

"Why did the chicken cross the road?"



**Friday, July 24**  
4:30 - 7:30 p.m.

St. Joseph's Hospice will serve up a chicken dinner feast, complete with all the fixin's. They're bringing in even more chicken since it was so popular last year. Outdoor dining under the tent options available.

- Enjoy:
- Oven-baked chicken
  - Mashed potatoes & gravy
  - Green beans
  - Cranberries
  - Dinner rolls
  - Brownie sundae dessert bar

CATHOLIC HEALTH INITIATIVES

St. Joseph's Area Health Services  
HOSPICE

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

Park Rapids, MN 56470  
After Hours: 218-732-3311

"To get to the  
**Annual Hospice  
Chicken Dinner.**  
That's why."



Last one there's  
a rotten egg!

**See you at the Park Rapids American Legion**

Cost: \$9 Adult, \$4 kids 4-12, under Age 3 eat fee



**Chili  
Cook Off  
Aug. 8**

9 a.m. Cook Off Begins  
11 a.m. Chili Time

**Think you've got the hottest recipe in town?**

Chili chefs of all abilities, from the well-seasoned to the green at heart, are invited to participate in St. Joseph's Chili Cook Off Saturday, Aug. 8 as part of the Park Rapids Legend and Logging Festival. Follow your nose to the site at the Red Bridge Park on Fish Hook River.

The cook off runs from 9 to 11:30 a.m. and participants are asked to bring their own ingredients, secret recipes, and work stations.

There will be cash prizes for 1st, 2nd, and 3rd places based on consumer judging. A trophy

will also be awarded in a separate, Open Class Chili Contest. Entrants can bring a gallon of their best brew in a large crock pot from 10 to 11 a.m. As with the cook off, it's the consumers who name the winner in this category. Chili Cook Off and Open Class competitors' entry fee is \$5.

Public chili sampling begins at 11 a.m. and runs until 3 p.m. For rules and more information on this non-sanctioned event, please visit [www.parkrapids.com](http://www.parkrapids.com)

# Grief: Are you facing loss?

## St. Joseph's Hospice helps clients & families cope

Grief is the natural response to the loss of someone or something important to you and is a natural part of life. It's a typical reaction to death, divorce, job loss, a move away from family and friends, or loss of good health due to illness.

Following death or loss, you may feel empty and numb, as if you are in shock. You may notice physical changes such as trembling, nausea, muscle weakness, dry mouth, or have trouble breathing, eating, or sleeping.

Feelings of deep sadness and sorrow are common. Often, people find themselves engaging in behaviors that are different or unusual, or thinking in ways that are unfamiliar and disturbing. Finding their beliefs challenged in grief, many people experience a kind of "spiritual crisis" following loss.

You may become angry at a situation, a particular person, or just angry in general.

People in grief may have strange or disturbing dreams, be absent-minded,



withdraw socially, or lack the desire to participate in activities that used to be enjoyable. While this is normal during grief, they will pass.

In general, grief makes room for a lot of thoughts, behaviors, feelings, and beliefs that might be considered abnormal or unusual at other times. Following significant loss, however, most of these components of grief are quite normal.

Grief lasts as long as it lasts. Although this statement may not seem helpful to you, it's true. It is important to realize that, while grief and its intensity will subside, most find that it is replaced with a "sweet sadness" that comes at times of re-

membrance. This is simply the acknowledgment that significant loss has occurred; that the loss matters and affects our lives.

After a significant loss, you may be overwhelmed by the grief reactions you are experiencing. In time you will learn to adjust to living with your loss. Even after significant loss, you will realize you are grieving less as you discover renewed energy in living. You will become less consumed by the impact of the loss and draw comfort rather than pain from the memories. In a sense, you are never "finished grieving." With a significant loss, there will always be moments when you will remember and experience some of the feelings of grief, as in the times of "sweet sadness" mentioned above. The time period between these surges will lengthen as you learn how to cope with your loss.

If you know someone who is grieving, the most important thing to do is to show you care by being present and by listening. There is no right way to grieve and mourn. Try not to impose your ideas, beliefs and expectations on someone else, no matter how much you think it might help.



## Ball drop winner returns \$2,500

A golf ball with Molly Schellack's name on it, representing \$5,000 in cash, fell from the sky at the St. Joseph's Annual Hospice and Scholarship Golf Benefit in May. It so happens that the Schellack family actually pooled their helicopter ball drop tickets with the vow to return half of their winnings should they be so lucky to hit closest to the pin in the fundraiser. True to her word, Molly returned half of the prize to further benefit the hospice scholarship programs. The golf benefit drew 34 teams to the links at Blueberry Pines Golf Club.

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### 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

**Angie Gustad, RN**, Hospice Nurse

**Lynette Hilber, RN**, Hospice Nurse

**Cindy Little, RN**, Hospice Nurse

**Marlene Lindgren, RN**, Hospice Nurse

**Cathy Schmidgal, RN**, Hospice Nurse

**Trish Tandsater, RN**, Hospice Nurse

**Suzette Free, LPN**, Hospice Nurse

St. Joseph's Hospice served 102 clients and their families in 2008.