

# 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

### A YEAR OF PROMISE – A YEAR OF CHANGES

By Beverly Haynes, Executive Director

Another year has flown by and thank goodness it is spring! Seasons Hospice homecare and administrative staff and the Center for Grief Education and Support (CGES) have been in our new office space for almost a year. The transition to the space has been a very smooth one and the staff and volunteers are enjoying the larger, more efficient space. The new Center for Grief Education and Support has been widely utilized by families of our patients and also community members at large. The space is warm, welcoming and peaceful and a wonderful resource for those who have experienced loss.

Seasons programming has grown with the addition of a pet therapy program and we currently have eight dog and trainer teams actively visiting our patients. We are in the process of providing another training session for dog/trainer teams as it has been such a popular addition to our program. The CGES has added a Pregnancy and Infant Loss and Pet Loss support group to the many ways it helps people cope with loss. Seasons Hospice has continued to do outreach in the community to educate in hospice, end of life care and grief and loss.

The Hospice House has been in service for the community for over 15 years and is a beautiful and peaceful place to journey through end of life. Rochester is fortunate to have this special resource for those facing end of life. The board and I are working to do several remodeling projects on the house to enhance the efficiency, privacy and beauty of our Hospice House. Our hope is to remodel the nurses' station and three bathrooms during 2013. The interruption to patient care will be limited as much as possible, however, we know the need for updating these areas is great.

With the recent sequestration, all healthcare providers are feeling the cuts to Medicare, including Seasons Hospice. Hospice receives a per diem or daily rate from Medicare as reimbursement that historically has not covered

the cost of care provided to our patients. Effective April 1, 2013 we will see a 2% decrease in this reimbursement. This greatly affects Seasons Hospice as 94% of our patients are Medicare age. Hospice costs have increased over the past years because hospice has been serving more dying Americans, which is positive trend.

The patient population that hospice serves is complex. In addition to cancer diagnoses which make up about 40% of hospice patients, hospice serves many patients with illnesses that have an unpredictable course, with accompanying costs that are more difficult to project like dementia, chronic lung disease and chronic heart disease.

Hospices also serve patients in a variety of settings beyond the family home. Hospice provides care in residential facilities, nursing homes, assisted living – really any place the patient calls home. Not only does hospice care provide for all aspects of the patient's needs, including physical, social, psychosocial and spiritual, it is cost effective as well. Independent research from Duke University found that on average, every person who elected hospice saved Medicare \$2,300.

As Seasons Hospice takes on the challenges of decreased Medicare reimbursement, increased federal regulations, more complex patients and an increasingly aged population, we pledge to continue to fulfill our mission of providing individualized and compassionate care, education and support for the dying and those who have experienced loss. We remain grateful for the generous support of our community that has sustained us since our founding in 2006, and we look forward to serving those in need of end of life care for many years to come. -SG-

**ALSO INCLUDED IN THIS ISSUE:**

Faces of Hospice: Geraldine Stellner. . . . . 2  
 Thoughts from the President . . . . . 4  
 Spirituality and Hospice . . . . . 5  
 A Live & Love Affair 2012 Recap . . . . . 6  
 Veterans Article. . . . . 7  
 Bruce Kramer Event Announcement . . Back Cover  
 Reflections Bereavement Insert . . . . . Center

**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, request a speaker through our Speakers Bureau and more.

# FACES OF HOSPICE: *Her Spirit Lives On*

*Herb Stellner, Jr. writes this loving tribute about his deceased wife, Geraldine Stellner, which recounts her legacy as a wife and mother, while sharing their hospice story.*



Geraldine (Gerry) Morris Stellner was born on August 25, 1932 and died on July 27, 2009. During her years with us, she radiated a strong faith, an unflinching sense of humor and an extraordinary zest for life. Gerry and I had almost 50 years of happiness

together with a complete sharing of each day – both the pleasures and the inevitable disappointments.

I can say without exaggeration that we never had anything approaching a serious disagreement. Gerry had a satisfying, productive career as Deputy Clerk of Court for Dodge County and a very fulfilling life as a wonderful wife, companion and mother of our three children – Hilary, Herbert III and Winston. Perhaps the most telling example of her impact on all of us was the naming of our youngest grandchild in her specific honor. This was done without any urging or foreknowledge by Gerry or me.

The major problem in our lives came from her long-standing chronic obstructive pulmonary disease and

its several complications. Fortunately, I was able to take care of her at home until the last 18 days of her life. At that time, her physicians told me that they had done all they could do. They said she could not live much longer and suggested placement in a hospice.

We had heard many favorable comments about Seasons Hospice and after a visit to their hospice house, I felt it was unquestionably the right placement. That feeling was totally borne out by the skilled and compassionate care Gerry received during those last 18 days. We could not have imagined anything better under the circumstances. The peaceful setting, with all the wildlife being so much a part of her time there, only enhanced the devoted care she received from the entire Seasons Hospice staff.

At the end of Gerry's life, I was holding her hand as she drifted in and out of consciousness. I will always remember her beautiful smile as she said goodbye, turned her head to look directly at me, closed her eyes and then died peacefully.

Since then, we as a family miss her very much, but we are determined to carry on as she wanted us to do. We remember her life with great gratitude and we are most thankful for the exceptional care at Seasons Hospice and for the continuing support of the hospice staff, our ministers and many other friends. -SG-

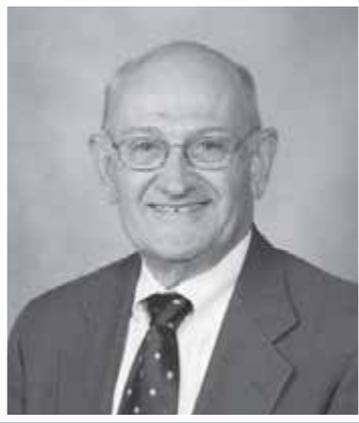


*“The peaceful setting, with all the wild-life being so much a part of her time there, only enhanced the devoted care she received from the entire Seasons Hospice staff.”*

HERB STELLNER, JR.



written by: Herbert Stellner, Jr.  
pictured above: family  
pictured above right top: Herbert and Gerry Stellner  
pictured opposite page: Gerry Stellner



## THOUGHTS FROM THE PRESIDENT

Dear Friends of Seasons Hospice,

My experience with hospice spans a thirty-seven year career as a gynecologic oncologist, and during that timeframe the practice of Hospice care in America ripened to maturity. As an intern in 1969, I read *On Death and Dying* by Dr. Elisabeth Kubler-Ross and personally accepted the premise that patients should have the ability to participate in their life decisions if faced with end-stage illness. After all, that is what I would want, and I suspect everyone reading this feels the same way.

When my appointment with death comes, I would like to be in my own home or a private hospice facility with a coordinated team supporting me and my family. I will want a team of professionals skilled in pain and symptom management including compassionate doctors, nurses, massage therapists, and social workers. Music and pet therapists can join the team, too. I will want my pastor and people from my church available when I need them. Hospice workers will provide my family with bereavement counseling after life ends. If given a choice, I will want Seasons Hospice.

In my professional medical experience I have encouraged early involvement with hospice for my patients just like I would want it for myself. Most cases I am familiar with involve end-stage cancer, however patients with advanced heart disease, neurologic disease, AIDS, or many other conditions benefit from seeking early hospice care as well. The good news I hear from families that have "lived" hospice resonates with praise for their caregivers.

Serving as a member of the Seasons Hospice Board for the past four years has been a privilege. Now as President of the Board for 2013, I am given new insights and feel honored to see the letters of appreciation from the families Seasons Hospice has served, and to hear the complimentary stories about the staff and volunteers following the end-of-life care their loved ones have received. Some of those stories bring tears to my eyes, too.

The benefits of hospice care include:

- Hospice care allows a loved one to die at home, or in a hospice facility outside of a hospital.
- Hospice care includes pain and symptom relief, counseling services, and bereavement care for the family.
- Hospice care includes nursing support that can ease the strain on the family as well as the patient.
- Hospice care offers more privacy than a hospital and there are no "visiting hours;" family can be with the patient any time they choose.

Hospice is now an accepted part of the health care continuum, and it is recognized by Medicare, the Veteran's Administration, and private insurers.

It is hard for me to understand why "We the People" do not take advantage of hospice earlier, at a time when it could make a huge difference in living, and coping, and managing symptoms of those we love. People who access hospice earlier in their disease process actually live longer than expected, perhaps because hospice has such an intense emphasis on quality of life. Families benefit too; as it eases so much of the stress and the strain of coping with end-stage illness. Having knowledgeable people available to help with medical issues around the clock, gives families their time to connect, or reconnect, or to pray with loved ones and have quality time to share and to love. I cannot imagine a more significant time to make lasting quality memories with my mom or dad or child as they pass through life.

You probably are aware of someone who would benefit from hospice right now. Encourage them to consider consulting Seasons Hospice to discuss what options for care could be available. Or, direct them to the Seasons Hospice website, [www.seasonshospice.org](http://www.seasonshospice.org), for more information. We would love to serve you, your family, or your friends.

Blessings,

A handwritten signature in cursive that reads "C. Robert Stanhope MD".

C. Robert Stanhope, MD  
President, Seasons Hospice

# reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

## SEASONS HOSPICE

1. **The New Center for Grief Education and Support**  
Movie Review:  
*The Descendants*

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2. **Learning to Live**

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3. **Remembering and Celebrating Our Loved Ones**  
Questions and Answers

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4. **Calendar of Events**  
Seasons Hospice Welcomes New Board of Directors

*Grief is not  
a problem  
to be cured.  
It is simply  
a statement  
that you  
have loved  
someone.*

ANONYMOUS

## THE NEW CENTER FOR GRIEF EDUCATION AND SUPPORT

by Marianne Maruca, MA, RN, NCC, LP, FT

In May, 2012, we moved into the new Center for Grief Education and Support. Our new space includes two offices for staff, a reception area, a consultation room and a large group space with an attached kitchenette and library.

Because the group space is expansive, we can provide for larger groups. The clients settle into comfortable chairs and couches, sip hot cocoa and/or coffee, gaze at the fireplace, enjoy the four-season garden with water fountain, watch the squirrels and birds at the feeders and discover a warm, safe place to give voice to their grief.

In order to reach more bereaved people, we have added Michelle Coyle, BS, RN, to our staff this year. Michelle comes to us with an extensive background in hospice nursing, a degree in counseling, and a completed internship with the Center staff. She along with our dedicated administrative assistant, Beth Taraba, and a few highly skilled volunteers, have allowed us to offer more services and programs to anyone bereaved in our community.

In addition to the groups we have been offering: Coffee Get-Togethers, Newly Bereaved, Adult Grief Group, Managing Special Days, Managing the Holidays, Remembering and Celebrating Our Loved Ones, and our Memories of the Heart memorial program, we have added the following programs in the past 10 months:

### PET LOSS

We provide a supportive, non-judgmental environment to share with others who have lost a pet through death.

### PREGNANCY/INFANT LOSS

A time of sharing for those who have lost a baby through miscarriage, stillbirth, at the time of birth or within the first month after birth.

### PARENT/CAREGIVER

Dedicated to adults helping grieving children. Children grieve in the context of the family. Children learn about grief through observing, listening, and talking to their family members.

### CHILDREN/TEEN LOSS

This group is scheduled to begin later this summer.

We continue to offer programs on bereavement, grief and mourning for the faith community, schools, businesses, agencies and organizations as informational and/or training programs.

Our plan is to continue to grow our direct care, training and education and community outreach services and programs. Where we are and where we are going is due, in part, to the continuous support of our Board of Directors and Executive Director. Mostly, however, our growth has continued due to bereaved people allowing us to walk with them and trusting us to educate and support them.

## MOVIE REVIEW *The Descendants*

**Length:**  
1 hour 55 minutes

**Directed by:**  
Alexander Payne

**Written by:**  
Alexander Payne,  
Nat Faxon, Jim Rash

**Actors:**  
George Clooney,  
Patricia Hastie, Amara Miller,  
Shailene Woodley

*The Descendants* is a sometimes humorous, sometimes tragic journey for Matt King (George Clooney). Matt is a workaholic lawyer, so dedicated to his legal practice that he's neglected his wife, Elizabeth, and their two troublesome daughters.

Matt's wife has an accident that leaves her in a coma. Her living will compels him to have her support system switched off and to assume responsibility for his children. Were this not enough, Matt discovers that Elizabeth has been having an affair with a stranger.

*The Descendants* becomes a kind of exhilarating, island-hopping road movie with Matt as much in search of himself as of his wife's mysterious lover. Along the way he's learning what it means to be a man, to understand himself and others.

# LEARNING TO LIVE

*Adapted from an article by Julie Fiumano, MBA, BSN, RN*

Death. No one wants to talk about it and yet none of us will escape it. When it happens to someone we know, most people don't know how to handle it. And, it's because people are uncomfortable about it and it's so final that people fear it the most. In fact, there's only one thing that tops death on the list of things people fear most and that's public speaking. As a comedian once noted, most people would rather be in the coffin than give the eulogy.

The death of someone you love makes you aware of the fragility of life. It wakes you up and makes you question how well you are living. After all, no one wants to die feeling like they haven't yet lived.

You can choose how you live; you can worry about the future and what might happen to you, you can complain about how things aren't the way you want them to be, or you can live your best life right now, in this moment. By choosing to live life to the fullest and by protecting yourself for when the inevitable happens, the fear of death will lessen.

It was only a few months ago when I lost my dear friend to a sudden heart attack at 43 years old. It happened the way we all wish to go; my friend went to bed one night and never woke up.

And it's because I loved that I grieve. Without love and a strong connection to others, we wouldn't experience pain when they are gone. So in my sadness and grief, I am grateful, for I know that I loved and was loved.

From my experience, I've learned several important lessons about death . . . and life that I'd like to share with you. My hope is that you will choose to live your best life and, as a leader, you will share these tips with others both in your work and your personal life.

***Life is happening right now.*** Experience the present moment. People who try to bargain with death often are people who have not truly lived. They've just been existing, and they beg for more time in order to do what they could have been doing all along.

***If there is love, then there will be pain when it ends.*** And it's okay. It lets you know that you loved and there is nothing more joyful than love. Love anyway; it's worth the pain.

***Experience all of your feelings – even the ones that you consider unpleasant.*** Feelings aren't really negative or bad; they just are. It's what you do with your feelings that can be

bad. When you feel a strong emotion, resist the temptation to explain your feelings or rationalize them away. Just pay attention and be with them. Don't hang onto them or hide from them; they will drain you if not addressed. When my friend died, I needed to fully experience my sad feelings and I needed to be given the space to explore how I felt about losing this person, about what this person meant to me, and about the void that now exists in my life. After any loss, people need the space to explore their new reality and you can support them by just giving them this space.

***There are people who don't fear death; they fear life.*** Your life is a gift, an opportunity for you to experience this world and to make a difference while you're here. Learn to enjoy yourself. Take responsibility for living your life well. Don't get comfortable with mediocrity; challenge yourself to be more, to experience more. If you don't know how, hire a coach. You don't need to do life alone.

***Leave nothing left unsaid.*** The moment you experience the truth, share it. Tell people you love them . . . often. My grandmother used to say, "Never go to bed angry." If you have something to say, say it now. About six months before my friend's death, I called and thanked this person for their love, kindness, and support over the years. This person had made a huge impact in who I'd become and I needed my friend to know how grateful I was for the part they played in my personal development. When my friend died, I was so glad I hadn't waited to share that.

***Do what you love.*** On most days, if you find yourself miserable when you roll out of bed in the morning, choose to do something about it. Life is too short to be unhappy for long. Identify the source of your angst and take action to change it. Choose to use up every ounce of potential that you were given. And discover, develop, and share your gifts with the world. Each one of us has a special gift. Do you know yours?

***No regrets.*** Don't approach your death bed wishing you had or being sorrowful for not doing things that would have brought you joy. The elderly often speak about what they would do differently: take more risks, spend more time with loved ones, worry less, stress less, laugh more, love more. If there is something you want to do, go for it. Don't wait. Tomorrow is not guaranteed.

So grab on with both hands and enjoy the ride. This is not a practice run. Do what you want to be doing. Be good to yourself. Stress less and remember that in the end, it doesn't really matter. What matters is how you live today!

# reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

## REMEMBERING AND CELEBRATING OUR LOVED ONES

**Sunday, June 23, 2013 • 1:30 – 3:00 pm**

Seasons Hospice House, 5650 Weatherhill Road SW, Rochester MN

As you remember your loved one, you are invited to walk the nature paths, listen to music, spread wild flower seeds, read poems placed throughout the grounds, place dissolvable paper messages into the pond, reflect upon the engraved messages on the granite pavers, and listen to a speaker share thoughts about courage, hope and transformation following the death of a loved one.

*This event is free, however, registration is required by June 20, 2013.*

*Please call 285-1930 to register.*

### *Questions and Answers:* **WHEN DOES GRIEF BEGIN?**

Adapted from *The Mourning Handbook* by Helen Fitzgerald

Grief can begin whenever there is a loss or a perception of impending loss, but the three most common occasions are:

- The time of diagnosis of a terminal illness
- The time of death, and
- The time of learning about the death of a loved one

When the doctor says, "I'm sorry, but your husband has brain cancer and it is inoperable," the hope for a cure changes to the prospect of impending death for the loved one, and the emotions of grief are likely to begin.

Sometimes grief begins at the time of death. At the moment that one's wife slumps over in her chair, has no pulse, and fails to respond to resuscitation, the realization that she is dead triggers the emotion of grief.

Grief may also begin at the time one learns about a loved one's death, whenever that might be. A young man whose mother was estranged from the family had rare, treasured contacts with her. When she died in an auto accident, it was several weeks before

the family was notified of her death. His grief began when he got the belated news.

#### **HOW LONG DOES GRIEF LAST?**

Since grief is painful, you undoubtedly want to know how long you will have to endure this powerful emotion. Pain is generally more tolerable if we know it's going to end sometime.

A shorthand answer concerning the duration of grief is that it will take as long as it needs to take. It will take longer for some people than others, depending on the nature of their relationship to the deceased, the circumstances of the death, their support systems, how they cope with adversity, what else is going on in their lives, and the resources they have available to them.

At some point your grief will end, but this doesn't mean that there will ever be an end to your sense of loss. You can expect your grief to pass, but this won't mean forgetting your loved one.

*When you are sorrowful,  
look again in your heart,  
and you shall see that, in truth,  
you are weeping for that  
which has been your delight.*

~ Kahlil Gibran

# CALENDAR OF EVENTS

## ON-GOING PROGRAMS

### Newly Bereaved Programs

First Thursday of every month 6:30 - 8:30 pm  
Third Thursday of every month 12:00 - 2:00 pm

### Coffee Get-Together

Second/Fourth Wednesday of every month 9:00 - 10:00 am  
Third Thursday of every month 6:30 - 7:30 pm

### Pregnancy and Infant Loss

Second Thursday of every month 6:30 - 8:00 pm

### Pet Loss

Second/Fourth Wednesday of every month 6:30 - 7:30 pm

## UPCOMING PROGRAMS

### Parent/Caregiver Group

*Dedicated to helping adults help grieving children.*  
Dates and times to be announced.

## SPECIAL PROGRAMS

### MAY

#### Adult Grief Group

*An eight-week group meeting for those who wish to explore issues related to grief and loss.*

Tuesdays May 7 - June 25 6:30 - 8:30 pm

### JUNE

#### Remembering and Celebrating Our Loved Ones

*Join others in walking the grounds of the Seasons Hospice House to remember and celebrate the lives of our loved ones.*

Sunday, June 23 1:30 - 3:00 p.m. Seasons Hospice House

### JULY

#### One Year Later . . . Re-building Your Life

*A four week series for anyone ready to explore a future without their loved one.*

Tuesdays, July 9 - July 30 6:30 - 8:30 pm

### SEPTEMBER

#### Adult Grief Group

*An eight-week group meeting for those who wish to explore issues related to grief and loss.*

Tuesdays, September 17 - November 5 6:30 - 8:30 pm

*All grief groups are held at The Center for Grief Education & Support located at 1696 Greenview Drive SW, Rochester.*

## SEASONS HOSPICE WELCOMES NEW BOARD OF DIRECTORS

*Seasons Hospice is pleased to announce its Board of Directors for 2013. They are:*

### Executive Committee

*President* – Bob Stanhope, M.D., Retired Mayo Clinic Physician

*Vice President* – Steve Ronningen, Retired Pastor, Gloria Dei Lutheran Church

*Secretary* – Nancy Werning, Community Volunteer

*Treasurer* – Carmen Pleschourt, CPA

### Members

Terry Buzzell, Financial Advisor, RBC Wealth Management

Randy Chapman, Publisher, Post-Bulletin Company

Jim Clausen – Project Management Consultant, GRAUC

Randy Greeson, Account Manager, Pace Dairy Foods

Tim Hansen, Attorney

Aminah Jatoi, M.D., Mayo Clinic Physician

Carol Lingbeck, Retired IBM Sales Manager, Community Volunteer

Pete Schuller, President, A.B. Systems, Inc.

Bob Stanhope, M.D. assumed the presidency after Tim Hansen retired from the position but remains on the board. Tim was president for three years and provided tremendous leadership to Seasons Hospice through significant growth of the organization and the relocation to our new administrative and homecare office. We are grateful for his dedicated service.

Dr. Stanhope brings a wealth of expertise to his new position as president. Having already served on the Seasons board for three years, his career as a distinguished gynecologic surgeon and his leadership roles at Mayo Clinic in clinical practice, education and administration will ensure the continuation of dynamic leadership for this organization.

He has served as Chair of the Department of Obstetrics and Gynecology, and has been president of the Mayo Staff. He has been a member of the Board of Directors of Seasons Hospice since 2009 and is the current Chair. He also served as chair of the Gamehaven Council of Boy Scouts and is a recipient of the Distinguished Eagle Award. Other community service has included membership on the Advisory Board of the Salvation Army, the United Way of Olmsted County, and the Board of Elders of Autumn Ridge Church.

New to the Seasons Hospice Board of Directors after a twelve year hiatus is Jim Clausen. Jim was on this board from 1996 to 2001, serving as president of the board for two years. Under Jim's guidance, a successful capital campaign was completed which helped pay for renovations to bring the Seasons Hospice House in compliance with Medicare regulations, making it the first Medicare-certified independent hospice facility in Minnesota. Jim also led efforts to purchase the hospice house rather than continue with a lease arrangement. We are honored to welcome Jim back!

# SPIRITUAL CARE ALWAYS AVAILABLE FOR HOSPICE PATIENTS AND FAMILIES



*Seasons Hospice Chaplains Carol Shaffer & Lincoln Engelbert*

Seasons Hospice offers chaplain services to patients and families as requested 24 hours a day, seven days a week. Whatever the patients' or families' religion or spirituality, Seasons chaplains Lincoln Engelbert and Carol Shaffer provide compassionate listening and non-judgmental acceptance. They help patients and families with funerals and other rituals as requested. They support patients' and families' connections with congregations or other spiritual communities.

When Lincoln and Carol meet with a patient or family, they assess spiritual needs, identify spiritual strengths and hopes, and help patients and families address issues of loss, conflict, doubt, fear, or questions of meaning that may arise as the end of life nears. Lincoln and Carol offer resources and assistance to hospice staff and volunteers so that the entire hospice team can better honor patients' and families' spirituality.

Both chaplains derive great satisfaction from their work. Lincoln noted that "People put on their best for their pastors, but are often more real and vulnerable with chaplains. People allow us to participate in their spiritual journey, which is deeply fulfilling." Carol said, "Encouraging people to explore and clarify their emotions, values, beliefs and faith is sacred work." According to Lincoln, author Don Katz wrote that 'You're never as close to life as you are when you're close to death.' "That's what's so rewarding about what we do," stated Lincoln.

Both chaplains sense that their presence helps patients and families become more present to their own experiences. Through their work, both chaplains continue to grow intellectually, emotionally, and spiritually. "Each patient and family member teaches me more about what matters most in life," Carol explained. "I am in awe of the loving, creative ways people can find to face the end of earthly life." Lincoln added. "We're never quite the same after journeying with someone through the valley of the shadow of death."

Lincoln and Carol are educated in the diversity of religious and spiritual experience and trained in health care settings. Each has completed a residency in clinical pastoral education: Lincoln at Penrose/St. Francis Health Systems, Colorado Springs, CO; and Carol at Mayo Clinic in Rochester.

Lincoln is a minister with the Assemblies of God. He holds a Master of Arts in Theology degree from Fuller Theological Seminary in California. Among other roles, he has served as a pastor of congregations in Chamberlain, South Dakota and Brush, Colorado, and as a missionary in Mongolia. He served as a hospice chaplain and bereavement coordinator in Southern California for three years before joining Seasons Hospice in 2012.

Carol is a Presbyterian minister and board certified chaplain. She connects with religious leaders in the community through the Rochester Area Interfaith Leaders and Evangelical Pastors Fellowship groups. She holds a Masters degree in Divinity from United Theological Seminary of the Twin Cities and a Masters degree in Communication from the University of Minnesota. She served as a pastor of congregations in Rochester, MN and Freeport, IL for fourteen years before joining Seasons Hospice in 2007.

As a team, Lincoln and Carol's different backgrounds and gifts allow them to serve a wider range of patients than either could do individually. They look forward to continued service to patients and families along with their colleagues in nursing, social work, massage, music therapy, pet therapy, volunteers, nutrition, and bereavement as part of Seasons Hospice.

# – A LIVE & LOVE AFFAIR GALA 2012 –

## *An Enchanted Evening*



When more than 330 people gather together with fun on their minds and generosity in their hearts, great things happen! This is exactly what occurred at the seventh annual "A Live & Love Affair" gala on November 17, 2012.

Nearly \$105,000 was raised for Seasons Hospice after expenses, making 2012 our most successful event to date. Total proceeds raised since 2006 are in excess of \$500,000.

Special thanks to our Winter Sponsor, Think Mutual Bank, for its generous sponsorship support. This marked the fourth year Think has been our lead sponsor.

We also wish to thank our other sponsors for their generous support: Spring Sponsors: Greg and Sharon Gentling, The Kahler Grand Hotel; Summer Sponsors: Ranfranz and Vine Funeral Homes, Jack and Mary Ann Remick; Fall Sponsors: A.B. Systems, Conway Arabians, Inc., C.O. Brown Insurance Agency Inc./C.O. Brown Benefits, L.L.C., Culver's of Rochester, Custom Alarm, Dunlap & Seeger, P.A., R & S Transport, Smith Schafer Associates, Stockade Storage.

Additional thanks to Media Sponsors: Fairway Outdoor Advertising, KTTC-TV and Rochester Magazine. We are grateful to Ads & Art and Davies Printing for being our Print and Design Sponsors. Special thanks to Andy's Liquor for its "Wine for all Seasons" Raffle Sponsorship, and to The Creative Side and Cherie and John Miles as Décor Sponsors. We wish to thank Champagne Sponsors Apollo Wine & Spirits and Marcia and John Bouquet and our Friends Sponsor, Olmsted Medical Center.

Finally, this event would not have happened were it not for the dedicated support of the gala committee. Special thanks to: Co-chairs Jeannine Hadley and Mary Bowman, Cheri Brinson, Dee Elwood, Sharon Gentling, Chris Humble, Katie Maguire and our "Auctioneer Extraordinaire," John Kruesel.

***Plans are underway for the eighth annual "A Live & Love Affair" on November 16, 2013 at the Kahler Grand Hotel, so please mark your calendars now!***



*"Grapes of Staff" silent auction item from Seasons Hospice staff*



*Cindy Benike singing with Bruce Henry*

# Seasons Hospice Receives Donations from Disabled American Veterans



WE HONOR VETERANS

Seasons Hospice recently received \$4,000 in combined donations from the local chapter of the Minnesota Disabled American Veterans – Mayo/Hiawatha Chapter 28 and the Disabled American Veterans of Minnesota Foundation. The local chapter presented Seasons staff with a \$2,000 check at its February meeting. The state chapter matched the local chapter's gift with an additional \$2,000 contribution.

These donations will be directed to the Seasons Hospice Veterans Fund, which provides a means for veterans with limited resources to reside at its hospice house for a period of time. The fund may also be used to cover other non-funded items on a case by case basis, such as insurance premiums, travel expenses for medical appointments, or to facilitate a visit from a family member that might not otherwise be possible.

Rich Daly, Commander of the Mayo/Hiawatha Chapter 28 said, "The mission of Mayo/Hiawatha Chapter 28 of Minnesota Disabled American Veterans is to support our military and veterans here in SE Minnesota. We greatly appreciate what Seasons Hospice does for veterans and we believe there is nothing more consistent with our mission than helping to support needy veterans in the final days of their lives."

The Veterans Fund was created in 2007 with a major donation from Veterans for Veterans – a statewide organization representing Veterans of Foreign Wars, Purple Heart, American Legion and Disabled American Veterans. Other local and state veterans groups have contributed to this fund including Tee it up for the Troops and Southeast Minnesota Honors Flight.

Seasons Hospice is aware of the unique needs of veterans who are facing end of life. The agency is committed to meeting not only the physical needs of its patients, but the emotional, spiritual and social needs of those who have served our country and our now dying. Several years ago, Seasons Hospice partnered with "We Honor Veterans," a program of the National Hospice and Palliative Care Organization (NHPCO) with the Department of Veterans Affairs (VA) which invites hospices, state hospice organizations, Hospice-Veteran Partnerships and VA facilities to join a pioneering program focused on respectful inquiry, compassionate listening and grateful acknowledgment.

By recognizing the unique needs of American veterans and their families, community providers, in partnership with VA staff, will learn how to accompany and guide them through their life stories toward a more peaceful ending. There are four levels of partnership with We Honor Veterans and Seasons Hospice was the first hospice in Minnesota to reach Partner Level Two. We currently are working on achieving Level Three.

Seasons Hospice is seeking veterans who wish to volunteer for our "Veterans to Veterans" program that would enable dying veterans to receive visits and a final salute from a fellow veteran, dressed in military uniform. Veteran volunteers also would present dying veterans with a special pin recognizing their military service, and for those veterans on our program who have no family nearby, veteran volunteers would be part of our "11th Hour" program whereby a volunteer would be present at the time of death so that no veteran dies alone.

Currently, Rose Harris and Ginny Houck of Mantorville VFW #4555 Ladies Auxiliary deliver packets for distribution to our veterans in honor of Veterans Day. Each packet contains a handmade patriotic-themed pillow case, homemade cookies, a picture colored by a young student, a poppy and a note of thanks.

*For more information about joining the Veterans for Veterans volunteer program, contact Christine Humble, Director of Volunteer Services, 507-285-1930 or [chumble@seasonshospice.org](mailto:chumble@seasonshospice.org).*



*Rose Harris and Ginny Houck of Mantorville VFW #4555 Ladies Auxiliary*

## **Remembering Seasons Hospice in Your Will**

*When you remember Seasons Hospice in your will, you'll continue supporting our mission in a significant way, long after you're gone.*

*For more information about making a bequest to Seasons Hospice contact Carolyn Piepho at 507-285-1930 or [cpiepho@seasonshospice.org](mailto:cpiepho@seasonshospice.org).*

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*Seasons Hospice cordially invites you to attend*



## *Reflections on Living and Dying*

Seasons Hospice, in partnership with Rochester Civic Theatre, will be presenting a thoughtful and poignant discussion with Bruce Kramer, Ph.D., former University of St. Thomas professor and dean of the University's College of Education, Leadership and Counseling. Dr. Kramer has been living with ALS (Lou Gehrig's disease) since December 2010.

- Evelyn Emerson, Bruce's wife, will share her caregiving experiences.
- Cathy Wurzer, Host of Minnesota Public Radio Morning Edition, will moderate.
- Selected works will be performed by members of the Choral Arts Ensemble, Rick Kvam, Artistic Director.

Sunday, April 7, 2013 | 2:00 – 3:30 p.m.  
Rochester Civic Theatre, 20 Civic Center Drive SE

*Free Admission -- General Seating*

Reservations are required and can be made by contacting the Rochester Civic Theatre Box Office in person, over the phone at (507)282-8481 or via email to [info@rochestercivictheatre.org](mailto:info@rochestercivictheatre.org).

*Special thanks to the following event sponsors:* Buzzell Fawcett Wealth Management Group – RBC Wealth Management; Fagan Studios; Fox Hill – John & Dottie Klopp; Tim & Linda Hansen; MPR

*Free will donations gratefully accepted.*