

SUMMER, 2006  
**FRIENDS OF  
 HOSPICE**

Catholic  
 Health Initiatives

St. Joseph's  
 Area Health Services

## Hospice pays homage through song

St. Joseph's Hospice will present a Massed Choir Festival to celebrate the lives of all who died in hospice care between October, 2003, through October, 2006. It's also a time to honor those who have cared for them with love and dignity.

This emotionally inspiring evening of remembrance and music will be held at 7 p.m. Sunday, Oct. 15 at the Park Rapids Area High School Auditorium.

In the fall of 2003, St. Joseph's Hospice participated in the National Voices for Hospice. Choirs and soloists from around the country shared their voices during simultaneous local concerts. A total of 140 vocalists participated with 400 audience members in attendance.

This year, St. Joseph's Hospice has engaged the help of community musical arts leaders to assist with a large massed choir experience. St. Joseph's Hospice hopes to provide a community experience in which people come together for the joy of raising their voices in a massed choir setting and audience members can celebrate the glorious sounds. All will be witness to honoring the lives of those who have died in hospice care since October, 2003.



St. Joseph's Hospice  
*Massed Choir Festival*  
 7 p.m.  
 Sunday, Oct. 15

*Organizers of the Massed Choir Festival are planning an inspirational evening for singers and audience members. Among those involved in the planning are (front, from left) Chris Broeker, Paul Dove, and LouAnn Dierkhising, (back) Rev. Bob Light and Erich Knaap.*

Increasing the awareness of the purpose and goals of hospice is just one reason we are offering this event. Acknowledging care provided to hospice patients by family, friends, church members, clergy, and professional health care staff is another.

The many people who make up the hospice team (including nurses, doctors, chaplains, social workers, home health aides and homemakers,

volunteers, pharmacists, and dietitians) all strive to provide the highest quality care that meets the physical, psycho-social, and spiritual needs of those who are nearing the end of their lives. Their loved ones benefit from this care as well.

Anyone interested in singing, please contact Rev. Bob Light at 237-5597 or Betsy Meyer at 237-5482.



St. Joseph's Area Health Services  
 600 Pleasant Ave.  
 Park Rapids, MN 56470

Visit us on the Web:  
[www.sjahs.org](http://www.sjahs.org)

## Hospice volunteer still has no answers but begins to find 'light shining in the darkness'

► *The following article is the third in a new series based on first-hand accounts by hospice volunteers.*

I moved to Minnesota four years ago to get away from all of the people in California where I was a police officer for almost 20 years. I enjoyed a couple of guilt-free retirement years, but eventually the notion that I should be giving something back to the world tugged at the edges of my consciousness.

Wait a minute. I would think I had given to the community for 20 years, I didn't need to feel guilty for taking this time for myself. Still, the nagging lingered.

I was a homicide detective in the early 1990s when the crack cocaine epidemic took hold and dealers solved their distribution problems by eliminating the competition. I picked their bodies up off the

street, watched their autopsies, talked to their grieving families, and interviewed their

I picked their bodies up off the street, watched their autopsies, talked to their grieving families, and interviewed their friends but never really knew the people who died. I was on the other side of death.

**Bill Judis**  
Former homicide detective

friends, but never really knew the people who died. I was on the other side of death.

One day I was sitting in the police station when my mom called telling me my father had died. He had been sick for a long time. During visits to the hospital, we all knew we didn't have much more time with him. This death was different. Something changed inside me. Suddenly, I saw the other side of death. It felt different, left me with questions: How did I get there? What should I do now?

I quit my job as a homicide detective. I had had enough of death. For the next 10 years I lived in denial. I stopped wondering about death and didn't care what it meant -- on either side.

Then my friends started dying; one in a Mexican hotel room while on vacation; one on a trail with the Boy Scout troop he led; one from AIDS; and another from a brain tumor at age 37.

More questions. What could I tell the friends who remained? What did it mean?

That's when I saw the notice in the newspaper for hospice volunteers.

This might make sense, I told myself. Maybe, by facing the fate I had chosen to ignore, I could come to peace within and bring some peace to others. Maybe.

Certain events in life have changed me. Some were joyous and anticipated such as births, graduations, and marriage. Others I chose not to anticipate by design or omission. Yet, regardless of intent, I have been shaped equally by light and darkness. In my short time with hospice, I have begun to see the light shining in the darkness.



*Bill Judis*

## Record turnout adds to success of annual hospice, scholarship golf benefit

As the day drew to a close and the helicopter left hundreds of balls scattered across a portion of the driving range, St. Joseph's Hospice and Scholarship programs turned out to be the biggest winners in the 5th annual golf benefit held at Blueberry Pines Golf Club last month.

This year's benefit drew 142 golfers, the largest number yet. Citizens National Bank and Thielen Motors, Inc. contributed as major sponsors.

The day began with a shotgun start at 12:45 p.m. Five hours of golf (okay, and fun) followed with contests on every hole.

Congratulations go out to all of the golfers for a great afternoon.

Overall tournament winners were: Davis Electric/Bogey's Restaurant and Saloon - Lee Davis, Jim Emerson, Jeff Massie, and Dana Husby.

Men's Division: Riverside Mortgage - Joey Kaseman, Scott Kosel, Kent Fritze, and Michael Appel.

Women's Division: David Andersen, DDS/Park Rapids Jaycees - Amy Andersen, Rory Tangen, Sue Heidecker, and Renee Evenson.

Mixed Division: Park Rapids Chrysler Center/Sam Spaeth - Aron Moses, Scott Johnson, Kelli Johnson, and Sam Spaeth.

This year's winner of the Helicopter Golf Ball Drop was Sue Heidecker of Hawley. Her ball (worth \$2,500) dropped closest to the pin.

A total of \$7,500 was awarded to area students in the form of scholarships. This year's recipients were: Sarah Hovin, Sarah Strehlow, Tyson Sievers, Travis Johnson, Cherie Niska, Maggie Kading, Jonathan Lempola, and Amy Tandsater.

### Special thanks to...



**Hole sponsors:** Anesthesia Care Team, P.A.; Dakota Clinic of Park Rapids, Walker & Menahga; Dr. Dan & Norita Smith; Dr. Brian Brattlof, North Memorial Ambulance Service; Pine Manors, Inc.; Lakes/National Emergency Physicians; Central Minnesota Diagnostic, Inc.; David E. Andersen, DDS; State Bank of Park Rapids; Coldwell Banker Clack & Dennis Real Estate; Arvig Communication Systems; Citizens National Bank; Park Rapids Jaycees; Lamb Weston/RDO Frozen; Blueberry Pines Golf Club; First National Bank of Menahga & Sebeka; NOR-SON, Inc.; Thielen Motors, Inc.; TruStar Federal Credit Union; Coborn's Pharmacy; Northwoods Bank of Minnesota; Sebeka/Menahga Review Messenger; Advanced Business Methods, Inc.; GE Healthcare, Park Rapids Chrysler Center; State Farm Insurance; and St. Joseph's Management Team.

**Other sponsors:** Minnesota Twins; Minnesota Wild; Minnesota Vikings; DeLaHunt Broadcasting; Unicel; Review Messenger; Northwoods Bank; Long Bow Golf Course; Home Crest Industries; Amish Oak & Americana Furnishings; Beagle Books; Third Street Market; Bumper to Bumper Auto Parts; Paul's Quick Change; Jay Jorgenson, DDS; David Andersen, DDS; Forest Edge Winery; Dorset Corner Liquors; Blueberry Pines; Subway; Edward Jones Investment Securities; KXXX Radio Station; Albrecht Jeweler; Nick's Conoco; Forest & Floral; Park Rapids Floral; Tina Robin, DDS; Guy Reich, DDS; Heartland Travel; Mark Kennedy; Bemidji Coca-Cola Bottling; Nei Bottling; Upper Miss. Dixieland Swing Band; Headwaters Country Club.

### Hospice staff

Chris Broeker, PHN, Hospice Manager  
 Dr. John Lageson, MD, Hospice Medical Director  
 Lucinda Peterson, LSW, Hospice Social Worker  
 Laurel Hed, LSW, Hospice Social Worker  
 Rev. Bob Light, M.Div, MA, Hospice Chaplain  
 Betsy Meyer, Volunteer Services Coordinator  
 Jill Grimes, CHPN, Hospice Clinical Coordinator  
 Nora Simpson, PHN, Hospice Nurse  
 Marlene Lindgren, RN, Hospice Nurse  
 Suzette Free, LPN, Hospice Nurse

**St. Joseph's Hospice**  
**600 Pleasant Avenue**  
**Park Rapids, MN 56470**  
**218-732-4552**



*For more information about hospice services or for more information about volunteering, call 218-732-4552.*

If you choose to no longer receive this newsletter, please call 218-237-5482 or 1-800-566-3311 ext. 482 and ask to have your name removed from the mailing list. Thank you.



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**Hospice**  
 600 Pleasant Avenue  
 Park Rapids, MN 56470

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4 FRIENDS OF **HOSPICE**

*Grief education*

The grief support groups will provide mutual support and education at no cost to any adult who has lost a spouse, child, other family member, or someone close to them through death. For registration or information, contact Lucinda at 1-800-566-3311, ext. 481 or 218-237-5481.

**A Time to Heal**

Mondays, July 10 through Aug. 7 from 6 to 8 p.m. at Akeley United Methodist Church.

**A Time to Heal**

Tuesdays, Sept. 26 through Oct. 24 from 6 to 8 p.m. at Riverside United Methodist Church in Park Rapids.

*Ten finger-lickin' reasons to attend the Hospice Chicken Dinner*

10. Because you can dine indoors or outdoors under a canopy tent at the Park Rapids American Legion.
9. Because tickets cost only \$7 for adults and \$3 for children 10 and under.
8. Because a raffle winner will go home with a beautiful piece of outdoor furniture. (This could be you.)
7. Because we do the cooking.
6. Because the food is good. What's better than a menu of chicken, mashed potatoes, gravy, green beans, cranberries, and drinks?
5. Because we do the dishes.
4. Because we do the dishes. (Worth repeating.)
3. Because there are ice cream sundaes for dessert.
2. Because community, friends, and neighbors gather in support of a local cause.
1. Because hospice gives patients a source of care with love and dignity.



**Hospice  
 Chicken Dinner**  
 from 4:30 to 7:30 p.m.  
**Friday, July 21**  
*See you at the Park Rapids  
 American Legion*

Looking for more information on care and end-of-life issues for you or your family? Check out "Caring Connections" at [www.caringinfo.org](http://www.caringinfo.org)