boundaries on how long the interaction with others will be and to let people know how you'd like their support. When you ask for, and receive assistance from others in a satisfying and positive way, it will naturally build a desire to continue to do so. Many people want to offer support and may appreciate hearing the best way to provide it.

These are only a few of many self-care suggestions we hear from the people we meet with who are grieving. We encourage you to try out a few and see if they might bring you some comfort during this difficult time. If you would like some more suggestions or are interested in discussing this topic further with us, we would be happy to chat with you. Please don't hesitate to contact us.

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### *Seasons Hospice is Hiring!*

We are looking for individuals who are compassionate and passionate about caring for individuals at the end of life. A variety of career opportunities are available in both clinical and non-clinical roles.

Seasons Hospice has served our community and region for 25 years, offering high quality hospice care to patients in their homes or at our residential hospice house. We are a mission-centered, nonprofit organization that places our patients at the center of what we do. We also recognize that our staff are our greatest resources, and we seek to provide a supportive environment where employees can thrive.

If you are interested in learning more about joining our team, please contact us at <https://www.seasonshospice.org/career-opportunities>.



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### **Advance Care Planning**

Knowing your voice is heard when making decisions about health care is important. Advance Care Planning is the process of preparing for a time when you may not be able to make your own medical decisions. The best time to make these decisions is when you are able to make your own choices.

### **Health Care Agent**

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

### **Health Care Directive**

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

The process of advance care planning (ACP) involves conversations throughout life about your values, beliefs and goals for future health care. ACP conversations focus on your health care goals and what is important to you.

- As you get older, goals, values and priorities often change. Your health status may change, too. Revisiting your decisions and plans regularly is important.
- Give yourself and others peace of mind. Plan ahead while you are able.

Documenting your wishes in a Health Care Directive is important. The document outlines your values and priorities for future medical treatment and can identify your health care agent. A Health Care Directive limits confusion and helps everyone prepare for the unexpected.

### **Getting started**

Start by thinking about what is most important to you. Talk with your loved ones to share your thoughts. Even if you feel close to loved ones, they may not know what you would want unless you tell them. The goal of ACP is to help others understand what health care choices you would make if you could not communicate.

### **Choosing a health care agent**

Choosing a health care agent is key to planning ahead. Your health care agent is the person who will speak for you if you are unable to make decisions for yourself. To choose the best person to be your health care agent, ask yourself:

- Do I trust this person to be able to make tough decisions?
- Will this person honor my wishes even if he or she does not agree with my wishes?
- Can this person make important decisions under stressful situations?
- Can this person stand up for me even if family members or others disagree?
- Is this person likely to be available in case of an emergency?

### **Completing a Health Care Directive**

#### ***Do I need a lawyer to complete my Health Care Directive?***

No, as long as you meet these legal requirements:

- You must be at least 18 years old, and able to understand and communicate your wishes
- Your directive must be in writing, state your full name, be signed by you and dated
- Your directive must list 1 or both of the following: a named health care agent, and health care or treatment instructions
- In Minnesota, your signature on your directive must be witnessed by 2 adults or a notary public
  - » Neither of the 2 adults can be your agent. Only 1 of the adults can work for your health care organization.
  - » Witness requirements vary state to state. If you complete a directive in another state, check the state requirements.



***When is my Health Care Directive used?***

As long as you can make your own choices, you control your own medical care.

If you cannot make choices for yourself, your health care team will follow your wishes as described in your Health Care Directive and as your health care agent directs. Be sure to give copies of your Health Care Directive to your health care team and your health care agent.

***Will my Health Care Directive be valid in other states?***

Every state has its own requirements for a Health Care Directive. Many states honor a Health Care Directive created in another state.

Keep a copy of your Health Care Directive with you when you travel. If you spend a lot of time in another state, check on that state's requirements for a Health Care Directive.

***Where can I find a Health Care Directive form?***

You can get a Health Care Directive form by:

- Asking your health care team
- Contacting your local ACP resource

Many people easily complete the Health Care Directive on their own. If you want help completing the form, talk to your health care team or seek local ACP resources near you.

***Where should I keep my completed Health Care Directive?***

Keep your signed and completed original Health Care Directive in a safe, easily available place at home. Give copies to your:

- Health care agent
- Family members or other loved ones who are likely to be involved in your health care
- Primary care clinician or health care team
- Local hospital



*For more information about advance care planning or for help creating a Health Care Directive, contact Seasons Hospice at 507-285-1930.*

1696 Greenview Drive SW  
Rochester, MN 55902

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



# *Ode to Summer*

A Celebration of Seasons Hospice

Thursday, August 25, 2022

5:30 pm to 10:00 pm

Mayowood Stone Barn

*Platinum Sponsor: Think Bank*

*Gold Sponsor: Mayowood Stone Barn*

*Media Sponsor: KTTC*

For more information contact Seasons Hospice at  
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