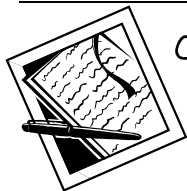


# Seasons

a newsletter from Orange City Home Health & Hospice

Winter 2011



## Comments from our Hospice families ...

*Thank you for your good care and support during his last days! It was very important to him, me, and our family that he was comfortable and your help made this possible.*

*We appreciated the wonderful care and support we received. Can't praise you enough. I appreciated the help and support I received after the funeral also.*

*I so appreciated all the love and care Michelle gave me, the bereavement classes by Michelle and Kim, and also our nurse Ann and the care she gave my husband. All of you are special angels sent by God. I still think of him daily, not so much with tears but with memories of love and happy times.*

*Your loving watchfulness during Dad's dying process was inspiring. Thank you for allowing me to be a part of his life in the last months. Your God-directed conversations will be the memories I hold dear for the rest of my life. God bless each one of you.*

*Thank you to all who so willingly helped us out. I can't imagine how we would have made it without your guidance and help. Love you all. ♥*

## Caring for Yourself While Caring for Another

By Teri Collet, ACSW, LCSW, ACHP-SW

As a caregiver, you are focused on taking care of the person you love. Most of your time, energy and effort is spent taking care of the other person. In the process, you are probably not taking care of yourself. Here are some self-care tips to consider:



### First, give yourself the gift of a little time. Consider the following:

- Lower your standards. Your house does not have to be clean, dust free and perfectly mopped. Every meal does not have to be home cooked. "Clean enough" truly is clean enough. Frozen foods meet the need as well as home cooked meals. Save your time and energy for more important things.
- Look at what you can eliminate from your life. Many of us have found ourselves doing those things that we feel we "ought" to do; those times when we just "couldn't say no." Consider taking a break from those obligations. The PTA, neighborhood watch or service group will understand!
- Get help from others. Many people have probably said to you – *let me know if I can help*. Take them up on their offer. They want to assist and just need to know how. Ask someone else to mow the yard, do the housekeeping or laundry, get the medicines from the store. Ask someone to prepare a meal you can cook later. Ask someone to take Mom to the doctor's. Ask your friends to pick up something for you when they go shopping or to pick up your kids from school when they pick up their own.



- o Some groceries stores will deliver food, some allow you to order groceries on line then deliver the groceries at a convenient time. Inquire from your local markets.
- o Many high schools require their students to complete service hours. Some churches have service groups. Have someone contact your local high school or place of worship and ask if you could be the recipient of their help.

(Continued on page 2)

## In Memoriam

*We extend our heartfelt sympathy to the families and friends whose loved ones passed away between November 1, 2010 and January 31, 2011. We are thankful for the opportunity to have shared in the lives of such very special people.*

### We remember

<b>Joyce Kool</b>	November 1, 2010	<b>Gerald Vande Brake</b>	December 20, 2010
<b>Gertrude Huisman</b>	November 6, 2010	<b>Joann Ahlers</b>	December 22, 2010
<b>Augusta Bolks</b>	November 27, 2010	<b>Mayme R. Witt</b>	December 26, 2010
<b>Francis Murphy</b>	December 1, 2010	<b>Rev. Robert Vander Schaaf</b>	January 6, 2011
<b>Carol Rehder</b>	December 9, 2010	<b>Verlyn “Fritz” Friedrichsen</b>	January 11, 2011
<b>Lester Frerk</b>	December 11, 2010	<b>Mildred Goebel</b>	January 13, 2011
<b>John “Merle” Vande Brake</b>	December 14, 2010	<b>Dorothy Kay Ruby</b>	January 19, 2011
<b>Gladys Hoekstra-Mulder</b>	December 15, 2010	<b>Emmett Ahlers</b>	January 20, 2011
<b>Jeanette De Groot</b>	December 15, 2010	<b>Kristin Minton</b>	January 21, 2011
<b>Patricia Van Es</b>	December 17, 2010	<b>Vance Reece</b>	January 27, 2011



## Hospice Calendar

### Volunteer In-Service

Tuesday, March 15, 12 noon–1pm

*Ethical Issues for Hospice Volunteers* by Kim Jansma

Location: Main campus meeting rooms

### Grief Support Group

Thursday afternoons, March 3-31, 1:15–3:15pm

Location: Landsmeer Ridge Retirement Home

### Hospice Memorial Service (see article on page 3)

Sunday, April 3, 2pm

Location: Living Water Community Center, OC

### Hospice Volunteer Training (see article on back page)

Monday, April 11, 6–9pm

Thursday, April 14, 6–9pm

Saturday, April 16, 9am–12pm

Location: Downtown campus conference room #4

### Living with Grief® Teleconference (see article on page 3)

Wednesday, April 20, 1–3:30pm

Location: Main campus meeting rooms ♥

## Caring for Yourself ... *(Continued from page 1)*

**Then, take a few extra moments and take care of yourself. How?**

- Watch one favorite TV show each day. Watching while you do chores doesn't count!
- Take 10 minutes to sit outside. Sit on the porch, in a lawn chair, even in the garage (with the door open). Now the hard part: Think of things *other than what you have to do*.
- Take 5 minutes to read an interesting article in a magazine or 3 pages in a book. (Articles about caregiving or the other person's illness do not count!) When choosing something to read, select something that is interesting but unimportant: perhaps a novel, gossip magazine or the sports page.
- Spend 10 minutes on the phone with a close friend.

Consider the tips above. Test them out to see if they are helpful for you. Taking good care of yourself is important to your loved ones. Remember this: you deserve to take care of yourself!

©2010 Teri Collet. Reprinted with permission courtesy of Limbertwig Press. Teri is author of "Making the Most of Every Moment: A Patient's Guide to Living with Hospice." Limbertwig Press publishes small guidebooks to help hospice families feel more prepared, at peace and confident as caregivers. Ask your hospice for copies or see [www.limbertwig.us](http://www.limbertwig.us). ♥

# Gifts from the Community

Your generosity allows Orange City Home Health & Hospice to provide help and hope in the midst of life and loss.

A friend or family member has remembered the following people by making a donation to Orange City Home Health & Hospice. We gratefully acknowledge these memorial donations and other contributions received November 1, 2010 – January 31, 2011.



## In Memory

In Memory of	Given by
Emmett Ahlers	Alvin & Jean Ahlers Friends & Family of Emmett Ahlers Mary Ann Ahlers Chuck & Sue Hirsch Premium Standard Farms Edward & Leann Zimmerman
Jeanette DeGroot	Friends & Family of Jeanette DeGroot Geraldine Huisman Delmar Netten Ivan & Colleen Van Berkum
Glenn De Haan	Nelvina De Haan and Friends & Family Don & Patricia Fedders Burdell & Judith Klaassen
Lester Frerk	Iris Frerk Rich & Anita Frerk
Verlyn Friedrichsen	Wayne & Marilyn Soucie
Ade Jacobs	Friends & Family of Ade Jacobs Mark & Carol Kucera John & Deborah Menning Cynthia Pals Karen Roos Richard & Paula Roos George Vogel Jean Vogel
Joyce Kool	Rev. Orville Kool
Violet Mouw	Donald Mouw Bill & Marcia Saeger Audrey VanKlombenburgh
Robert Muilenburg	John & Jeanne Den Hartog Den Hartog Industries Jerry & Julie Henrich
Gerald VandeBrake	Dann & Glenda DeVries Friends & Family of Gerald VandeBrake
Pat Van Es	Gerald (Jack) Van Es



## Monetary Gifts

The following people and organizations assisted Orange City Home Health & Hospice by giving a donation.

### GENERAL DONATIONS

Hope Christian Reformed Church, Hull IA  
Judy Lange  
Steve & Rosie Loutsch  
Orange City Community Chest  
Pete & Helen Pals  
Bennett & Twyla Vaas

## Hospice Memorial Service

The Orange City Home Health & Hospice staff would like to invite you to our fifth annual Hospice Memorial Service being held on Sunday, April 3, at 2pm at the Living Water Community Center in Orange City. It will be a time for bereaved families, friends, Hospice staff, and volunteers to come together to remember those who have died under Hospice care between March 2010 and April 2011. Rev. Dave Ter Beest, Hospice volunteer, will be delivering a message of hope and comfort. Please RSVP if you are planning to attend by contacting the Home Health & Hospice office at 737.5279.♥

## Living With Grief® Teleconference

The Hospice Foundation of America (HFA) 15<sup>th</sup> annual Teleconference will focus on the experience of grieving children and adolescents and the ways people can best support these populations as they cope with loss and grief. "Living with Grief® – Spirituality and End-of-Life Care" viewing will take place on Wednesday, April 20, from 1–3:30pm at the Orange City Area Health System main campus conference rooms. The program is offered free of charge, and continuing education contact hours will be available for a \$25 online processing fee per certificate. Pre-registration is required by April 13. To pre-register, or for more information, call the OCAHS Education Department at 712-737-5260.♥



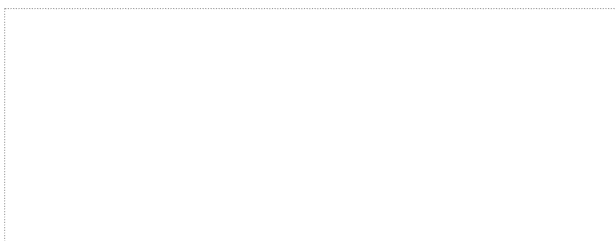
**Orange City Area Health System**  
Home Health & Hospice

**Location** 400 Central Avenue NW ■ Orange City, Iowa  
Phone 712.737.5279 ■ Fax 712.737.5258

**Mailing** 1000 Lincoln Circle SE ■ Orange City, IA 51041

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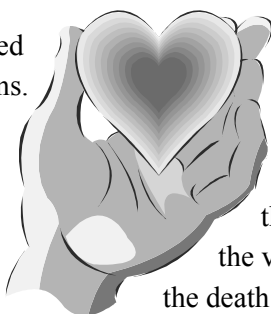
## Want to Truly Make a Difference in People's Lives?

Orange City Area Health System is seeking volunteers to be part of its Hospice program and is offering a three-session training in April. Volunteer training is Monday, April 11, from 6-9pm; Thursday, April 14, from 6-9pm; and Saturday, April 16, from 9am- noon. Each session is held in meeting room #4 on the lower level of the health system's downtown campus. Those interested in volunteering are asked to attend all three sessions.

“There are many ways to become involved with Hospice,” explains Kim Jansma, Orange City Hospice Volunteer Coordinator. “By volunteering you will touch and enrich many lives, including your own.”

According to Jansma, some volunteers will have the opportunity to make home visits that could include helping with household tasks, caring for children, running errands, playing games and preparing meals. Other volunteers serve by helping in the office with mailings, filing and working on various special projects. Finally, there are volunteers trained to work with the bereaved families, offering

support and encouragement through a very difficult time in their lives. “To help make this experience truly rewarding for both the volunteer and the patient,” explains Jansma, “the Hospice team will work with each volunteer to help assess interests and skills before placement with a patient.”



Volunteers in hospice find it personally gratifying, intellectually stimulating, and emotionally meaningful to assist those in need at a critical point in their lives, reports the Hospice Foundation of America. Many of the volunteers are introduced to hospice through the death of a family member and understand firsthand the value of hospice care, but nearly 20% of volunteers are new to hospice.

If you are interested in learning more about this valuable experience, please call Kim Jansma, social worker/volunteer coordinator, Orange City Home Health & Hospice at 737-5279. ♥