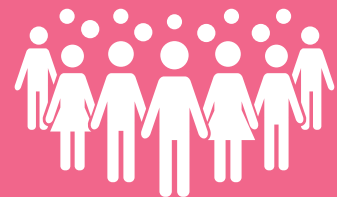


Allina Health Hospice 2018 Impact

\$945,933 donated to support Hospice program and services, patients and the communities we serve.



Provided compassionate care for **4,544** patients.

107 patients received financial support of almost **\$311,550** from the Wedum Compassion Fund.



Served **443** patients at the J.A. Wedum Residential Hospice.



72 families received nearly **\$25,000** in TLC grants, providing financial relief for items and services such as groceries, utility bills and funeral expenses.

7 pet therapy dogs provided comfort to patients.



Grief counselors provided **2,044** counseling sessions to **571** grieving loved ones.

\$44,213 assisted 20 veterans with hospice room and board expenses through the **We Honor Veterans Fund**.



Provided comfort to patients through **7,123** music therapy visits and **6,362** massage therapy visits.

allinahealth.org/hospicefoundation

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Allina Health
HOSPICE
FOUNDATION

3915 Golden Valley Road
Minneapolis, MN 55422

612-775-2550

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allinahealth.org/hospicefoundation

Shared Journeys

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

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Shared Journeys

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Living through loss

Grief is a natural response to the death of a loved one, and everyone experiences it in different ways. While family and friends may feel the need to rush through the grieving process, counselors at Allina Health are helping to change this approach to grief.

“We encourage you to move toward the pain with kindness and to take time to be with and comfort yourself,” said Allina Health grief counselor Nancy Anderson. Anderson has been a grief counselor for 15 years, and while she cannot take away the pain of grief, she can “support and encourage a person to find ways to cope with, carry and transform the pain” in a variety of ways, including “tears, rest, movement and self-care.”

One Allina Health Hospice family member experienced the benefit of our grief counseling in a very impactful way. Prior to taking advantage of Allina Health Hospice’s grief counseling resources, Paul Olson, who lost his wife of 39 years while under Allina Health Hospice care, felt that he “wasn’t going to make it, and there were days that [he] didn’t think he could make it through the next hour.” Once he started grief counseling though, he said things really started to turn around. He said that counseling gave him a variety of tools to help him deal with his grief and live the best life possible.

Grief counseling can be lifesaving and goes hand in hand with hospice care by helping both the patient and caregiver during and after the hospice experience. Allina Health has comprehensive grief counseling resources available for up to 13 months after a patient’s passing. Olson knows first-hand how lifesaving grief counseling is, and he encourages



people to seek the service. “It is a comfort to talk to the wonderful counselors.”

We urge you to visit our grief counseling website and share the information with anyone you know going through the grief process.

Through the generosity of donors, we are able to provide additional tools to ensure our grief counseling program meets the needs of hospice families and friends. If you’d like to help, visit us at donate.allina.com or send a gift to Allina Health Hospice Foundation, 3915 Golden Valley Road, Minneapolis, MN 55422.

Allina Health
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Dragonfly Gala Recap



On April 26, 2019, 375 attendees generously donated more than \$355,000 for Allina Health Hospice patients and their families. In addition, more than \$78,000, a Dragonfly Gala record, was raised to support music therapy during our special giving moment. Our donor and friend, Paul Rosenau generously matched those donations and will continue to match gifts up to a total of \$100,000! The Allina Health Hospice Foundation board and staff are incredibly grateful to the community, sponsors, volunteers and donors for making this event so successful.

GIVE NOW to double the impact of your music therapy gift. Use the enclosed envelope and write music match on the "Other" line to make a difference today.



Music therapists Anna Roberts, Megan Druckrey and Lisa Hinds entertained guests.



Cathy Wurzer and members of the Minnesota Chorale.



Paul Rosenau and the evening's auctioneer.

BOARD MEMBER HIGHLIGHT

Why I Give: Keith Ulstad, United Properties

Allina Health Hospice Foundation Board member and Hospice volunteer

How long have you served on the Allina Health Hospice board?

I joined the board in July 2018, so approximately nine months.

How long have you been involved with Allina Health and in what capacity?

I've been involved with Allina Health for about seven years, and in a very personal capacity. Both my wife, Mary, and I are cancer survivors. The "survivor" part is due in no small measure to the excellent treatment, care and follow-up we received from Allina Health practitioners over that period. That care and follow-up continues to this day.

Why do you give to Allina Health Hospice Foundation?

Both of my parents passed away within the past four years. Hospice made their journey so much easier and greatly lifted the burden for us, their children. It moved from an abstract idea to a very necessary part of our lives within a few short days.

What do you want others to know about Allina Health Hospice Foundation?

Hospice provides a critical function in many lives, often without the luxury of advanced planning. I'm very proud to be part of an organization whose mission is to increase awareness of and to



ensure this very important service is available to those who need it at a time when things in their lives really need to be "hassle-free."

Allina Health Hospice Retirees



We were thrilled to acknowledge and celebrate the retirement of Drs. Chris Downey and Eric Anderson at this year's Dragonfly Gala.

Downey has practiced medicine for 40 years, with the last 10 years as hospice medical director and as a hospice and home health care physician. According to Downey, the past 10 years were his most meaningful as he had the opportunity to support patients and families as they journeyed toward the end of life. He expressed his utmost gratitude toward his colleagues, from executive leaders to doctors, nurses, health aides and volunteers, who make up the Allina Health Hospice team. According to Downey, "It has been an honor to serve with everyone in this program and live out the mission

of caring for our patients and families through caring for the whole person."

Anderson has practiced hospice and palliative medicine for more than three decades. He helped establish a hospice benefit in all Minnesota health plans and has worked with metro health systems to develop and promote a home palliative care benefit that is still in use today.

You can honor Downey or Anderson with a gift to the Allina Health Hospice program of your choice.

You can give online through our secure giving page at donate.allina.com or by mailing in your gift to the Allina Health Hospice Foundation, 3915 Golden Valley Road, Minneapolis, MN 55422.

The Importance of Advanced Care Directives

Becoming sick or being involved in an accident at any point in your life may result in the loss of your ability to make decisions about your own health care. If you find yourself in this situation, and you do not have advance health care planning documents in place, it could lead to difficult and emotional decisions for your family. With a little forethought and a written plan, you can avoid this situation.

Because of early planning, one Allina Health Hospice patient* was prepared when the unimaginable happened.

"We had health care directives in place for years. From time to time, we would check to see if they needed updating, made sure our current physicians had copies and made our children aware of them," said the patient's wife. "The advanced planning was helpful when my husband suddenly became sick and it was apparent that nothing would make him better."

By referencing his health care directive, his family and his health care team knew his wishes, stopped extreme lifesaving measures and moved him into J.A. Wedum Residential Hospice ... all without the stress or tough decision-making for his wife and children.

At Wedum, he was given comfort measures instead of additional tests and labs that would have continued if his health care directive had not been in place. In addition, his wife was "able to be right there next to him throughout the night and 24/7" for the four days he was at Wedum. As she described it, "He was able to die with dignity."

To start the process of advanced care planning, simply talk to your primary care physician. Creating an advanced care plan will comfort your family as they will know that the decisions that impact your health care have been made.

To learn more about advanced care planning and the documents that make up a health care directive visit our website. Allina Health Hospice also offers FREE advanced care planning classes at multiple locations. Call 612-262-2224 to learn more or register.

* The family has asked that their name remain private.

