

# Hospice of Murray County

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Slayton MN 56172

36 Park Drive \* PO Box 86

The Holiday Season is approaching fast and many people will feel comfort in remembering their loved ones by donating a memorial in the form of a shining light on the Hospice "Tree of Lights." This Holiday season, remember those who have brightened our lives in the past by donating \$5.00 for each name in memory or in honor of a loved one to Hospice of Murray County. Lights on the trees are shining tributes to loved ones making the Holiday Season a time for memories and warm thoughts. Hospice thanks you.

Trees are located in Slayton, Fulda, Dovray, Currie, Hadley, Lake Wilson, Westbrook, Iona, Tracy and Chandler. The Slayton tree is located in front of Our House on Park Drive.

In Memory or Honor of: \_\_\_\_\_

In Memory or Honor of: \_\_\_\_\_

Donor's Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Enclosed is my check for \_\_\_\_\_ lights @ \$5.00 each= \$ \_\_\_\_\_

Please place lights on tree located in:

\_\_\_\_ Slayton \_\_\_\_ Lake Wilson \_\_\_\_ Fulda \_\_\_\_ Dovray \_\_\_\_ Currie

\_\_\_\_ Tracy \_\_\_\_ Chandler \_\_\_\_ Iona \_\_\_\_ Westbrook \_\_\_\_ Hadley



**Our Annual tree lighting will  
be December 1, 2024 in Slayton @ 5:00 pm.**

**Hope to see you all there!**

# OUR ANNUAL HOSPICE RUMMAGE SALE 2024



Dear Volunteers and Patrons,

On behalf of everyone at Hospice of Murray County, we want to extend our heartfelt thanks for your incredible support during our recent rummage sale. Your contributions, whether through volunteer hours or patronage, will make a significant difference in our efforts to continue serving our patients and their families in the way we are known for with comfort, compassion, and dignity during the end stages of life.

To our volunteers: There were over 110 volunteers who put in over 3,400 volunteer hours! Your dedication and hard work ensured the event was a success. From organizing items to setting up and assisting customers, your commitment truly shines through. We couldn't have done it without your support.

To our patrons: Thank you for choosing to shop with us. Your purchases not only provided you with unique items but also directly benefit those we serve. Knowing our community stands behind us inspires Hospice of Murray County to continue our mission, providing the #1 choice of hospice care in the community.

We are grateful for everyone's generosity and look forward to future collaborations.

Hospice of Murray County



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**OUR STAFF**

KRISTA BASSET

MARY BAUNE

EDEN BENGTON-CARNEY

AUDREY BRAUN

PAM BUSSWITZ

ASHLEY CARLSON

LUCILLE DESLAURIERS

HEATHER ENGELKES

MARTI ENGELKES

STEPHANIE FORD

GRACIE HAUPERT

BRIANNA HARGIS

CATHY KOR

DR. CAROL L LANG

SADIE LAPPEGARD

ANN MUECKE

ASHTON KALAS

MICHELLE KALAS

DR. RICHARD KLINGLER

OLIVIA LEWIS

ASHLEY OPDAHL

LEROY REESE

HALEY RHODE

MCKENNA SAMUELSON

CHANTEL SCARSET

DIANE SCARSET

MEGAN SCHRYVERS, CNP

JESSICA SUNDAHL

LORI VON HOLTUM

GRACE WILLIAMS

## Things you need to know about Hospice

Six-Month Life Expectancy can be Complicated and Misunderstood

- The Medicare hospice benefit does require a six-month prognosis in order for a person to begin care – but that should not be confused with a limit to care.

- People do not come with an expiration date, nor does their end-of life-care. Predicting a six month life expectancy, even on an ongoing basis as required by the federal hospice regulations, is a complex and inexact art and science.

- Misunderstandings about the “six month rule” have long been considered a barrier to timely access to hospice.

Hospice has Grown and Evolved in its Mission to Serve

- What began as a grassroots, volunteer-driven movement in the mid-1970s, has evolved and led to the creation of many kinds of hospice programs: nonprofit, for-profit, system-owned, government-owned, single-site, multi-state, etc.

- The hospice community reflects what is commonly seen in all other U.S. health care sectors as a fairly equal mix of not-for-profit and for profit providers.

- Research has shown differing labor allocations among provider-types but no research has found a difference in quality of care.

Hospice Makes Sense for Patients and Families: Patients and families should not hesitate about discussing their end-of-life wishes and when appropriate seek the high quality and compassionate end-of-life care that hospices have delivered for the past 40 years.

**VOLUNTEER BOARD OF DIRECTORS**

Dave Kaup

Heidi Winter

Neal Everson

Sally Nelson

Nancy Fell

Austin Quade

Mary Mesner

Jan Cuperus



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## Administrator – Marti Engelkes

### Notes from the Administrators Desk

I've been reading on the NHPCO website and found some statistics on there that I found interesting. Hospice is ever changing but the goal of our care never loses its focus: To provide the best end of life care to our patients and their families. Hospice of Murray County is proud of the care and compassion that we bring each visit, whether it be in the home, nursing home, hospital or Our House.

According to the NHPCO website, it states that family satisfaction from having received Hospice care is the highest in the healthcare field. Data from the national Family Evaluation of Hospice Care (a post-death survey with 228,000 responses) lists 97.3% of respondents indicated that they would recommend their hospice to others. 93.5% of respondents rated the care the patient received by hospice as "excellent" or "very good." 95.1% of respondents indicated that the patient received "the right amount" of medication for pain. 95.8% of respondent indicated that the hospice team "clearly explained the plan of care to the patient's family." Hospice of Murray County is proud to be a part of this kind of caring. We do participate in this same kind of survey and take the responses that we get from our families seriously. We love to hear the positive response and look to change however we can if there is a negative response.

Another point that I found interesting on the NHPCO website stated that Hospice accounts for 2% of Medicare Spending. Yes, there has been growth in hospice care, yet it should be stressed that hospice represents only 2 percent of Medicare spending. Dying has always accounted for significant healthcare spending. Caring for dying patients and the associated costs did not originate with hospice care, although, hospice provides the most appropriate, highest quality, patient-and-family centered care available for people at life's end. Prior to hospice, patients died in hospitals and other settings that cost the government billions. Approximately 30% of all Medicare expenditures are attributed to the 5% of beneficiaries that die each year, with 1/3 of that cost occurring in the last month of life; those costs are not solely for hospice care. Hospice care is a special type of care and spending. When you elect Hospice care under the Medicare Benefit, your Medicare is now eligible for the Hospice Medicare Benefit. The Hospice program that you choose is then responsible for the cost of your care that is related to your terminal diagnosis and all diagnoses that are related to the terminal diagnosis. Hospice is paid a per diem per day from Medicare to cover those costs, including to but not limited to medications and medical equipment, plus the cost of the nurses, hospice aides, medical directors, medical social workers, volunteers and all other staff involved. This is a great benefit that many people do not take advantage of at the end of life. For families that do, most can tell you that it was one of the best experiences, to have the support of the Hospice team to help care for their loved one.

If you would like to have Hospice of Murray County come and talk to you and your loved one about end-of-life decisions or come and talk to a group, please give us a call at 507-836-8114. We would love to hear from you.

Marti Engelkes, LSW

Administrator, Licensed Social Worker



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### Licensed Social Worker – Haley Rhode

As a hospice social worker, I want to assure you that if I reach out, it doesn't mean something is wrong. My role is to support not just our patients but also their loved ones and caregivers. Many patients wish to spend their final months or weeks at home, surrounded by family. Even with regular support from hospice staff this often places family members in the role of primary caregiver, which can lead to significant emotional and physical demands.

Caregiver burnout is a common issue, and it's important to recognize its signs. You might experience trouble sleeping, fatigue, feelings of hopelessness, and neglect of your own physical and emotional needs. It's not unusual to have physical symptoms like headaches or stomachaches, as well as emotional struggles such as mood swings and difficulty coping.

With the holidays approaching, it's important to recognize that this time can bring both joy and added stress. While we cherish the moments spent with loved ones, caregivers may feel overwhelmed by the demands of care, as well as the emotions that arise during this season. It's important to focus on your own well-being alongside your loved ones not just during the holidays, but year-round for your loved ones to continue receiving the care and support they need.

I want to remind you that it's perfectly okay to express your needs to friends and family. As caregivers, you might feel the pressure to be the "strong one," but acknowledging your own well-being is crucial. Remember, we are here to support you, too. Hospice providers offer mental and emotional health services, counseling resources, and even respite care for those who qualify.

Please don't underestimate the power of small acts of self-kindness. Carve out time for self-care, whether it's enjoying a relaxing bath, going for a walk, connecting with a friend, or practicing meditation. These moments can help you find peace and renewal, especially during the busy holiday season.

If someone offers to give you a break, embrace that support! And if they don't, don't hesitate to ask. Many people want to help but may not know how. Leave any guilt behind; taking care of yourself is just as important as caring for your loved one.

You are not alone in this journey, and I'm here to help in any way I can.



# Hospice of Murray County

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## Our House Coordinator—Eden Bengtson-Carney –LPN

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

### *Our Wish List*

Heavy duty folding chairs.  
Deep pocket single sheet sets  
Gift certificates for new décor.  
Pork or beef bundles  
Coffee cup sets  
Pill caddy's

Hospice of Murray County  
36 Park Drive  
Slayton, MN 56172

Phone: 507-836-8114  
Fax: 507-836-6462  
Email: [hospice@hospiceofmurraycounty.com](mailto:hospice@hospiceofmurraycounty.com)



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## Nursing Staff

Hospice care is designed for the end of life. Many people don't want to admit that they are at that point, so they prefer to keep trying out different treatments or to hold out hope that another option will present itself. Meanwhile, their condition worsens, and their quality of life suffers.

Hospice providers are more than nurses, and doctors. They are a team of advocates who are working together for the best interests of their patients. They aren't just there to listen and respond – they are there to search for solutions to enhance quality of life in whatever ways they can.

Success, in hospice, is not measured in terms of money or people that are cured. It is measured in terms of comfort and ease at the end of life. This includes managing pain and other symptoms that may arise.

As hospice nurses, part of our job is checking vitals, administering medicine and managing symptoms, but the greatest part of our job is making sure we do the right thing for the patient based on their goals of care.

Like the word hospice, the word morphine can be frightening. Morphine is a common medication used at end of life. No one at any stage of life should live in pain. Almost all pain can be alleviated with medications. With pain reduced to a tolerable level, the person can eat and sleep, be mentally alert and maintain a level of independence, dignity, and self-care. Bottom line: morphine can improve quality of life.

There are some valid concerns about taking morphine that are easily managed, here are some common side effects listed:

**Sleepiness and lethargy:** Morphine can cause some sedation initially, but this effect decreases within a few days. By easing pain and making breathing easier, opiates allow the patient to finally get some much-needed sleep. Once the patient is feeling more comfortable and rested, interest in normal life activities often increases.

**Nausea:** Nausea may initially occur but tends to wear off after a few days of taking morphine. In the meantime, nausea can be treated with a limited amount of additional medication.

**Constipation:** Constipation should be expected with morphine and other opiates/opioids and treated aggressively to ensure patient comfort.

**Less effective over time:** Tolerance is possible but not usually a problem when morphine is used to control pain. It is more likely that the disease has worsened over time, often a change that results in increased pain. The hospice physician can titrate the dosage when pain increases.

**Addiction:** Addiction is rare (less than 1%) in patients taking morphine for pain.



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### Up-Coming Events

#### OCTOBER

10/31 — Trunk Or Treat Murray County Medical Center Parking lot \*Happy Halloween\*

#### NOVEMBER

**\*\* NATIONAL HOSPICE MONTH \*\***

11/12 — Bereavement group 4:00 — 5:30 PM

11/19 — Bereavement group 4:00 — 5:30 PM

11/26 — Bereavement group 4:00 — 5:30 PM

11/23 — Fulda Holiday Craft Bazaar

11/28 — **Happy Thanksgiving**

#### DECEMBER

12/1 — Annual Tree of Lights Ceremony @ 5:00pm

12/3 — Bereavement group 4:00 — 5:30 PM

12/7 — Fulda Parade of Lights

12/10 — Bereavement group 4:00 — 5:30 PM

12/17 — Bereavement group 4:00 — 5:30 PM

12/25 — Merry Christmas

#### JANUARY 2025

01/01 — Happy New Year

**Watch our Facebook Page in NOVEMBER for National Hospice Month, we will be doing some different things to celebrate hospice month.**

#### **Scare Crow Contest/ Medallion Hunt/ Kids Coloring Pages**

Hospice of Murray County will hold a bereavement group for adults at the Hospice of Murray County office in Slayton. It is for 6 sessions, they will begin on Tuesday November 12th and will continue through Tuesday, December 17th, 2024, from 4:00 – 5:30 PM.

There is no cost for the bereavement support group as it is sponsored by Hospice of Murray County. Pre-registration is appreciated so materials can be put together. You can pre-register by calling the Hospice office at 507-836-8114 by Friday November 8th, 2024.

This bereavement group is not just for those family members served by hospice, but all adults who have lost a loved one. If you know someone who may benefit from this type of group, please pass the word on to them.

As always, if you have any questions, please do not hesitate to call 507-836-8114.