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Slayton MN 56172

36 Park Drive \* PO Box 86

Hospice of Murray County is excited to announce our annual Spring Benefit for the year 2023.

Please mark your calendars so you can join us for this fun event!

**Friday May 5th, 2023 at Key Largo on Lake Shetek, Slayton MN**

Entertainment featuring the Dinner Detective – Murder Mystery Dinner Theater



Doors open at 5:00, Show starts at 6:30 Catered meal & full-service Bar provided by Key Largo  
~ CINCO DE MAYO themed meal ~ \$30/person – **Limit of 150 tickets sold**

**\*\*MUST BE 15 TO ATTEND\*\***



WATCH OUR FACEBOOK PAGE FOR UPCOMING EVENT INFORMATION!!



# Hospice of Murray County

Spring 2023

“America’s largest interactive comedy murder mystery dinner theater dinner show.

Solve a hilarious crime while you feast on a fantastic meal. **BEWARE**, the culprit is hiding in plain sight somewhere in the room and you may be a **PRIME SUSPECT!!** ~The Dinner Detective

We are seeking **EVENT SPONSORS** again this year. As a sponsor, your name will be used in all our advertising. We would like to have acknowledgment of our sponsors by **April 1, 2023** in order to be listed in our printed advertisement.

<b>PLATIUM LEVEL</b>	<b>\$500 – 6 Tickets to the event</b>
<b>GOLD LEVEL</b>	<b>\$350 – 4 Tickets to the event</b>
<b>SILVER LEVEL</b>	<b>\$200 – 2 Tickets to the event</b>
<b>BRONZE LEVEL</b>	<b>\$ other - advertising acknowledgement</b>



Please send your donations and the following information to:

Hospice of Murray County, PO Box 86, Slayton MN 56172

Business, Family or Individual:

Address/phone number:

In honor or memory of:

Hope to see you there!

Hospice of Murray County Staff & Board of Directors

**\*\*MUST BE 15 TO ATTEND\*\***

## HOSPICE OF MURRAY COUNTY STAFF

Marti Engelkes  
Sarah Plantz  
Ashley Carlson  
Ashley Opdahl  
Eden Bengtson-Carney  
Olivia Lewis  
Hailey Swanson  
Mary Baune  
Heather Engelkes  
Dr. Carol Lang  
Megan Schryvers, CNP  
Pastor Lori VonHoltum  
LeRoy Reese  
Sadie Lappegard  
Michelle Kalas  
Diane Scarset  
Lucille Deslauriers  
Audrey Braun  
Cathy Kor  
Jessica Sundahl  
Brianna Hargis  
Ashton Kalas  
Joan Kunselman  
McKenna Samuelson  
Chantel Scarset

Connect on Facebook



## VOLUNTEER BOARD OF DIRECTORS

Lisa Graphenteen  
Loretta Gervais  
Lori Hebig  
Chad Buysse  
Sally Nelson  
Nancy Fell  
Austin Quade  
Mary Mesner  
Jan Cuperus



# RAFFLE

## FUNDRAISER

*all proceeds to benefit*

**Hospice of Murray County**

Drawing will be held (May 5th) at the show/need not be present to win.

1ST PRIZE

\$500 CASH

2ND PRIZE

\$250 CASH

3RD PRIZE

\$250 CASH

4TH PRIZE—\$100 CASH

5TH PRIZE—\$50 CASH

6TH PRIZE—\$50 CASH



Tickets can be purchased by calling our office @ 507-836-8114, contacting staff members or stopping by our office @ 36 Park Drive in Slayton, Mon– Fri 8am-4pm!

**\*\*Only 500 tickets will be sold\*\***

# UP COMING EVENTS

## March:

National Social Worker Month

18 Farm and Home Show

20 Celebration of Remembrance

30 National Doctors Day

## April:

26 Administrative Professionals Day

## May:

05 Annual Spring Benefit

6-12 National Nurses Week

As Spring approaches we have a number of things we look forward to. Saying Thank You to the Volunteers. Our Volunteer put in over 3,800 hours last year!!! Hospice Volunteers are always needed. I cannot stress enough the need of our patients have for the volunteer. If you know of someone or would like to become a volunteer WE NEED YOU !!! Volunteers can spend hours with our patients. Patients love to be visited, have help with their household chores, have a meal brought in or made for them. It makes them feel very special when things look very bleak for them. Are you able to pay it forward. We are also starting to ramp up our Bereavement program. We are also looking for volunteers who might have some InSite to the grieving families we have served. Give me a call and we can visit about your interest in volunteering.

Mary Baune Volunteer Coordinator.



### Physical Address:

36 Park Drive

Slayton, MN 56172

### Mailing Address:

PO Box 86

Slayton, MN 56172

### Office Phone

507-836-8114

### Fax

507-8369-6462

### Our House Phone

507-836-6439

### On-call Nurse Line

507-369-6588



 **Hospice**  
of  
Murray County



The following content is an excerpt from the Physician's Guide to Care, a resource to help physicians and providers use hospice in the treatment of terminally ill patients. Material was prepared with the help and input of hospice medical directors and physicians throughout Minnesota. This article can also be found at <http://www.mnhpc.org/hospice-care/providers-and-professionals/utilizing-the-hospice-team/>

### How to Refer to Hospice

An initial referral to hospice always begins with an honest discussion with the patient about care and treatment options. Once this has occurred, a hospice program will ask for the following information regarding the patient:

Admitting diagnosis and prognosis	Current medical findings	Orders for medications and treatments
Patient and family understanding of disease and prognosis		Relevant patient and family information
History and physical	Order for hospice care	Ongoing Care

Once the patient is enrolled in a hospice program, the attending physician will be a primary resource on the patient's medical condition and needs. The hospice nurse will be in regular contact regarding symptom management, changes in the patient's condition, and need for clinic or home visit follow-up.

#### The physician is responsible for:

Signing the initial certification of terminal illness	Reviewing the hospice plan of care for the patient
Ongoing clinic visits with the patient	Prescribing medication for comfort care
Reviewing with hospice staff the patient's condition and prognosis	
Making telephone contact and house calls to the patient as necessary	Signing the death certificate
Home visits when necessary	Extending Care through the Hospice Team

Because the care needs of a dying patient encompass more than medical treatment of a disease, the hospice team can be a valuable resource in dealing with complex issues and extending the physician's care.

"Most physicians would say hospice care is worth the investment," said Michael Levy, M.D., Ph.D., director of the supportive oncology program at the Fox Chase Cancer Center in Philadelphia. "[In many cases] the doctor doesn't get calls [or] go to the ER in the middle of the night because hospice takes the calls and the hospice nurse goes out to the home."

"The hospice team is skilled at patient and family education," Dr. Levy continues, "so medicines are taken properly and side effects can be anticipated and treated."

The team approach to hospice care can ultimately alleviate much of the stress traditionally associated with care of the dying patients. According to Ira Byock, M.D., Hospice Medical Director and Chair of the Ethics Committee of the Academy of Hospice Physicians, "Care of the dying stops being a stressor and starts being a source of professional satisfaction" (Skelly, 1994).

#### Hospice Interdisciplinary Team

**Attending Physician**—Patients designate an attending physician to manage their care.

**Hospice Medical Director**—The medical director oversees the treatment by the hospice team and coordinates with the attending physician.

**Hospice Nurse**—Hospice nurses coordinate the individualized care plan and provide specialized palliative care services.

**Social Worker**—Hospice social workers offer emotional support, counseling and community resource support services.

**Spiritual Care**—The Hospice spiritual care coordinator assists in identifying spiritual concerns and the connection with a community of faith.

**Home Health Aide**—Hospice home health aides assist with personal care and light housekeeping services.

**Other Therapists**—Physical, occupational and speech therapists provide palliative care according to the individualized care plan.

**Bereavement Coordinator**—Hospice home health bereavement care supports the person and family throughout the dying process and offers follow-up grief education and support.

**Volunteer**—Trained volunteers provide a variety of services, including companionship and respite care.

Please keep in mind that all hospice programs work slightly differently. For any further questions on how you may benefit from hospice or to start utilizing the hospice team, please contact Hospice of Murray County! Sarah Plantz RN, CHPN, PCC

## SOCIAL WORKER NOTES:

I'm often asked about grief, and how to deal with it. Grief is different for everyone, and everyone experiences it and processes it differently. If anyone has ever talked to me about grief, they've heard me say "It doesn't get easier, it gets different." I even say "It's easier to KNOW about grief than to EXPERIENCE grief." I found this article on the internet and it spoke to me. I don't know who wrote it, so I can't give credit that way, but I like how this man described it, and I hope that you do as well.

"My friend just died. I don't know what to do."

A lot of people responded. Then there's one old guy's incredible comment that stood out from the rest of the rest that might just change the way we approach life and death:

"Alright, here goes. I'm old. What that means is that I've survived (so far) and a lot of people I've known and loved did not. I've lost friends, best friends, acquaintances, co-workers, grandparents, mom, relative, teachers, mentors, students, neighbors, and a host of other folks. I have no children, and I can't imagine the pain it must be to lose a child. But here's my two cents.

"I wish I could say you get used to people dying. I never did. I don't want to. It tears a hole through me whenever somebody I love dies, no matter the circumstances. But I don't want it to "not matter." I don't want it to be something that just passes. My scars are a testament to the love and the relationship that I had for and with that person. And if the scar is deep, so was the love. So be it. Scars are a testament to life. Scars are a testament that I can love deeply and live deeply and be cut, or even gouged, and that I can heal and continue to live and continue to love. And the scar tissue is stronger than the original flesh ever was. Scars are a testament to life. Scars are only ugly to people who can't see.

"As for grief, you'll find it comes in waves. When the ship is first wrecked, you're drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was, and is no

more. And all you can do is float. You find some piece of the wreckage and you hang on for a while. Maybe it's some physical thing. Maybe it's a happy memory or a photograph. Maybe it's a person who is also floating. For a while, all you can do is float. Stay alive.

"In the beginning, the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don't even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you'll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function. You never know what's going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there is life.

"Somewhere down the line, and it's different for everybody, you find that the waves are only 80 feet tall. Or 50 feet tall. And while they still come, they come further apart. You can see them coming. An anniversary, a birthday, or Christmas, or a landing at O'Hare. You can see it coming, for the most part, and prepare yourself. And when it washes over you, you know that somehow you will, again, come out the other side. Soaking wet, sputtering, still hanging on to some tiny piece of the wreckage, but you'll come out.

"Take it from an old guy. The waves never stop coming, and somehow you don't really want them to. But you learn that you'll survive them. And other waves will come. And you'll survive them too. If you're lucky, you'll have lots of scars from lots of loves. And lots of shipwrecks."

With those thoughts, I wish you love, peace and happiness.

Marti Engelkes, LSW



## OUR HOUSE

Our House would like to thank everyone for the donations that we have received throughout the year. All the different donations were very useful and our residents were able to enjoy many of the donations throughout their stay with us. We continue to strive to provide excellent care and are able to do this with the support of community and surrounding areas.

### Our House wish list

Body pillows  
Small cookie scoop  
Essential oils  
Essential oil diffuser  
Hokey (carpet sweeper)  
4 slice toaster  
Meat thermometer

## AN EPIPHANY CHALK BLESSING

A chalk blessing was done at Our House, in January.

Epiphany (also known as Twelfth Night, Theophany, or Three Kings Day) marks the occasion of a time-honored Christian tradition of “chalking the doors.” The formula for the ritual — adapted for 2018 — is simple: take chalk of any color and write the following above the entrance of your home:

20 + C+M + B + 18.

The letters have two meanings. First, they represent the initials of the Magi — Caspar, Malchior, and Balthazar — who came to visit Jesus in His first home. They also abbreviate the Latin phrase, *Christus mansionem benedicat*: “May Christ bless the house.” The “+” signs represent the cross, and the “20” at the beginning and the “18” at the end mark the year. Taken together, this inscription is performed as a request for Christ to bless those homes so marked and that He stay with those who dwell therein throughout the


entire year.

The chalking of the doors is a centuries-old practice throughout the world, though it appears to be somewhat less well-known in the United States. It is, however, an easy tradition to adopt, and a great practice whereby we dedicate our year to God from its very outset, asking His blessing on our homes and on all who live, work or visit them there.

<https://www.stpiusappleton.org/chalkingdoors>



-Thank you to our amazing Pastor Lori VonHoltum for all your dedication to our Hospice program!

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