

THE HOSPICE TEAM

At our agency, it is our expectation and practice that ALL members of our staff are representatives of our Hospice and the qualities mentioned are not only expected but cultivated and valued by all.

At Hospice of Murray County, we are all members of a team; with the mission to provide best end of life care to the communities we serve.

The voice of our hospice is the voice that first answers the phone when a referral is called into the office or a call to Our House.

The face our hospice is the face of that Hospice Aide with the gentle demeanor and the kind word for an overwhelmed, sleep deprived caregiver...

Our professionalism is demonstrated by that hospice staff, be it Social Worker, Volunteer Coordinator, Hospice Aide, Volunteer, Chaplain, Nurse, who upon entering the home of a lonely, disfigured patient for the first time, looks into their eyes, introduces herself, respectfully addresses them by their first name, smiles and says, "I'm here to help you."

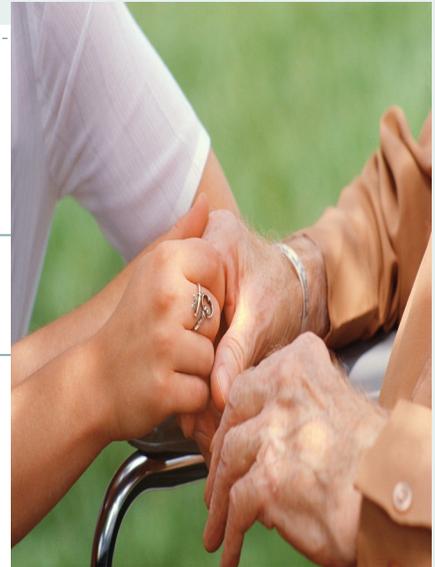
Our tact is demonstrated by that social worker who upon entering the ill kept, malodorous home of a patient, smiles and says, "Hi, Mr. Smith, it is good to see you again."

Our poise is demonstrated by that nurse who while delivering medicine faces an angry, anxious caregiver and calmly defuses the situation by acknowledging the fear and heartache felt... "Mrs. Jones, I'm glad to be able to bring you what you needed; this will help your husband now. Are you ok?"

Our image....Well, what better image but the calming presence of a clinician who in the middle of maelstrom, can and is willing to help?

This is who we are. We are the face of a calm in the storm. We are the hand to hold when all is spinning out of control. We are Hospice of Murray County. We are here for you.

**adapted from Listserv of Hospice professionals



HOSPICE OF MURRAY COUNTY STAFF

Marti Engelkes, LSW, Admin
Sarah Plantz, RN, CHPN, PCC
Kelsey Sturges, RN, PCC
Ashley Opdahl, LPN
Ashley Carlson, LPN, OH Coord.
Hailey Swanson, TMA, HA
Olivia Lewis, TMA, HA
Mary Baune, Vol Coord
Heather Engelkes, Business Manager
Dr. Carol Lang, DO, Medical Director
Pastor Lori VonHoltum, Chaplain
LeRoy Reese, Maintenance
Sadie Lappegard, TMA, HA
Michelle Kalas, TMA, HA
Diane Scarset, TMA, HA
Lucille Deslauriers, TMA, HA
Audrey Braun, LPN
Linda Strampe, TMA, HA
Cathy Kor
Jessica Sundahl
Eden Bentgston, LPN

Upcoming at Hospice:

- Drive Thru Burger Feed September 7th
- Rummage Sale September 21-25
- Grief Support Group dates TBA October
- National Hospice Month November
- Pie & Lefse Fundraiser Thanksgiving time
- Tree of Lights First week of December

START PLANNING FOR THANKSGIVING

Thanksgiving will be here before we know it. Last year, many in our staff learned how to make Lefse and are looking forward to using their skills again this year. Watch the papers and Facebook for our Pie and Lefse Sale around Thanksgiving time. Pie Flavors to be announced closer to Thanksgiving.



Hospice of Murray County has been Medicare certified for 30

years. To qualify for hospice care, through Medicare, a hospice doctor and your doctor (if you have one) must certify that you're terminally ill, meaning you have a life expectancy of 6 months or less.

Here are 7 important facts about hospice:

- Hospice helps people who are terminally ill live comfortably.
- Hospice isn't only for people with cancer.
- The focus is on comfort, not on curing an illness.
- A specially trained team of professionals and caregivers provide care for the "whole person," including physical, emotional, social, and spiritual needs.
- Services typically include physical care, counseling, drugs, equipment, and supplies for the terminal illness and related conditions.
- Care generally is provided in the home.
- Family caregivers can get support.

Original Medicare will still pay for covered benefits for any health problems that aren't part of your terminal illness and related conditions, but this is unusual. When you choose hospice care, you decide you no longer want care to cure your terminal illness and/or your doctor determines that efforts to cure your illness aren't working. Once you choose hospice care, your hospice benefit will usually cover everything you need.

Medicare won't cover any of these once your hospice benefit starts:

Treatment intended to cure your terminal illness and/or related conditions. Talk with your doctor if you're thinking about getting treatment to cure your illness. As a hospice patient, you always have the right to stop hospice care at any time.

Prescription drugs to cure your illness (rather than for symptom control or pain relief).

Care from any hospice provider that wasn't set up by the hospice medical team. You must get hospice care from the hospice provider you chose. All care that you get for your terminal illness must be given by or arranged by the hospice team. You can't get the same type of hospice care from a different hospice, unless you change your hospice provider. However, you can still see your regular doctor or nurse practitioner if you've chosen him or her to be the attending medical professional who helps supervise your hospice care.

Room and board. Medicare doesn't cover room and board if you get hospice care in your home or if you live in a nursing home or a hospice inpatient facility. If the hospice team determines that you need short-term inpatient or respite care services that they arrange, Medicare will cover your stay in the facility. You may have to pay a small copayment for the respite stay.

Care you get as a hospital outpatient (like in an emergency room), care you get as a hospital inpatient, or ambulance transportation, unless it's either arranged by your hospice team or is unrelated to your terminal illness and related conditions.

<https://www.medicare.gov/coverage/hospice-care>



HOSPICE OF MURRAY COUNTY

RUMMAGE SALE!!

Located at the Murray County Fairgrounds

Many buildings—lots of bargains!

Collection days: Tuesday September 14th — Friday September 17th

Sale days: Tuesday September 21st—Saturday September 25th.

Back again this year: Bag days!! All you can stuff in a bag on Friday and Saturday

New this year—LINGEN DAIRY FOOD TRUCK Tuesday September 21st

Can't wait to see you all there!

Our House of Murray County Wish List

Meat Bundles—Frozen meat: Beef, pork, poultry or gift cards for the local meat lockers

Paper products

Twin Bedding Sheet Sets

Fire Sticks for Patient Room TVs

Keurig K-Cups (regular and flavored)

Corn, Bird Seed, Suet for our "outdoor" guests

Clocks with date/time for each Patient Room

Monetary donations for iPads for each patient room for facetime calls to family

Monetary donations for Roho cushions for patients chairs

**HOSPICE VOLUNTEER
BOARD OF DIRECTORS**

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As I surf through the last two years, we have seen so much. We have had wave after wave. We were going about our business and then we were hit with COVID. I know we all learned about fighting a virus that was so unknown about but in life we in the Hospice field face this every day. Did we freak out about it? Yes, but if we really look at the whole picture, What is Hospice? It is just that a wave of the unknown.

Hospice has ridden the wave of the unknown for years and really is quite good at it. When our hospice patient receives the word of what they are dealing with is no longer treatable, there is a great deal of unknowns with this. There is the question-and-answer period: Are you sure you want to stop chemo? What would happen if I kept doing what I am doing? Would my family be ok with out me? The questions go on and on. The next wave is coping. Making the decision has consequences. How does everyone cope with my decision? Accept it and make the best of what you have left? Or do you struggle with pain and anxiety? Do you have a support

system? If so, do they have help in my journey? It does take a team effort. We all work as a team to help our patients have the best journey they can have.

We have the Nurses and Social Worker, Hospice aids and billing specialist. We fill the voids with the volunteers. Volunteers fill in when they are the most needed. Volunteers can be a breath of fresh air to the caregiver. They can be the person that helps the patient to understand a different perspective. Sometimes it is a chance to smile at something they never thought about. Patients have the choice to accept a volunteer. Accepting help of a volunteer can be a life saving choice for the mind and spirit. Volunteers give of themselves for the benefit of others. If you are interested in becoming a volunteer give us a call. We would be glad to get you started in a role at Hospice of Murray County.

Mary Baune Volunteer Coordinator

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Have you ever thought about becoming a Hospice of Murray County volunteer? If you would like to help us out, please call our office at 507-836-8114. We'd be glad to have you come and join us!

**Volunteers may be asked to....**

**Listen with their hearts.**

Pick up groceries.

Be a friend.

*Provide transportation.*

Sit quietly & hold a hand.

Play cards.

Light Housekeeping.

**Share a smile.**

Share a prayer or scripture.

Listen to a lifetime of memories.

**Massage a hand.**

Do office help.

Grief is hard. It is a life changing, terrible, excruciating experience. It is a journey we all find ourselves on at one point in our lives. It is a journey we would never choose to go on if we had an option to skip it. Free ticket to grief? No thanks; that is one ticket I'll pass on.

As I was getting ready for work this morning, a picture of my dad caught my eye. My dad. Oh man. I miss him. How could it already be almost 13 years? I lost my father to cancer almost 13 years ago. My boys were little. What do they remember of him? Am I done grieving? Sometimes I think I am. This morning, grief took my breath away. This morning I knew that I am not done. I cannot imagine how I have gone 13 years without talking to my father. I cannot imagine spending the rest of my life not talking to him; but I know that it will be. I have grieved well and not so well. I have at times stuffed it down and tried to be strong. I have been strong. But I still miss him. It has gotten different. My grief has changed. It has gotten manageable. But it is still hard at times.

I found this letter on the internet and found some peace in it, so I want to share it with you all. If you ever need a listening ear, please remember, I am always here for you, on this crazy journey we are on – with our tickets to grief.

~Marti; LSW

Hospice of Murray County  
Licensed Social Worker

I am sorry for your loss. I know you have heard those words more times than you can count on your two hands, that they spin around and around like a broken record. I also know that each time that unwanted music reaches your ears, it is met with an unsettled mixture of disbelief, sadness, and gratitude. I know the feeling all too well.

The thing about death is that it doesn't come nicely wrapped up in a cardboard box with a set of instructions on how to grieve. Sooner or later, somewhere between googling "How to cope with the death of a loved one" and texting friends "Why is this so hard?" you will find that grief is as unique to the soul as fingerprints are to the hands. So, in some respects, I can understand, though only to a certain degree, what your heartache may be. However, I do not know how your grief manifests itself, if you cry in the car when "See You Again" comes on the radio, or if you make inappropriate jokes about your loved one's passing, or if one day your body finally finds itself out of tears when you need them the most. I can't dive into the deepest parts of you and see your daily struggle—only you can do that.

I hope you do—dive into the deepest parts of yourself, that is. I hope that you come face to face with your grief and sit with it for a while, letting it be without trying to hide it or fix it, attempting to understand this new reality. And then one day, unflinching, I hope you can tell it that you will not let radiant memories be tarnished by sadness. I hope you speak of your loved one the way you used to, not with forced solemnity nor an air of preservation. I hope you can look back on the amount of life you got together and smile at the fond memories, laugh at the stupid jokes, and appreciate the lessons you learned along the way.

Hold your grief like a trophy. Wear it with pride. Know each day that coping with the loss of a loved one is an extraordinary feat and you are doing it one step at a time. Be inexcusably proud of your own strength. Let the memories you hold guide you to a place of peace. You deserve nothing less than this.

Love Always,

Elise



Does your group need a speaker at your next meeting?

Contact the Hospice of Murray County office at 507-836-8114 ~ we'd be glad to come and share the Hospice story for 15 minutes (or more) about the benefits hospice can provide during the end stage of life for a dying loved one.

