

# Heart To Heart

## HRMC Community Hospice

WINTER ISSUE

2018

As I write this, I am thinking of family and friends to the South who are experiencing a full blown Mid-West blizzard! While I actually enjoy winter, and yesterday's large fluffy flakes brought a smile to my face, I don't like blustery winds and ice that winter often brings! I prefer to be inside, relaxing by the fireplace, wrapped in a cozy blanket and reading a good book. I hope you are staying safe, warm, and healthy this winter!!

Special days can elicit memories and powerful emotions in those who are grieving the loss of a loved one. We just finished the big Holiday Season, and now the stores are filled with hearts, flowers, teddy bears and candy --- all in celebration of love.

"If you find yourself alone on February 14<sup>th</sup> after years of celebrating with someone you loved very much, the void that you feel can be overwhelming," says author Joni Aldrich. "It's difficult to see happy couples all around you when all you can think about is the person you have lost." This is true whether you lost your spouse, your parent, a sibling, or your child.

We can choose to embrace Valentine's Day as a special day on which to commemorate our loved ones and to celebrate our love for them. Death ends a life, but it does



not end a relationship. The bonds of love are not severed by death. For Valentine's Day we can find a way to remember, honor and celebrate that love. The

way we do this is as individual as our relationships were. Look within yourself to choose the best way you can do this.

February 14<sup>th</sup> is a time to focus on anyone and everyone whom you love, such as your children, grandchildren, friends, family. Every day is a good day to tell those whom you love how you feel. And don't forget to love yourself in the process!

Karen K Decker, RN  
Hospice Bereavement and Volunteer Coordinator

## MEET A HOSPICE TEAM MEMBER



Jeannie Keating, RN joined the HRMC Hospice team November, 2017. Jeannie says "I have been so thankful to work with such a caring group of nurses."

Jeannie tells us she was drawn to Hospice because her aunt was in Hospice care. "I was amazed how the staff celebrated my aunt's life and supported her and all of her family and friends. The staff was always there to make sure my aunt was comfortable. They helped her to face her end-of-life and she accepted it so well. I hope that I can be that kind of support for my patients and their families."

One of Jeannie's favorite quotes is from Ralph Waldo Emerson who said, "To know even one life has breathed easier because you have lived, that is to have succeeded." Jeanne has been a nurse since 1990 and has been working for HRMC for the past 27 years in the areas of OB, on the medical-surgical floor, and as a supervisor.

Jeannie and her husband Mike, who works at Yale Wheatgrowers, call Iroquois their home and they have 2 boys. Blake is a diesel mechanic at Truck and Trailer in Huron and Adam is a junior at Iroquois High School. Jeannie and Mike stay busy attending Adam's many sporting events and as a family they enjoy camping in the summer and snowmobiling in the winter.

We welcome Jeannie and appreciate her dedication to our patients and all that she brings to the Hospice team.

## TREE OF MEMORIES

The Hospice Tree of Memories was decorated and displayed at the HRMC lobby throughout the holiday season. We raised \$5200 for the Hospice program. We truly live in a caring community and your support is very much appreciated. In the past year Hospice was able to provide service for 60 families and provide bereavement support for the surviving loved ones. The Hospice program will continue to serve Huron area families in 2018 by way of your generous support and understanding of this valuable service. THANK YOU!



## VALENTINE'S FUNDRAISER



Hospice is once again holding a Valentine's Fundraiser. We will be selling delicious fudge from Country Classics of Redfield, SD and beautiful carnations from Rainbow Flower Shop of Huron. All proceeds go to support the Hospice Endowment. This year's projects are our Hospice Comfort Care Bags and our Hospice Memorial Service. A Hospice team member will take a Comfort Care Bag to each new hospice patient as a gesture of care, to bring some light, warmth, and encouragement into their lives and the lives of their families. The bags will include a blanket made by volunteers, Care Notes from the bereavement office, small notebooks for journaling, puzzle books, note cards, a communication board and comfort items such as lotion, hand sanitizer, lip balm, tissues, socks, hard candy, and other items.

The money raised will also go towards our Hospice Memorial service, our "Time of Remembrance", held each year between Thanksgiving and Christmas. The money is used in part to purchase candles, and gift items for family members, including ornaments to memorialize their loved one.

Please check out the Valentine's Fundraiser order form included in this newsletter or go to our web page [www.huronregional.org](http://www.huronregional.org) to order delicious fudge and carnations. Perhaps this will be your way of giving in honor of your loved one this year!

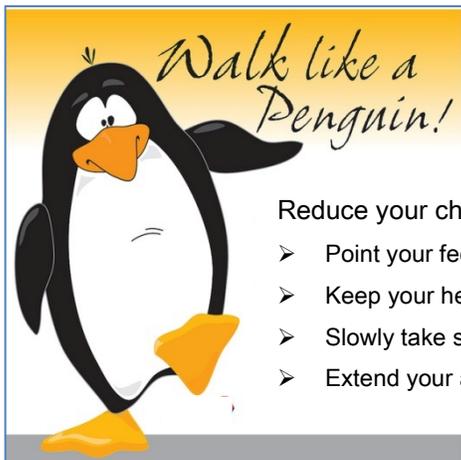


## DO YOU NEED A SPEAKER

HRMC Community Hospice would love to speak at your next service club or community function. We enjoy meeting the needs in our community and one of these is informing you about us. Please contact the Home Care Office at 353-6520 to schedule a speaker.



## Stop Winter Falls



Reduce your chances of falling:

- Point your feet out
- Keep your head up
- Slowly take short steps
- Extend your arms out to your sides

## HRMC FOUNDATION PAPA LUIGI: PRESIDENTIAL GALA

**JOIN US FOR** our 19th annual Papa Luigi event on Saturday, March 3, 2018. This year's event celebrates the history of our own Rushmore State, South Dakota.



"Previous years have supported hospice, obstetrics and dialysis," says Paul Rann, executive director of the HRMC Foundation. "This year's event supports multiple HRMC Foundation endeavors, including nursing education and free health screenings."

Social hour begins at 6 p.m., and dinner at 7 p.m., with silent and live auctions throughout the evening. "Come enjoy a fun-filled night supporting a great cause," Rann says. "You'll have a blast, and you'll help ensure there's high quality health care right here in Huron."

■ **Get your tickets or volunteer! Call (605) 353-6315 or join the fun online at [www.huronregional.org/foundation/events/papa-luigi](http://www.huronregional.org/foundation/events/papa-luigi).**



## HOSPICE VOLUNTEERS

Looking for a few good men!!

Gentlemen, are you looking for a way to serve in our community? Are you willing to give 30-90 minutes a week to make an impact on someone's life? Do you have compassion for someone who is at the end of their life's journey? Do you have the gift of presence? Can you listen to some story and offer them comfort and dignity? so, please consider becoming a volunteer for our Community Hospice and filling a vital position on this team. We are in need of male volunteers who can give of their time to make a difference in the lives of our male hospice patients.



As a volunteer of HRMC Hospice, you join a team that has earned the respect of many individuals and organizations. You would be an important part of the caring team. You will enjoy the flexibility of accepting or declining an assignment and choosing the hours and days you will volunteer. For most families, the illness of a loved one is a very stressful and emotional time. Volunteers help make this time a little easier by providing assistance in the home. If you are interested in volunteering, please contact HRMC Hospice at 353-6520.