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36 Park Drive * PO Box 86

****ALL VEHICLES WELCOME****



**JULY
29th**

Location: the Murray County Fairgrounds

HOT RODS FOR HOSPICE

SPONSORSHIP

CLASSES:

Cars

\$100.00 Gold Level

Pickups

\$75.00 Silver Level

Motorcycles

\$50.00 Bronze Level

Tractors

(your name will be in all our advertising)

anything on wheels

(Pre-Registration \$20/entry, Day of \$25/entry)

Name: _____

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Make of Vehicle: _____ Year: _____ Model: _____

Color: _____ Class: _____

Please make checks payable to: Hospice of Murray County

Mail Registration to: Hot Rods for Hospice and Burgers and Brews
36 Park Drive, Slayton MN 56172

If you have any questions please contact our Hospice Office @ (507) 836-8114 or

Email: hospiceofmurraycounty@hospiceofmurraycounty.com

Because Hospice of Murray County is a Non-Profit organization, the days activities are a tax deductible gift

JUNE

17th— Fulda Wood Duck Days (parade)

24th—Westbrook Fun-Days (parade) Fathers Day

JULY

4th—Independence Day



29th — Hot Rods for Hospice & Bags, Burgers and Brews

@ The Murray County Fairgrounds

Car show starts at 9

Bean Bags starts at 12/Noon

AUGUST

14th— 20th—Murray County Fair



RUMMAGE SALE

DATES ARE SET!!!

*Collection week
September 12-15*

*Sale week is
September 19-23*



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I was talking with some of my co-workers the other day about death and dying and what I want my own death to look like. They agreed with some of my thoughts and jumped in the conversation with some of their own thoughts and how they would like to picture their own death. We have even gone as far as talking about our funerals. As we were talking, I thought to myself – *not too many careers would you find a bunch of employees sitting talking about how they want to die and what they feel would be good deaths.*

My suggestion to you is to think about what you would consider a “good death.” Who would you like to have with you on the journey as you prepare, if you find yourself faced with a terminal illness? Do you have any loose ends you need to tie up? What is your wishes about where you would like to die? What is your feelings on treatments, medications, etc..? Write this down, talk to those you are close to. It's never too early to have these hard talks. A Living Will is a great tool to have in place and to fill out. The tool the 5 Wishes to a great starting point and does more than just your wishes on resuscitation, it goes much deeper than that. Please call if you'd like a copy to fill out. I'd love to get your started on a conversation on what your Good Death may look like.

In Peace,

Marti Engelkes, LSW
Licensed Social Worker,
Administrator

*article from <https://www.artofdyingwell.org/what-is-dying-well/our-journey-through-life/what-is-a-good-death/>

What is meant by a good death?

It might seem strange to think of death as something that you can ‘do well’. But there are few things we would want more for ourselves and our loved ones than a good death.

If you are dying, it is likely that you will want to be at peace, as comfortable as possible and surrounded by those closest to you. You will probably want to die at home, and you will probably not want invasive treatment if it is clear that there would be little to gain from this.

A circle of support is important. Such a community might include (but is certainly not limited to) family and friends, carers, medics, a chaplain or a priest. This is relevant not just at the moment of death, but throughout the dying process. Having a community of accompaniment throughout the journey can help you to prepare by bringing consolation and spiritual peace. [Lucy O'Donnell](#) was diagnosed with incurable breast cancer in November 2011. She says of the time of her diagnosis: “I had all these amazing people around me. I had my faith. Actually I felt very buoyed up emotionally.”

Being with the people you know and love can bring comfort to your journey.

Recognizing your needs

Hospital chaplain, Fr Peter Harries, says a good death may involve reconciliation with God or family members.

“It’s about tidying up loose ends in their lives. For other people it’s about times with family, friends, and those who are significant to them. It’s about spending quality time together and creating memories.”

But what if you have no faith and no loving family?

Sister Elizabeth Farmer, of the Little Company of Mary, a retired palliative care worker, remembers a patient called Olive who was dying of lung cancer. She lived alone, seemed to have no close friends or relatives, and refused to go to hospital. She was an atheist and at first unhappy to be visited by a nun. But Sister Elizabeth discovered that Olive had loved mountain climbing and won her trust by helping her visualize her illness by using the language of mountaineering.

The journey towards death

When Olive’s bed had to be moved to the ground floor sitting room because she could no longer manage the stairs, the nun called it “base camp” and arranged for one wall to be covered in landscape photographs of mountains.

Late one night, Olive phoned Sister Elizabeth and asked whether she could go into hospital for a couple of days.

“Olive said to me ‘I’m glad I’m going in because I am going to do the most difficult climb of my life but at the top I am going to see the most wonderful sunrise.’ That’s the nearest we got to God but to me that was a totally spiritual saying. She died about three hours later”.

The journey towards death is as much about getting to know yourself as any part of life. Learning to recognize your needs – be they medical, emotional or spiritual – is something that may become more acute when you are closer to death. Being able to identify these needs is another central part of what it means to die well.

“Let us walk this journey with you”

Hospice of Murray County
36 Park Drive
Slayton, MN 56172
Your Address Line 3

Phone: 507-836-8114
Fax: 507-836-6462
E-mail:
hospice@hospiceofmurraycounty.com

One of the community service projects donated to Our House this Spring!



FOLLOW US ON



 **Hospice**
of
Murray County

OUR STAFF

- Mary Baune
- Eden Bengtson–Carney
- Audrey Braun
- Ashley Carlson
- Lucille Deslauriers
- Heather Engelkes
- Marti Engelkes
- Brianna Hargis
- Cathy Kor
- Joan Kunselman
- Dr. Carol L Lang
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- Ashton Kalas
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- Megan Schryvers , CNP
- Jessica Sundahl
- Hailey Swanson
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OUR VOLUNTEER BOARD OF DIRECTORS

- Dave Kaup
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- Sally Nelson
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- Austin Quade
- Mary Mesner
- Jan Cuperus

PAST EVENTS

Hospice of Murray County would like to thank you for your continued support to our Hospice program, we appreciate your continuous support and are grateful for each donation received. Your donations make a significant difference in the lives of our patients, families, and friends at Hospice of Murray County. Special Thank You to the following:

PLATINUM

**Key Largo
Edward Jones
Totzke Funeral Home
Halbur Trucking Inc
Katie M. Jacobson, CPA
Hadley Lions
Investors Choice
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Sanford- Westbrook**

**Hospice
of
Murray County**



Our Raffle Winners:

- Marlene Hieronimus - \$500.00**
- Shelly Smith - \$250.00**
- Todd Hieronimus - \$250.00**
- Todd Hieronimus - \$100.00**
- A.J. Quade - \$50.00**
- Sarah Bradwick - \$50.00**



OUR HOUSE WISH LIST

4 Essential Oil
Diffusers

Essential Oils

4- Smart TV's (48
inch preferred)

2- Memory foam
bath mats (brown or
gray)



**We are looking for
someone to vol-
unteer their time
to come in and
pull weeds around
our hospice
house!!**

OUR HOUSE

With gratitude, we continue to receive donations throughout the year that help Our House truly feel like a home to our patients and family. Whether you donate your time or something from our wish list, it is truly appreciated. If you have any questions about donating or need an update on our wish list, contact Eden Bengtson-Carney, our new House Coordinator, at 836-8114.

VOLUNTEER

What is a Volunteer? Webster describes a volunteer as a person who freely offers to take part in an enterprise or undertake a task.

“Studies indicate that volunteering is great for your mental health.” Stated by Susan Albers, PsyD psychologist at Cleveland Clinic “It has been shown to decrease stress levels, depression, anxiety and boost your overall health and satisfaction with life.”

Volunteers can gain a new skill, make a new friend, give back to a community, get a good feeling by giving of their time. Not sure if Hospice is for you? I would love to chat with you. You might not know all we have to offer.

Did you know?

Hospice of Murray County also reports their hours to ACE.

Do you go south for the winter? We work around your schedule.

Do you like yard work? We have things for you to do here.

Do you like to bake? We always have a need for baked things though the year.

Do you like to visit? We have patients that would love to have you visit with them. Or even give their caregivers a little break.

So, if you are newly retired or not retired and still want to make time to give of yourself. Hospice Volunteers are just what you might be looking for. You can call the office so we can set up a time to chat about how this can work for you. You may also e-mail me at mary.baune@hospiceofmurraycounty.com

Mary Baune, Volunteer Coordinator for Hospice of Murray County.

For my mother, it was a pottery hedgehog. All her life, she had been magically attracted to every pottery, China and cut-glass shop that crossed her path. Once inside, ("Oooh, I must have a look in here, won't be a minute.") She would inspect shrimp glasses and serving platters, admire lamp pedestals and porcelain coffee cups, while whoever happened to be with her, normally my long-suffering father, would shift restlessly from one foot to the other. He, for one, certainly did not share his wife's passion.

Except on one occasion. My mother had done her usual dive into a local craft shop and while she was lovingly fingering some more glass bowls, he idly turned his attention to the pottery knick-knack section. There it sat. A cheeky, bristly, little hedgehog. For some reason, it appealed to him. "You must be joking," scolded my mother. "You cannot be serious, wanting to buy this junk! It is absolutely awful! For goodness sake, put it back on the shelf!" He fought valiantly for his hedgehog, countered that, well, he liked it, even if she did not, but she would hear none of this nonsense. To avoid the situation from escalating any further, he gave in. The hedgehog stayed in the shop.

Three days later, aged 44, and without warning, he suddenly dropped dead of a heart attack. People thought my mother had completely lost hold of her senses, as she talked incessantly about hedgehogs.

"If only I would have let him buy it," she wailed, "at least he would have had it three whole days and derived some pleasure from it. It was only a small, inexpensive thing, but I would not let him buy it. Why oh why did I stop him? If only..."

Welcome to the 'If Only Syndrome'. There are not many of us who manage to escape its torments. We squirm with retrospective remorse at the memory of those occasions when, it now occurs to us, we failed to supply material comforts, big or small, when we should have supplied emotional comfort or more of it. Somehow, we did not; we should have been firm and decisive but were weak and wary or should have been conciliatory and instead sought conflict.

The list that, strangely, did not plague our conscience much before, now grows by the minute to sheer overwhelming dimensions.

In fact, it does not take us long to conclude that we are utter failures, miserable creatures, selfish, mean, and downright insensitive to the very tiniest of other people's wishes. We deserve to go through hell for our many shortcomings.

Friends and family tell us we are crazy. "But nobody can get it right all the time", they try to comfort us. That of course is the crux of our pain: we realize, suddenly, appallingly, and finally, that there are no more opportunities to rectify past mistakes. We had but the one chance – and we made a mess of it. It seems those pottery porcupines will prick us for evermore.

Fortunately, we do seem to come equipped with several intuitive strategies for dealing with the 'If Onlys'. Like all grief coping techniques, they might be effective for five minutes, or two weeks or a few months. The important thing is that they work at all, in any form and any order that suits us.

Remorse in bereavement is a human, normal reaction. The very fact that we do suffer from it is proof that we cannot be the cads we make ourselves out to be. However, it can take a while to grasp that. In the meantime, many of us find some relief, immediate or permanent, from embarking either on the self-denial' path or the defiant 'then-I'll-do-it-for-you-now' road. Some people discover they can switch between the two.

In the early, raw days of her bereavement, my mother swore she would never, ever buy another piece of pottery, glass, or China. She saw this drastic measure as a kind of penance for having deprived her husband eternally of the pleasure of a small decorative animal. Yet another person might have decided, with the same conviction and with equal justification, to return to that craft shop and purchased the hedgehog, keeping it (and three more besides to make quite sure) forever on the mantelpiece to make amends.

True, some *If Onlys* come back to haunt us at regular intervals. Mine lurks in my recipe book. Whenever I open it, it has a habit of falling open to exactly the page where my nine-year-old son painstakingly copied down a recipe for a cinnamon cake I had once made and that he liked very much and wished me to bake again. I never did. It was fiddly and I simply could not be bothered. What a rotten mother. Now it is too late. Recipe remorse still needles me, but less so since I found a displacement solution: I made the cake, following my son's spidery instructions, and donated it to a children's festival. At least other kids benefited from the treat.

Therefore, at some stage, we are ready for the shaky transition to a new realization: forgiving ourselves for not being perfect. Actually, it is just what our friends and family told us at the outset, namely, that we cannot always get it right. Indeed, that is true. We find it hard to accept at the beginning. After that crucial phase of denial or penance or displacement activity or whatever other coping technique we employed, we find we can slowly begin to reevaluate our behavior within a larger framework.

Bit by bit, we are able to recall the odd occasion when we actually did do something worthy and loving, and what is more, we can allow ourselves to feel grateful for the memory. (If you are still unconvinced, making a physical list can be an eye-opener.) We might even be surprised to discover that after a while, our crimes appear less heinous – the wish for a clay hedgehog was probably no more and no less than a passing whim, forgotten the next day – which does not exonerate us completely, but can help to put things back into perspective.

After a while, my mother resumed her pottery collecting, although on a slightly reduced scale, which occasionally included the odd decorative animal in honor of her husband. Now, I treasure my son's childish handwriting in that recipe book and am more at peace with my shortcomings: after all, I did make him scores of his favorite chocolate cake.

So, remember...A dog's bark might be worse than its bite, but a hedgehog's prickles are no sharper than its grunt.



Writer: Ashley Opdahl

I follow a hospice nurse on social media who goes by the name of Hospice Nurse Penny. She recently posted the top 5 things that most people get wrong about death and dying. Here is what Nurse Penny had to say.

That dying is painful. Many people get to the end of their lives without experiencing any kind of pain. The dying process isn't necessarily painful. However, there are some diseases like cancer that can cause pain.

That when a dying person stops eating, they're going to starve to death. Our bodies know how to die. The dying process is a systematic, biological, shutdown. Food is fuel and because the body is shutting down, it doesn't need fuel to keep it going. Also, to complete the process, our heart and lungs need to keep working until the very end. So, the body is going to go into energy conservation mode. Since digestion takes a lot of energy, it is going to be slowed down which makes a person not want to eat. This is a natural process. The person isn't going to feel hunger and they're not going to die from starvation. They are going to die from their disease.

That dying people need to be in a dark, quiet room, preferably with harps playing. We die how we live. If a person didn't like harp music when they were living, they're not going to like it when they're dying. The best thing to do is to provide an atmosphere that the person is used to being in.

When a person has a death rattle, they are going to drown in those secretions. The death rattle is caused by air moving over saliva that has built up in the throat. This is a result from the dying person being able to no longer swallow those secretions down. When they breathe, it makes a noise. It's just noise. It is not going to cause the person to suffer. They are unaware of it, and it is not going to make them die any faster.

That death and dying looks like it does on TV and in the movies. Most people do not speak profound last words and then die suddenly. As I said, the dying process is a process. People are going to sleep more and more until they are unresponsive and you can't wake them up. They're going to be like that for a few hours, to a few days, to sometimes even a week, and then they're going to die. They are not going to look motion picture perfect. The eyes are usually open or partially open. The mouth is hanging wide open. The skin color is off and often waxy appearing. Definitely not like movie and television producers would have you believe.

Being prepared for what to expect creates a better death experience. It's always going to be sad but it doesn't have to be scary if you know that the things that are happening are normal.

You can follow hospice nurse penny on tiktok for more hospice education and facts.

