

My St. Francis

Here for you



Hospice's healing touch

Just before this issue went to press, Don Leinen's home was destroyed in a tragic fire. He escaped, but all of his late wife's belongings were completely lost, as were the coat racks (left) that he planned to donate to Cares for Cancer. If you'd like to join us in helping Leinen recover from the fire, a fund has been set up at Wells Fargo, 119 6th St. N., Wahpeton, ND, 58075. Please be sure to note that your donation is for Don Leinen.

PERHAPS NOTHING in life is more excruciating than watching a loved one go through the final stages of a terminal illness.

During this time, hospice care can be a tremendous support to patients and loved ones, both physically and emotionally.

Just ask Don Leinen of Great Bend. His wife, Margaret, received hospice care during the final weeks of her life before she died of cancer in July 2007.

"We couldn't have made it without them," Leinen says of the caring St. Francis Riveredge Hospice staff.

Hospice nurses and aides kept Margaret Leinen comfortable and managed her pain. They also taught

her husband and children how to dispense her medications.

"It was important that she stay at home," Don Leinen says. Hospice care made that possible.

SPIRITUAL SUPPORT

"When we assess each new hospice patient, we ask the family about their spiritual needs and concerns," says Joy Wohlrabe, licensed social worker for St. Francis Riveredge Hospice. "We will ask permission to involve the patient's pastor or priest as we develop a care plan for the patient."

The Leinen family is grateful for the support they received from the Rev. Dale Lagodinski, Monsignor Joseph Huebsch and the Rev. Matthew Attansey.

GRIEF SUPPORT

When a hospice patient passes away, bereavement support begins. This consists of a series of mailings, phone calls and visits—if the family is open to them.

Mr. Leinen found it helpful to take part in a grief support group.

"We try to help families prepare for their loss right from the beginning," says Joelle Goldade, RN, coordinator of St. Francis Riveredge Hospice and Home Health. "We don't know what tomorrow brings. We help patients and families manage the challenges of each day, one day at a time." ♦



How can hospice

help?

A Q&A about end-of-life care

CARING FOR A loved one with a terminal illness is not easy. The physical, spiritual and emotional demands can be difficult to bear. Fortunately, St. Francis Riveredge Hospice is here to help.

Here are answers to some questions you may have about hospice care and how it can improve the quality of your loved one's final days.

Q What is hospice?

A Hospice provides a caring environment for meeting the physical and emotional needs of the terminally ill. The St. Francis Riveredge Hospice team works together to form individualized plans of care, keeping patients as free from symptoms as possible while tending to their and their families' emotional and spiritual needs.

Q Where do hospice workers care for patients?

A Hospice patients can receive care in their own homes, nursing homes, senior housing or assisted living facilities. Hospice care comes to the patient.

Q Who receives hospice care?

A A physician will determine whether or not hospice care is appropriate. A referral to hospice care is made when a patient's prognosis is less than six months to live and when the patient is not actively seeking curative treatment.

Q Who serves on the hospice team?

A A variety of team members offer hospice care:

- Registered nurses, licensed practical nurses and certified nursing assistants provide intermittent care under the direction of a physician and are on call 24 hours a day.

- Registered nurse case managers assist with obtaining medications and medical equipment.

- Hospice aides assist with personal needs,

Stepping out!

DESIGN A WALKING PROGRAM THAT'S JUST RIGHT FOR YOU

Whether indoors or outdoors, on a track or a treadmill, walking can move you toward better health.

For starters, walking can boost energy and relieve stress. And, over time, it can help control weight, lower blood pressure, reduce the risk of heart disease, and strengthen muscles and bones.

Why not start today? Step out with these pointers from the National Institutes of Health.

Dress smart. Choose synthetic fabrics that absorb sweat and remove it from your skin. Also wear shoes with good arch support, sturdy heels and thick, flexible soles.

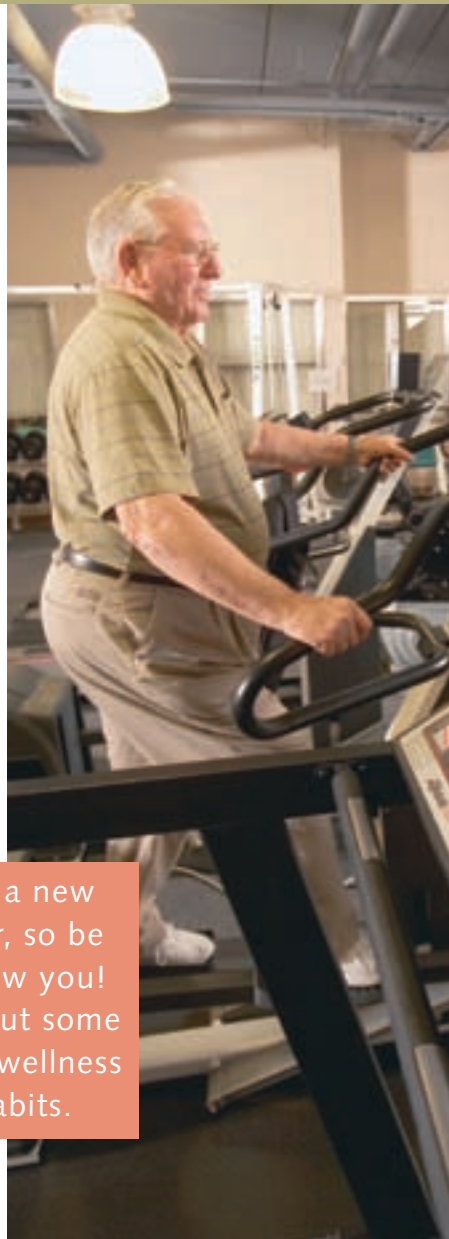
Warm up and cool down. Think of your walk in three parts. First, warm up by walking slowly for five minutes. Next, increase your speed and do a brisk walk. Finally, cool down by walking slowly for another five minutes.

Add stretching. Try doing a few minutes of gentle stretching after you warm up and again after you cool down.

Practice good posture. Keep your chin up and shoulders slightly back. Swing your arms naturally and breathe deeply.

Shake things up. Try walking with a friend or listening to music. Vary your routine by walking up

It's a new year, so be a new you! Try out some new wellness habits.



and down hills, lengthening your stride or picking up the pace.

Set goals. One example might be to add a block a day to your walk. Track your progress in a walking journal or log. Using a pedometer is another way to track your walking.

Stick with it. Fit 10-minute walks into your schedule whenever you can, but aim for at least 30 minutes a day, five days a week.

It's consistency that's key to gaining health benefits from walking, says the American College of Sports Medicine. ♦

Eating well on a budget

YOU DON'T have to spend a fortune to bring home the makings for wholesome meals.

When it comes to squeezing more nutrition from your dollar, these tips from the American Dietetic Association and the U.S. Department of Agriculture can help.

- Shop only with a list, which helps you plan meals and avoid impulse buying. Shop just once or twice a week—and not on an empty stomach, since you might give in to less nutritious choices.
- To help plan meals, check store ads for specials. Also, look for generic brands, which are often bargains.
- Look for fruits and veggies in season, when they tend to cost less.
- Large bags of frozen veggies can be a good deal. Serve the needed amount and reseal the rest.
- Go for regular, not instant, rice and oatmeal.
- Swap meat, poultry and fish periodically for beans, which cost less and supply similar nutrients.
- Buy whole chickens and cut your own servings.
- Purchase foods from bulk bins.
- Consider nonfat dry milk for extra savings; for fresh milk, choose large containers, not quarts.

Going for the good stuff. Make sure meals are balanced with plenty of fruits, veggies and whole grains.

Don't forget to use food labels to compare similar foods. Choose those with less fat and sodium; fewer calories; and more vitamins, minerals and fiber. ♦

bathing, personal cares and light housekeeping.

■ Hospice social workers work with patients and

families, educating them about illness and death and providing bereavement support.

■ Volunteers provide companionship, run errands, and perform various other tasks. (See “Volunteer for hospice” at right.)

■ Physical, occupational or speech therapists may treat patients if needed.

■ Members of the clergy provide spiritual support to patients and families. (A hospice social worker will contact clergy from the patient’s place of worship if the family approves.)

■ **Q My loved one is receiving home health care. If hospice care is necessary, will we need to have a new caregiver?**

■ **A** No—St. Francis home health and hospice care operate as one. This allows a seamless transition for patients who have been undergoing treatment for cancer or other illness. Switching to hospice care

Happy anniversary!

In 2009, St. Francis Riveredge Hospice celebrates 30 years of compassionate, patient-centered service and care.

allows them to retain their medical caregivers without moving or changing agencies.

■ **Q When is hospice care appropriate?**

■ **A** It is up to the patient’s physician to decide whether or not hospice is appropriate. If he or she feels a referral is appropriate, a hospice staff member will schedule an informational visit.

The hospice social worker or nurse will meet with the patient and review his or her medical chart to determine whether or not to admit the patient into hospice care.

■ **Q Is hospice care covered by insurance?**

■ **A** St. Francis Riveredge Hospice is Medicare-certified and licensed in Minnesota and North Dakota. Medicare, Medicaid or other insurance plans may cover hospice care.

FOR MORE INFORMATION

For referrals or additional information about services provided or to inquire about hospice care, please call 218-643-0467. ❖

Volunteer for hospice

Did you know that volunteers play an important role in meeting the needs of hospice patients and their families?

And sometimes even the small things can make a big difference.

Here are just some of the ways volunteers help:

Patient companionship.

■ Visiting with or reading to a patient

■ Remaining with a patient so family members can run errands

■ Visiting with the family

This type of volunteer work generally takes a weekly commitment, says Joy Wohlrabe, licensed social worker for St. Francis Riveredge Hospice.

“Some patients find it helpful when volunteers visit and create a diversion, talking about things other than illness,” she says.

Bereavement support.

■ Connecting with families after death has occurred, offering support

■ Helping with mailings to families who have lost loved ones

■ Participating in Stepping Stones, the grief support group for children and teens (See the back page.)

Other helpful tasks.

■ Running errands

■ Preparing meals

■ Baking cookies

■ Washing dishes or doing light housekeeping tasks or laundry

“Something as simple as pushing a vacuum cleaner around can be so helpful,” Wohlrabe says.

Volunteering with St. Francis Riveredge Hospice can be incredibly fulfilling. All volunteers receive 12 to 14 hours of training before they start.

For more information, contact Joy Wohlrabe at 218-643-0551 or joywohlrabe@catholichealth.net.



A TEAM THAT CARES: Hospice involves physical, emotional and spiritual care by a team of registered nurses; hospice aides; social workers; and physical, occupational and speech therapists.

Make a promise

EARLY DETECTION OF BREAST CANCER TRULY MATTERS

HERE IS A statistic that may shock you: Breast cancer incidence rates are relatively higher in Minnesota and North Dakota than in many other parts of the country.

On a list of states ranked according to their percentage of breast cancer incidences, Minnesota placed 11th and North Dakota 17th. Breast cancer rates in both states are higher than the national average.¹

Now's here's your chance to do something about it: Make a promise to talk to your doctor about breast cancer screening.

At St. Francis Healthcare Campus, we can schedule your mammogram quickly and provide prompt results. Make your appointment by calling **218-643-0238**.

DON'T PUT IT OFF

When it comes to breast cancer, early detection offers women

the best chance of surviving the disease, according to the American Cancer Society (ACS).

There are some things that increase your risk for breast cancer, such as your age or having close relatives with the disease. But at the same time, most women who get breast cancer don't have any risk factors at all, says the ACS.

That's why talking with your doctor is so important—you can discuss your personal risk and decide what's best for you.

Is your 40th birthday around the corner? If so, talk to your doctor about beginning regular mammograms to screen for breast cancer. If you're overdue for one, schedule it as soon as possible.

Advice for younger women. Even if you're in your 20s or 30s, you can take steps to protect yourself. Become familiar with how your breasts look and feel, and report any changes to your doctor.

And be sure to have regular



medical visits that include breast exams by your doctor. ❖

1 U.S. Cancer Statistics Working Group. *United States Cancer Statistics: 1999-2004 Incidence and Mortality Web-Based Report*. Atlanta: U.S. Department of Health and Human Services, U.S. Centers for Disease Control and Prevention and National Cancer Institute; 2007. Available at www.cdc.gov/uscs.

The desire to do more

CARES FOR CANCER BENEFITS ST. FRANCIS RIVEREDGE HOSPICE

A FEW YEARS AGO, several young women decided they wanted to do more to help people in their community affected by cancer.

The result? Cares for Cancer.



Co-chaired by Jaime Krump and Tara Steffens, Cares for Cancer has raised \$35,000 in two years. While some funds go directly to cancer patients, most are donated to St. Francis Riveredge Hospice.

RAISING FUNDS

The Cares for Cancer dinner and auction raise money through event ticket sales, a live auction and a prize raffle.

“The most popular items last year were Nintendo Wiis and NDSU

and UND athletics tickets and signed apparel,” Steffens says.

The Wall of Memories allows people to post photos in memory of loved ones who have died of cancer. There is also a wall where people can honor cancer survivors.

SAVE THE DATE

The third annual Cares for Cancer dinner and auction will be Saturday, March 28, at the American Legion post in Hankinson.

For more information or to purchase tickets, call Steffens at **701-242-7589**. ❖

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President and
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Highway 75 North and 210 West
www.sfcare.org



Stepping Stones

ANNUAL PROGRAM SUPPORTS
GRIEVING TEENS AND CHILDREN

You can make a difference

St. Francis Riveredge Hospice is just one of the many services provided to our community by St. Francis Healthcare Campus, a not-for-profit organization.

When you donate to the Healthcare & Wellness Foundation of St. Francis, you may choose to make a restricted donation to the Hospice Fund.

For more information, call the Foundation office at **218-643-0410**.

participate in a variety of activities. There are small group discussions and one-on-one time with trained volunteers, as you might expect. But there are other activities too—artwork, music and even playtime in the school's gym.

“Kids have so much energy,” Wohlrabe says. “At Stepping Stones they can run, jump rope and play basketball. The volunteers join in the fun too.”

The Stepping Stones program is offered once a year, but there is discussion of offering it twice a year, Wohlrabe says.

If you'd like to learn more about Stepping Stones, contact Wohlrabe at **218-643-0551** or at joywohrlabe@catholicealth.net. ♦

ADULTS AREN'T THE only ones who have a tough time talking about loss. Children and teens do as well.

But their needs are different than the needs of a grieving adult. That's why Joy Wohlrabe started Stepping Stones, a special grief support program.

Held each March at St. Mary's Catholic School in Breckenridge,

Stepping Stones is a one-day gathering open to any child or teen coping with the loss of someone special.

“Stepping Stones provides a very positive, supportive environment for kids to talk about and deal with their grief,” says Wohlrabe, a licensed social worker and bereavement services coordinator for St. Francis Riveredge Hospice.

At Stepping Stones, kids and teens