

FRIENDS OF HOSPICE

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SUMMER, 2008

Former teacher continues to learn life's lessons

By Sara Forsberg

"I experienced Mom's care and saw how hospice enabled her the privilege to enter into this last phase of her life as she lived the previous parts of her life; with grace and dignity."

Frank and I retired to Park Rapids in 2004. I taught in the Buffalo school system for 32 years while Frank owned and operated a silk-screen printing company. The best thing about teaching was the personal interaction with my students, their parents, and my teaching peers.

Both Frank and I grew up in northern Minnesota, so the transition from the north metro area to Park Rapids was a natural fit. In 2005, we moved into our custom-built log home on Lake Sweitzer and have spent every day enjoying the abundant wildlife including the occasional raccoon that robs the bird feeder during the night.

I registered for St. Joseph's Hospice training because I had a personal experience with hospice in regard to the care of my mother.

My mom, Emma, lived in Gonvick until the last 18 months of her life. Clearwater County's Home Health Care assisted in providing care for her, but in

the fall of 2000, home health was not an option.

Mom had lived independently for 12 years following the death of her husband, Dave. She was active and nurtured the best-known flower gardens in Gonvick. She gifted her prized perennial cuttings and roots to young women in the community as they started their own gardens.

At 91, my mother was healthy and strong, and was able to travel to Alaska and Pennsylvania. She brought along her health drink (a combination of apple cider vinegar, lemon juice, and water) in a fruit jar with her on the plane.

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 CATHOLIC HEALTH
INITIATIVES

St. Joseph's Area Health Services
HOSPICE

323 So. Main Avenue
Phone: 218-732-4552

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After Hours: 218-732-3311



The golf event ends every year on a high note with music from the Upper Mississippi Dixieland Swing Band.

Thirty-six golf teams raise funds at St. Joseph's Golf Benefit



Hard to say which was better, a beautiful day spent out on the links at Blueberry Pines Golf Club or supporting St. Joseph's Hospice and Scholarship Fund. Well, it's not like anyone has to choose. Thanks to all for your generosity.



Golfing can be a serious sport for some, for others there is some serious fun to be had when raising money for a good cause.



John Heskett from Constantine, MI, won the ball drop event, a \$5,000 hole.

Hospice organizations reviews Medicare participation requirements

It's been 18 years since Medicare last updated its "conditions of participation" in regard to hospice.

According to St. Joseph's Hospice Manager, Chris Broeker, they last updated the conditions in 1990.

Essentially Medicare redesigned the hospice rules. Broeker says St. Joseph's Hospice is currently reviewing these changes and making the necessary adjustments.

The new regulations will impact hospices from an internal standpoint, but will not affect the quality of care patients have come to expect when turning to hospice programs.

Broeker says the rules were tweaked here and there, but ultimately any changes emphasize continued quality improvement and good patient outcomes.

"The new conditions of participation will not impact the way we deliver care; with dignity and respect," Broeker notes, rather changes will mostly impact St. Joseph's internal procedures.

The new conditions become effective on Dec. 2.



**St. Joseph's
Home Care/Hospice
to sponsor
Chili Contest**

Saturday, Aug. 9
at Red Bridge Park as
part of Lakes, Loons &
Legends

10 – 11 a.m. - Drop off
11 a.m. to 4 p.m. –
Feedin' time

What's cookin'?

Chicken Dinner at PR American Legion

Join us for a great meal as we present St. Joseph's Annual Hospice Chicken dinner from 4:30 – 7:30 p.m. Friday, July 25. For dessert enjoy an ice cream sundae and/or brownie. Outdoor dining is also available.

St. Joseph's Home Care/Hospice Chili Contest

You're invited to participate in our hot, hot chili contest on Saturday, Aug. 9. Bring a gallon of your best brew between 10 – 11 a.m. to the Red Bridge Park. (You will need to provide a warming container.) Then stay for the tasting which costs \$5. You vote for your "Hot Pick" and the judges will also have their say. Two trophies to be awarded.

**St. Joseph's
Annual Hospice Dinner
set Friday, July 25!
4:30 - 7:30 p.m.**

Last one
there's a
rotten
egg!



From cover

Soon after her travels, her diagnosis of dementia became a concern, and she was no longer able to stay in her home. Our family moved her to Buffalo to be near us.

Mom became one of five residents at Cherished Moments, a home for women coping with memory loss, Alzheimer's, or dementia. She kept her gentle and kind spirit throughout her illness. I watched as she encouraged other women in their struggles to remember how to eat with a fork or spoon as well as other simple life skills.

During the last 18 months of her life, a diagnosis of "failure to thrive" was added to her growing list of health concerns, and hospice became a health partner. They supplied the spiritual, emotional, and physical support to all of us during her end-of-life journey.

I experienced Mom's care and saw how hospice gave her the privilege to enter into this last phase of her life as she lived the previous parts of her life; with grace and dignity.

As Mom's death approached, her hospital bed was moved into the family's four-season porch, and she was surrounded by nature on three sides. As she slipped into her new life, Heartland Hospice was there to hold my family's hand, surround us with hugs, and cry with us.

I value the philosophy of hospice and knew at some point in my life I would like to be involved with this strong and caring organization.

My first retired, "Yes!," was to become a St. Joseph's Hospice volunteer. During my training I met wonderful and kind people. Direct patient care was not for me, but I discovered office help and bereavement support opportunities were needed, too.

The staff at St. Joseph's Hospice are an incredible group of women and men with expertise in healthcare, spiritual care, and emotional support for the patient and caregivers – all delivered with warmth and compassion.

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
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.



St. Joseph's Area Health Services
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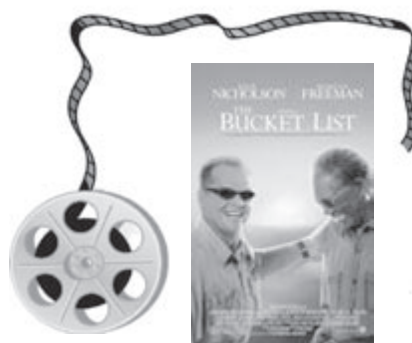
Movie Review

What's on your 'bucket list'?

With all of the buzz about this adventure/comedy starring Morgan Freeman and Jack Nicholson, St. Joseph's Hospice decided to see what the chatter was all about.

The heart of this movie revolves around two men who meet in a hospital after each were handed a terminal diagnosis. This news prompts the two to engage in discussion and a reflection on their lives. Each has unmet life goals and together take off on a 'round-the world adventure to complete their "bucket list".

The film is definitely funny, yet what is most poignant is the



*"The Bucket List",
featuring Jack Nicholson
and Morgan Freeman*

fact that all people have unmet goals in life. Some of those goals

such as climbing Mt. Everest or swimming with sharks are great aspirations, but, come to find out, some of our most important goals in life are those involving our own personal relationships.

What is important in life eventually boils down to the basics; forgiveness and love.

(Editor's Note: St. Joseph's Home Care and Hospice has a collection of movies and books available in its library. Anyone interested in checking out materials can contact our offices located at 323 So. Main Avenue in Park Rapids or by calling 218-732-4552.)