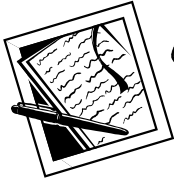


Seasons

a newsletter from Orange City Home Health & Hospice

Fall 2011



Comments from our Hospice families ...

We were extremely happy with the team. Lots of info we never knew. Wonderful gals helped us. We praised the Lord for them all. God bless you all as you continue your awesome work as servants for the Lord. Thanks again. ☺

Thank you so much for all the support. Everyone was so kind and caring. God bless you in your work in years to come.

I feel that hospice of Orange City did a fantastic job of keeping in touch with me. It helped me so much that I am going to become a hospice volunteer!

Words cannot express how much your loving care helped and supported us during her illness. God's blessings to you all for everything! We appreciated your staff and volunteer cards and all your prayers!

Thank you for all the kindness shown to our family during the final weeks and days of my mother's life. It was such a comfort to us to know what was happening and knowing she was kept comfortable to the end. You did a great job! ♥

Lessons from Geese – based on the works of Milton Olson. Presented by Kim Jansma, Hospice Social Worker/Volunteer Coordinator

The season is changing! The beauty of fall is all around us again, and when I looked to the sky today I noticed Canada geese in their “V” formation. This reminded me of the time I learned about *Lessons from Geese*. These are terrific insights that apply to the situations in various aspects of our lives, particularly pertaining to teamwork. I have adapted these lessons to the perspective of how we assist one another through the difficulties of life – namely at life’s completion – as well as the grief we endure when saying goodbye to a loved one.

When we use these principles in our personal lives it helps us foster a level of passion and energy in ourselves, as well as those who are our friends and family.

The importance of working in community

As each goose flaps its wings, it creates UPLIFT for the birds that follow. By flying in a “V” formation the whole flock adds 71 percent extra uplift to the flying range.

- When we work together toward a common goal, we have a sense of community and focus. We are able to foster trust and can help each other achieve our goals.

Our dependence on each other

When a goose falls out of formation it suddenly feels the drag and resistance of flying alone. It quickly moves back to take advantage of the lifting power of the birds in front.

- If we had as much sense as geese we would stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others.



(Continued on page 2)

In Memoriam

We extend our heartfelt sympathy to the families and friends whose loved ones passed away between June 1, 2011 and September 30, 2011. We are thankful for the opportunity to have shared in the lives of such very special people.

We remember

JoAnn Sudtelgte	June 7, 2011	Jeannine Krier	August 14, 2011
Kenneth Haag	June 9, 2011	Andrew Bosch Jr.	September 2, 2011
Henry Mellema	June 16, 2011	Alexander “Frew” Brown	September 2, 2011
Arnold Ahlers	July 5, 2011	Marvin Schmidt	September 25, 2011
Dorothy Te Grotenhuis	July 8, 2011	Bernard “Bernie” Reinders	September 29, 2011
Marjorie McMath	August 8, 2011	Josephine “Jo” Wielenga	September 30, 2011

Lessons from Geese (Continued from page 1)

The importance of sharing

When a goose tires of flying up front it drops back into formation and another goose flies to the point position.

- It pays to take turns doing the hard tasks and sharing leadership. We need to respect and protect each other's unique arrangement of skills, capabilities, talents, and resources. When someone is going through difficult times, they may have the capabilities and resources to get through, but not the emotional strength. This is where it may be helpful to allow someone else to take the lead for a while so that they may recharge and gain strength for the journey.

The importance of empathy and understanding

When a goose gets sick, two geese drop out of formation and follow it down to the ground to help and protect it.

- If we learn from the geese we will stand by each other in difficult times, as well as when we are strong.

The importance of encouragement

Geese flying in formation “HONK” to encourage those up front to keep up with their speed.

- We need to make sure our honking is encouraging. In teams and families where there is encouragement, coping and emotional stability is much greater.

Individual empowerment results from quality honking. ♥



Hospice Events

Volunteer In-Services

Tuesday, November 15, 12noon–1pm

Topic: *Holiday Grief: Helping Others Cope through the Holidays* by Kim Jansma and Michelle Vaas

Location: Main campus meeting rooms A, B, & C

Friday, December 16, 9–10am

Volunteer Christmas Appreciation Coffee with Hospital Volunteers

Location: Main campus meeting rooms A, B, & C

Other Hospice Events

Hospice Volunteer Training

Tuesdays, November 1, 8, and 15 from 5–9pm

Location: Main campus training room near Puddle Jumper Café

Tree Lighting Ceremony (see article on back page)

Wednesday evening November 30, 7pm

Location: Main Campus Front lobby ♥

Struggling during the Holidays?

Several resources for coping during the holidays are available to help you during this difficult time.

Please call the Hospice office at 712.737.5279 to request a packet.

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 June 1, 2011 – September 30, 2011.



In Memory

In Memory of

Given by

Arnold Ahlers Clara, Urban & Edward Ahlers

Alexander "Frew" Brown Jerry & Barb Cullison

Marjorie McMath Jo Anne Center
Mary Jane Chang
Friends & Family of
Marjorie McMath
Ruth Guinane
William & Norma Malone
James McMath
John McMath
Mary McMath
Raymond & Shirley Miller

Kathryn Ney Mary Ann Ahlers
Friends & Family of
Kathryn Ney
Geraldine Huisman
Mary E. Kepp
Wilmar & Bev Wielenga

Remembrance

Remembrance is a golden chain
Death tries to break,
but all in vain.
To have, to love, and then to part
Is the greatest sorrow of one's heart.
The years may wipe out many things
But some they wipe out never.
Like memories of those happy times
When we were all together.

Author Unknown

Taken from the National Newsletter of BP/USA,
A JOURNEY TOGETHER. Their website can be
found at www.bereavedparentsusa.org.



Monetary Gifts

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

GENERAL DONATIONS

Hospers Reformed Church Women's Ministries
First Christian Reformed Church, Orange City

OC Home Health & Hospice Nomination for 2011 Honored Volunteer: Sherry Lundberg

We at Orange City Home Health and Hospice have been blessed with many dedicated volunteers. Sherry Lundberg stands out as one we would like to



honor for the dedication she brings to our hospice organization. She is willing to go above the call of duty as a patient care volunteer. She is especially gifted at reaching out to those with dementia. She is able to find innovative ways to meet their needs by looking to their past likes and interests and using that information to bring sparks of recognition and moments of joy. She brings a special gift of music to those she serves by singing to them songs that the patients will often join in and sing along. Sherry is always ready and willing to offer her time and energy to assist those in need. She truly represents the spirit of what it means to be a Hospice Volunteer.

Sherry was recognized as Orange City Home Health and Hospice's honored volunteer at the Hospice and Palliative Care Association of Iowa's Volunteer Recognition Ceremony on September 13, 2011 in Urbandale, IA.

Thanks Sherry!



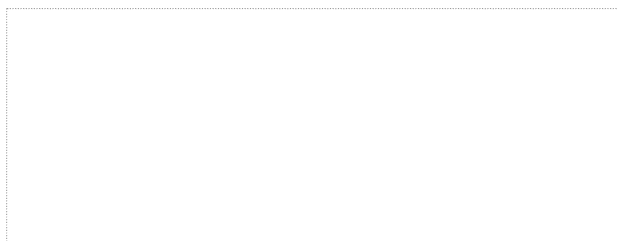
Orange City Area
Health System
Home Health & Hospice

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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2011 Hospice Christmas Memorial Ornament and Tree Lighting Ceremony

Each year Orange City Home Health & Hospice creates special ornaments memorializing each person we were privileged to serve. This year's ornaments are made of leather depicting a Christmas candle with the person's name engraved on it and will honor those who have passed away between December 1, 2010 and December 1, 2011. These ornaments will be placed on the "**Hospice Tree of Remembrance**" located in the main campus lobby of Orange City Area Health System. After Christmas, ornaments will be given to a family member.

We are also offering this ornament to anyone from the community wishing to have their loved one memorialized. The suggested donation is \$10 per ornament. Ornaments can be ordered by contacting the Home Health & Hospice office **before November 25: 712-737-5279**. Please be prepared to

give the *name* you would like on the ornament along with the person's *birth year and death year* as well as a *contact phone number* for any questions that may arise.

Our staff would also like to invite you to a **Tree Lighting Ceremony** on Wednesday, November 30 at 7pm. We will meet in the front lobby of Orange City Area Health System. Please join us in celebrating and remembering the lives of those who have touched us in such a special way. We will start the evening with a

reading and special music, read the names of those who are remembered with ornaments on the tree, and finish the evening with a reception including cider and Christmas treats. Our hope is that it will help those who are grieving during the Christmas season by offering an opportunity to formally commemorate their loss. ♥

