

VHHP Contact Information:

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

Website: www.vhhp.org

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218-780-8907

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218-666-2766
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Website Information

www.vhhp.org
Created & maintained by
Rick Pearson
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Cook, MN

Virgie Hegg Hospice Partners, Inc.

a supporting partner of
Licensed Hospice & Palliative Care Providers in Central St. Louis County

Membership Newsletter

2011 Membership Drive and Annual Meeting

Each year Virgie Hegg Hospice Partners, Inc. (VHHP) holds a membership drive as part of its second largest fundraiser of the year. Becoming a member is easy.

What does being a member of VHHP mean? By becoming a member you will receive copies of the membership newsletter, published twice yearly, and an invitation to the annual membership meeting held in June. This year's annual meeting will be held on June 6th, 2011 at 6:00 p.m., at the home of Verdella Musech. A potluck dinner will follow. If you plan to attend the annual meeting please contact Karen McDermott at (218) 666-2766.

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 Essentia Health – St. Mary's Hospice – East Range Team, 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 providing quality hospice care in the local community. Spring is a time for renewal and we encourage those of you who are past members to renew your membership in VHHP and encourage new members to fill out the membership form. 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.

2010 Lights of Love



An original watercolor painting by local artist Lois Larsen.

VHHP recently completed its 20th annual Lights of Love campaign. The Lights of Love ceremonies in December were well attended in both Cook and Orr by community members wishing to remember and honor their loved ones. Board members 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 both ceremonies.

This annual fundraiser, in support of local hospice patients and their families, typically provides approximately 40-50% of the income needed to support the goals of VHHP. In spite of the current financial climate, many area businesses and individuals were once again supportive of these efforts. For a complete listing of Lights of Love memorials, visit us online at www.vhhp.org.

For the fourth consecutive year, local watercolor artist, Lois Larson, donated an original 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. Alexandra Jordan of Cook was the lucky winner of this year's beautiful painting.

American Academy of Hospice and Palliative Medicine & Hospice and Palliative Nurses Association

by Deb Morton, RN, CHPN

With VHHP's assistance I was able to attend the annual assembly conference that was held in Vancouver, BC. The two preconference sessions I attended were excellent:

1. Hospice in Long-Term Care: Practical Approaches to Regulations, Ethics and Collaboration.

It described ways to improve collaboration with hospice providers and providers in long term care facilities and assisted living facilities. Benefits of collaboration are improved pain management, fewer hospitalizations, greater family satisfaction with EOL care, and lower costs in the final month of life. Patients, families, facilities and hospices share a common goal: access to timely, high quality palliative and hospice care with physical symptoms, emotional and spiritual needs related to progressive illness. Hospice staff can help with comfort and decision making needs. Hospice goals are to help the patient/family and facility.

2. Words that work: Patient Centered Strategies for Difficult Conversations.

Effective communication is a core skill requirement for quality palliative care. It described communication strategies that effectively reframe difficult conversations into collaborative patient-centered, goal-directed care planning discussions. Reviewed and reminded us to listen with all our senses. "We all hope for a miracle, but in my mind, God is in charge of miracles, which is outside of what I can do." "We can always have hope but what we hope for might change."

During the conference it was interesting to hear that most are in the same situation with improving health care through effective clinical leadership. We need to have more education on hospice care provided to health care

providers. It's amazing to hear that patients don't always hear what the doctor has said on their prognosis or they may interpret it differently. Need to improve screening for palliative care needs so no patient is left behind. A lot of referrals to hospice are received late in the stage of the disease and patients/families don't get the support we would have liked to have provided if we had them longer. That death, like birth, is archetypically communal experience with universally shared emotions, fears, hopes and pains. An event that ironically has not changed despite advanced technology and sophisticated medical care.

Thank you for your help in continuing our team's education. This conference was very useful and helpful in my role on the hospice team.

Deb Morton, R.N., CHPN
Referral/Admissions Coordinator
Essentia Health – St. Mary's Hospice
– East Range Team

VHHP purchases equipment

The VHHP board of directors approved the purchase of several pieces of medical equipment. Hospice patients often have prescribed medication in their homes, and it is crucial to keep the medications located in a safe and accountable place. VHHP purchased an e-pill CompuMed Tamper Proof Pill Dispenser. This piece of equipment can be programmed to dispense medication up to 4 times a day, which ensures the patients get their medication in the right dose at the right times. This is available to the hospice nurses to loan to patients as needed.

We also purchased an otoscope/ophthalmoscope instrument set. VHHP added three pulse oximeters for the hospice nurses. This allows for the nurses to have access to a number of essential medical equipment when they are out in the field calling on patients.

It is through successful fundraisers such as Lights of Love and the annual membership drive that VHHP is able to provide patient support by successfully equipping the hospice nurses. The addition of these 5 pieces of equipment will directly impact the hospice patient.

Hospice Care Contact Information

Essentia Health – St. Mary's Hospice – East Range Team

Dee Dee Thesenvitz - Coordinator of Hospice Volunteers
901 9th Street 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

Volunteers are at the Heart of Hospice.

by Dee Dee Thesenvitz, Coordinator of Hospice Volunteers for
Essentia Health – St. Mary's Hospice – East Range Team.

"You matter to the last moment of your life, and we will do all we can to not only help you die peacefully, but to live until you die." Dame Cicely Saunders, mother of the modern hospice movement

Dame Cicely Saunders is credited with the beginning of the Modern Hospice movement in the United States. In 1963 she came from London, where she was coordinating hospice inpatient care at St. Christopher's Hospice in London, to the United States and Yale University to lecture on hospice care and how it was being provided. These lectures were the impetus for hospice care as it is practiced today. Another pioneer exploring the phenomenon of death and dying was the Swiss author and psychiatrist, Dr. Elisabeth Kübler-Ross. Her 1969 book, *On Death and Dying*, furthered the knowledge about end of life care. Dr. Kübler-Ross advocated the care of the dying in their home and allowing patients to participate in decisions with respect to how they would like to be taken care of at the end of life. As the knowledge and research of these two women became better known, it led to the founding of the hospice movement in the United States.

In 1974 the first hospice program in the United States was started in Connecticut. In the late 1970s a task force was established by the US Department of Health, Education and Welfare to examine the feasibility of hospice care for terminally ill patients. When it was determined that hospice would be eligible for federal funding, the center for Medicare and Medicaid services initiated demonstration projects to study cost effectiveness. By 1985 the provision for hospice under Medicare became permanent, and states were given the option to offer hospice services under Medicaid programs.

The National Hospice and Palliative Care Organization reported in 2007 that an estimated 1.4 million people with life-limiting illnesses received care from the nation's 4,700 hospice providers. Most hospice programs are Medicare Certified. To be certified, and to maintain that certification, there are many conditions of participation (CoP) required by Medicare. One of the conditions of participation is that hospice programs must use volunteers. In fact, the number of volunteer hours must equal at least 5% of the paid staff hours.

When people choose to volunteer, they choose an area that interests them or they want to learn something new or they want to give back to an organization that has helped them in some way. Very often, when someone signs on to volunteer for hospice, it is because they have had some experience with the death of a loved one or, more specifically, because they have been supported through the experience by a hospice program. As the coordinator of hospice volunteer services I often hear "Volunteering for hospice is a calling".

Volunteers are offered many opportunities for service with the Hospice Program. We have eight different volunteer assignments developed to fit most anyone's schedule from those who work full time to those who are retired. If you are looking for a fulfilling and rewarding volunteer experience then hospice may be that experience.

For more information about hospice and volunteering for hospice please call 749-7975 and ask for Dee Dee.



MEMORIALS (2010/2011)

In Memory Of

Ellen Metsa Nelson

George Pliml

Rose Marie Roach

John Friend Jordan

Ruth Miller Jordan

Ernest Peternel

Boyd Angen

Katherine Marsh

Caroline Poole

Donald Grivette

Mary Smrekar

Arthur Moscatelli

Esther Sacchetti

Dolores Poderzay

Touvi Santi

Ethel Syrjanen

Matilda Byrne

Helen Weir

Lloyd Stafford

Fredrick Karsek

Regetta McGregor

Eileen Benoit



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.

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Spring Issue Newsletter

To:

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

Virgie Hegg Hospice Partners, Inc.

2011 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 _____