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An e-newsletter for friends of the
Allina Health Hospice Foundation



UPDATE FROM THE ALLINA HEALTH HOSPICE FOUNDATION BOARD CHAIR

Dear Friends of the Allina Health Hospice Foundation,

The end of any year brings us a season of reflection and gratitude. This year, we faced a historic pandemic together and our worlds were challenged in ways none of us could have imagined. And, as I reflect on 2020, I give gratitude for you, our donors, our staff, and our friends.



In the Spring, when we normally would have gathered in April for our Dragonfly Gala, you showed up from your living rooms and supported us at our first virtual gala. You helped raised more than \$51,000 for veterans in our care, and a total of \$169,000 to support hospice. You were there for our patients and we are grateful.

November is recognized as National Hospice and Palliative Care Month by the National Hospice and Palliative Care Organization. Allina Health supports the local chapter which is the state's leading hospice and palliative care network. They bring providers, business partners, and individuals together to increase knowledge, access services, and strengthen advocacy for people living with a serious illness or experiencing end-of-life. In this issue, you can read more about how you can help celebrate and support hundreds of nurses, home care aides, therapists and social workers who serve our patients and families.

The end of the year is also time to plan ahead. Advance Care Planning is the focus of the November issue of our *Shared Journeys* newsletter. Below, you will find videos and other resources about Advance Care Planning that will help you think about your health care now and into the future.

Our gratitude for you is real and we want to continue to provide the services you so generously support.

Brad Hanson

Chair, Allina Health Hospice Foundation Board

WHY I CARE - Meg Meyers, Allina Health Hospice Foundation Board Member

Hospice care is one of the aspects of healthcare that people are either not aware of or, if they are, may have a

misunderstanding of what it is exactly.

November is National Hospice and Palliative Care month and we want to help raise awareness of this

important area of care. The best way to do that is with the moving story of one of the loving families that have experienced Allina Health Hospice personally.



Meg Meyers is a current member of the Allina Health Hospice Foundation board. It is because of her own personal experience with hospice that Meg became part of this board and to help educate people about the benefits of hospice.

Meg's mother, Patty McNutt, was a lifelong Minnesotan born and raised in Minneapolis and a graduate of the University of Minnesota. It is where she raised her four daughters and also where she passed away in September under the care of Allina Health Hospice.

When Patty's doctor's appointments and new treatment options were more of an inconvenience to her care and comfort rather than helpful, her cardiologist and her daughters recommended the transition to hospice. Meg and her sisters wanted to make sure Patty had the medicine, oxygen, and care she needed to be comfortable.

Patty was initially hesitant to enter hospice but Meg asked her not to look at hospice as choosing

NATIONAL HOSPICE AND PALLIATIVE CARE MONTH



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NOVEMBER IS NATIONAL HOSPICE AND PALLIATIVE CARE MONTH

Allina Health helps to raise awareness about hospice and palliative care all year and especially during this month. Hospice and palliative care are two types of care that people do not know much about until they or a family member needs that type of care. Neither type of care is a last resort. According to Allina Health Hospice:

- Palliative care aims to relieve suffering and improve quality of life for patients who have advanced illnesses. A health care team can give this care while a patient is receiving regular medical treatments.
- Hospice care provides physical, emotional and spiritual support to patients who have life-limiting illnesses.

Both types of care include the patient's family and relieves them from the stress of managing their loved one's care. This allows them to spend the remainder of the time as they wish as a family..

As part of this special month, we want to share an inspiring story with you that commemorates hospice care at Allina Health as well as the patients we serve. Click below to hear from Steve Robertson, Supervisor Spiritual Care and Volunteer Services, and Greg Gilbert, Allina Health Hospice chaplain, as they talk about our Remembrance Trees.

she needed. As Meg said, "It's not about dying. It is about living the way you want to live at this stage in your life." And that is what Patty -- and her family -- got to do once under Allina Health Hospice care.

Not only did Patty get to enjoy this time but her daughters were able to relinquish the caregiver role to the hospice staff and enjoy this special time with their mother. It was through the support of the hospice team that when Patty's condition significantly deteriorated, hospice care made it possible for her passing to be in the comfort of her own home with her family by her side.

That is what hospice does -- it supports the patient and their family during their end-of-life journey. The hospice team helps educate and coordinate care so the patient and family understand what is happening and can relax knowing that they all are in the competent care of the hospice workers. Meg said the hospice staff made life much easier as Patty and her family prepared for each stage of her care. Their guidance helped preserve Patty's dignity and assisted in making choices about her end-of-life journey.

As the month of November moves on as National Hospice and Palliative Care Month, help us remember not only those who have gone through the hospice experience but those who have yet to go through this journey. To ensure Allina Health Hospice can continue to care and provide a dignified end-of-life journey to our patients and support their families please consider making a gift on our [donation page](#). You can select any fund that you would like - they all support the staff, patients and caregivers of Allina Health Hospice.



What YOU Need to Know About the 4 D's of Advance Care Planning

Let's face it, no one really wants to think about sickness or injury, but planning for such things is a good idea and will not only help you but your family as well. One topic that should come up as you begin this planning is how to fill out your Health Care Directive. Elizabeth Hermes, LSW, is the Allina Health Advance Care Planning Educator. In the short video below, she will share with you what you need to know about health care directives, such as the 4 D's and why you should sign up for one of her free classes.



You can view a schedule and sign up for one of Elizabeth's classes today - simply click [here](#). When signing up please make sure you provide your name, email, phone and desired class date and time. You do NOT need to be an Allina Health patient to register but you do need to live in Minnesota or Wisconsin. If you have any questions please email us at: PatientEducation@allina.com.

To learn more about advance care planning please take a look at this [Healthy Set Go article](#) by Elizabeth Hermes.

HONORING OUR VETERANS

November is a time to be thankful and also a time to recognize the sacrifice our veterans have made for us. At Allina Health Hospice, we care for almost 1,000 veterans each year.



In 2020, you helped us raise over \$51,000, and with your continued support, we can provide every veteran in our care a level of care and dignity for those who bravely served our country. Their memories and achievements may differ, but they bring with them a shared experience no matter when or where they served. **Can we count on you to honor veterans receiving hospice care by making a gift [today](#)?**

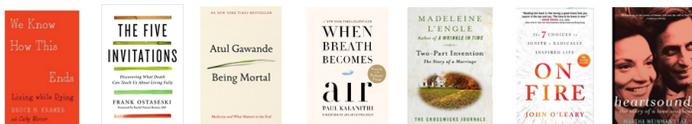
We believe our veterans deserve more. With your support, the Allina Health Hospice Foundation will provide additional resources to our veterans and their families while recognizing and honoring their service through the Honor Fund. See the video below to hear from Bob Sorman, a veteran, who was under hospice care at Allina Health this year. In this video you will see exactly what the Honor Fund will provide.



Every veteran, like Bob, deserves end-of-life care that is honorable and compassionate -- regardless of their ability to pay. Thank you for your support of our heroes in need. [Make a gift today!](#)

HERE'S WHAT WE'RE READING

Below are book and podcast suggestions from our Foundation Board members and links to other resources that we have found helpful.



- *We Know How This Ends. Living While Dying.* Authors: Bruce H. Kramer and Cathy Wurzer

- *Being Mortal*. Author: Atul Gawande
- *When Breath Becomes Air*. Author: Paul Kalanithi
- *Two Part Invention*. Author: Madeleine L'Engle. A journal about L'Engle's life with her husband, most poignantly about his illness. A journal style book.
- *On Fire*. Author: John O'Leary. A rousing 7-step plan for living a life filled with hope and possibility from an inspirational speaker who survived a near-fatal fire at the age of nine and now runs a successful business inspiring people all around the world.
- *Heartsounds: The Story of a Love and Loss*. Author: Martha Weinman Lear. A national bestseller and undying testament of a wife's love for her husband as he embarks on the fight of his life.

Online Resources and Podcasts:

- Have you been to a Zoom funeral? Click [here](#) to read why you should attend
 - Excerpt: *"The Zoom funeral left me feeling much more connected to everyone involved -- and to everyone else who has lost a loved one during this pandemic. And it made me appreciate the ways technology can make clearer our shared experiences -- how it can literally show us all the other lives - and deaths - happening one "square" over."*

Click [here](#) to access Allina Health Hospice recommended and supported resources and organizations.



Click [here](#) to share your story, thoughts or questions with us - we're listening!



Support Allina Health Hospice by making a gift now! You can select a specific fund to support or make your gift to the area of greatest need.

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