

## New Program Director:



CINDY PALM

On July 1<sup>st</sup> Cindy Palm joined Virgie Hegg Hospice Partners Inc. as the new Program Director. Cindy will facilitate the activities of the board of directors, and she will educate the local communities

about the benefits of hospice care at present and in the future. She looks forward to expanding the program into new areas. In her first three months she has already assumed many new duties associated with the program director position. She enjoys working with such a wonderful and educated board of directors.

Cindy replaces Theresa Redmond who resigned to pursue other interests. Theresa was the program director for the past two years and was active in directing VHHP towards new goals. We wish Theresa much success in the future.

## Spring 2007 Scholarship Winners:

VHHP Scholarships, in the amount of \$500.00, are awarded each spring to two graduating high school seniors from Cook and Orr. A third \$500 scholarship is also awarded to a current college student. These scholarships are awarded to individuals pursuing a career in the medical field.



HEIDI BRINKER

Heidi Brinker of Cook received a VHHP scholarship to pursue a career in nursing. She will be attending the College of St. Scholastica this fall. Heidi's career decision was decided while working as a Certified Nursing Assistant at the Cook Nursing Home. She enjoyed her job, and will miss it, but she is looking forward to pursuing higher education.

Christianne Astleford of Orr received a scholarship to pursue a career in nursing. Christianne will also be attending the College of St. Scholastica this fall, and



CHRISTIANNE ASTLEFORD

Congratulations to each one of you. We wish you well in your future endeavors.

## National Hospice Month – November:

On October 30<sup>th</sup>, 2006 George W. Bush, President of the United States of America, proclaimed November as National Hospice Month. His proclamation encourages all Americans to observe this month with appropriate programs and activities. He also asks Americans to recognize our health care professionals and volunteers for their contributions to helping provide comfort and care to those facing terminal illness.

*Americans demonstrate the great compassion of our country by caring for those in need. During National Hospice Month, we recognize hospice caregivers for their dedication to providing comfort and peace to individuals in their last days and helping build a society that values the life and dignity of every person. Our Nation is grateful for the tireless efforts of hospice volunteers and medical professionals, and during National Hospice Month, we recognize the kindness of hospice caregivers and their devotion to making our country a more loving and caring place.*

*George W. Bush,  
President of the United States of America*

## National Family Caregiver's Month-November:

*There are only four kinds of people in this world-those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who need caregivers.*

*Former First Lady Rosalynn Carter*

Please take this opportunity to honor, thank and support family caregivers. It takes special people to devote their time, energy and support to help loved ones with disabilities or chronic illnesses, for no reward, but to improve their quality of life. According to the National Mental Health Information Center, more than 50 million people have been involved in caring for a loved one at home.

she begins her college education with a high school GPA of 3.993. Her career decision was influenced by observing the nursing care given to her grandparents while they were hospitalized.

Lacey Sarazine, a junior at the College of St. Scholastica, is the first recipient of the VHHP college scholarship. Lacey is pursuing a career in nursing.

## Bereavement Roses

There are many ways that Virgie Hegg Hospice Partners supports the families who receive services through St. Mary's Hospice & Palliative Care. One very important way is the bereavement rose delivered to the primary caregiver within six weeks of the death of their loved one. The rose is meant to signify the beginning of a period of mourning following the loss. It is also a gentle way both to honor the deceased and to acknowledge the loving and challenging role of care giving.

The bereavement rose is one of the most appreciated gestures of bereavement support. It is unexpected and tends to bring both tears and smiles. It is a wonderful way to open the door once again to a hospice volunteer or staff member. This becomes an opportunity to offer helpful grief education and support that might be declined in other circumstances.

The donations from VHHP supporters pay for these bereavement roses. Each rose is a gift of the heart from the community to friends and neighbors who are suffering bereavement and loss. Each rose is deeply appreciated and, oh, so important. The staff and volunteers of St. Mary's Hospice, East Range Team, wish to thank all the many people who contribute to VHHP. Together, we are a welcomed source of comfort.

*Submitted by Kathleen M. McQuillan SMDC*

## SMDC Contact Information

St. Mary's Hospice and Palliative Care  
East Range Team  
Dee Dee Thesenvitz, Coordinator of Hospice Volunteers  
901 9<sup>th</sup> St. N.  
Medical Arts Bldg. Suite 215  
Virginia, MN 55792  
Toll Free 1-877-851-2213  
Direct 1-218-749-7976

## MEMORIALS (2006/2007)

*In Memory Of*

Harley Bergman  
John F Jordan Sr.  
Sam Skogsbergh  
Dorothy Hemp  
Keith Paulson  
Dr. and Mrs. Richter  
Raymond Juntunen  
Agnes Brunner  
Joanne Smokey  
Robert Simat  
Donna Basso  
Joe and Corrine Krasaway  
Raymond Riley  
Bernard Wercinski  
Jennie Nartnik

Dorothy Junkert  
Patti Hautala  
Albin Zaloker  
Donald LaVigne

By sending a memorial donation of \$100.00 or more, you may honor a loved one with an engraving on the Memorial Board located in the Cook Hospital.

## DONATIONS (2006/2007)

Soroptimist Club of Virginia – Violet Richardson Award  
C.A.L. Contracting

## VHHP Directory

### Virgie Hegg Hospice Partners, Inc.

PO Box 244  
Cook, MN 55723  
Website: [www.vhhp.org](http://www.vhhp.org)

Program Director Cindy Palm  
[vhhpdirector@yahoo.com](mailto:vhhpdirector@yahoo.com)  
218-666-2998

### Board of Directors

Chairperson	Karen McDermott 218-666-2766 <a href="mailto:kmcdermo@uslink.net">kmcdermo@uslink.net</a>
Vice-Chairperson	Jim Ganahl
Secretary	Wendy Appleby
Treasurer	Marlene Lundquist
Members at Large	Marge Herr Marge Hyppa Verdella Musech JoAnn Anderson Barb Wilson Barb Hegg Joan Jordan Elder Metsa
Honorary Members	Erling Hegg Kathy Leding

### New Website Information

Please visit our web site at [www.vhhp.org](http://www.vhhp.org) for helpful information and to learn more about Virgie Hegg Hospice Partners. The VHHP Board of Directors would like to thank Rick Pearson, owner of Eagle One Productions (Cook, MN.), for a job well done in creating and maintaining our website.