

Heart PRINTS



Real Life Stories of Hospice.

FLORENCE'S STORY

WELCOME TO HeartPRINTS

This issue shares real-life HeartPRINTS from the lives of people touched by a very important program supported through Immanuel St. Joseph's Foundation – Hospice. A topic oftentimes avoided until its need becomes reality. Hospice and the teams of caring individuals who make it work, touch the lives of the living, the dying, the caring and the grieving — in ways too vast to count.

HeartPRINTS, the Foundation's newsletter, is dedicated to those who have passed, to those who mourn and to those who have learned to celebrate life. Sharing individuals tell their stories and inspire us as we work together, through the Foundation, to keep the high level of quality care where we need it most — close to home. We hope you enjoy their special stories.

Bob Weiss, Foundation Director



Florence Fastrup and Naomi Schultz look through Florence's scrapbook that chronicles her journey with 150 patients as a hospice volunteer.

She may seem weak on the outside, but it doesn't take long to sense her strength inside. Florence Fastrup has a powerful spirit. She's grown strong through adversity, and in character through giving. Now she reluctantly grows in patience and maturity as she resolves to accept something she's helped hundreds of others experience — the circle of life.

Immanuel St. Joseph's Hospice program is familiar territory to Florence. A dedicated volunteer of 15 years, she left prints in the hearts of 150 families she helped transition through challenging times. She graciously accepted support from fellow volunteers when her husband, Milt, died. Now she offers a unique perspective as a Hospice patient.

"When my husband's mother was sick before she died, members of the family took turns staying with her," Florence remembers. "It was my turn, and she was in a lot of pain. I started saying the Lord's Prayer with her, and I saw a transformation. She relaxed and the pain was gone, and I remember thinking how pretty she looked. That experience gave me a whole different outlook on death."

The following spring, Florence learned about Hospice and the courses made available by Hospice supporters through Immanuel St. Joseph's Foundation. She signed up for training as a volunteer.

"I remember being assigned my first case, and I was scared," she says. "I kept

thinking, why did I do this? I was with that patient for six months. I had known his suffering, and it was good to see him at peace. My faith was strengthened in that death."

Florence continued to help people live their last days with grace and dignity. But her husband didn't understand why she did Hospice work.

He would say to her, "Isn't it depressing?" But when he became a Hospice patient, he learned first-hand the importance of what she did. He really looked forward to visits from his volunteers.

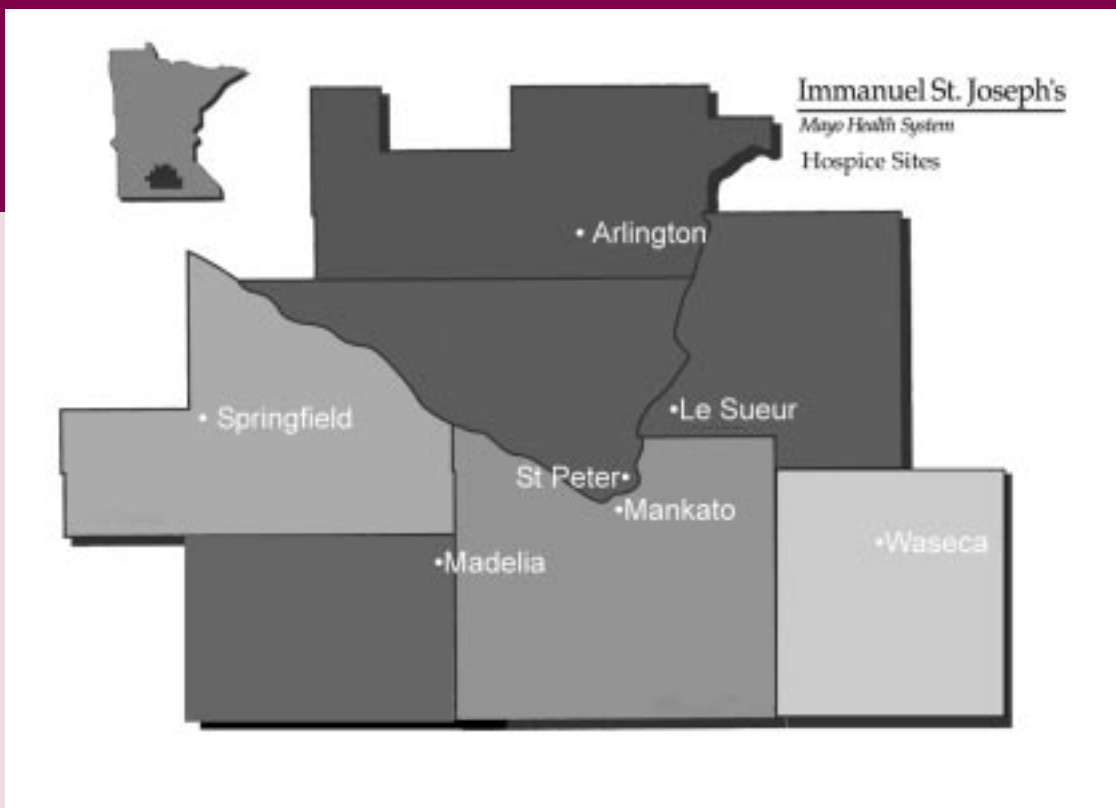
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At the



UNDERSTANDING HOSPICE

Immanuel St. Joseph's Foundation works at a regional level to financially support Immanuel St. Joseph's Hospice program. Last year, a \$109,000 grant was awarded to Hospice through the Foundation.

A caring team of Hospice professionals evaluate the needs of patients throughout southern Minnesota to provide physical, emotional and spiritual care for Hospice patients and their families. The service area includes the towns and surrounding areas of Arlington, LeSueur, Madelia, Mankato, North Mankato, St. Peter, Springfield and Waseca.

"We try to decide what communities at large need in the form of education and support," says Monica Oberle, Hospice education coordinator.

"We make recommendations to the Foundation based on real experiences." Bereavement support, grief counseling to families, community education, chaplain service and assistance for unreimbursed expenses for client services are made possible through the Foundation.

Informational sessions communicate what Hospice is all about, why it is important and how individuals and businesses in a community can help. Others support and encourage families, friends and loved ones of Hospice patients as they work through grief.

"There's a lot of hope involved in what we do," says Diana Carrigan, Hospice bereavement coordinator. "There is hope that things can get better, even though it will be different."

Diana works with Grief Support Services, and explained that grief is a unique experience for each person. Services are offered free of charge in area communities.

"You never forget the person, and there will be times that you miss them — maybe always. Hopefully there comes a time when moments of sadness can change to moments of joy in remembering a lost loved one."

"Hospice is not about one person's journey," says Kim Melius, social worker with Immanuel St. Joseph's Hospice program.

"Hospice is about a philosophy of care for all involved."

Hospice Chaplain Barbara "B.J." Lindeman helps address spiritual issues with Hospice patients and their families. "I try to help people come to peace with what is happening. As a team, we try to address all aspects of the grieving and healing process — both with the patient, and with members of their family."

"I've found that often, a patient accepts things better than the family," says Terri Karst Thelen, Hospice nurse. "We help people accept that circle of life as gently and honestly as we can."

"Hospice is not about one person's journey," says Kim Melius, Hospice social worker. "Hospice is about a philosophy of care for all involved."



Heart of Hospice

CARING THROUGH SHARING



Betty and David Kinney share their enthusiasm for helping others by volunteering for the Hospice program.

Betty and David Kinney retired in 2000. Busy building a new house to enjoy, their plans were put on hold when David experienced health complications.

"I hadn't been in the hospital since I had my appendix out when I was seven years old," David says. Three surgeries in two months changed that. Betty learned to change IV's and help him as his mobility improved. Boxes on hold for so long were unpacked and they finally settled in their new house.

Then they saw a notice in a local paper that Hospice was offering training for volunteers.

"We never had time for that kind of thing before," Betty explains. Jobs, David's teaching career, two children and work with their church kept them running. But they had experienced the hardship of losing parents, siblings and David's recent health problems added to their perspective. They wanted to help others, to give something back.

So they signed up to enter Hospice training as volunteers and started leaving heartprints of their own.

"The volunteer training was amazing," David says. "We heard from grief counselors and nurses, and watched films. We learned to share a very privileged confidence with the people we work with. There is a high level of confidentiality with patients and their families."

Betty works one-on-one with individuals, visiting in nursing homes. She has helped feed her patient, and says it is

rewarding because she knows she makes a difference.

"She just lights up when she sees me," Betty says. "I can take my time with her, and she appreciates it."

"You spend a lot of time just listening," David says. "I visited a gentleman who just wanted to tell someone about his life. We laughed and laughed, he said he enjoyed having me come and visit. Sometimes we played cards, or just enjoyed cookies and coffee together."

"You draw from your life experiences to help others," he adds. "I remember

when I was sick, how much I appreciated it when people came to see me. That adds some insight."

David's volunteer work gave him contact with families as well as patients.

"Respite care for the families is an important aspect of what we do," he says.

"They always seem so grateful for even a couple

of hours when they don't have to worry. You get back more than you give, and see examples of courage. You see how wonderfully people can exist in stressful times."

"You learn so much," Betty adds.

"Dying is a part of living; it's part of our existence. It's been surprising to me, how the people I've visited have been so calm about it, and accepted it. It's about having some control, not about giving up. Hospice is a choice."

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Lives



Mark Marti is an only child, and is shown here in 1998 with his parents Marilyn and Jim as they celebrate Marilyn's sixty-fifth birthday.

GUIDED THROUGH UNCHARTED GROUND

ONE MAN'S STORY OF HOW HOSPICE HELPED HIS PARENTS

Imagine being lost. You're tired, confused, and every decision is vital — but terribly difficult. Then imagine being found by a guide who knows the way — a guide who has survival skills, knowledge and a lantern to light your darkness.

That's what Mark Marti compares Immanuel St. Joseph's Hospice program to.

"The Hospice team is made of guides who get you through an uncharted, confusing landscape. I can't imagine how different our experience would have been without them. That team is absolutely remarkable."

Mark's mother was a young 67 when she died from ovarian cancer.

"She lived for two and a half years after being diagnosed," he says. "It came to a point where there were no more medical options. She accepted it first, and wanted to focus her remaining time on her family and enjoy her young granddaughters, Claire and Emma."

Mark is an only child, and his parents lived in a country home at the edge of a 700-acre park where they had picnics, hiked and fell in love 45 years earlier. The beautiful scenery outside the window and the loving home they had built together was a soothing haven in a stormy time.

"It's remarkable what you can do with that precious time," Mark shares. "We were grateful for it, and being able to spend it in our family home made it all the better."

Mark adjusted his thinking as he and his dad cared for his mom.

"You think you get a handle on things. You think you know what track you're on. You never think lightning will strike twice."

It was fall, and Mark's father was taking a break by enjoying a little outside yard work. When he tried to break a branch over his knee, his arm snapped instead of the stick.

"The x-rays showed a tumor," Mark states. "It was bone cancer. The doctors gave him three to six months. He lived four."

"I was so fortunate that my wife, Pam, was able and willing to become a single parent for the months ahead," Mark says. Stunned, he moved home to take care of both of his parents — with the help of his aunts, uncles and the people of Hospice.

"The Hospice team made such a tremendous difference in so many ways," Mark shares.

"First, there was the underlying medical care. As Mom and Dad's needs grew more complex, the people of Hospice showed us what to do so we were confident we were doing things right."

"They also got us through the transitions as my parents lost mobility. We went from canes to walkers to wheelchairs to adjustable hospital beds. They delivered what we needed and minimized the amount of running around we had to do. They even helped with insurance paperwork. To have such experienced people who understand what an incredible gift."

"They have the heart to come into your home and demonstrate loving care," he says. "People who work in Hospice choose to be there and it shows. It was a hard and challenging time, but it was a blessed time, too."

Mark's mother, Marilyn, passed away in her home in December of 2001. His father, Jim, died 10 weeks later.

Members of Mark's ISJ Hospice team stayed in touch with him and his family, leaving heartprints in the lives they touched. "I can't imagine what it would have been like without those guides. My family and I will always be grateful for the gift of Hospice during that time."

WHAT IS HOSPICE? . . .

Hospice care is family-centered care designed to meet the needs of a person whose life expectancy may be measured in weeks or months rather than years. Hospice exists to affirm life and enhance the quality of life that remains. Together the patient, family, physician and Hospice team work to provide quality end-of-life care and support for the patient and their family. Hospice care may take place in the patient's home, the hospital or other healthcare facility.



Touched



Volunteers plan the Hospice Fundraiser.

GIVING BACK TO HOSPICE

FOUNDATION TEAMS WITH GRATEFUL FAMILIES

Immanuel St. Joseph's Foundation promises a fun night for those attending the Hospice Family Fundraiser. Delicious food, exciting auctions, live entertainment and some high-dollar prizes entice members of the community to have fun, relax and enjoy — all to benefit a good cause.

For the past 11 years, hundreds of people have rallied to support the growing event. It's fun, but bittersweet. Many people there are remembering someone they've lost. That common fellowship mixes with appreciation for what Hospice teams do, and creates enthusiasm to raise funds to help that continue. Memories are strong — lives are celebrated and stories are shared.

"Hospice is so important," said Sue Matzke, volunteer chair of the 2005 fundraiser's steering committee. "The program offers help in so many ways. This fundraiser offers a painless way to help with what Hospice teams do."

The first Hospice Family Fundraiser was in memory of Cass Michaletz, Leas Schwickert and Jerry Schulte. They want-

ed to raise money for a special orthopedic bed made available to Cass through Hospice. He was Sue's husband, and father to their twin girls — who were just two years old when he died. He was a brother to Scott Michaletz, and Kent Schwickert's best friend. When they learned there was only one such bed available through the program due to its high cost, they wanted to help.

A FUNDRAISING SUCCESS

"We raised enough money with that first fundraiser to buy another bed for Hospice," Sue says. "That's how the event started. It kept growing after that."

Kent's father, Leas, passed away in the hospital just 45 minutes before Cass died at home. "That was a difficult time," Kent recalls. "It's still amazing to me how many people are touched by Hospice. When they hear about this fundraiser, they want to come because they want to give back to Hospice." There are lots of ways to help. People who can't attend the annual event show support with a monetary gift or donating an item for one of the auctions. Starting this year, Immanuel St. Joseph's

Foundation will organize the event. Previously, details were handled by Sue, Kent, Scott and six volunteers. Many of those same individuals are teaming with the Foundation to help increase the scope of the event. Since its inception, the fundraiser has donated close to \$250,000 — 100 percent has gone to Hospice through the Foundation.

Funds generated for Hospice are used to provide bereavement support, grief counseling to families, community education for end-of-life care, chaplain service and assistance for un-reimbursed expenses for client services.

"The Hospice Family Fundraiser promises a really fun night," Scott says. He and Kent agreed to co-chair the Foundation's fundraising committee for the event. "Involvement by the Foundation can help increase the scope of the 2005 fundraiser. We want to see it grow and raise more money, and the Foundation can only help. The people there bring expertise in fundraising, along with much needed manpower."

Field of Dreams...

Hospice Family Fundraiser

Celebrating Over 20 Years of Hospice in the Mankato Area

Saturday, April 9, 2005

Midwest Wireless Civic Center • One Civic Center Plaza, Mankato

**6:30 p.m. — Hors d'oeuvres and Cash bar
— Silent Auction**

8:00 p.m. — Live Auction & Raffle

For tickets, call 507-385-2932



TOUCHING LIVES, SHARING TIME

HOSPICE VOLUNTEERS

At the heart of Immanuel St. Joseph's Hospice program there lives a steady beat. Intertwined with the expert medical and professional support staff, hundreds of caring individuals volunteer their skills and compassion. They give from their days what others lack — minutes, precious time.

"Our 222 volunteers give primary caregivers of Hospice patients a needed break in the form of respite care," says Marilyn Underwood, volunteer coordinator. Funds for Hospice volunteer training are made available through Immanuel St. Joseph's Foundation. Education blends with the skills of each volunteer, leaving unique heartprints of care in the lives they touch. Relief for families and companionship for patients are two vital roles filled by Hospice volunteers.

Help might be as simple as a visit with a patient while the caregiver runs some errands. Some play cards. Another is a beautician and volunteers her service to fix people's hair when they can't get

out. Marilyn tells of one volunteer who goes fishing with hospice patients and family members.

"Our volunteers offer such a range of services, it's hard to list them all," Marilyn says. "We have one who offers music therapy and plays the harp. We have a massage therapist. We had a patient who was a writer and needed a manuscript typed, so volunteers did the word processing. Volunteers proof read our newsletter. I could go on forever. I love my job because I work with so many wonderful people. They are such an important piece of the program, and do so many different things."

Another group of volunteers formed a chorus, and sings at Hospice events. Others walk dogs and baby sit. Others started a knitting group and made shawls that were blessed and distributed as needed. Some perform light housekeeping tasks, cook or shop. Sometimes, volunteers help provide extra care for patients who are in nursing homes.

Marilyn says most volunteers have had at least one experience losing a loved one, have experienced the benefits of Hospice in some way and want to give something back.

A volunteer must be 18 or older, and are screened extensively. They are interviewed, trained, their background is checked and references are contacted.

"Our volunteers have specific things they can and can't do," she explains. They can't drive a patient anywhere or administer medication. Their time with a patient or family is limited to two hours at a time. I know all of them, and we need everybody."

"We have a quote we share — 'you matter because you are you, you matter until the last moment of your life. We will do all we can, not only to help you die peacefully, but also to help you live until you die.' That's what our volunteers do, and that is the essence of Hospice."

FLORENCE'S STORY CONTINUED

A close couple, Milt and Florence were married 50 years. Faced with his illness, they learned to rely on the gentle support of Hospice volunteer, Naomi Schultz.

"She was wonderful for us. She has such a strong faith," Florence said. "Even when you want someone's suffering to end, the love you have for them doesn't want to say goodbye. But you get through it."

Milt passed away in 1997, and the following spring Florence received the JC Penney Golden Rule Award for her dedication to the Hospice program. In

her journal, she recorded visits and memories of each of the 150 patients she served.

In a sense, the circle of life that Florence embraced through her volunteer work has completed itself for her and Naomi. Milt was Naomi's first Hospice assignment. When Florence became a Hospice patient, she requested Naomi as a regular visitor. They meet once a week for an hour visit in Florence's apartment. Sometimes Naomi makes Florence's bed.

"I learn a lot from Florence," Naomi says. "She is my mentor. We share a faith. She's a strong, Christian woman. She's

been a good friend. We can laugh and cry together."

"I've seen many people approach the end of life in a very positive way," Florence says. "I hope that's how I am able to look at death. I remember how angry I was when they told me about my condition, but I decided not to fight it."

"If I could wish something for everyone it would be this — to face death with no fear. That doesn't mean I like what's happening to me, but I'm not angry about it anymore. I'm so thankful for that. I've learned the importance of forgiveness, faith and acceptance. But most of all — no fear."

LifePrints!

A GENTLE NUDGE...

COMPLIMENTARY WILL INFORMATION KIT

Most of us can use a nudge now and then to do something we know we should, like writing or updating a will. We find it easier to procrastinate than accomplish the task and a good nudge can get us moving in the right direction. If this describes you, consider this little article a nudge.

The reason we want to nudge you to obtain or update your will is we have seen difficulties arise when a person dies intestate (without a will). We know many people who intend to include Immanuel St. Joseph's Foundation in their will fail to get their wish unless the bequest has been clearly stated in a valid will.

Another reason we want to gently prod you is we know you will be glad when the chore is done. You will have peace of mind about your final affairs ... and you will thank us for the nudge.

One way we can assist you is make things as easy as possible. A complimentary Will Information Kit is designed to do just that. It contains basic information to help you think through the various issues and prepare for a visit with an estate-planning attorney. (If you don't have an attorney, we can help you locate one.)

The main thing is to complete this extremely important matter while you are able to thoughtfully consider the options and make sound decisions. To receive your free Will Information Kit, call Bob Weiss, Director of Immanuel St. Joseph's Foundation 507-385-2932 or visit us online at www.isjfoundation.org.

And finally, one more nudge — please do it today!



HOSPICE IS NOT ABOUT HOW YOU DIE.
IT'S ABOUT HOW YOU LIVE.

FAVORITE FAMILY RECIPES

Heart Warming Garlic Bread

From the kitchen of:
Nadene Bergemann
Head Cook of Kennedy Elementary School

1 loaf of French bread
1 stick of butter, melted
garlic powder
Parmesan cheese

Slice bread into pieces. Melt a stick of butter, then put melted butter into bottom of pan. Add slices of French bread on top of the butter. Bake for 10 min or until crispy. Pull out of oven, flip bottom side up and top with Garlic powder and Parmesan cheese. Bake for another 10 min or until crispy. Then enjoy — great when company comes over!

This recipe was one of the secret recipes from the well known Holiday House in St. Peter

Do you have an award winning family recipe? If so, please submit it to the Immanuel St. Joseph's Foundation office to be considered for a future issue.

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STORIES OF HOSPICE

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UPCOMING EVENTS

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Our newsletter, "HeartPRINTS," is published quarterly by Immanuel St. Joseph's Foundation. The role of the Foundation is to provide financial support to the mission of Immanuel St. Joseph's in maintaining the highest level of quality healthcare for everyone. The Foundation seeks gifts to provide community services, specialized equipment and other areas of greatest need. We invite our readers to become involved in our mission.

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Annual Eagles Cancer Auction Saturday, February 12, noon

Eagles Club, 708 North Riverfront Drive, Mankato

- Proceeds are dedicated to Immanuel St. Joseph's Foundation for Immanuel St. Joseph's Cancer Center
- Sponsored by Mankato Eagles Club #269 and Mankato Eagles Auxiliary
- Participants need not be an Eagle member to attend

Hospice Family Fundraiser — "Field of Dreams" Saturday, April 9

6:30 p.m. — Hors d'oeuvres and Cash Bar — Silent Auction
8:00 p.m. — Live Auction and Raffle

Midwest Wireless Civic Center, One Civic Center Plaza, Mankato

- Proceeds dedicated to Immanuel St. Joseph's Foundation for Hospice

10 Kato Memorial Day Run/Walk Monday, May 30, Race time 9 a.m.

Immanuel St. Joseph's, 1025 Marsh Street, Mankato

- Proceeds dedicated to Immanuel St. Joseph's Foundation for Hospice
- A day of fun, fitness and friendly competition for the entire family
- Exercise your body and spirit with a 10 Kilometer Run, 2+ mile walk, volunteering or cheering
- For registration information or to volunteer call 507-387-3617