



Virgie Hegg Hospice Partners, Inc.
 a supporting partner of
 Licensed Hospice & Palliative Care Providers in Central St. Louis County
Membership Newsletter

Spring 2010
Volume 11, Issue 1

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 P.O. Box 244
 Cook, MN 55723

Website: www.vhhp.org

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 218-666-5750

Board of Directors

Chairperson
 Karen McDermott
 218-666-2766
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Vice-Chairperson
 Jim Ganahl

Secretary
 Wendy Appleby

Treasurer
 Jo Ann Anderson

Members at Large

Becky Barnes
 Barb Hegg
 Marge Herr
 Marge Hyppa
 Joan Jordan
 Marlene Lundquist
 Verdella Musech

Honorary Members

Erling Hegg
 Kathy Leding

Website Information
www.vhhp.org
 Created & maintained by
 Rick Pearson
 Eagle One Productions
 Cook, MN

VHHP Board Challenges Members

Virgie Hegg Hospice Partners (VHHP) board of directors would like to challenge renewing members to help us complete a successful Membership Campaign. Thanks to a generous grant from Thrivent Financial for Lutherans, every \$4 raised by VHHP during the month of May, will generate \$1 in matching funds, up to a total of \$750. To realize the full benefit of this generous offer, VHHP will need to successfully raise at least \$3000 in new and renewing memberships. The board of directors hopes to exceed this goal with your help!

The challenge to renewing members is this; along with your own renewal, sign up 1 or more new members as well. Talk to family, friends or neighbors whom have experienced the benefits of hospice care. Share your own experience with them or invite them to visit us online at www.vhhp.org for more information. Membership forms as well as VHHP newsletters are also available online.

VHHP members make a personal commitment to hospice philosophy and hospice education as well as providing an extra level of financial support for continued quality hospice care in our local area. In addition to receiving a copy of the annual Spring and Fall newsletters, members are also invited to attend the Annual Meeting held in

June. The Board of Directors is elected by the membership at the Annual Meeting.

Throughout the year, VHHP supports hospice patients and their families by providing medical supplies & equipment not covered by Medicare, Medicaid, or private insurance. VHHP also helps to provide bereavement support for surviving family and friends, continuing education & development for the staff of St. Mary's Hospice & Palliative Care East Range Team, and annual scholarships for local high school and college students.

The annual meeting will be held on June 7th, 2010, at the home of Verdella Musech. A potluck dinner will follow. The Annual Meeting is held to review past accomplishments, to discuss future goals, and to elect the Board of Directors. New and renewing members who plan to attend the meeting should contact Karen McDermott at (218) 666-2766.

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 providing quality hospice care in the local community. To renew your membership, look for the clip & save ad in this issue. For more information, visit us online at www.vhhp.org.

VHHP Education and Outreach Program

In 2009, Vice-Chairperson Jim Ganahl volunteered his time and talents to create an Education and Outreach program in an effort to increase hospice awareness and VHHP membership throughout central Saint Louis County. Increasing hospice awareness will increase the number of hospice referrals and ensure the financial viability of local hospice providers. Increasing VHHP membership will also establish a firm foundation of dedicated donors who will underwrite VHHP's continued efforts to support hospice services. Hospice education presentations are available to church groups, civic clubs, and other community organizations throughout central Saint Louis County. To schedule a presentation for your group, please contact Jim Ganahl at 666-5990.

United Way of Northeastern Minnesota

Virgie Hegg Hospice Partners (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.



2009 Lights of Love



“Lois Larson with her original watercolor at Cook celebration”

VHHP recently completed its 19th annual Lights of Love campaign. December Lights of Love ceremonies in both Orr & Cook were well attended by community members wishing to remember and honor their loved ones. Local pastors provided words of hope as we entered the holiday season. A beautiful display of Finnish ice candles added to the festivities. Traditionally, ice candles were placed on the graves of loved ones during the holiday season. A time of caroling was followed by cider and treats at the

ceremony in Cook. The ceremony in Orr coincided with a benefit being held for Orr resident Nels Gabrielson.

This annual fundraiser, in support of local hospice patients and their families typically provides approximately 50% of the income needed to support the goals of Virgie Hegg Hospice Partners. In spite of the current financial climate, many area businesses and individuals were once again supportive of these efforts. While we were not able to meet our financial goals for this fundraiser, the donations received combined with ongoing support will help us to continue ensuring the availability of quality hospice care in our local area. For a complete listing of Lights of Love memorials, visit us online at www.vhhp.org.

For the third consecutive year, local watercolor artist Lois Larson, donated an original holiday painting to be raffled as part of the *Lights of Love* celebration in Cook. Proceeds from the raffle further increased the success of the campaign. Marge Herr of Cook was the lucky winner of this beautiful painting.



MEMORIALS (2009/2010)

In Memory Of

Marjorie Brula
 Russell Daniels
 Gretchen Eldien
 Verna Frazee
 Judy Gilbertson
 Marion Giru
 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
 Jean Schibel Gross
 Ann Smrekar
 Marjorie Stahl
 Bert Vos
 Edward Weir

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.

Hospice Care Contact Information

St. Mary's Hospice & Palliative Care - East Range Team

Dee Dee Thesenvitz -
 Coordinator of Hospice Volunteers
 901 9th Saint N.
 Medical Arts Bldg. Suite 215
 Virginia, MN 55792

www.stmarysduluth.org/otherservices/hospice/eastrangeteam.htm

Direct: 218-749-7976
 Toll Free: 877-851-2213

Fairview North Star Hospice

Penny Calgar – Director of Home Health Care
 1101 East 37th Street
 Suite 27
 Hibbing, Minnesota 55746

www.range.fairview.org/services/hospice/

Direct: 218-262-6982
 Toll Free: 877-272-6982

DONATIONS (2009/2010)

American Legion
 Post 239-Virginia



GRANTS (2009/2010)

Lake Country Power
 Thrivent Financial for Lutherans
 United Way of Northeastern MN

NHPCO's 10th Clinical Team Conference

“Soaring to New Heights in Interdisciplinary Care”

Report & Thank you from Patti Fisher RN CHPN

Many thanks go out to VHHP and its membership, for helping to sponsor my attendance at the National Hospice and Palliative Care Organization's (NHPCO) conference in Denver, Colorado this past September. By attending this conference, I was able to broaden my knowledge of hospice care and bring back many ideas to our team. Not only to care for our patients, but to assist us in caring for ourselves through this rewarding, but often challenging work.

During this conference, I attended many training sessions on a variety of topics. All of the sessions were presented by some of our nation's leading professionals in health care.

Cultural diversity was one of the first sessions I attended. In this session, with the cultural differences demonstrated by video presentation of patient, family and care team interaction, I was able to understand that it is not only what is said, but that there is also great importance in what we hear during our interactions. The development of those skills are necessary to improve not only our communication, but also to serve the patient and family needs in a way that is specific to that family, and could be very different from what our own plan for that family may have been.

Other patient care topic sessions I attended were on wound care, caring for patients with chronic obstructive pulmonary disease, and pain management. Additionally, I attended a session that gave me tools to help further evaluate a patient's appropriateness for hospice care and the ongoing assessment process that requires accurate documentation to meet the guidelines set up for our program by Medicare and other payer sources.

In the area of self care and team support, I attended a session on development of compassionate responses to difficult situations which we encounter in our day to day work as a team. Another session taught skills in interacting with difficult families. Both sessions helped to provide self reflection and coping strategies that I could bring back to assist our entire multidisciplinary team.

A favorite session of mine was given by Frank Ostaseski, a Buddhist teacher and leading voice in end of life care, who co-founded the Zen Hospice Project and created the Metta Institute which reaffirms the spiritual dimension of dying. His wonderful presentation dealt with exploring how the aspect of compassion in caring for one another has an integral role in healing by enabling us to be open to another's suffering. It was a powerful and moving presentation and I was able to bring home a 2 CD recording of this topic to share with our staff. Our Coordinator of Volunteer Services, Dee Dee Thesenvitz, plans to incorporate segments of this recording in her training of volunteers in the future.

Another educational tool I was able to bring back to our staff was a video on “Comfort Touch”. This is another type of care delivery for our patients, similar to Healing Touch Therapy, that we can add to our staff training as a source of comfort therapy to patients willing to receive it.

There were also poster presentations available for our viewing during the conference. Of these, the most powerful one for me was to see the presentation of the Angola Exhibit entitled “Grace Before Dying”. This was a photographic documentary of the

prisoner-run hospice program at the Angola State Penitentiary. Because of the tough sentencing laws in the state of Louisiana, 85% of the 5,100 prisoners at Angola are expected to die there. Before the initiation of this program, most terminally ill patients died alone and unattended. In 1998, Warden Burl Cain helped to create this hospice program allowing terminally ill inmates to go to a hospice ward and be cared for by inmate volunteers who work with hospital and security staff to care for the dying patient. The powerful pictures shown in this presentation demonstrated a caring and serving bond of respect and dignity of human life that brought me to tears.

Lastly, I attended a session on employing laughter and light heartedness in the work place. This is often the place where we lay the stress of our emotionally draining work. The self-care benefits of being able to laugh at ourselves and keep a work environment upbeat can make the difference in how we are able to carry on this work over the long haul. Though we love what we do, we are reminded that it takes a lot of self-care to be an effective caregiver and we must take good care of ourselves in the process of working in Hospice.

Again, I want to thank VHHP and its membership for making this wonderful opportunity possible for me and for the benefit of our staff in carrying on end of life work in our community. Your support helps us to continue providing quality hospice care, for which we are very grateful.

Sincerely,
Patti Fisher RN CHPN
St. Mary's East Range Hospice
and Palliative Care

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P.O. Box 244
Cook, MN 55723

Spring Issue Newsletter

To:

----- Please clip & mail to: VHHP, PO Box 244, Cook, MN 55723 -----

Virgie Hegg Hospice Partners, Inc.

2010 Annual Membership Campaign

Members receive a copy of our annual Spring and Fall Newsletters
And an invitation to the Annual Meeting held in June.
All membership contributions are tax deductible.

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|-------------------------------------|----------|-------------------------------------|-----------------------------|
| <input type="checkbox"/> Individual | \$20.00 | <input type="checkbox"/> Memorial | \$100.00 In Memory Of _____ |
| <input type="checkbox"/> Family | \$40.00 | <input type="checkbox"/> Sustaining | \$500 |
| <input type="checkbox"/> Other | \$ _____ | | |

Name _____

Address _____

City, State, Zip Code _____

e-mail address _____