

SEASONS GREETINGS

- A PUBLICATION OF 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

LIFE HAPPENS AT THE SEASONS HOSPICE HOUSE

By Beverly Haynes, Executive Director



Since Seasons Hospice first opened our beloved Hospice House in 1997, it has been a place of refuge and comfort for the hundreds of patients who have spent their final weeks and days of life there. Originally built in 1952 as the family home of Dr. F. Edmund Donoghue, a Mayo Clinic physician and his wife Winifred, the Seasons Hospice House was the first Medicare certified free-standing hospice facility in the state of Minnesota.

Located in rural Rochester, Minnesota and nestled in 13 acres of beautiful woodlands, the Seasons Hospice House feels like a "home away from home." Each of the eight private patient rooms has a lovely view of the expansive green lawn surrounded by pine, oak and maple trees. A large deck overlooking rose and flower gardens is available for patients and families to spend precious time together surrounded by nature's beauty. The common areas of the house are large and open. A family room and kitchenette are available for visiting families and patients.

Yes, people do die at our Hospice House, but they experience life here, too. Wonderful things occur at the Hospice House: weddings, baptisms, family celebrations, important conversations and goodbyes. Life happens at the Hospice House. As a community, we are so fortunate to have this place where

specialized and compassionate care is provided for those with a terminal illness at the end of life.

In order to continue giving patients the kind of high quality care they deserve and in the manner that Seasons Hospice is known for, the house is in the midst of a renovation to enhance overall patient care. Government regulations requiring increased measures to protect patient privacy have led to specific upgrades to address this. Additionally, after 16 years of serving as home to so many, the house is beginning to show signs of wear and tear. We also are using this opportunity to make improvements to the house which have long been on our "wish list."

These renovations were made possible by a generous grant from the Carl and Verna Schmidt Foundation, combined with proceeds from the "Call to the Heart" funding appeal at the Seasons Hospice gala last November. The upper level of the house is being remodeled to include reconfiguring the nurse's station along with additions of a work room, updated laundry room and two renovated patient bathrooms. The work is scheduled to be completed before the summer arrives and gardens are in full bloom. We are grateful to the Carl and Verna Schmidt Foundation for its substantial gift that has allowed for these renovations. -SG-



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PLEASE NOTE:

Visit our website at www.seasonshospice.org to view our video, learn about Seasons Hospice programs, employment or volunteer opportunities, request a speaker through our Speakers Bureau and more.

FACES OF HOSPICE: *A Gentle Spirit, A Life Well Lived*

Dan Clark and Carol Kivimagi, children of Charles Clark, wrote this loving tribute about their father, a proud Veteran to the end.



Charles (Charlie) W. Clark was born February 20, 1925. Our dad was a very unique individual. We never saw him angry at our mom, his five children, or, for that matter, people in general. He always seemed very content with his life.

This may have had something to do with the fact dad

was a child of the Depression, lost his father at the age of twelve, faced a hardscrabble life on the farm, fought in WWII, lost a brother in the Battle of the Argonne Forest, and was honorably discharged after serving four years in the military...all by the age of twenty one. Everything from that point on always seemed like "gravy" to him.

Dad graduated from high school at the age of 16. Shortly thereafter, he and a buddy jumped a freight train (with fifty cents in his pocket) in rural North Dakota and headed for adventure in California. He didn't find fame and fortune but he did gather a full quiver of stories to entertain family and friends for the rest of his life.

While in California, Dad "fibbed" on his age so he could join the Army Air Corp at the ripe old age of 16. He completed his basic training and was assigned to load planes with bombs and munitions. He was stationed in Guam and ultimately ended up being part of the force that bombed the island of Japan and brought about Japan's surrender.

That's not to say he considered his efforts as being that important or looked at himself as a hero of any kind. He often said he was scared stiff the entire time he was stationed overseas. Dad would tell stories about being on guard duty in Guam and imagining a Japanese sniper was ready to shoot him when he heard the rustle of a palm tree, or of laying in his bunk on the troop ship going from Hawaii to Guam, fearing a torpedo would hit at any time.

After the conflict in the Pacific ended, he was assigned to service in Alaska and later ended his military career in 1946 when he was honorably discharged. Like many Vets of his day, he didn't talk much about the war years unless directly asked by family. Later, for sixty-nine years, he was a loyal member of the American Legion and served on Color Guards for parades and events whenever he was called.

Dad lived a very healthy life up until 2009 when he was diagnosed with Merkel cell cancer. His Mayo Clinic doctor was confident the surgery was successful but warned that this type of cancer was very aggressive and possibly could return. From 2009 until late 2012,



“The staff at the Hospice House was so welcoming to him, mom and the entire family, that we will never be able to fully express our gratitude.”

DAN CLARK

dad lived an active lifestyle at Gramercy Cooperative, albeit less so than before the cancer was discovered. In late 2012 the cancer returned to his larynx and shortly after Thanksgiving his full voice box was removed. He then began the tough slog to regain his strength. Due to his age and existence of Parkinson's that weakened his throat muscles, he was not able to use a mechanical device to speak.

In October of 2013 dad received news that the cancer had returned and a tumor was growing in his throat and chest. No treatment was possible. He found out in the morning and later that day joined his friends in the Gramercy card room for a few hands of cards. Days later he played cards again and started back to his apartment. His pants almost fell off from the weight of his winning nickels! Again, dad was determined to live until he died.

Twelve days before he passed, dad made the decision to move into the Seasons Hospice House. The staff at the Hospice House was so welcoming to him, mom and the entire family, that we will never be able to fully express our gratitude. During his final days, dad was constantly surrounded by family and friends while receiving excellent care. Family stayed by his side twenty-four hours a day the entire twelve days he lived in the house.

Dad was at the Hospice House on Veteran's Day. The staff organized a Vet to Vet visit and ceremony that honored him with a thank you from a grateful nation for his military service and a salute from the



Honor Guard. It was a very emotional moment for all attending, including the servicemen.

Our dad, Charles Clark, died the following day, November 12th, 2013. Later that week he was laid to rest in Chatfield to a twenty-one gun salute from the Chatfield American Legion. -SG-

Written by: Dan Clark and Carol Kivimagi, two of Charlie's five children

Pictured above: Charlie Clark in the Chatfield Color Guard

Pictured left: Charlie Clark (in uniform) with neighbor boy, 1942

Pictured opposite page: Charlie Clark with his wife, Erma

– A LIVE & LOVE AFFAIR 2013 – A Sell-Out Event!



Gala Co-chairs Mary Bowman and Jeannine Hadley

The eighth annual “A Live & Love Affair” on Saturday, November 16, made history with a sold out crowd of over 430 guests and our highest revenue ever of \$140,000 after expenses. Our success was due to the support of many, beginning with the generosity of our sponsors. Winter Sponsor – Think Mutual Bank; Spring Sponsors – Greg and Sharon Gentling and The Kahler Grand Hotel; Summer Sponsors: Ranfranz Funeral Home and Jack and Mary Ann Remick; Fall Sponsors: AB Systems, Inc., C.O. Brown Insurance Agency, Conway Arabians, Culver’s of Rochester, Custom Alarm, Ford-Metro Glass, R & S Transport, Smith Schafer & Associates, and Stockade Storage.

Media Sponsors: Fairway Outdoor Advertising, KTTC-TV, Rochester Magazine. Print and Design Sponsor: Davies Printing Company/ Ads & Art; Technology Sponsor: Hayfield Window & Door

Company; Champagne Sponsors: Apollo Wine & Spirits and Bill and Mary Bowman; Wine for All Seasons Raffle Sponsor: Andy’s Liquor; Wine Sponsor: Bouquet Companies; Décor Sponsors: The Creative Side and John and Cherie Miles; Friend Sponsors: Foresight Bank, The Huddle Bar & Grill, and Olmsted Medical Center.

The 2013 Gala Committee went above and beyond the call with their incredible energy and effort. Gala Committee: Mary Bowman and Jeannine Hadley - Co-Chairs; Judy Braatz, Caryl DeBlicke, Dee Elwood, Laura Elwood, Sharon Gentling, Carol Lingbeck, Katie Maguire, Annette Olson, Christa Welbon, Robin Wolfram.

Special thanks to Auctioneer John Kruesel and Emcees Tom Overlie and Robin Wolfram for helping to make this evening so memorable.

Stay tuned for details about the A Live & Love Affair 2014, occurring on Saturday, November 22! We have a new venue this year - the Rochester International Event Center. Watch for exciting updates!



Shawn and Shelly Buryaska enjoying hors d'oeuvres

SEASONS HOSPICE RECEIVES LEGACY GIFT

Seasons Hospice is the grateful beneficiary of a substantial estate gift received in December 2013. This gift came from the estates of Mr. Duane McKenna and Mrs. Margaret McKenna. Mrs. McKenna was a patient of Seasons Hospice for over one year and died in 2009. “A donation of this magnitude is transformative. The impact of estate gifts on our program is incalculable,” said Beverly Haynes, Seasons Hospice Executive Director. The Seasons Hospice Board of Directors will decide how best to use the funds in order to carry out our mission of providing individualized and compassionate care, education and support for the dying and those who have experienced loss. Seasons Hospice has received estate gifts in the past, but this is the largest donation ever received in the history of the organization.

If you would like more information about including Seasons Hospice in your estate plans, please contact Carolyn Piepho, Director of Development and Marketing, at 507-218-3142 or email her at cpiepho@seasonshospice.org.

reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

SEASONS  HOSPICE

1. Loneliness and Grief
Book Review:
Good Grief

2. Supporting Adults

3. Remembering and Celebrating Our Loved Ones
Supporting Grieving Children

4. Calendar of Events
Supporting Grieving Adolescents

Something Beautiful Remains

*The tide recedes
but leaves behind
bright seashells
on the sand.
The sun goes
down, but gentle
warmth still lingers
on the land.
The music stops,
and yet it echoes
on in sweet
refrains . . .
For every joy
that passes,
something
beautiful remains.*

ANONYMOUS

LONELINESS AND GRIEF

by Hospice of the Western Reserve

Loneliness is often part of the grief journey.

There is a difference between loneliness and solitude. Solitude is a choice and typically, loneliness is not. If your partner/spouse dies, you are alone and it was not a choice. You may have spent 5, 10 or 20 plus years with someone and when they are gone from sight, you are alone. You are alone when you want to share a comment about something on the news or in an article you are reading. You are alone in the kitchen, alone watching TV and alone in bed.

You may also be alone with your grief, depending on your support system. Even when there are good supports in place, there will be times when you do feel lonely because you miss your partner/spouse so much. This person had been with you through thick and thin and yet when you are experiencing something as painful as grief, they cannot be there with you to share it. This feeling of loneliness can also be unsettling and scary for some people. Others do not see it as such.

Does the feeling of being alone always turn to loneliness? Not always. Some people are more comfortable than others being alone and do not view it as a negative, bad, or scary thing. In fact, some people

treasure it and see it more as solitude and not loneliness. They also choose when they want to be with other people. For others, they feel very alone in their grief and can't find a way to fill the void. Even being with other people cannot always help this feeling of loneliness.

A colleague told me that during March Madness, her client, a widower, would go to the bar to watch the games because being with others who shared a similar interest filled his void of loneliness for a moment in time. He would have one drink and then just sip on soda while he occasionally shouted to another bar patron about the "stupid move or bad shot a player made."

There are other ways in which you can dissipate loneliness: join a garden club or other types of clubs, volunteer for an organization, attend synagogue or church, participate in a grief support group whether in person or online. Stay connected with others and keep busy.

Grief includes all kinds of feelings. Trust the process and give yourself permission to be with all your feelings. Notice the difference between being alone and feeling lonely. Know that there are others out there who may feel the same as you.

BOOK REVIEW *Good Grief: Healing Through the Shadow of Loss*



Author:
Deborah Morris Coryell

Pages:
160 pages

Price:
Paperback \$14.23
Nook Book \$10.49

Available from:
Barnes & Noble

This book is a compassionate guide to the experience of loss as an essential growth process. We grieve only for that which we have loved, and the transient nature of life makes love and loss intimate companions. In *Good Grief*, Coryell describes grief as the experience of not having anywhere to place our love, of losing a connection, an outlet for our emotion. To heal grief, we have to learn how to continue to love in the face of loss.

SUPPORTING ADULTS

Adapted from an article by Australian Centre for Grief and Bereavement

If you are in the position of supporting a grieving person, it is important to consider the following:

- **Understand your limits.** It is important to understand that the death of a person and seeing the grief of others can trigger our own experiences of loss and make us think about losses that may occur to us in the future. These fears and anxieties limit our capacity to provide effective support. Before making promises of support, take a moment to consider what your commitment should – and can – be. Think of what might be needed, what you can offer and what constraints will affect your ability to follow through. You need to be fair to yourself and to the person who needs your support. You can then say, “Here’s what I’d like to do, if it would be helpful.”
- **Acknowledge the importance of the loss.** You may be reluctant to speak about the loss, however it is important to acknowledge it before you say anything else. Use the name of the deceased. Many people get comfort from hearing the name of someone they love live on; “I was very sad to hear of Frank’s death,” or “I’m so sorry about Janet’s death.” We can also acknowledge the importance of the loss by attending the funeral or with telephone calls, flowers, a sympathy pin, a note or a card. Don’t overlook the importance of practical support such as child minding, mowing the lawn or providing a meal. Bereaved people find personal, spontaneous and genuine support especially comforting. Even brief contact is appreciated and remembered.
- **Your most valuable gifts are time and the ability to listen.** An ancient expression says that “God gave us two ears and one mouth – and we should use them in those proportions.” It is often our ability to let the person tell their story over and over again which helps them make sense of their loss. Talk about the person who died, remembering special qualities, stories or shared moments. Allow plenty of time to listen to the story – and then listen again.

There are no words that can take the pain of loss away. Just being with and available to a grieving person may be the most helpful expression of care. It is often important to accept silence and avoid filling the silence. Never tell the person to think “on the

bright side” or to be grateful for (the time together, the absence of suffering or remaining children, etc.). Never tell the person to hide their grief, stop feeling their grief, or that it is time to “get back to normal.” Accept their behavior – tears, quietness, anger and laughter. Grief is more than sadness; at times it is also feelings of anger, guilt and blame. Avoid using euphemisms such as “lost” or “passed on.” Using direct and clear language helps us understand the reality of what has happened.

- **Be aware of the differences in the way people grieve.** Just as we all have different preferences in food and music – grief is no different. We all have different safe places. Some grieve with others – family, friends, members of a support group, while others grieve more privately and in less visible ways. Some will find comfort in activities such as keeping a journal or gardening, while others will connect with their pain alone perhaps while driving, jogging or in the shower.

In general, there is no “right” or “wrong” way to grieve. Really try to understand and accept the person. Many things influence how we grieve. It depends not only on the age of the person who died, but the relationship of the bereaved to the deceased, the circumstances of the death, their age, life experience, how much support the bereaved person has available to them, their beliefs and personality.

- **Be informed about supports available in the community.** The experience for many bereaved people is that after the last bunch of flowers have been thrown out and the last casserole defrosted, that support also disappears. Grief takes time. Be available to the bereaved person on an ongoing basis and remember that anniversaries, birthdays, Father and Mother’s days and holidays such as Christmas, can reawaken the grief and sadness for many bereaved people.

In some instances, people will need additional support than can be readily provided by one individual. Become familiar with resources in your local community that can provide ongoing support for bereaved people. A medical practitioner, community health service or bereavement support organizations can provide valuable support to bereaved people and their families.

reflections

CENTER FOR GRIEF EDUCATION AND SUPPORT

REMEMBERING AND CELEBRATING OUR LOVED ONES

Sunday, June 22, 2014

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 19, 2014.

Please call 507-285-1930 to register.

SUPPORTING GRIEVING CHILDREN

Adapted from an article by Australian Centre for Grief and Bereavement

For some children, their loss or bereavement can be the first time that they have experienced profound abandonment. Fears may arise that they might be similarly abandoned again. Nor do all children understand that the pain they feel will subside. In addition, they may try to protect the feelings of others by avoiding displays of emotion in front of them and, as a result, their feelings can go underground and resurface at a later period in their life. Don't underestimate the impact a loss has on a child even if they do not respond as expected. Reassure the child that their basic needs will be met and that over time, their pain will decrease. Maintain routines and standards of discipline as much as possible as this creates a sense of safety and predictability for the child.

Remember that children may not have the ability to name or express their feelings because they are not visible or concrete. Because children haven't developed buffers to pain as adults often have, the feelings they experience may be overwhelming for them. Therefore, children often express their grief through their behavior

such as separation anxiety, crying, withdrawal, bedwetting, disinterest in food, or disruptive behavior at school. It is important to give children the opportunity to express their grief in their own way. Make time for the child to express their grief through drawing, painting, storytelling, collage, music, memory boxes, writing poetry or composing letters to the person who died. This can provide a bridge to the expression of feelings that are difficult to articulate.

Children will grieve in doses. That is, they often break grief up into bearable amounts. It is likely that they will experience a multitude of emotions in a short span of time as they work through their grief. Allow children some leeway as they adjust to their loss, while providing a secure, consistent environment.

There is no need to teach children how to grieve – their strong sense of intuition is usually their best guide. Remember that it is important to model healthy expressions of grief so that children understand that it's okay for them to do the same.

CALENDAR OF EVENTS

ONGOING 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 and Conversation

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 Wednesday of every month
6:30-7:30 pm

Conversations for Living and Dying Well

Third Sunday of every month
1:00 – 3:00 pm

*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.*

SPECIAL PROGRAMS

MAY

Adult Grief Group

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

Tuesdays 6:30 - 8:30 pm May 6 - June 24

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 22 1:30 - 3:00 p.m.

Seasons Hospice House

JULY

Moving Ahead . . . Re-building Your Life

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

Tuesdays, July 8 – July 29 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 6:30 - 8:30 pm

September 9 – October 28

SUPPORTING GRIEVING ADOLESCENTS

Adapted from an article by Australian Centre for Grief and Bereavement

Adolescents are in the process of becoming more independent of their parents and other central figures in their lives. Because of this, they can feel reluctant to show signs of mourning as it reinforces a sense of dependence and vulnerability. It is important to provide adolescents an accepting, open, communicative environment in which to grieve. Convey to them that it is okay to feel the emotions that they feel, and that you will be there for them if they need to talk.

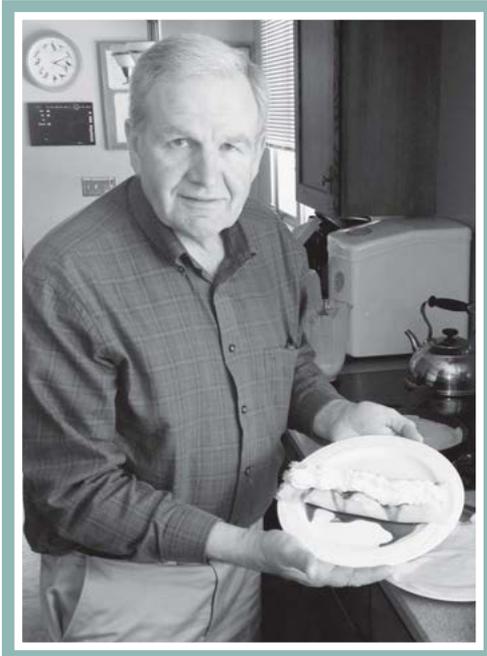
It is difficult to bear witness to the pain of young people. This means that, as bystanders, we may want to take away or fix the pain of those who are grieving. This can manifest itself by avoiding talking about the loss or the person who has died, modifying information about their death, or trying to accelerate the adolescent through their grief. Instead, invite the adolescent to talk about their loss

and/or the person who has died. Should the adolescent not want to talk, respect their choice. Ask specific questions and answer their questions honestly and clearly. Don't tell half-truths. If you don't know the answer to something, say so. Share your memories, thoughts and beliefs without pressuring them to adopt your perspective.

Young people will often break grief up into bearable amounts. They will likely experience a multitude of emotions in a short time. Allow young people some leeway while they deal with this loss, while providing a secure, consistent environment.

Adolescents learn from the behavior they sense and observe. Therefore, it is important to model healthy expressions of grief so that they understand that it's okay for them to do the same.

VOLUNTEER SPOTLIGHT: *Brent Spencer – Comfort Food for the Body and Soul*



By Cheryl Frarck, Seasons Hospice Volunteer

This past winter has been agonizingly long in terms of polar vortexes, unending snow events and horrible isolation. For us humans, in the doldrums of winter we crave comfort food. That food that pulls us together around steaming bowls of hearty soup or savory casseroles fills not only our stomachs but our heart with the smells we associate with family. For Brent Spencer, he offers comfort food in the warm, steaming crêpes that he creates every Sunday – snow, sleet, or polar vortexes – at the Seasons Hospice House in Rochester, Minnesota. For the uninitiated, crêpes are a type of very thin pancakes made from wheat flour or buckwheat flour. The word is French from the Latin *crispa* meaning “curled.”

Brent’s affection for crêpes began in his family because crêpes were always served for special occasions when the family gathered: Christmas morning, holidays and, of course, reunions. So, after his parents died of cancer, both spent their final months (his father over a year - his mother two months) with Seasons, Brent searched for a way to give back – to provide in a small way the comforts of home for travelers. He started with visits to nursing homes, but Brent wanted to

share something more, so he contacted Joan Elkins, Seasons Hospice Director of Volunteer Services at the time, and she started him on his journey.

The idea to serve Sunday morning breakfasts clicked with him. Brent comments that making breakfast at the Seasons Hospice House is a perfect way to start a Sunday. The first meal he created in 2004 was oatmeal made with milk; the patient declared it was the best oatmeal he had ever eaten. That praise started him on his gift of comfort food to residents and families at the house. Early in his culinary exploration, he made stuffed French toast, but the offering was time consuming and very rich – not as light as crepes for sensitive stomachs or appealing to patients who weren’t always hungry. But, they manage one light, fluffy bite of crêpe perfection.

Since 2004, Brent calculates he has made 500 – 700 crêpes. He arrives around 7:00 a.m. every Sunday morning. He brings his own supplies, including his seasoned crêpe pan, although the cooks at the house often provide fruit for the filling. He says he has been able to serve not only patients, but also family members who have stayed over at the house about 80% of the time. He expects to serve on average two to six people each visit.

Brent has met many wonderful people from all corners of the world at the Hospice House since he started sharing his culinary talents ten years ago. They are the reason he gives his time so freely and Brent is grateful to them because they teach him to appreciate the small things in life and to celebrate his own life.

Making crêpes for the Seasons Hospice House patients and family members continues to be the perfect way for Brent Spencer to start his Sundays because it enables him to prepare for his own worship. Through the sharing of food, Brent celebrates the connection of the human family and gifts given with the heart.

THE RIGHT TIME TO LEARN ABOUT HOSPICE

By Julie Assef, Admissions Coordinator

“How do I know when it’s time to start talking to my parents about hospice? I don’t want them to give up hope.”

“My doctor told me that I should look into hospice, but I didn’t think I was at that point yet.”

“The nurses here told me they thought hospice would be helpful for my wife, but I want her to stay at this facility; I don’t want her to have to move again.”



These are just a few of the many statements I hear from people who are first inquiring about hospice care. My role as Admissions Coordinator for Seasons Hospice is to assist those who are seeking information, helping them to learn more about the program, the

coverage, the “right time” and the process for enrolling in hospice. While hospice has become a more familiar word in our vocabulary through the years, there are still many misconceptions that keep patients from using hospice when they might benefit most.

My work as a Social Worker with Seasons Hospice began in October 1997, just weeks before the opening of our residential hospice facility in rural southwest Rochester. Seasons had been serving individuals in the homecare setting for a number of years, first as a part of an in-home nursing agency, and then as an independent nonprofit hospice. Still, it was not uncommon at that time to encounter patients and families in the area who had never heard of Seasons Hospice or had never known anyone on hospice. Over time, through word of mouth and through educational efforts at the local, regional and national level, more and more people have become familiar with the idea of comfort care at the end of life and electing hospice as a way to receive that kind of care. As a hospice worker, it is encouraging to see the increase in the number of hands that are now raised when an audience is asked “How many of you have known someone who has been on hospice?” Encouraging, not because more people are facing the end of life, but because more people are recognizing their right to choose the kind of care that might help them meet their specific end of life goals.

Referrals for hospice care can be made by anyone. While many of our referrals come from nurses, physicians and nurse practitioners who have seen the

need for hospice through their professional involvement with their patients, we also receive calls and inquiries from family members, pastors, friends, and sometimes the person who will need the care. At Seasons Hospice we understand that this might be a very difficult phone call for a person to make, so we make every effort to provide the information in a compassionate, concise and understandable manner, focusing on the whole person and their situation, not just their medical diagnosis. This sets the tone for how the hospice experience should feel—personal, individualized, respectful, and directed by the goals and preferences of the patient and their family. In many cases a phone call is followed by an informational visit by a social worker and nurse from our agency, giving the patient and their family the opportunity to have a face to face conversation about what hospice might have to offer them, and to identify the time at which hospice might be their next step. Often these visits are made at a time when the patient is still seeking treatment or waiting to hear what other choices their doctor might be able to offer. The best time to be looking into the option of hospice is before one needs it, so that the time of transition to hospice can be planned and prepared for both by the patient and their family and by their healthcare providers.

Despite the increased familiarity and focus on education about hospice, national statistics show that while more people are electing hospice, the average time spent on hospice for individuals in our nation is decreasing. In other words, more patients are using hospice, but for fewer days. This may be due in part to advances in technology with more treatment options being offered, or an increasing number of palliative care or transitional care teams being developed to offer support through the bridge from treatment to comfort. For many, though, the old myths about hospice seem to remain a major barrier to getting the right care at the right time.

THE RIGHT TIME TO LEARN ABOUT HOSPICE

(continued)

SO WHAT ARE THE FACTS?

“How do I know when it’s time to start talking to my parents about hospice? I don’t want them to give up hope.”

Choosing hospice means directing hope to those goals that are attainable when a cure is no longer the focus. Quality of life, comfort, family support, continuity of care, happiness, reassurance, confidence; these are just a few of many things our patients hope for every day.

“My doctor told me that I should look into hospice, but I didn’t think I was at that point yet.”

Eligibility for hospice means the person’s illness has become life-limiting, and aggressive care is either no longer desired or is no longer an option. People can, in some cases, use the support of hospice for six months or more. Hospice is not for only the last days of life, it is to enhance living through the last part of life.

“The nurses here told me they thought hospice would be helpful for my wife, but I want her to stay at this facility; I don’t want her to have to move again.”

Hospice is provided wherever the patient calls home; their own home or apartment, home of a family member, assisted living, adult foster care, long term care facility, or the Seasons Hospice House, to name a few.

This is how the decision to enroll in hospice happens for most people: one question, one answer, one myth, one truth, one step at a time. While beginning the dialogue early isn’t easy, it is often the key to being able to take full advantage of what the hospice team has to offer at such an important, precious time.

SEASONS HOSPICE WELCOMES NEW DIRECTOR OF CLINICAL SERVICES



Wanda Watson, RN, BSN, joined the staff of Seasons Hospice in November 2013, as the new Director of Clinical Services. She is a proven healthcare executive with over ten years of leadership and management experience. Prior to coming to Seasons, Wanda was a nurse manager at St. Luke’s Magic Valley Medical Center in Twin Falls, ID. Before that, she was a skilled care nurse manager at Charter House in Rochester, and has held management and nursing positions at other medical facilities.

Married to Jeff Watson, who is employed locally as a director for Agstar Financial Services, Wanda and her husband have three adult children and a granddaughter, all of whom live in North Dakota. When Wanda isn’t busy working for Seasons Hospice, she likes to spend her leisure time exercising, golfing, biking, gardening and enjoying family and friends.

We are delighted to welcome Wanda Watson to Seasons Hospice!

*Life is not measured by the breaths we take,
But by the moments that take our breath away.*

~ Author Unknown

Center for Grief Education and Support



Presents

Conversations for Living and Dying Well

A new monthly program that explores such topics as:

- What do I want to accomplish before I die?
- What is a good life? What is a good death?
- Is cremation better than burial?

Join others for frank conversation, coffee and snacks at
The Center for Grief Education and Support
1696 Greenview Drive SW, Rochester, MN

Facilitated by Marianne Maruca, Director, Center for Grief Education and Support

Meetings will be held the third Sunday of each month from 1:00 - 3:00 p.m.
First meeting will be held on April 20, 2014

Registration preferred.

For more information contact Marianne at 507-285-1930 or email shbp@seasonshospice.org