

Shared Journeys



ALLINA HOME & COMMUNITY SERVICES

Allina Hospitals & Clinics

Hospice Foundation

GROUND IS BROKEN, BENEFIT REACHES NEW HEIGHTS

This spring, the partners, donors, and friends of Allina Hospice saw their determination and hard work come to fruition through two significant new developments—the best fundraising year ever at the Eighth Annual Hospice Benefit and the groundbreaking for the J.A. Wedum Residential Hospice.

The benefit raised \$185,000, and funds raised were matched again this year by the J.A. Wedum Foundation. The resulting \$370,000 total was 30% more than what was raised last year and the highest ever total for the benefit. With these additional funds, the campaign is only \$221,000 away from its goal of \$5,088,000.

At the hospice benefit, more than 180 guests and 50 volunteers celebrated the benefit's honorees, the J.A. Wedum Foundation and Allina volunteer, Jeanne Gilbert. Guests savored a delicious dinner, bid on items in silent and live auctions, and enjoyed music by a trio of award-winning musicians who by night are called Des Cordes Trio and by day are board-certified music therapists working with Allina hospice patients.

During his speech, Jay Portz, president of the J.A. Wedum Foundation, described the Foundation's longtime involvement in supporting senior and student housing in Minnesota, Iowa, and Texas. In 2003, the Foundation became champions of a new residential hospice after John A. Wedum, grandson of the man who inspired the creation of the Foundation, spent his final days being cared for at home by Allina Hospice team members.

continued on page 2



Members of the J.A. Wedum Board of Trustees participated in the Wedum Residential Hospice groundbreaking in Brooklyn Park on April 13. Left to right: Joseph Rusche, Dale Vesledahl, Mary Beth Wedum, Dana Wedum Kennelly, Jay Portz, Frank Starke.

A Special Thank You to Our Premier Benefit Sponsors

PRESENTING

Filtration Engineering Co., Inc.

GOLD

Best Buy Co., Inc.

SILVER

Bradshaw Funeral & Cremation Services
D.J. Kranz Co., Inc.

PATRON

Cremation Society of Minnesota
Gilbert Mechanical Contractors
Hunt Electric Corporation
Venetia and Robert Kudrle
McGough Companies
Minnesota Oncology
Mohagen/Hansen Architectural Group
SBS Group of Companies
SilverCrest Properties, LLC
Walgreens Infusion Services



The revenue from this year's live auction nearly tripled the previous year's total.

After his death, the Wedum Foundation Board of Trustees approved a \$2 million dollar matching grant for the hospice facility. “The Wedum Family recognized that all people deserve the best care at all stages of life, so the foundation pursued a partnership with Allina,” Portz said. “This hospice facility is a perfect example of how the Foundation can improve a person’s life during their final days and hours of being with loved ones.”

The second honoree of the evening, Jeanne Gilbert, has volunteered more than 4,500 hours with Allina hospice patients. She recounted stories, including one about her first patient—a woman devoted to her pet cat, who wanted help re-arranging her tubing so her cat would no longer be able to bite it—and described the sense of privilege she felt being called on to serve during her 12 years of volunteering.

“Often members of the hospice team are asked, How can you do that? How can you be with someone who is dying?” Gilbert said. “My answer is not so profound. I want to do for others what I hope to have available to me when my time comes. Is it emotional? Yes. Is that a reason to not be involved? No. These times are part of life and death.”

Just a few weeks before the Benefit, some of the same guests excitedly watched or drove ceremonial shovels into the dirt during the groundbreaking for the J.A. Wedum Residential Hospice in Brooklyn Park, MN.

With 12 beds and more than 18,000 square feet, the home-like space will be the largest residential hospice house in the Twin Cities. Patients will receive expert, round-the-clock hospice care in spacious rooms with privacy areas and comfortable sleeping accommodations for families.

Conference rooms, living rooms, and common kitchen areas will be available for family gatherings and meals. The three-acre site will provide a natural, quiet setting to help families find peace and comfort. The home will be ready to accept patients by February 2012.

With an aging population and few similar facilities available in the Twin Cities, the new hospice arrives at a moment of great need. Partly in response to that reality, former hospice families and current Allina employees have been critical sources of support and fundraising.

In both 2009 and 2010, Allina’s Community Giving Campaign highlighted hospice care and the J.A. Wedum Residential Hospice. Despite the difficult economy, a record-setting number of employees participated in the campaign.

“It’s inspiring how many Allina employees and physicians recognize the value of hospice,” said Gayle Mattson, president of Allina Home & Community Services, the Allina division that includes hospice care. “We are committed to honoring patients’ end-of-life wishes, and the generosity of our employees and physicians will help us do so.”



Top: Benefit Co-chairs and Allina Hospice Foundation Board members Krista Hensel and Brian Senger. Middle: Des Cordes Trio, including two Allina Hospice Music Therapists, performed at the 8th Annual Allina Hospice Benefit. Bottom: The silent auction featured more than 100 donated items for bidding, including this game night basket.

John’s wife, Beth Wedum of the J.A. Wedum Foundation used a metaphor to explain how the hospice dream turned into a reality. “A seed was planted, the J.A. Wedum Foundation provided it with a big drink of water, and Allina, Allina employees, local businesses and hospice families have brought it to bloom,” Wedum said.

To view photos and video from the groundbreaking, visit allina.com/wedum

Peace of Mind

St. Paul attorney, philanthropist, and volunteer Robert Chandler spoke at the Hospice Benefit about his experience when his beloved wife, Kathy Moan, was diagnosed with cancer and received hospice services through United Hospital in 1990.

It was the worst day of my life. The doctor said he had bad news. Kathy had incurable liver cancer. He said to Kathy, "We all know we have to die, but we think it will be later rather than sooner. In your case, Mrs. Chandler, it will be sooner."

He said we should think in terms of a few months. In a moment, all our hopes and dreams for the future were shattered. We were in shock. On the way home from Rochester, all we could do was cry.

We met in the 8th grade, playing viola next to each other in the school orchestra. During high school, we became friends. We both went to college in Chicago. She went to Wheaton, and I went to Northwestern. We married after graduation. I went to law school at Northwestern, and Kathy continued to teach and received her master's and PhD degrees from the university. She then taught children's literature to future teachers.

When we realized Kathy was going to die, we did two things. First, we called our pastor. Our faith was a source of strength. Second, we called hospice at United Hospital. As an estate-planning attorney, I was familiar with death, but I was not familiar with dying. We were about to take a journey with no road map. Hospice provided the road map.

The hospice nurse told us what to expect at each stage of dying. It was a comfort to know we had support and guidance. Two issues bothered me. One was the use of morphine. That was for addicts. I quickly changed my mind when I saw its ability to ease pain. I did not want her to suffer. The second issue was denying food. In my childhood, there was food at every happy occasion. The thought of withholding food was horrifying. The hospice nurse

helped me. She said we are only feeding the tumor and making things worse.

Kathy died the day after Christmas. She simply drifted away in an almost painless death. I have great peace of mind that we did everything that could and should have been done. I attribute that peace directly to hospice.

She made my life poetry.

Death ends a life but it does not end a relationship.

I will always be deeply connected to Kathy. I would like to end with her favorite poem by Edna St. Vincent Millay.

The world stands out on either side
No wider than the heart is wide;
Above the world is stretched the sky,
No higher than the soul is high.
The heart can push the sea and land
Farther away on either hand;
The soul can split the sky in two
And let the face of God shine through.

"Renascence" (c) 1912, 1940 by Edna St. Vincent Millay.



Robert Chandler and his wife, Kathy Moan.

Allina Home & Community Services group sessions

ADVANCE CARE PLANNING

Make sure your family knows your goals and values for future health care needs in case illness or injury prevents you from telling them yourself.

- Free seminars from 6:30 - 8 p.m. on various dates and at multiple locations this summer and fall
- Learn more at allina.com/acp
- Call 612-262-9707 for information or to register

Space is limited in all grief support groups and early registration is recommended. Please call Allina Grief Resources at 651-628-1752 for information or to register.

GRIEF SUPPORT GROUPS

Journaling your way through grief

Explore a creative process for grief support for any death related loss.

- Six weeks, September 13 – October 18, 6:00 – 7:30 p.m.
- St. Paul Midway location, \$25

Mother loss for adult daughters

For daughters of mothers who have died within the past two years.

- Six weeks, September 14 – October 19, 6:30 – 8 p.m.
- St. Paul Midway location, \$25

Mother loss retreat

For death of a mother within the past two years.

- October 28
- Call for details on time, location, and cost.

Family grief support retreat

For families where one parent has died and the surviving parent has children ages 3-20 living in the home (death may be from any cause).

- October 15-16
- Family fee \$150; financial aid available

Daytime spouse/partner loss

For death of a spouse/partner within the past two years.

- Six weeks, Fall 2011 (dates to be determined)
- St. Paul Midway location, \$25



NONPROFIT
ORGANIZATION
US POSTAGE
PAID
ALLINA HEALTH
SYSTEM

Hospice

Hospice Foundation Office
333 Smith Ave. No., Suite 4640
Mail Route 60133
St. Paul, MN 55102-2389
651-241-5460

allina.com/hospice

9730 0711 © 2011 ALLINA HEALTH SYSTEM ® A REGISTERED TRADEMARK OF ALLINA HEALTH SYSTEM

Daisy Dash Raises \$7,500

Sarah Condon Mitzuk had many passions but her greatest joy in life was children. The Allina Hospice Foundation was honored to be the recipient of \$7,500 in funds raised at the second annual Sarah's Daisy Dash, which was held on Saturday, June 4.

The first Daisy Dash was organized by friends who wanted to raise money for Sarah's six-year-old son after Sarah died in January 2010. This year, the family chose the Allina Hospice Foundation with the desire to help children grieving the loss of a loved one. Sarah was a grief counselor for Allina before her death.

Turnout for the race was fantastic with more than 250 adults running the 5K and 70 children completing the Ladybug Run.

Allina Hospice Foundation Staff

Ron Bagnall — Foundation Director
Sarah Bretl — Development Specialist
Annette Goff — Development Gift Officer
Olivia Tise — Development Assistant

Allina Hospice Foundation Board

Jason Bradshaw, Board Chair
Tina Decker
Mike Dickson
Matthew Drawz
Geoff Grassle
Karen Harrison
Krista Hensel
Venetia Kudrle
Gayle Mattson
Dennis RaDue
Dennis Rasmusson
Rosemary Rosengren
Brian Senger
Jason Von Bank