

# 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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Rochester, MN 55902  
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## SEASONS HOSPICE

### Adding Quality of Life to Each Day

#### THOUGHTS UPON MY TRANSITION

By Thomas Miller, M.D.



As many by now have heard, I have retired from having the title and full responsibilities of being medical director of Seasons Hospice. As of October 1, 2013, Michael Mesick, M.D., has taken over as the medical director, with my enthusiastic approval and

my full confidence that he will do a great job.

What might have been a very sad occasion for me is made downright joyful by the prospect that I will continue serving the staff and patients at Seasons in a role of “permanent, part-time, designated, intermittent substitute for the medical director,” which is what I was called when starting serving Seasons in 1997. Prior to that, I had a similar role at Hospice of North Iowa for many years, and for a while, was on a committee to help guide the Mayo Hospice. So I look back on 30 years of being involved with hospice care, and am so pleased that I will be able to continue to serve patients and families, no matter what I am called.

I am sometimes asked to comment on the changes I have seen in hospice care during the last three decades. At Seasons, some changes are very notable: During my involvement, almost 5,000 patients and their families have been served. The staff burst through the seams at the hospice house years ago, necessitating a move for the homecare and administrative staff to a rental space. After several years of renting, Seasons Hospice bought a new building which houses the administrative and home hospice care staff, while creating a lovely space for the Center for Grief Education and Support. This has provided more effective functioning at a lower cost.

Our services are provided wherever our patients call home, whether it is their private residence, nursing home, assisted living facility, other group living arrangements, or our hospice house. For those patients who are not able to receive hospice care in their home, the hospice house is a wonderful alternative. Currently, the house is being updated to more efficiently serve patients and their families.

The number of patient and families we care for on any given day has climbed from four to five in the very early days, to as many as 80. Similar growth has occurred nationwide. There is still a significant gap between the number of terminally ill individuals who would be appropriate for hospice and the actual number who receive hospice care. The greatest obstacles to patients obtaining hospice care continues to be their reluctance, and/or their families' and even their physicians' very justifiable reluctance to admit that the patient's prognosis has decreased to six months or less survival. Often, once a person is deemed hospice appropriate and is admitted to hospice earlier in the progression of their illness rather than later, the quality of their experience improves dramatically because they, and their families, can avail themselves of the full range of services Seasons Hospice provides. Physicians who are familiar with what hospice offers are increasingly comfortable with referring their patients earlier in the course of their decline.

Seasons Hospice provides so much more than just the prescription and provision of medicines. The support from services of massage therapy, music therapy, pet therapy, clergy, and bereavement services, as well as nursing and social work, add so much to the quality of people's lives. Compassionate care to not only the patient, but also to their family during the dying process and after, gives such meaningful support beyond just trying to alleviate physical symptoms. It often seems that accepting hospice care is one of the greatest gifts that a dying person can give to their family!

With the healthcare landscape changing and Medicare/Medicaid reimbursements continuing to be cut, the challenges grow for hospices. As long as the focus remains on giving “golden rule” care (what you would want done for your parents, family or friends if they had a terminal illness: do that!) then high quality and loving care continue to be given. Seasons has been exemplary in providing this type of care, and it has been an honor for me to be part of the Seasons Hospice team. -SG-

**ALSO INCLUDED IN THIS ISSUE:**

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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, request a speaker through our Speakers Bureau and more.

# FACES OF HOSPICE: *A Student of Life and a Teacher*

*Sharon Burtons tells of her family’s hospice journey following her husband Peter’s diagnosis of metastatic lung cancer in February 2011.*



My husband Peter, was diagnosed with metastatic lung cancer in February 2011. He lived for nineteen months. Peter chose to see this terminal illness as part of his spiritual journey in this lifetime. It was part of the divine

plan, and there were things for all of us to learn.

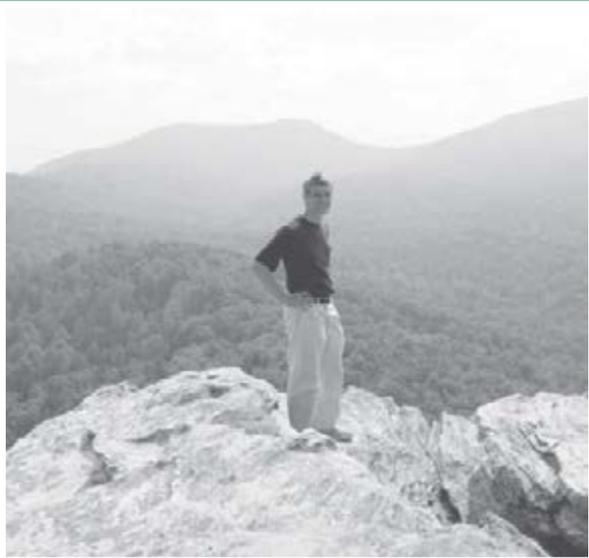
Peter was both a student of life and a teacher. He served life with love to the best of his abilities – as a father, a teacher of Psychology, and a member of the Eckankar clergy. He was a strong man with a tender heart, a story teller and a good listener. Like Cheer Bear, he almost always knew just the right thing to say. Peter was right when he said, “My wife has been married for 33 wonderful years.”

In spring 2012, Peter said, “One of the advantages of having a terminal illness is that people listen to you, even your children.” Eric and Adam, Paul and Jennifer, and our new son-in-law, Pierce, visited when they could and did listen. Peter called it “speaking his truths” when he shared what he was

learning about life and death and what happens when we leave this world. As I walked beside him I saw Peter reach out and touch the hearts of many Souls in all walks of life. In return, we listened as people shared their own stories of life’s challenges and losses. We were grateful for these sacred moments, for they brought more love. We were amazed by the kindness we received from the medical community, co-workers, friends, and family.

Our journey with Seasons Hospice began in June 2012. I had just begun a leave of absence from my work as a radiologist to be with Peter at home. We were so glad to have this time together. The Seasons home-





*“The Seasons homecare staff brought their smiles and hugs and offered assistance with comfort measures and medications.”*

SHARON BURTON

care staff brought their smiles and hugs and offered assistance with comfort measures and medications. They complimented Peter on his record keeping – he liked to do things his way. They listened to us and honored Peter’s presence and stories. As his physical condition declined and the pain worsened, sometimes all that could be said was, “It is a hard time.” Even that helped. My children and I met several times over the summer with Marianne at the Center for Grief Education and Support. As she said, we were already grieving many losses. Having a chance to talk together helped us find ways to better help ourselves and each other get through this difficult time.

Peter spent his last three weeks at the Seasons Hospice House. He chose to go there and called it “a good

jumping off place for heaven.” There we met new, caring people who did everything they could to honor Peter’s wishes and make him comfortable. It was a hard time. It took the patience and love of the staff, our family members, and beloved friends to help Peter get ready to leave this world. Finally, surrounded by love, he quietly slipped away on Sunday, September 16, 2012. It was his time and a blessing. I wrote in my pocket calendar, “Peter flew, 11:20 a.m.”

Last week was the first anniversary of Peter’s passing. Jennifer posted a picture of her Daddy standing on a cliff at Hanging Rock in North Carolina. She wrote: “When I look at this photo, I like to imagine him flying free, off into the distance, beyond the horizon. No limitations, no such place as far away.”

I saw Peter again last night in my dream. We were in a small aircraft, flying high above the mountains. I knew the pilot was in control, but I was still learning to trust and let go of fear. Peter was fine. He lives somewhere else now, as do my other loved ones who have gone on before him. I am grateful to know that life goes on for all of us. Perhaps you are learning that, too. -SG-



written by: Sharon Burton

pictured above: Peter at Hanging Rock

pictured left: Family Reunion, August 2011

pictured opposite page bottom: Peter and Sharon

pictured opposite page top: Peter with Outstanding Educator Award

# DR. BRUCE KRAMER: *Reflections on Living and Dying*

On a sunny Sunday afternoon in April, a standing room only gathering of people experienced a most extraordinary event at the Rochester Civic Theatre. Dr. Bruce Kramer, former University of St. Thomas professor and dean of the University's College of Education, Leadership and Counseling, together with his wife Evelyn Emerson and Cathy Wurzer, host of Minnesota Public Radio's Morning Edition, provided a discussion about Dr. Kramer's experience with ALS, commonly referred to as "Lou Gehrig's disease." Dr. Kramer was diagnosed with the terminal disease in December 2010.

Seasons Hospice presented the event entitled "Reflections on Living and Dying" in cooperation with the Rochester Civic Theatre, who has partnered with Seasons Hospice on numerous occasions. The inspiration for the program came from a chance hearing by Carolyn Piepho, director of development and marketing for Seasons Hospice, of an interview on MPR that Cathy Wurzer conducted of Bruce Kramer. "I was driving to work on the morning of March 1 when I heard Cathy Wurzer interviewing Bruce Kramer. It was such a moving and inspirational segment, that I knew right then I had to find a way to bring Dr. Kramer to Rochester to speak." A series of events quickly unfolded: Piepho contacted Cathy Wurzer, who contacted Dr. Kramer. He was very interested in participating, provided that Cathy Wurzer was part of the program. She readily agreed. Meanwhile, Piepho received the enthusiastic interest of Gregory Stavrou to provide the Rochester Civic Theatre as the venue.

After poring through Kramer's prolific blog writings, Piepho learned that choral music played and continues to play a prominent role in his life. Because of this, she knew the program must include choral music. A phone call to Dr. Rick Kvam, founder and artistic director of the Choral Arts Ensemble resulted in an agreement from Kvam for the chorale to perform four choral works during the event. In fact, Dr. Kvam had listened to the same interview as Piepho.

Cathy Wurzer moderated the discussion, which included audio clips from previous interviews she had done with Dr. Kramer for MPR. From achingly poignant to downright humorous, the conversation that ensued was enlightening and inspirational. Bruce's wife Evelyn, provided valuable insights into her experiences as his primary caregiver. The presentation ended with the audience participating in a question and answer session. Some of richest discussion came from Kramer's responses to the questions.

Seasons Hospice is deeply grateful to Dr. Bruce Kramer, Evelyn Emerson, Cathy Wurzer, Gregory Stavrou, and Rick Kvam and the Choral Arts Ensemble for making "Reflections on Living and Dying" such an unforgettable event. Special thanks to the underwriters of the program: Buzzell Fawcett Wealth Management Group – RBC Wealth Management; Fagan Studios; Fox Hill – John and Dottie Klopp; Tim and Linda Hansen; Minnesota Public Radio and Joel DesLauriers of Alloro Video.

To watch the video of the program, "Reflections on Living and Dying," visit the Seasons Hospice website at [www.seasonshospice.org](http://www.seasonshospice.org). To read/listen to the Bruce Kramer interviews by Cathy Wurzer on Minnesota Public Radio, visit [http://minnesota.publicradio.org/collections/living\\_with\\_als/](http://minnesota.publicradio.org/collections/living_with_als/). Finally, to read Bruce's blog, "The Dis Ease Diary/In Sickness and in Health," go to <http://diseasediary.wordpress.com/>.



# reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

## SEASONS HOSPICE

### 1. Getting Through the Holidays

Book Review:  
*Healing Your  
Holiday Grief*

### 2. Holiday Celebrations

### 3. Tree of Memories

Memories of  
the Heart

### 4. Calendar of Events

Seasons Hospice  
Welcomes New  
Medical Director

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

ANONYMOUS

## GETTING THROUGH THE HOLIDAYS: ADVICE FROM THE BEREAVED

*by Camille Wortman, Ph.D.*

The signs of the holiday season are ubiquitous: holiday decorations in the stores, piped in Christmas carols, holiday displays at the mall, TV programs focusing on selecting the perfect gift, holiday parties and gift exchanges at work. In many cases, this bustle of activity contrasts markedly with the emptiness and despair of grief. Drawing primarily from my conversations with the bereaved, I describe difficulties and ideas that may be useful in dealing with them.

- **Scale Back.** Because grief robs us of our emotional and physical energy, consider cutting back on such holiday tasks as sending cards, baking or decorating. Let others know that you may not be able to do things that you have done in the past.
- **Be Gentle With Yourself.** Do not expect too much of yourself, and recognize that you are doing the best you can.
- **Have an Exit Strategy.** In many cases, it is difficult for mourners to be around a lot of people. This problem can be dealt with by developing an exit strategy in advance.
- **Honor Your Loved One's Memory.** Some people have maintained that coming up with ways to do this can bring a positive focus to our grief. There are many ways to remember the person who died.
- **Find People Who Will Provide Support.** It is important to find support for specific tasks that are particularly difficult. It also can be useful to interact with people who have experienced a loss that is similar to yours. Consider joining a Support Group.
- **Plan ahead.** Don't allow the holidays to just happen. Try to use a Plan A/ Plan B approach to the holidays. Plan A might involve spending the holidays with relatives; Plan B might mean having a simple dinner/watching a movie at home. Having a Plan B can be comforting even if you don't use it.
- **Consider Changing Your Routine.** If you always hosted the family meal, you may want to consider having dinner with relatives or friends.
- **Take Charge of your Social Life.** Although you may not feel like getting together with anyone, consider accepting a few invitations. Choose to be around people who make you feel comfortable and safe.

## BOOK REVIEW *Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration during the Holiday Season (Healing Your Grieving Heart Series)*



**Author:**  
Alan D. Wolfelt, Ph.D.

**Pages:**  
128 Pages

**Price:**  
\$10.00

With compassionate insight, this handbook helps those in mourning through what can be the hardest time of year – the holiday season. Mourners will better understand their complex emotions after reading about such topics as honoring thoughts and feelings, creating new traditions, finding ways to de-stress, and incorporating healing rituals into the holiday season. This book's practical wisdom also covers issues such as decision-making during the holidays and coping with the blending of mourning and celebration.

# SPECIAL CELEBRATIONS AND HOLIDAYS: HELPING BEREAVED CHILDREN

*Adapted from an article by Robin F. Goodman, Ph.D., ATR-BC*

For bereaved children and families, traditional events or holidays may be difficult. They may trigger a re-experiencing of feelings that have begun to subside or bring on new feelings such as sadness or anger.

The following are suggestions to help children deal with celebrations or holidays:

Plan ahead as a family for the event.

Respect everyone's individual feelings and wishes as much as possible.

Be open to finding and developing new traditions for the event.

Understand that plans do not have to be perfect; they can be changed over time as feelings and situations change.

Anticipate awkward moments for children.

Prepare children for questions or comments from others by role playing possible answers that make them feel comfortable.

Get specific information about events and inquire about alternatives – for example, are only fathers invited, can an uncle or close friend step in?

There are a variety of ways to mark significant events. The following are some suggested activities that might be helpful in different situations:

Continue the same family or religious ritual while acknowledging the changes.

Visit the cemetery or a favorite spot the family had enjoyed.

Identify a new place to serve as a special memorial site.

Start a new traditional activity.

Write a letter or an essay about the favorite things about the day/person that made the occasion special.

Make the person's favorite foods or meal in their honor.

Diagram the family tree.

Review or make a new scrapbook with stories, drawings and photos.

Do something in honor of the person who has died: volunteer, make a donation, bake cookies to raise money.

# FACING THE HOLIDAYS AFTER A MISCARRIAGE OR OTHER PREGNANCY LOSS

*Ideas to Get Through Family Gatherings and Other Events*

*Adapted from an article by Krissi Danielsson*

If you are struggling with the holiday season after a recent miscarriage or other pregnancy loss, you're not alone. Many people feel little holiday cheer after losing a baby, particularly if the loss was recent.

You might feel reluctant to attend gatherings, not wanting to face pregnant relatives or friends with new infants. In addition, you might feel like everywhere you look, you see a reminder that there should have been another face in the family photo or another stocking by the fireplace.

Some of these tips might make the holiday gatherings easier to tolerate:

**Know your limits.** If you are invited to a party where you know you will face more stress than enjoyment, maybe you should decline and send well wishes instead. Don't be afraid to bow out of social gatherings if you aren't feeling well. On the flip side, however, consider whether being around friends might help you take your mind off things for a little while.

**Find an "out."** If you do need to attend a gathering, locate a quiet place where you can step away if you need some minutes to yourself. Alternately, plan an excuse in advance for why you need to leave the party early in case you feel overwhelmed, then go with the flow and see how you feel when you get there.

**Do a good deed.** Many people find that doing a good deed during the holiday season brings some comfort. Some like to participate in charity efforts to buy holiday gifts for children in less fortunate families. Others like to volunteer at nursing homes or help serve holiday meals to the homeless. Think about whether something like this might make you feel better.

**Honor your baby.** Some ideas might be to put a special angel ornament on your Christmas tree to honor your baby or to find an angel necklace or pin that is meaningful to you.

**Share your feelings with family.** People can support you best if they know what you need. Remember that people who have never experienced a pregnancy loss may not have any idea what you are going through, and they may be more supportive if you let them know how you feel and what you need from them.

**... But choose your battles.** Everyone has one of "those" relatives that just won't get it no matter what. If you have an ignorant in-law or second cousin throwing thoughtless comments at you, for example, decide whether you want to educate that person or just smile and nod. Remember that even though certain comments can be infuriating and hurtful, the person saying them probably isn't purposefully trying to be insensitive and will most likely change the subject after a minute or two.

**Seek comfort where you can.** Consider finding support groups, online or in-person, if you need someone to talk to. If you are spiritual, attend extra services in your faith or say a special holiday prayer for your baby. And, of course, if you have any worries that you might be clinically depressed, don't be afraid to see a counselor or other mental health professional for advice.

Don't feel bad if you enjoy yourself. Finally, remember that just as it's okay NOT to be in the holiday spirit, it is also okay to smile and to have fun. It doesn't mean that you didn't love your baby or that you are not a good mom. Don't feel guilty for taking your mind off things and living your life.

# reflections

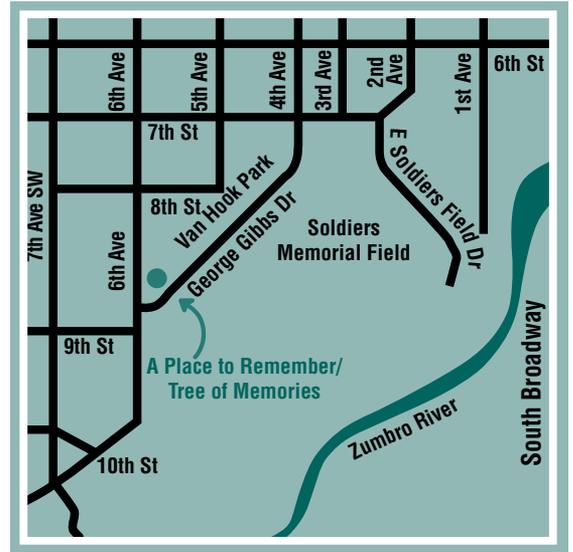
CENTER FOR GRIEF EDUCATION & SUPPORT

## TREE OF MEMORIES

You and your family are invited to join us for the Seasons Hospice annual lighting of the "Tree of Memories" on the evening of Tuesday, December 3rd at 6:15 p.m. The tree is located within "A Place to Remember" at Van Hook Park, at the intersection of 6th Avenue SW and George Gibbs Drive, adjacent to Soldier's Field Park. Once illuminated, the tree will remain lit through January 3rd, providing the community with a place to share memories and honor loved ones.

"A Place to Remember" is available year round with gardens and seating among tall evergreens. This space can offer a place to cherish and celebrate all that our loved ones were and still are to us. Explore and experience the comfort and peace of this special place.

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



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

"Memories of the Heart" will be held Tuesday, December 3rd at Christ United Methodist Church at 7:00 p.m. For the past eighteen 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 Thursday, November 21st. For more information, contact the hospice office at 507/285-1930 or e-mail [shbp@seasonshospice.org](mailto:shbp@seasonshospice.org)

(cut here)

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

Please return this request with your loved one's name(s) by noon Thursday, November 21, 2013 to Seasons Hospice. If you wish to make a tax-deductible donation in memory of your loved one, please make your check payable to Seasons Hospice. Your gift will be gratefully accepted to further our hospice mission.

YOUR NAME: \_\_\_\_\_

IN MEMORY OF: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

(This name(s) will be read at Memories of the Heart)

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

PHONE: \_\_\_\_\_

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

# 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 Wednesdays of every month  
9:00-10:00 am

Third Thursday of every month  
6:30-7:30 pm

### Pet Loss Support Group

Second/Fourth Wednesdays of every month  
6:30 – 7:30 pm

### Pregnancy & Infant Loss

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

## SPECIAL PROGRAMS

### NOVEMBER

#### Managing the Holidays Without Your Loved One

*A program designed to explore difficulties with grieving during the holidays.*

November 12 & November 19 6:30-8:30 pm  
Seasons Hospice Office

### 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 3 7:00 p.m.  
Christ United Methodist Church Rochester, MN

#### Tree Of Memories

*Please gather with us prior to the memorial service to light our tree.*

Van Hook Park  
Corner of George Gibbs Dr./6th Ave. SW 6:15 pm

### JANUARY 2014

#### Adult Grief Group

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

Tuesdays January 14 – March 4 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 MEDICAL DIRECTOR



I would like to introduce myself. My name is Mike Mesick, M.D. and I am looking forward to serving as medical director for Seasons Hospice following the retirement of Dr. Tom Miller.

I have been a family physician since 1990, and have worked in rural

Minnesota for most of this time. I first became aware of the hospice model of care in the early 1990's, and began referring patients to hospice in 1997. My patients and their families have always found hospice services to be invaluable in assisting with end of life needs.

While hospice is defined in many ways – as a philosophy, as a place, and as a defined Medicare benefit, for me the

heart of hospice is the stories I hear from family members who have lost loved ones. For many years I have observed peoples' reaction when they learn my wife works as a hospice nurse. Many times people are eager to share their personal stories about how hospice has touched their lives and been so helpful to their family in the midst of a difficult and vulnerable time.

Hospice is a holistic care model with attention to the physical, emotional and spiritual needs of the patients and their families. As our society matures, hospice and palliative medicine are becoming increasingly essential in health care and I am grateful and excited to be involved in this field.

I am looking forward to working with the wonderful staff and volunteers at Seasons Hospice!

# DON'T WAIT TO TALK ABOUT HOSPICE

It's an all too common situation. A family is at the bedside of a loved one who is seriously ill and nearing the end of life. Each member of the family has a different idea of what should be done and what the patient would have wanted.

Far too many people wait until they are in the midst of a health care crisis before thinking about what options are available or what care they or their loved ones would have wanted. Seasons Hospice health professionals deal with these challenging situations every day – that's what we are trained to do.

When a family is coping with a serious illness and a cure is no longer possible, hospice provides the type of care most people say they want at the end of life: comfort and dignity. Considered to be the model for high-quality, compassionate care for people with a life-limiting illness, hospice care includes expert medical care, pain management, and emotional and spiritual support. Care is provided by an inter-disciplinary team of professionals including RN's, LPN's, Licensed Social Workers, Massage and Music Therapists, Chaplains, Bereavement Counselors, and our Medical Director as well as the patient's physician. Highly trained volunteers provide companionship, pet therapy with trained therapy dogs, veteran to veteran visits, caregiver assistance from performing light housekeeping duties to errand running and more. The wishes of the patient and family are always at the center of care.

The majority of Seasons Hospice patients receive care in their home, whether it is a private residence, nursing home or assisted living facility or other group living centers, which is exactly where most people want to receive end of life care. Care is paid for by Medicare, Medicaid, and most private insurance plans and HMOs.

One of the best ways to make sure you and your loved ones benefit fully from hospice, should you ever need this care, is to talk about it before it becomes an issue.

*For more information, visit our website at [www.seasonshospice.org](http://www.seasonshospice.org) or call Seasons Hospice at 507-285-1930, Monday – Friday, 8:30 a.m. to 5:00 p.m.*

Seasons Hospice announces the receipt of a major grant of \$140,000 from the Carl and Verna Schmidt Foundation to help fund the renovation of the nurses' station at the Seasons Hospice House. These changes are being made to enhance patient privacy and increase efficiency of operations and functionality at the House. We wish to express our gratitude to the Carl and Verna Schmidt Foundation for this generous donation.

## GIVE TO THE MAX DAY – NOVEMBER 14

**giveMN.org**  
Click. Contribute. Change Your World.

Support Seasons Hospice on November 14 by visiting

GiveMN.org and making a gift to Seasons Hospice. In 2012, Give to the Max Day inspired more than 53,000 generous donors from Minnesota and beyond to give \$16.3 million dollars, shattering previous event records. GiveMN.org is mobile optimized for smartphones and tablets and makes it easy to give to your Seasons Hospice on any device. In addition, starting Nov. 1, people can schedule donations for Nov. 14 making them eligible for prize grants and matching dollars.

# – A LIVE & LOVE AFFAIR GALA 2013 –

## live&love

wine dineminglecelebratedance laughparty

Get ready for the eighth annual *A Live & Love Affair* gala occurring on Saturday, November 16 from 5:30 p.m. to midnight at the Kahler Grand Hotel, with emcees Tom Overlie and Robin Wolfram. **All seats will be reserved** this year and guests may purchase single tickets or tables of ten. Also new this year is the arrival of **mobile bidding**. Carry on a conversation from anywhere, yet bid on your favorite auction items at the same time. Guests will receive alerts whenever they've been outbid.

Butlered champagne and hors d'oeuvres will start off the evening, as always. Instead of food stations located throughout the ballroom, **guests will enjoy a sumptuous four-course sit-down dinner right at your table.** The menu represents the four seasons of the year and includes:

**Summer Salad** - Shaved Fennel, Arugula, Baby Mache and Curly Endive with Orange Segments, with Key Lime Citrus Emulsion and Lentil Caviar.

**Fall Soup** - Pumpkin Soup topped with Gruyère Herbed Croutons and Snipped Chives.

**Winter Duo Entrée** - Seared Duck Breast with Port-Cherry Wine Reduction and Jumbo Shrimp Scampi with Saffron Sauce, Seasonal Vegetables and Wild Mushroom Risotto.

**Vegetarian Entrée** - Quinoa with Moroccan Winter Squash, Chick Peas and Carrot Stew. **Spring**

**Dessert Station** - Fresh Profiterole filled with Coffee Cream; Fresh Berries Flambé with Sabayon Frangelico; Double Chocolate Mousse with Grand Marnier Cream in a Chocolate Cup

And no Seasons Hospice gala would be complete without amazing auction items. Here are just a few auction offerings you will find at "A Live & Love Affair":

- Four tickets to the Minnesota Gophers vs. Northwestern University basketball game on Saturday, February 2, 2014 and an autographed basketball by new Gophers coach Rick Pitino.
- Super Bowl Party for 50 at the Ground Round with a private room and big screen TV, appetizers and libations galore, door prizes and football memorabilia, shuttle limo bus to and from the Ground Round.
- "Dueling Anchors" live auction items! Tom Overlie and Robin Wolfram will square off, each with their own live auction packages! Pie-making with Tom or floral arranging with Robin. Who will bring the highest bid?
- Fabulous New York package featuring a live taping of "The Tonight Show with Jimmy Fallon" and two, round-trip airline tickets, a tour of the NBC Studios at Rockefeller Center and \$1,000 VISA gift card for travel related expenses.

There are over 85 silent auction items and 13 live auction items and a new feature this year: "**Great Gatherings**" **sign-up parties**. Each party will have a fixed number of available spaces at a fixed per person price. Once all the spaces have been purchased, the party is closed for buying. The three sign-up parties are: Bluff Country beer tour for 30 by trolley, a party for 36 at ZZest on their outdoor patio and a poker party for 25 with catered dinner, full bar and \$750 purse.

Don't miss this fabulous event! For more information or to purchase tickets visit [www.seasonshospice.org](http://www.seasonshospice.org) or call 507-285-1930. Special thanks to our Major Sponsor Think Mutual Bank for its continued generous support of A Live & Love Affair!



Carol & Gary Lingbeck dancing



John Kruesel, Auctioneer



A sampling of appetizers



Cindy Benike singing  
with Bruce Henry

# VETS TO VETS: Volunteers Serving Veterans on Seasons Hospice



Chad Stowers saluting Alan Benfield



Chad Stowers, Alan Benfield and Jim Crowley after presentation of medal

## Setting the Record Straight

When Alan Benfield was a young man in the 1960's, he served in the United States Army. He was a member of the Army Dive Team in Puerto Rico during his time of service. When his service ended he went on to have his career, raise his family and live his life. Like so many veterans, he felt that he had "just done his job" by serving his country.

This past summer, due to changing health, Alan enrolled in the Seasons Hospice program. When the staff from Seasons learned of his history of service, they offered him a Vet to Vet visit. These visits are part of a national movement, promoted by the Veterans Administration and the National Hospice and Palliative Care Organization, to improve access to hospice care for veterans living in rural areas, and to increase the understanding of the special needs of veterans later in life. Seasons Hospice is the first hospice organization in Minnesota to achieve Level II partnership in the campaign.

Alan accepted the visit. That's when he met Jim Crowley, USMC. Accompanied by a Seasons Hospice staff member and ROTC Cadet Ben Gillard, Jim presented Alan with a certificate of gratitude, and a thank you packet made especially for veterans in hospice by the Mantorville VFW #455 Ladies Auxiliary. As a veteran himself, Jim listened attentively as Alan told the story of his time in the Army. But Jim was especially interested when Alan told him that he was released early from his service, and that he never received a Medal of Good Conduct. "I guess they thought I didn't deserve it" was Alan's only explanation.

But Jim felt that Alan deserved a better answer than that. With Alan's permission, he did some investigating and learned that Alan should have received the Good Conduct Medal. He enlisted the help of Chad Stowers, local VFW commander, and together they were able to acquire the Medal. Jim and Chad returned to Alan's home on July 31, 2013, dressed in their Color Guard uniforms, on behalf of a grateful nation, and presented Alan with the medal he had earned so many years ago. With tears in his eyes Alan stood and saluted, and proudly accepted the Medal. Later Alan told the staff "I'm not sure who they went through to get this for me, but I sure appreciate it, it made me feel great. I hope that all the men and women who served were recognized for their service."

For Jim Crowley, the reward is in the giving. "I believe this to be one of the most fulfilling events that can happen to a volunteer. It gives Veterans a chance to talk about events and circumstances they went through when they were in the prime of their life From World War II on, they all share the common bond of being in uniform and doing their "job." To talk about what it was like to wear the uniform, to speak of things that only another vet may understand...the "deck," "deuce" and "1/2;" and for families to reminisce along with their loved one who they are so proud of. I am honored to be part of this program."

For Seasons Hospice, the reward is in helping to make the connection between these two veterans, and so many others like them. "Seeing what this program means to people," said Christine Humble, Director of Volunteer Services, "you can't help but feel proud to be a part of it."

To find out more about the We Honor Veterans Campaign, visit [www.wehonorveterans.org](http://www.wehonorveterans.org). For more information on becoming a vet to vet visitor for Seasons Hospice, contact Christine Humble, Director of Volunteer Services at 507-285-1930.

*This article will be reprinted in the Post Bulletins' Veterans Supplement*

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