

2010 Lights of Love

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“Lois Larson with her original watercolor at Cook LOL ceremony”

The 20th annual VHHP *Lights of Love* campaign, our largest fundraiser of the year, begins in November to commemorate National Hospice Month and National Family Caregivers Month. The LOL tree lighting ceremony in Cook will be held on Friday, December 3 at 5:30 p.m. The ceremony will take place at the Cook Library. The LOL tree lighting ceremony in Orr will be held on Saturday, December 4, at 5:30 p.m. The ceremony in Orr will take place at the Orr Visitor Center.

Last year's *Lights of Love* campaign raised approximately 40% of VHHP's annual income. Fundraising goals are achieved through the dedicated efforts of our Board of Directors working together with a community of supporting individuals and businesses. We invite you to continue the tradition of remembering and honoring loved ones by supporting quality hospice care in our local area.

Local watercolor artist, Lois Larson, will again be donating an original painting to be raffled as part of the *Lights of Love* campaign. Raffle tickets may be purchased at any time from VHHP Board Members or at the *Lights of Love* ceremony in Cook on December 3.

Your tax deductible LOL donation will help light the trees at holiday celebrations in the communities of Cook & Orr in support of local hospice patients and their families. Donations may be given in *honor* or *memory*

of a loved one. Ice candle luminaries will also be available for purchase to be displayed as part of the tree lighting ceremonies. All *Lights of Love* contributions and dedications will be published in local area newspapers during the month of January, unless otherwise indicated on the clip & send form. To make a donation please complete and return the clip & send form printed in this newsletter.

VHHP Welcomes New Program Director



LIZ CHENEY

Virgie Hegg Hospice Partners (VHHP) is pleased to announce the hiring of Liz Cheney as its new Program Director. Liz is replacing Lisa Squires who resigned recently for family reasons. Liz graduated from the College of St. Scholastica with a B.A. degree in Elementary Education & Music and a Master's degree in Curriculum Development & Instruction. She has worked as a teacher as well as in the role of a coach.

Liz has also been a small business owner of a gourmet deli and catering business. Currently, she serves as the Youth and Family Director at Trinity Lutheran Church in Cook.

Liz's experience, fresh ideas, and an enthusiasm to work for others will be a valuable asset to the purpose and mission of VHHP.

You can contact Liz by e-mail at vhhpdirector@yahoo.com or by calling 780-8907.

National Hospice and Family Caregiver's Month-November

November is celebrated annually as National Hospice Month and National Caregivers Month. It is a time to raise awareness of hospice and recognize the work of hospice and palliative care professionals, volunteers and supporters not only across the country but also here in our community. Hospice care stresses the importance of quality care at the end of life.

Hospice first began in the United States over 30 years ago with the first volunteer hospice. Hospice usage has steadily grown since then.

Hospice utilizes an interdisciplinary

team made up of health care professionals and trained volunteers. They provide pain management, symptom control, psychosocial support and spiritual care to those with terminal illnesses. The wishes of the family and patient are always the priority of the hospice team.

Virgie Hegg Hospice Partners, Inc. encourages you to take the time in November, during National Hospice Month, to talk with your families and loved ones about the kind of care you wish to receive or the care they would want if they are ever faced with a terminal illness.

VHHP Members Rise to Challenge

The recently completed Virgie Hegg Hospice Partners (VHHP) 2010 Annual Membership Campaign successfully raised over \$4000 in new and renewing memberships in support of patients and their families receiving quality hospice services in central Saint Louis County. The challenge to renewing members was to sign up one or more new members along with their own renewals

Thanks to a generous grant from Thrivent Financial for Lutherans, every \$4 raised by VHHP during the month of May, generated \$1 in matching funds, up to a total of \$750. This additional support increased the membership campaign total to more than \$5000. The Board of Directors thanks those of you who responded with your membership!

VHHP members receive a copy of the annual Spring and Fall newsletters and an invitation to the Annual Meeting held in June. The Board of Directors is elected by the membership at the Annual Meeting. All

membership contributions are tax deductible.

Throughout the year VHHP supports hospice patients and their families by providing medical supplies and equipment not covered by Medicare, Medicaid, or private insurance. VHHP also helps to provide bereavement & grief support for surviving family and friends, continuing education & development for hospice staff, and annual scholarships for local high school and college students.

The VHHP Board of Directors is extremely grateful for the continued support of new and renewing members. Membership support makes it possible for VHHP to fulfill its primary purpose of supporting quality hospice care in the communities of central Saint Louis County.

New members are welcome to join VHHP at any time throughout the year. For more information visit us online at www.vhhp.org.

VHHP Remittance Envelopes

Remittance envelopes have been placed in 13 Funeral Homes in the cities/towns of: Aurora, Chisholm, Cook, Eveleth, Gilbert, Tower, Cook, Virginia, and Hibbing. The remittance envelopes have been made available in the event that the funeral homes are serving a family who wishes to direct memorials to the support of local hospice care.

Memorial gifts allow us to compassionately support families, including as-needed financial help to pay for expenses not covered by Medicare, Medicaid or private insurance. They also allow us to ensure quality hospice care by supporting continuing education of hospice staff and volunteers.

QUICK HOSPICE FACTS

According to the National Association for Home Care:

- Nearly 80% of hospice patients are over the age of 65. Almost as many males as females are hospice patients.
- There are more than 2,200 hospices participating in the Medicare program in the US, with an additional 200 volunteer hospices.
- Most hospice patients are married.
- While most hospice patients are diagnosed with cancer, hospice services are also available to patients with pulmonary disease, heart disease, neurological disorders, Alzheimer's disease, and AIDS.
- More than 570,000 patients receive hospice care through Medicare or Medicaid programs each year.
- Over 95,000 people serve as hospice volunteers annually.
- Volunteers provide over 5 million hours of care and service annually.
- Most patients enter a hospice program within the last month of their life.

This last fact is troubling. Too often referrals are made to hospice at the very end of a terminal illness. Families still benefit from a hospice program, no matter how short of time the involvement; but many benefits are not fully realized with such a short time in the program. The hospice team has been trained in the progressive care a patient and family needs in all stages of a life limiting illness.

So, how do you know when hospice is appropriate and should I wait for our physician to raise the possibility of hospice?

The patient, family or physician can initiate a hospice information/referral call or visit as soon as a terminal illness is diagnosed. When a patient decides to move from a curative treatment plan to a plan focused on providing comfort and pain relief, he or she may choose hospice. At this point, the hospice team, physician, patient and family can discuss services available, expectations, and develop a plan specific to the needs of the patient and family. Patients and their families should feel free to discuss a hospice option at any time during a life limiting illness with their primary care physician. While it is appropriate to discuss all care options, it is, by law, the decision of the patient to choose the care that he or she wishes to receive.

NHPCO Fall Conference — “Developing the Care Curriculum”

Written by Anne Nalan- LSW Medical Social Worker

With VHHP's assistance, I was very fortunate to attend a conference in Boston, MA given by the National Hospice and Palliative Care Organization titled "Developing the Care Continuum: Innovative Models to Meet the Unique Needs of Patients/Families.

The conference centered around the theme that models of delivering health care in this country are currently in flux, and Hospice organizations need to be aware of the changes taking place. Speakers presented information on how hospices are in a unique position in these changes for a variety of reasons. Policy makers and health care organizations are considering different ways of reimbursing health care systems. Some models of care include "outcome based" types of revenue streams. As the national conversation continues on health care reform in this country, NHPCO presented speakers and information that would encourage hospices to think more broadly about the types of services hospices provide.

A major theme during the conference was figuring out ways to offer a Palliative Care program alongside the hospice care provided. Most health systems are developing Palliative Care programs, but the revenue streams to fund these programs are largely absent. At this time, Medicare does not cover patients' Palliative Care, and hospices are generally offering Palliative Care without reimbursement at this time. Several speakers presented information on how hospices are providing Palliative Care, and determining ways to allow them to bill Medicare for these services. The hospices presenting this information were generally very large programs with a daily census in the several hundreds - and their hospice programs could support or underwrite basically, the Palliative Care program.

The portion of the conference that was most interesting to me as a social worker for East Range, was the discussion about assisting communities in providing services that aren't currently available to patients. Something East Range has been working very hard at is to assist people in completing Health Care Directives. This service is generally not offered by most hospices, and is a great way of not only helping people in the community, and raising awareness of our hospice program. It appears that East Range is at the forefront of this type of effort. Myself and Linda O'Neill- DeRemee have been helping people complete health care directives since May. On the 3rd Wednesday of each month, one of us goes to Ely DC to assist patients who sign up for help with health care directives. Third Thursday, we help patients at Aurora DC, and on the fourth Wednesday, we are at the Hibbing DC. We've had a pretty good response to the service. Since May, we have assisted 15 or more people in completing their health care directives - from initiating the conversation, to notarizing and copying the documents to forward to their primary physician.

To continue placing more focus on community outreach "upstream" from hospice care, I'm attending a training through an organization called Honoring Choices. This is a group that helps health care organizations begin to build a culture around the idea that advanced care planning is critical. Advanced Care Planning is the process that goes a step further than a traditional health care directive. Advanced Care Planning is the process of making sure patients create a document that not only expresses their wishes for health care, but truly assists the health care community that person lives in, to carry out the wishes expressed in the document. I'm attending a training on facilitating these conversations with

people that considers their own health history, their religious/spiritual beliefs and addresses their personal concerns.

Thank you for your help in continuing our team's education. This conference was very useful in planning and shaping our "upstream outreach" efforts.

Anne Nalan, LSW
Medical Social Worker
St. Mary's Hospice and Palliative Care
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St. Mary's Contact Information

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Direct 1-218-749-7975

Fairview North Star Contact Information

Fairview North Star Hospice
Penny Calger - Director of Home Health Care
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Hibbing, MN 55746
Toll Free 1-877-272-6982
Direct 1-218-262-6982

2010 Lights of Love

You are invited...
to join a tradition of honoring and remembering
Friends, Family & Neighbors
by helping to light the tree at this year's
holiday ceremonies in the communities of Cook & Orr.

Cook's tree lighting ceremony - Friday, December 3rd @ 5:30 p.m.
Ceremony will take place at the Cook Library w/coffee an' to follow

Orr's tree lighting ceremony - Saturday, December 4th @ 5:30 p.m.
Ceremony will take place at the Orr Visitor Center w/coffee an' to follow

MEMORIALS (2009/2010)

In Memory Of

Marjorie Brula
Russell Daniels
Gretchen Eldien
Verna Frazee
Ronald E. Gellerman
Judy Gilbertson
Marion Giru
Jean Schibel Gross
Niilo "Ed" Hendrickson
Robert Johnson
Gene Kantola
Fredric Karasek
Patti Knoer
James Krasaway
Evelyn Nylund Miller
Aleda McCue
Kenneth Murphy
Clarence "Ike" Olson
Wally Olson
Emily Peyla
Ted Pietrini
Dolores Poderzay
Kay Sacchetti
Ann Smrekar
Marjorie Stahl
Bert Vos
Edward Weir



MEMORIALS (2010/2011)

In Memory Of

Boyd Angen
Agnes Brunner
Duane Erickson
Adelaide and Edren Hyppa
Duane Erickson
Betty Healy
John Friend Jordan
Ruth Miller Jordan
Walter Lahola
Ellen Metsa Nelson
Tenna Perkio
Joseph and Mildred Peterka
Ernest Peternel
George Pliml
Rose Marie Roach
James Sanborn
Bob Torstenson

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.

VHHP Welcomes New Board Member Shawna Kishel



VHHP welcomes Shawna Kishel to the Board of Directors. Shawna brings a great background of hospice care experience and knowledge because she has been a hospice volunteer for six years. She also has first hand experience when it comes to grant writing and non-profit organizations. Shawna has witnessed the positive impact end of life care has on patients and families. It is through those positive experiences that has been encouraged and found a passion for hospice. Shawna will be a wonderful addition to the VHHP board. Welcome Shawna!

Shawna is replacing board member Donna Hoffer. The Board of Directors would like to thank Donna for her service and time on the board and wish her well in all future endeavors. Thank you Donna!

Spring 2010 Scholarship Winners:

At its regular Board Meeting in April, the VHHP Board of Directors reviewed a number of scholarship applications and selected two deserving area youth for scholarship awards. These scholarships support local students pursuing a medical career. There are two high school scholarships. One is awarded to a student from Cook, and one is awarded to a student from Orr. A third scholarship is available to local college students pursuing a medical degree, but no applications for this scholarship were received in 2010.

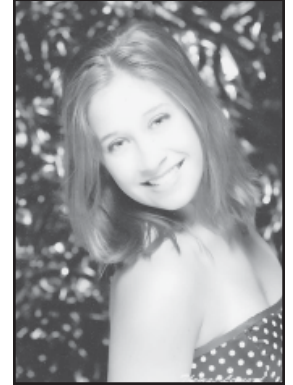


Mackenzie Reing of Cook received a VHHP Scholarship to pursue a career as a medical doctor. She will be attending the University of Minnesota (Twin Cities)

this fall as a pre-med student. Mackenzie demonstrates a high level of commitment to community service and is prepared to

work hard to achieve ambitious goals. She hopes to someday work as an emergency doctor or trauma surgeon, making a significant difference in the lives of others.

Allana Parvi of Orr also received a VHHP Scholarship. She will be attending the College of St. Scholastica (Duluth) this fall to pursue a career as an



Occupational Therapist. Allana exhibits strong leadership qualities and a determination to excel. She has also had the opportunity to travel, broadening her view of other peoples and cultures. Allana is excited to pursue a career where she can help others, while continuing to broaden her own understanding.

Congratulations to these deserving young women and best wishes in the pursuit of your goals! Scholarship application forms for 2011 can be downloaded from our website at www.vhhp.org

DONATIONS (2009/2010)

American Legion
Post 239-Virginia



GRANTS (2009/2010)

Thrivent Financial for
Lutherans

United Way of
Northeastern MN

VHHP Receives Support from United Way

VHHP was recently selected to become a part of the United Way of Northeastern Minnesota family of partner agencies. Many dedicated volunteers worked diligently to fairly assess VHHP's current program, financial status and needs. In making its move towards Community Impact, panel members recommended VHHP to receive a grant in the generous amount of \$2400.00. This much appreciated support will allow us to continue partnering with licensed and Medicare certified hospice programs throughout central Saint Louis County.

VHHP, through its partnership with licensed & Medicare certified hospice programs, ensures and facilitates access to quality hospice services and palliative care for hospice patients and their families in central Saint Louis County. VHHP supplements patient care by providing medical equipment and supplies

not covered by Medicare or private insurance. We are also able to support continuing education and training needs for hospice staff and volunteers to ensure ongoing quality in hospice care. In addition, VHHP uses its outreach and education program to keep the general public informed about the nature and availability of hospice services, thereby increasing referrals to and support for hospice care in our local area. For more information, visit us online at www.vhhp.org or contact Program Director Liz Cheney.



United Way
of Northeastern MN

Virgie Hegg Hospice Partners, Inc.
P.O. Box 244
Cook, MN 55723

Fall Issue Newsletter

To:

----- Please clip & mail to: Lights of Love, PO Box 244, Cook, MN 55723 -----

Virgie Hegg Hospice Partners, Inc.
2010 Lights of Love

Categories:

Purchase a single bulb \$5

Purchase a string of bulbs \$25

Ice Candle Luminary \$10

Other \$ _____

In Honor of (*living person*) _____

In Memory of (*deceased person*) _____

Name _____

Address _____

City, State, Zip Code _____

Would you like your donation to remain anonymous?

Yes

No