

A PUBLICATION OF THE ALLINA HEALTH
HOSPICE FOUNDATION | SUMMER 2017

Shared Journeys

Wedum Compassion Fund helps Minnesota couple

In 2005, Lori was diagnosed with breast cancer, a disease she would battle for almost ten years. In 2014, her husband Denie was diagnosed with melanoma.

Lori and Denie cared for each other and their two sons for as long as possible. By the summer of 2014, Lori's condition had worsened significantly. Their extended families helped care for Lori at home as much as they could, but soon realized they needed to look into end-of-life care options.

The family toured J.A. Wedum Residential Hospice in Brooklyn Park, Minnesota, and immediately knew it was perfect for Lori. The home-like setting and peaceful atmosphere was comforting, and their family was able to visit often.

Denie's own battle with cancer soon prevented him from visiting Lori and taking care of their two sons. The family worried that having the parents in two separate locations would make visiting difficult. Wanting to spend as much time together as possible, they once again turned to Allina Health Hospice. One of their social workers recommended that the family look into the Wedum Compassion Fund. The Wedum Compassion Fund helps hospice



Denie and Lori with their two sons.

patients who need a residential hospice, but cannot afford the room and board expenses. With the help of the Allina Health Hospice social worker, the family completed



Denie and Lori during their battles with cancer.

the application and were approved. Denie was also able to receive care at J.A. Wedum residential hospice, with his room right across the hall from Lori's.

The Wedum Compassion Fund was instrumental in helping Lori and Denie get the expert round-the-clock care they needed. With limited income, Lori and Denie were concerned about the finances they could leave for their sons, but the Wedum Compassion Fund allowed them to worry less.

Thanks to the generosity of donors, the Wedum Compassion Fund allowed Denie and Lori to spend their final weeks together.

To make a gift to help other hospice families, please use the enclosed giving envelope or give online at allinahealth.org/hospicefoundationgivenow.

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FOUNDATION

What to say and do when a loved one is sick

Written by: Penny Pergament, PsyD, LP, Allina Health



Trying to find words of comfort is natural, yet, “I don’t know what to say,” is what we often feel and/or say when a friend or family member has received a serious medical diagnosis.

The following is written in the hopes of providing you with some guidelines when you are faced with this type of situation.

First, don’t make their news all about you. For example, if your friend tells you they just found out they have multiple sclerosis (MS), don’t immediately say, “I know all about that because my mom has MS.” While you also went through a very difficult experience, we cannot really know how other people feel.

If you have had a similar experience, let your loved one know how sorry you are that they have to go through this. It is important to let your loved one know that you support them, but remember that their experience with this illness is unique and personal.

Expect that you may feel uncomfortable. Sometimes people want to back away from bad news. Try not to shut down and say nothing.

Expect that you may feel uncomfortable. Sometimes people want to back away from bad news. Try not to shut down and say nothing.

If you want to offer help, it’s generally better to offer to do something specific. Whether that’s picking up children, grocery shopping, cleaning the house, bringing over meals or any one of the thousands of things we do every day that are thrown into chaos when dealing with an illness.

If you truly want to help, plan what you will do and when you will do it, rather than ask your loved one to call you if they need anything—because more often than not, they won’t. They are already overwhelmed with the situation.

Be kind, be gentle and know that it’s OK that you don’t have all the answers. Your loved one doesn’t expect you to. You know your loved one best and know what is likely to bring comfort. If they want to cry, sit down and cry with them. If they want to laugh, laugh with them.

Often, when there is a long-term health issue, friends and family start to disappear just when they are needed the most. Make a decision now to be there for your loved one as they navigate through this new journey.

Sometimes just being there is the most important thing you can do.

Advance care planning

Make sure your family knows your wishes for future health care needs if illness or injury prevents you from telling them yourself.

- FREE classes are held at various dates and times and at multiple locations.
- Call 612-262-2224 for information or to register.
- Learn more at allinahealth.org/acp.

Grief support groups and individual counseling

If you or a loved one could use help coping with grief, Allina Health Hospice offers individual grief counseling for family and friends of hospice patients for 13 months after their loss, and grief support groups to anyone in the community. Many other support groups and grief resources are available on our website.

Please call Allina Health Grief Resources at 651-628-1752 or visit allinahealth.org/griefresources.

ALLINA HEALTH HOSPICE 2016 IMPACT



Cared for more than
4,050 patients
totaling
146,724 visits
by a care team member



Served
332 patients
at J.A. Wedum
Residential Hospice



Cared for the
needs of more than
381 veterans
through our partnership
with the We Honor
Veterans program



WE HONOR VETERANS



Provided comfort
to patients with
7
pet therapy dogs

Served patients
living in **33**
Minnesota
counties, making
Allina Health
Hospice the **largest non-for-
profit hospice** in Minnesota.
Also served patients living in **3**
Wisconsin counties.

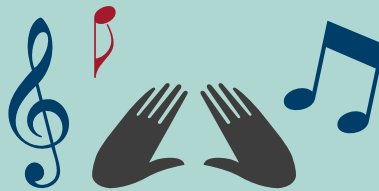


654 hospice
volunteers provided
30,208 hours
of companionship and care to
hospice patients and their families

Funded by your generous philanthropic dollars



108 patients
received financial support
from the Wedum Compassion
Fund allowing
round-the-clock care
in a home-like setting at
J.A. Wedum Residential Hospice



Provided comfort to
patients through
12,469
integrative therapy visits
(music and massage)



Grief counselors provided
4,461
counseling sessions to
**2,507 grieving
loved ones**



Through the
We Honor Veterans Fund,
\$64,100
was used to assist
25 veterans with
hospice room and
board expenses



92 families
received more than
\$34,000 in TLC grants,
providing financial relief for items and
services such as groceries,
utility bills and funeral expenses

Shared Journeys

We serve patients and families by raising funds for end-of-life care that provides peace, dignity and comfort.



2017 Hospice Dragonfly Gala

THANK YOU to those who supported and attended the 14th annual Allina Health Hospice Dragonfly Gala held on Friday, April 28, 2017 at Radisson Blu Mall of America.

Through the generosity of donors, more than \$221,000 was raised to benefit our hospice patients and their families! Thanks to our supporters, we are able to provide compassionate and quality care to patients at J.A. Wedum Residential Hospice, regardless of their ability to pay.

We hope to see you again at the 2018 Allina Health Hospice Dragonfly Gala!

To view photos from the event, visit the Allina Health Facebook page at [facebook.com/allina](https://www.facebook.com/allina).

