

# SEASONS GREETINGS

– A PUBLICATION OF SEASONS HOSPICE –

## 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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## SEASONS HOSPICE

### Adding Quality of Life to Each Day

#### SUPPORTING THE BEREAVED IN OUR COMMUNITY

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

Seasons Hospice Center for Grief Education and Support (CGES) may not be known to everyone in southeast Minnesota, but to those who have pulled into the parking lot and walked into the Comfy Room, they find support, understanding, and the realization that they are not alone on this journey. The group experience can be healing for a myriad of reasons including the opportunity to share stories of loved ones as well as the gamut of emotions. *“Is this normal?”* is a question asked more than any other and usually the answer is a gentle yes. With grief there is no right or wrong. Tears are welcomed. Each individual is unique and therefore their grief is also unique. Regardless of where someone is in their journey, the hope is they will find support through the CGES either in written form, through group interaction or by talking to a grief counselor.

We provide grief support and education to our Seasons families as well as to those in the community. Over the past 18 months we have added a Veterans Discussion Group, Pregnancy After Loss, Survivor of Suicide for both teens and adults, and a Young Loss group for those who are younger in age and have had a spouse die. We have continued with our Newly Bereaved groups, Coffee and Conversation, Pregnancy and Infant Loss, Teen Drop-in and our Pet Loss groups. All of these groups are open to anyone in the community and they do not require registration. It is comforting to meet with others who understand and desire to honor their loved one's memory through sharing their story.

The bereavement team has also led grief groups in the Federal Medical Center and the Juvenile Detention Center. These groups are honest and very open to learning about how grief can impact a person - mind, body and spirit.

We offer grief groups in the Rochester Public Schools that vary in size and make-up of students. So often we hear that this is the one hour a week they look forward to because they can talk about their loved one, their memories – both good and bad, acknowledge

the changes that have transpired and not be told to “get over it.” Even though these students may not have known each other previously, and come from varied backgrounds (and countries), their grief is what unites them and builds trust.

Toward the end of our groups we talk about *Unfinished Business* or all of the “if onlys,” or “I should have.” With our students we write these on post-it notes and stick them on ourselves to recognize everyone has regrets after a loved one dies. We also acknowledge that if each of these regrets weighed 20 lbs we would be carrying an overwhelming amount of weight. The students are then encouraged to read their regret out loud and put it in our container. We then go outside and burn the regrets, and as a group, decide what we want to do with the ashes. Some groups have let them go into the air, some in water, others have mixed them into soil so that something beautiful could grow. A group this spring decided that they wanted to write down those things that they did right with their loved one. They then drew a heart in the center and glued their ashes to the heart calling this *Heart of Ashes*. As with each individual's grief being different, each group is different and often our facilitators leave having learned yet another important lesson. -SG-



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**PLEASE NOTE:**

Visit our website at [www.seasonshospice.org](http://www.seasonshospice.org) to view our video, learn about Seasons Hospice programs, employment or volunteer opportunities and more.

# FACES OF HOSPICE: *A Long Life, Well Lived*

*Andie Sanders reflects on the life of her father, Bob Sealine, in this account that traces his roots, his family life and his journey with Seasons Hospice.*



Life for my father, Bob Sealine, was a full day driving a tractor or combine on his farm, a relaxing ride on his Harley, bagging the next trophy deer or elk, walking through the fields of southern Iowa hunting quail,

traveling to all 50 states, enjoying meals with friends, attending church every Sunday, and visiting friends in the hospital or nursing home.

Dad went into farming with his father after high school. Keeping up with cattle, sheep, hogs, and crops was a sunup to sundown job. He was an avid gardener and always offered a huge supply of vegetables to loved ones. He gardened until he was 85.

In his younger years, Dad gave a beautiful young lady a ride home on his motorcycle. He and Marge later married. Shortly after their wedding, he was drafted into the Army and spent 18 months in Japan right after WWII. He made several lifelong friends in the Army. I was born in the spring of 1949. Life was good on the

farm. We enjoyed the closeness of relatives and family vacations every summer. Tragedy hit in January 1959, when my Mom died of a heart attack. We moved to town with Dad’s parents. In 1965, Dad remarried and moved back to the farm.

Dad was a loving grandpa to my son Brad. He taught Brad a good work ethic, how to drive a tractor, and to have good moral values. The two enjoyed many motorcycle trips. When Brad went to college, Grandpa and Grandma drove 30 miles every week to take him out for dinner.

Dad lost his second wife to cancer in 1993. As he aged, winters became more difficult for him. Instead of going south, he went north to our home in Rochester. He headed back to the farm each spring to plant a garden, mow, and check the crops. After he was diagnosed with Parkinson’s disease, he moved in with us. Television, our two Airedales, and our friends became his sources of entertainment.

Progression of his disease caused falls; his lack of mobility caused edema in his legs. After several trips to the hospital, the final one for a stroke, the palliative care team at Mayo recommended hospice care. We contacted Seasons Hospice, since they had cared for my husband’s mother. Dad received home hospice care for three months. They were fantastic. A couple times the on-call nurse came in the wee hours of the morning to change a catheter. The team provided



*“The staff and volunteers grieved with us. They cared for Dad for 470 days, bringing him within 53 days of his 100th birthday. Seasons Hospice will always hold a special place in our hearts.”*

medical care, bathing, and visits from veterans, chaplain, music and massage therapists.

On December 1, 2016, we decided it was time for Dad to move to the hospice house. He was sad to leave our home, but knew we could no longer manage his care. He feared the unknown, but the Seasons team explained what things would be like at the house, and the move went smoothly.

Dad was placed in a room with big windows across from the nurses' station. He watched deer poke their noses on the windows, wild turkeys come close, and squirrels try to snatch food from bird feeders. He enjoyed the nurses and kept tabs on them. He welcomed so many visitors that you almost had to book an appointment to see him. Between massages and visits from veterans, the chaplain, a retired doctor who volunteered for Seasons, musicians, the dogs and miniature horses, his social life exploded! Everyone knew Bob and he thrived at the house.

Early in spring 2018, Dad's health declined sharply. The staff was always available to answer questions and teach us what to expect, how he was feeling, etc. Pain was never an issue, but the staff kept a sharp eye out for it. We became such good friends with the staff. Dad had his favorites, telling them how thankful he was for their help and friendship; they responded with gratitude to him.

The evening Dad passed away, Kenny, RN, stayed beyond his shift to keep Dad comfortable and help



us through the process. We couldn't ask for better service. The staff and volunteers grieved with us. They cared for Dad for 470 days, bringing him within 53 days of his 100th birthday. Seasons Hospice will always hold a special place in our hearts.-sg-

Written by: Andie Sanders

Pictured opposite page: Bob Sealine

Pictured above left: Bob on his motorcycle

Pictured above: Bob with family

Pictured above right: Andie, Bob & Curt at the Hospice House

# – A LIVE & LOVE AFFAIR 2018 –

## A Night in Havana

Transport yourself to a tropical paradise during “A Night in Havana” on Saturday, November 17 at the Rochester International Event Center. Sip a mojito. Savor Cuban cuisine. Sway to Latin jazz and dancing. Salsa to the Bruce A. Henry Band. The 13th Annual “A Live & Love Affair” gala is an event you won’t want to miss!

From butlered hors d’oeuvres and specialty cocktails at the bar to Latin jazz by the John Paulson Quintet and Latin dancing by Dahl Dance, the cocktail hour will be a time of great fun and excitement while guests bid on our premier silent auction. A sumptuous dinner will follow featuring fine Cuban cuisine and dinner music continuing with John Paulson’s Quintet. The evening will be emceed by Tom Overlie and Caitlin Alexander, KTTC news anchors, and John Kruesel will be back to do conduct our signature live auction with his usual skill and humor.

Featured guest speaker, Dr. Ed Creagan, Mayo Clinic Oncologist & Palliative Care Specialist, author and renowned speaker will talk about the value of hospice from his own personal experiences. Our Call to the Heart funding appeal will follow where we will be seeking funds to support the Seasons Hospice “We Honor Veterans” program which provides care, support and companionship to our veteran patients at the end of life.

Bringing down the house will be the one of the best dance bands in the Midwest, the Bruce A. Henry Band. Once this band starts playing, you won’t stop dancing!

Check out a few of our signature live and silent auction items below:

- Two tickets to the Elton John “Farewell Yellow Brick Road” tour, his last, at the STAPLES Center in Los Angeles, enjoying Luxury Suite tickets with full bar and food;
- Dinner party for eight at “The Pines” co-hosted by Tom Overlie and Kevin Larson, Larry Guse and Christa Welbon and “guest mixologist” Cathy Wurzer of Minnesota Public Radio;
- Two tickets to the Players Championship Golf Tournament in Ponte Verde, Florida at the Sawgrass Golf Resort during March 2019;
- Spirit tasting for 15 at Tattersall Distilling in Mineapolis complete with a basket of spirits including Tattersall Gin, Rye Whiskey and Cranberry Liqueur for the holidays.



### GET READY FOR A HOT HAVANA NIGHT!



**Special thanks to our Major Sponsors for their support: Think Mutual Bank** - Platinum Sponsor; **Greg and Sharon Gentling, Rochester International Event Center** - Gold Sponsors; **Marcia and John Bouquet** - Décor Sponsor; **Ranfranz & Vine Funeral Homes** - Entertainment Sponsor; **Custom Alarm** - Lighting and Special Effects Sponsor; **KTTC- TV** - Media Sponsor; **Davies Printing Company, Tammy Westby, CRW architecture** - Printing and Graphics Sponsors; **Hansen Title and Legal Services, LLC, Hayfield Window and Door Company** - Silver Sponsors; **Andy’s Liquor** - Wine Raffle Sponsor

For a complete listing of sponsors and to purchase tickets online, visit [bidpal.net/liveandlove2018](http://bidpal.net/liveandlove2018). Or you may buy tickets by calling Seasons Hospice at 507-285-1930.



# reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

SEASONS  HOSPICE

1. Book Review:  
*A Grief Observed*

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2. Pregnancy and  
Infant Loss  
Awareness

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3. Tree of Memories  
Memories of  
the Heart

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4. Calendar of Events

Seasons Hospice is excited to announce that the Otto Bremer Trust recently awarded CGES with a **\$60,000 grant** in support of our bereavement programs!



*"It takes strength to make your way through grief, to grab hold of life and let it pull you."*

~ PATTI DAVIS

## BOOK REVIEW *A Grief Observed*

By C.S. Lewis

"A Grief Observed" by C.S. Lewis is a poignant portrayal by a gifted writer of his journey of grief. It is a book not to be read once but several times in order to absorb how C.S. Lewis experiences his grief. Each reading provides some new insights and thoughts, which will likely change the next time you read it.

The introduction by his step-son, Douglas H. Gresham, sets the tone with his raw, emotionally laden comment of his step-father as "a man emotionally naked in his own Gethsemane." He speaks of the deep love his step-father had for his mother leading to "a grief such as few of us have to bear, for the greater the love the greater the grief."

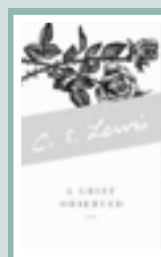
C.S. Lewis does not waste time with his beginning statement: "No one ever told me that grief felt so like fear. The laziness of grief is ever present and keeps you consumed. You feel lost and directionless, not wanting to move." Then, he asks that simple question: "Where is God? Does God understand this emptiness one feels?" He speaks to the heart of grief and suffering: "You don't merely suffer but have to keep on thinking about the fact that you suffer." You cannot escape your grief. His wife's absence is "like the sky, spread over everything" and the anguish of her memories where "a remembered voice turns me to a whimpering child." Grief is not something which comes and goes but it is like a darkened cloud that just lingers.

But, it is not just about his misery but his wife's as well. He states: "I had my miseries, not hers; she had hers, not mine. The end of her miseries would be the coming-of-age of mine." He wonders: "Where is she now?" asking: "How do we know if the separation is painless to the lover who departs."

In the end he is able to ask the most challenging question: "What sort of lover am I to think so much about my affliction and so much less about hers? Even the insane call 'Come Back' is all for my own sake." He takes one away from the selfish aspects of grief because you cannot help but feel the pain of your loved.

The beauty of the book is really about his love and appreciation with their relationship. He writes: "It was too perfect to last" and "The teacher moves you on." Bereavement is "universal and integral part of our experience of love." There are too many descriptive words to write about the intensity and gratitude you feel from his writings especially the relationship C.S. Lewis had with his wife. You must move forward as your love continues to grow. The true pain of grief simply speaks of a profound love or as C.S. Lewis expresses "like loving God."

Grief is challenging and ever present. I hope one is able to focus on the beauty of a relationship in the midst of life's challenges to appreciate that one does not want it to end. Our grief only speaks to this wish. After all, we are simply human and struggling to appreciate our humanity as it relates to the people we love who physically leave us. C.S. Lewis states: "The best is probably what we understand the least."



**Length:**  
190 pages

**Written by:**  
C. S. Lewis

**Available from:**  
Barnes and Noble

# PREGNANCY AND INFANT LOSS AWARENESS

On October 25, 1988, President Ronald Reagan designated the entire month of October as Pregnancy and Infant Loss Awareness Month. From there, a specific date, October 15th, is now called **Pregnancy and Infant Loss Remembrance Day**. At 7:00 p.m. in all time zones, families around the world will light candles (and leave the candle burning for at least an hour) in memory all of the precious babies who have been lost during pregnancy or in infancy

A miscarriage is defined as loss of a baby before the 20th week of pregnancy, and a stillbirth is loss of a baby at 20 weeks of pregnancy and later. According to the American College of Obstetricians and Gynecologists (ACOG), studies reveal that anywhere from 10-25% of all clinically recognized pregnancies will end in miscarriage. Statistics in the United States alone reveal that between miscarriage, stillbirth, or the death of a newborn child 1,000,000 babies die each year.

Unfortunately, too many families grieve in silence, sometimes never coming to terms with their loss. It may be hard to talk about, but the more open we are about these losses, the better we can serve bereaved parents. Early pregnancy loss is the most common type of loss in pregnancy and infant losses, and yet the most disenfranchised – or, as defined by grief researcher, Kenneth Doka, *“Grief that persons experience when they incur a loss that is not or cannot be openly acknowledged, socially sanctioned or publicly mourned.”*

Cindy Magee, a bereaved parent shares these tips for what bereaved parents want you to know from her blog on life, death, grief and recovery:

- We will never be back to normal. Over time, we may learn to function. We may be able to return to work and activities that we once enjoyed, but we will never be the same as we were before.
- If a length of time passes that our friends and family think is “long enough” and we have not returned to the way we were before our child died, please don’t treat us like something is wrong with us...as if we are deemed weak in spirit and resilience for not getting over it. There is no timetable.
- We don’t ever want you to experience what we have experienced, but we would like for you to try to understand us. We don’t expect you to take on our pain or to fix us. What we would like is to have you walk beside us, even if it feels uncomfortable.
- Before our child died, we were ignorant on the subject of child loss. Then we were thrown into the deep end and we didn’t know how to swim. We are dependent on our friends and family to try to help us at least learn to float, and without support, we are sometimes afraid that we will sink.
- Please don’t diminish our grief by making a judgment. Please don’t diminish the value of our child’s life.
- Since the death of our child, regardless of the cause, if there ever were a cause confirmed, we have gone over and over in our minds ways we think we could have prevented this death. We wonder if we are to blame because of our genetics. We rack our brains wondering .... What we crave most is assurance from our friends and family that we did all that we could and that we did the best that we knew to do at the time with the knowledge that we had.
- Please call us. Please invite us to do things. We may decline some invitations but we always appreciate being asked. Ask again and keep asking. Please understand if we are now quieter or more forgetful. Grief Brain is a real thing.
- Be gentle with us at work. We may cry on the way to and from work. Then we try to pull ourselves together before we see our co-workers. In the United States we usually are allowed, on average, three paid bereavement days. All of that time is needed for planning and having a memorial, or physically recovering. We are forced financially to return to work far sooner than our hearts can handle. Please be patient with us. The loss of our child is always on our mind even if our exterior shell appears otherwise.
- Familiar places that we experienced with our child before or after birth such as a doctor’s office, an ultrasound room, a hospital room, a restaurant, a church, etc. can change our mood. We may leave the house in a joyful spirit but then have a sudden flashback of a memory shared. We need to experience these feelings as they come to the best of our ability. Be present with us.
- And finally, a true friend wants to walk beside a friend. That is what separates a friend from an acquaintance. If you had a friend who lost a leg you would still offer friendship and support even if they had a limp. You would adjust your pace so that your friend could keep up. We have lost a part of our heart. Be patient with us. Please don’t give up on us. None of us will get through this life without losing someone special. “There but for the grace of God go I.” Misfortune can find any of us, at any time, in the blink of an eye. **Be the friend you wish you had.**

To bereaved parents: We support you and are here for you and loved ones affected by your loss also. At the Center for Grief Education and Support here at Seasons Hospice we have a group for those who have experienced loss of a pregnancy – early to late pregnancy, stillbirth or within the first month of life. This group meets on the second Thursday of each month from 6:30-8:00 p.m. We also support those who are pregnant again after experiencing a loss, in a Pregnancy After Loss group which meets on the first Wednesday of each month, from 6:30 to 8:00 p.m. Be patient with yourselves, compassionate as you would be with anyone else experiencing loss. We support and honor your child’s life, however short it might have been.

# 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 4, 2018, at 6:00 p.m. Once illuminated, the tree will remain lit through January 2nd, 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.

If you would like to make a contribution to help sustain this community memorial, please contact Seasons Hospice at 285-1930 or [cges@seasonshospice.org](mailto:cges@seasonshospice.org).



## MEMORIES OF THE HEART *A Time to Remember Loved Ones Who Have Died*

"Memories of the Heart" will be held Tuesday, December 4th at Christ United Methodist Church 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 candle lighting, 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. A reception of fellowship and support will be held following the service.

Please return the request form below by Wednesday, November 21. For more information, contact the Seasons Hospice office at 507-285-1930 ext 1202, email [cges@seasonshospice.org](mailto:cges@seasonshospice.org), or complete online at [www.seasonshospice.org](http://www.seasonshospice.org)

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### – *Memories of the Heart* – Seasons Hospice Annual Community Memorial Service

Please return this request with your loved one's name(s) by noon Wednesday, November 21, 2018, 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/These name(s) will be read at Memories of the Heart)*

PRONOUNCED HOW?: \_\_\_\_\_

IN MEMORY OF: \_\_\_\_\_  
*(This/These name(s) will be read at Memories of the Heart)*

PRONOUNCED HOW?: \_\_\_\_\_

**Seasons Hospice**  
1696 Greenview Drive SW • Rochester, MN 55902  
507-285-1930 • [www.seasonshospice.org/griefsupport](http://www.seasonshospice.org/griefsupport)

# CALENDAR OF EVENTS

## ONGOING PROGRAMS

### Coffee & Conversation Group

Second/Fourth Wednesday of every month  
9:00 - 10:00 a.m.

Third Thursday of every month  
6:00 - 7:00 p.m.

### Newly Bereaved Group

First Thursday of every month  
6:30 - 8:30 p.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 (Young Spousal Loss)

Fourth Monday of every month  
6:30 - 8:00 p.m.

### Teen Drop-In

Third Thursday of every month  
4:30 - 5:30 p.m.

### Survivors of Suicide Group

Third Wednesday of every month  
Teen: 6:00 - 7:30 p.m.  
Adult: 6:00 - 7:30 p.m.

### Veterans Loss and Transition Discussion Group

First and Third Monday of 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.

Saturday, November 3, 2018

8:30 - 10:30 a.m. Training Session - Explore options for how to navigate the upcoming holidays.

10:30 - Noon Craft Workshop - Time will be filled with crafts representing the light of hope.

Center for Grief Education and Support

### DECEMBER

#### Memories of the Heart\*

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

Tuesday, December 4 - 7:00 p.m.

Christ United Methodist Church / Rochester, MN

#### Tree of Memories

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

### JANUARY 2019

#### Adult Grief Group\*

A ten-week group meeting for those who wish to explore issues related to grief and loss.

Tuesdays, January 15 - March 19

\*Registration Required



*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](http://www.seasonshospice.org).*



# COMMUNITY REFLECTIONS ON LIVING AND DYING NOVEMBER ACTIVITIES

***In acknowledgment that November is National Hospice and Palliative Care Month, join local community organizations in a series of events that encourage reflections and conversations about the end of life.***

## **November 2018 Events**

- November 1-30: National Hospice and Palliative Care Month
- November 1-30: Eye Donation Month
- November 1-30: Masks, Skyway Art Displays by the Library
- November 1: Kick-Off Event - To be announced.
- November 2: Opening Reception, Day of the Dead, Rebirth Exhibition, SEMVA gallery, 5-9:00p.m.
- November 3: Day of the Dead Open House, Rochester Public Library, 10-11:30 a.m.
- November 4: Day of the Dead Open House, Rochester Public Library, 2-4:00 p.m.
- November 3: Managing the Holidays, Seasons Hospice Center for Grief Education and Support
- November 4: In Honor of Death Open Mic, Café Steam (315 South Broadway), 4-6:00 p.m.
- November 3-4: Day of the Dead Sugar Skull Mosaic Workshop,
- November 5: Art of Storytelling: Famous Last Words, Assisi Heights, 6:30-8 pm
- November 7: Caring for the Caregiver 6:30-7:30 pm, Healing Rhythms Music Therapy
- November 8: Stevie Ray's Life and Death Comedy Show, Rochester Civic Theatre - 2:00 p.m. and 7:00 p.m.
- November 9-11: National Donor Sabbath
- November 13: Panel: Cultural Aspects of Eye and Organ Donation, Rochester Civic Theatre Black Box
- November 14: Your Grieving Brain, Mayo Clinic - Byron, 10:30-11:45 a.m.
- November 14: Women on Wednesdays: Why Women Are Working in the Field of Death & Dying Rochester Civic Theatre
- November 15: Your Grieving Brain, Mayo Clinic - Wabasha/Lake City, 2-3:30PM and 5-6:30PM
- November 17: Art Therapy Session with Veterans, VFW
- November 19: Death Café, Assisi Heights, 6:30-8 pm
- November 20: "Dying to Know," Rochester Public Library, 6:30-8:30 pm
- November 22: Thanksgiving, Talk Turkey: Carve out time for advance care planning conversations <https://www.honoringchoices.org/events-training/thanksgiving-campaign>
- November 27: Panel: "Lessons from the End of Life," Riverview Room C, Mayo Civic Center, 6:30-8 p.m.
- November 29: Speaker: Janis Amatuzio - More information pending

*For more information about any of the above activities contact Beth Kangas at [kangas.beth@ZVMS.org](mailto:kangas.beth@ZVMS.org).*



## ***National Prescription Drug Take Back Day on October 27***

In recognition of **National Prescription Drug Take Back Day**, residents of Rochester and surrounding communities have the opportunity to safely dispose of any unused or expired prescription medications.

**Saturday, October 27 from 10:00 a.m. - 2:00 p.m.**

**Mayo Clinic - Gonda Building, West Entrance, Patient Drop-Off Area**

This event is sponsored/hosted by: Mayo Clinic, Olmsted County Sheriff Office, Olmsted Medical Center and Zumbro Valley Medical Society

# – SEASONS OF LIFE SOCIETY –

*In September of 2014, Seasons Hospice created the Seasons of Life Society to recognize those generous individuals who have included Seasons Hospice in their estate planning. Maureen Plitzuweit, our newest Society member, explains why she made the decision to include Seasons Hospice in her will.*

## ***My Journey with Seasons Hospice***

*By Maureen Plitzuweit*

I first saw the house and grounds of what is now the Seasons Hospice House in 1960 when I would drive my younger brother and sister out from Rochester to play and ride horses with the Donoghue children, whose parents, Dr. Ed and Winnie Donoghue, were the original owners of the house. The next time was in 2005 during orientation to become a volunteer for the Seasons Hospice organization.

I had retired from public health nursing in 2000 and missed being in a caregiving role, but didn't want to go back to a paying job. Then I saw an article in the St. Charles Press about Seasons, featuring a local volunteer whom I had known through my daughter's volleyball team. I called her to find out how she had become involved. She said: "Just call Joan Elkins, and she will tell you all about volunteering. You'll love it." Joan provided our volunteer class with a thorough orientation to hospice, its history, presence in Rochester, the variety of services available and the wide range of volunteer opportunities.

As a public health nurse, I had worked in homecare and was comfortable going into homes and working with families. So often family members are near exhaustion, trying to always be there for their loved one. Volunteers can provide some needed respite and support. Here are some examples of simple things that meant a lot to a patient or family member:

- Sitting with a dying mother while her daughter slept.
- Taking a patient out in a wheelchair to K-Mart. She had been a weekly shopper and missed that experience.
- Ironing blouses for a sweet lady who liked to wear a fresh blouse everyday.



I also did what Joan called "housewarming" at the hospice house. My jobs included greeting visitors and giving tours of the house, checking if patients or families needed anything, assisting staff as needed, delivering trays, doing light housekeeping, watering plants, and writing thank you notes.

The beautiful grounds at the Hospice House invite patients, family and staff to wander and experience peace and renewal. They also provide another volunteer opportunity – adopting a garden! Our patients' rooms all have windows overlooking gardens and bird feeders which bring that beauty into their lives.

My time and experience with Seasons Hospice has been inspiring and rewarding. The people, their service to patients and their families wherever they may reside and our special hospice house mean so much to me. I want to spread the news so more people will know about Seasons Hospice so that it will continue to grow and be able to provide care for years to come. Therefore, when updating my will this year, I made a designated bequest to Seasons Hospice and have become a member of our "Seasons of Life Society."

***If you would like more information about including Seasons Hospice in your estate plans, please contact Carolyn Piepho, Director of Development and Communications at [cpiepho@seasonshospice.org](mailto:cpiepho@seasonshospice.org) or 507-285-1930.***

# SEASONS HOSPICE HONORS OUR VETERANS

Seasons Hospice is aware of the unique needs of veterans who are facing end of life. Our agency has always been committed to meeting not only the physical, but the emotional, spiritual and social needs of those who have served our country and are now dying. To that end, Seasons has developed relationships with others in the community who share that goal. Our staff and volunteers have undergone special training so that we might better understand the unique experiences of veterans depending on their years of service, branch of service, and exposure to combat and traumatic experiences related to service, which in some cases result in PTSD even after many, many years.

In 2007, Seasons developed a Veterans Grant, designed to assist in coverage for room and board and other costs for veterans enrolled in our hospice program. In addition, since 2011 Seasons has been an advanced level partner with the “We Honor Veterans” program, a national collaboration between the Veterans Administration and the National Hospice and Palliative Care Organization to improve access to hospice services for Veterans living in rural areas.



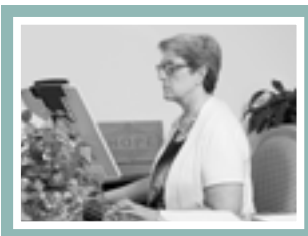
A very special part of our We Honor Veterans program is offering our patients with a history of service a “Veteran Honoring Visit” from one of our veteran volunteers. If possible, the patient is asked to tell the story of their time in service. If the patient is unable, their family is asked to share what they know about that time. The visit always includes a salute, most often returned by the patient, no matter how tired or weak they may be. In that moment, the room is usually filled with the spirit of camaraderie that only two soldiers can share.



***If you are interested in becoming a Veteran Volunteer for Seasons Hospice, please contact Chris Humble, Director of Volunteer Services at 507-285-1930 or at [chumble@seasonshospice.org](mailto:chumble@seasonshospice.org).***

## VOLUNTEER SPOTLIGHT: *Emma Jean Fink – Perceptions Need to Change*

*By Emma Jean Fink*



My mother-in-law and father-in-law both passed away at the Seasons Hospice House within six months of each other in 2006. Mom was there for exactly one week and Dad less than 24 hours. What struck me most was the follow up and support the family received – for over a year afterward. There was no doubt in my mind where I needed to be when I decided to do some volunteering: Seasons Hospice.

I became a volunteer because I wanted to show my appreciation for the kindness and support we received so unselfishly during our time of loss. I wanted to be part of that team of people whose focus infuses comfort, understanding, and acceptance for people on their final life journey. I actually use my secretarial skills to help out in the office and I help serve meals at the Hospice House but there are lots of other opportunities to serve. The immediate response I seem to get from people when I tell them I volunteer with Seasons Hospice is, “It takes a special person to do what you’re doing. I could never work with dying people.”

Perceptions need to change, both about hospice services and hospice volunteering. I’ve come to learn through my volunteer work that hospice services offers so much more. It doesn’t just affect one *dying* person. Hospice services help *living* people. People who are mothers, fathers, daughters, sons, friends or acquaintances, whether they’re an adult or a child. Hospice services can take the pain and sorrow associated with a person’s final hours on earth and turns it into something that’s beautiful and meaningful.

And so, I no longer smile and say nothing when someone ‘sympathizes’ with my volunteer work. I now respond with “I don’t work with dying people. I work with living people. Some are just in their final days on earth.”

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