WINTER 2021

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IOWA RIVER HOSPICE CELEBRATING 38 YEARS OF CARING

Your original community hospice since 1983 provides hospice care wherever the patient calls home, within a 40 mile radius of Marshalltown. Our Hospice Home accepts patients from any geographic area.

I don't have many feelings of joy about last year nor the beginning of this year. These times have been difficult for everyone. Now more than ever we need to band together and support one another regardless of our differences. The lyrics from the song **"From a Distance"** are powerful. The song is one of my favorites, and heartfelt. I believe sharing the lyrics is relevant for all that is impacting our nation. In 1978, at the age of 22 this song was written by Julie Gold. Bette Midler was one artist that performed this inspirational song.

Everyone experiences fear at times; but grace, compassion, and solidarity will conquer.

We CAN and WILL reach the Snow Capped Mountains together!

God Bless,

Emily Carson,
RN/Executive Director

From A Distance

From a distance the world looks blue and green,
and the snow-capped mountains white.
From a distance the ocean meets the stream,
and the eagle takes to flight.

From a distance, there is harmony,
and it echoes through the land.
It's the voice of hope, it's the voice of peace,
it's the voice of every man.

From a distance we all have enough,
and no one is in need.
And there are no guns, no bombs, and no disease,
no hungry mouths to feed.

From a distance we are instruments
marching in a common band.
Playing songs of hope, playing songs of peace.

They're the songs of every man.
God is watching us. God is watching us.
God is watching us from a distance.

From a distance you look like my friend,
even though we are at war.
From a distance I just cannot comprehend
what all this fighting is for.

From a distance there is harmony,
and it echoes through the land.
And it's the hope of hopes, it's the love of loves,
it's the heart of every man.

It's the hope of hopes, it's the love of loves.
This is the song for every man.
And God is watching us, God is watching us,
God is watching us from a distance.
Oh, God is watching us, God is watching.
God is watching us from a distance.

502 Plaza Heights Rd. | Marshalltown, Iowa 50158-4544 | 641-753-7704 or 800-827-4521
www.IowaRiverHospice.org

MYTHS ABOUT HOSPICE

— Conny Schutte, *RN Education Coordinator*

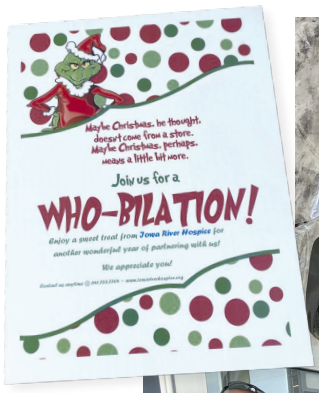
Hospice isn't a place. And hospice care is not just about those who are dying. Hospice is a comprehensive kind of care that focuses on living—it's about living as fully as possible, surrounded by family and friends, up until the end of life.

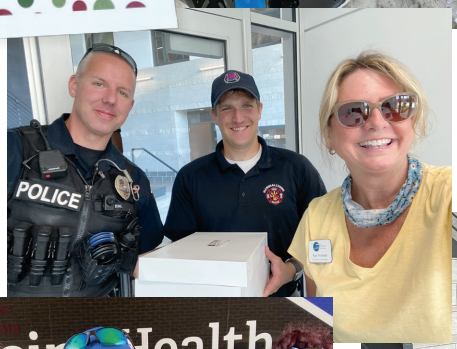
Last year, more than 1.5 million dying Americans were served by the nation's hospice providers, reports the National Hospice and Palliative Care Organization. Yet there are many myths about hospice that keep people from getting this compassionate care when they need it most.

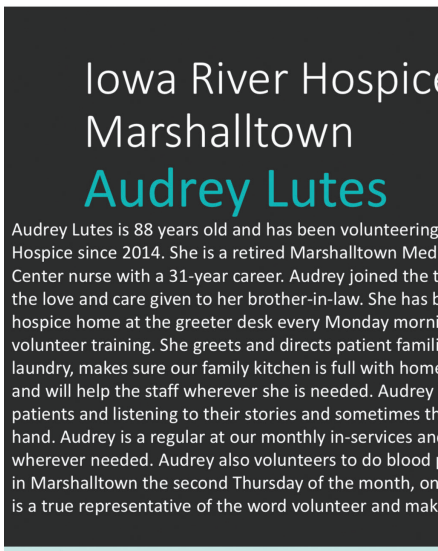
MYTH	REALITY
Hospice is where you go when there is nothing more a doctor can do.	Hospice is a philosophy of care providing medical, emotional, and spiritual care focusing on comfort and quality of life.
Good care at the end of life is very expensive.	Medicare beneficiaries pay little or nothing for hospice, and most insurance plans, HMOs and managed care plans include hospice coverage.
Hospice is only for the last few days of life.	Hospice patients and families can receive care for six months or longer, depending upon the course of the illness.
Choosing hospice means giving up all medical treatment.	Hospice places the patient and family at the center of the care-planning process and provides high-quality pain management and symptom control.
Everyone dies in a hospital.	Hospice goes to the patient and family at home—whether that's a private home, a nursing home or assisted living facility, or a hospice residence.
Hospice is only for cancer or AIDS patients.	Fifty percent of hospice patients are diagnosed with conditions other than cancer or AIDS.
Families are not able to care for people with terminal illnesses.	Hospice involves families, and offers them professional support and training in caring for their loved ones.
Hospice is just for the elderly.	Hospice serves anyone facing a life-limiting illness, regardless of age.
Hospice only focuses on the dying process	Hospice offers grief and bereavement services to family members and the community

If this information about hospice surprises you, take the time to find out more. The best time to learn about hospice is before someone in your family is facing a health care crisis. For more information, contact Iowa River Hospice at 641-753-7704.

COOKIE DAY WITH OUR PARTNERS 2020







The 2020 Hospice & Palliative Care Association of Iowa Volunteer Recognition Ceremony took place virtually this year. Congratulations to our winner Audrey Lutes.

Honor Maple Tree Planted

The Autumn Blaze Maple tree that Volunteer Rod Roland is planting, is in memory of Troy Jack Yearous. Troy's mother is our In-Patient Manager Michele Thomas. Michele chose the Autumn Blaze Maple because it will produce beautiful red leaves that remind her of Troy's red beard which he received from his Irish, Scottish, Welch and German heritage. Troy passed at 29 years of age, just 2 weeks shy of his 30th birthday with complications from Cerebral Palsy. Troy loved people and even though he couldn't talk, his eyes said a lot, which made him a good listener. Troy loved living at the Hubbard Care Center for the last 10 year of his life. Michele can't say enough about the wonderful care he received and the joy the staff gave him. Thanks Michele for giving us all something beautiful to enjoy when we look out the family kitchen window. We will be thinking of you and Troy!

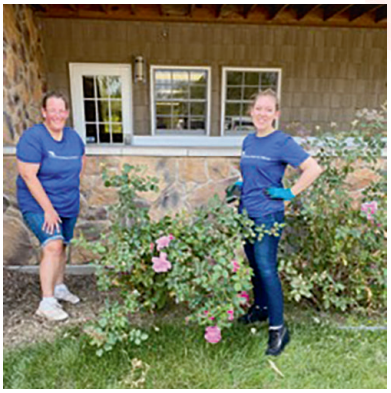
VOLUNTEER SERVICE

WE ARE GRATEFUL FOR **YOU!**

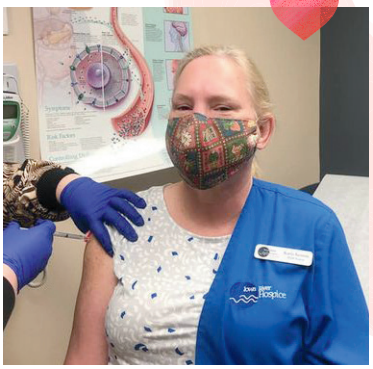
Deb Wollam Executive Director of McFarland Clinic Marshalltown presents Emily with their employee jeans day donation.

Thank you to the **Hospice Road Committee**, many volunteers who circulated and signed petitions and the Mayor and City Council. The 5th Avenue road extension was removed from the Strategic Plan in November.

We are grateful to **Pat Thompson** RN BSN Marshall County Health Director for all of her efforts during this challenge!



Bankers from UB&T did yard work on a nice fall day for United Way Day of Care.



Karla Newton RN is the first of our Team to receive the vaccine.

STEM group from Emerson decked our porch and lit our blue tree for the Holiday Season.

MIW (Mid Iowa Workshop) spiffed up the porches and yard on a chilly fall day.

RENEWING HOPE

— Karen Bursley, *Social Worker*

As you read this, the Holidays have come and gone and you may find, as some do, that the weeks following the Holidays can be a challenge. What with the mid-winter cold, frequent cloudy days, isolation and perhaps a sense of loss or grief, the days can be long; with the ever present impact of COVID-19 and all that's in the news, it's easy to become world weary. Today as I write this, the sun is showing its full glory with the back drop of a brilliant blue sky. An eagle soared over head as I left my house this morning, which led me to think "It's a good day" and the word "Hope" filled my thoughts while pushing away a cloud of weariness. Holiday greeting cards often mention the words Peace, Love and Hope, and certainly those words are powerful, especially when they are experienced in our daily life.

For those in the midst of loss and grief, hope can seem evasive, yet hope is just what's needed to navigate troubled times. We can renew a sense of hope through reflecting on our beliefs, thoughts and values, through external inspiration or through what we give in our interactions with the world around us. I've been thinking of signs of hope and means through which one might restore or share a sense of hope. Some ideas for consideration may be:

- Observe the ever increasing daylight, if only for a minute or two each day.
- Re-read a Holiday card and reflect on the one who sent it.
- Companion someone through a phone call, face time, zoom meeting or whatever option one uses.
- Send a hand written card or letter – what a gift for someone to receive in the mail.
- More time with a hobby or meaningful activity with a visible outcome.
- Engage others in conversation and reminiscence of your loved one who's passed away- acknowledge the goodness of their life and let go of the not so good.
- Forgiveness of self and others.
- Consider the concept of "acceptance".
- Hold on to core beliefs and values that have been a guide through past upheavals.
- Anticipate Spring, which arrives every year.
- Goodness prevails.
- Find the unexpected eagle overhead.

Photo courtesy of Lori Fahrenholz

These ideas may or may not inspire you- we all find hope in our own way- the important thing is that we find it. What's that Emily Dickinson poem? ***"Hope is the thing with feathers, that perches in the soul…*** "It may be worth our time to consider this old poem.

SUPPORT GROUP CONNECTIONS

Dear Community,

During this time without the physical closeness of friends and family, grief of loss can be especially overwhelming. There needs to be opportunity to give voice to the many aspects of grief; sadness, tears, confusion, regrets, and even anger. Iowa River Hospice would like to offer such an opportunity. Since our bereavement and care giving support groups are unable to meet at this time, we invite anyone struggling with grief to request a phone call by contacting Iowa River Hospice week days 8:30-4:30 at (641) 753-7704. Our receptionist will have one of our bereavement specialists reach out to you. We invite anyone struggling with grief or needing care giver support to request phone call. Sometimes a listening ear can be most comforting.

The Staff of Iowa River Hospice

Photos courtesy of Sherry Salm Jasper

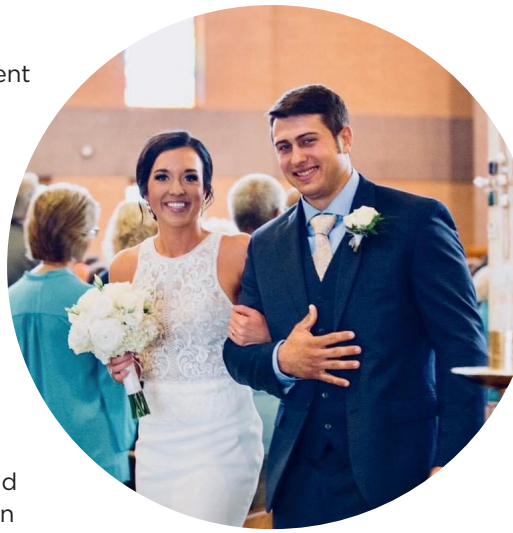
MY STORY

— Megan Mann

Meet the Team! Megan Mann has joined us full time and we couldn't be happier! Here's her story.

My journey with Iowa River Hospice began in 2015 after graduating from Marshalltown High School. Working as a health aide for Iowa River Hospice quickly showed me that healthcare was my field! The opportunity to go into patient's homes and work in the Hospice Home was inspiring. Working with the hospice team made me realize hospice care was the kind of nursing care I wanted to pursue. I continued working for Iowa River Hospice when my school schedule allowed and earned my associates of arts and registered nurse license from Marshalltown Community College.

After graduating from nursing school, I wanted to get hospital experience and accepted a job at Mary Greeley Medical Center on their Medical Telemetry floor. On the Medical Telemetry floor, I took care of patients with cardiac and kidney disease. At Mary Greeley Medical center, I learned how to take care of acute patients and enjoyed getting to work with great doctors who often referred their patients to Iowa River Hospice. While working at the hospital, I worked with many nurses who motivated me to go back to school. I applied to Capella University and enrolled in a Bachelor's of Science of Nursing program and completed my degree this spring. While working at the hospital, I would also pick up shifts as needed at hospice. Iowa River Hospice has always been a job that I've enjoyed and I've never thought about leaving. While picking up a shift, I was asked if I would want to come back full time. This seemed to be perfect timing. I went home and discussed with my husband and I knew that night that I wanted to come back to Iowa River Hospice!



My husband and I are both born and raised here in Marshalltown. We plan to stay in Marshalltown and I always knew I wanted to come back and work in the community. In 2019, I married my high school sweetheart. We got married at St. Henry's Church and then went on a honeymoon to Scottsdale, Arizona. We loved going to Arizona and will go back sometime. During my free time, I love to mow my lawn, do outdoor projects, go to the YMCA, and enjoy a cup of coffee with friends and family.

Iowa River Hospice has always been one of my favorite places in town. I'm so thankful to be able to work at hospice and serve our patients. I love my job as a hospice nurse and I truly think through hard work this has been my calling. It has been a blessing to be able to work at Iowa River Hospice!

OPPORTUNITIES FOR GIVING

CONTRIBUTION

Your contribution to Iowa River Hospice makes you our partner in serving patients and families at a precious time of life. The journey through illness, care, support, death, grief and healing can only be accomplished with your help. Your tax deductible gift will allow us to continue serving those who need our help and we are grateful for every donation.

MEMORIAL PAVERS

These pavers (bricks) will become a permanent part of the walkway and/or entrance and offer a way to recognize our donors and serve as a way to remember our loved ones. **$250/paver**

MEMORIAL LEAVES ON DONOR TREE

A metallic leaf with a personal inscription can hang on our sculpted donor tree, located on the upper level of the Hospice Home. Another way to honor those we love. **$1,000 and above**

GIFTS OF STOCK

A stock gift is a way to make a gift contribution and also receive a tax savings.

MATCHING GIFTS

Many employers offer matching gift programs if you contribute to a not-for-profit organization such as Iowa River Hospice. Ask your employer if a gift to Iowa River Hospice would qualify. It's a great way to increase your contribution and to involve your employer!

HOSPICE HOME NEEDS

We are honored to have served well over 1000 patients in our patient suites and have been visited by thousands more. We are looking into refreshing our Home to better serve the needs of our patients and their visitors. Local businesses are partnering with us and your financial support would be most welcome!

MEMORIALS OR HONORARY DONATIONS

Anyone can contribute to Iowa River Hospice in memory or in honor of a loved one. Frequently, gifts are designated to hospice in honor of someone's birthday, anniversary or a special event. Any amount is appreciated.

PLANNED GIFTS

This is a thoughtful way of giving after your death. Some examples of giving in this way are through a life insurance policy, your final will or an annuity.

ENDOWMENT

The Iowa River Hospice Endowment is set up and in operation! If interested, please call the hospice office and ask for Rhonda Miller 641-753-7704.

OTHER FORMS OF SUPPORT

While we appreciate your thoughtfulness by offering to share gifts with us, we ask that you **contact us** for a list of items that we can accept. We generally cannot accept personalized items, art, collectibles and furniture but welcome consumables such as coffee, paper products and American Flags for our pole.

OUTDOOR OPPORTUNITIES

Many of our visitors and patient enjoy our lovely porch and yard. We'd love to add beauty, shade and privacy with more shade trees and bushes. Contact us for more information.

Iowa River Hospice

Your River of Hope.

RENEWED HOPE

— Chaplain Bob Spilger

People who live without hope often experience discouragement, depression and in some cases even become suicidal. Such was the case with an Italian prisoner of war who was being held on a military base in the United States during the Second World War. He had become especially despondent when he learned that his wife had died in Italy. The camp commander knowing that the man had been a stonemason prior to the war, asked him if he would be willing to help design a chapel for the base. The POW accepted the assignment and even supervised its construction.

Today a unique chapel stands at the Letterkenny Army Depot in Chambersburg, Pennsylvania. The formerly despondent prisoner found renewed hope by using his God-given talents to bless others.

In the Old Testament book of 1 Kings chapter 19, we read that the prophet Elijah was despondent. He was physically and emotionally drained after fleeing from the evil Queen Jezebel. In despair, he asked God to take his life. Instead, the angel of the Lord ministered to his physical needs. Some days later, the Lord spoke to Elijah and told him that his work was not over.

When you are in despair, the first step on the pathway to new hope is to take care of your physical needs. Then listen to God's voice through the Scriptures. God will show you your spiritual condition and tell you what He would have you do to bless others.

Iowa River Hospice
Your River of Hope

You have a choice in hospice care! Choose local.

Making Moments Matter Since 1983

641-753-7704
www.IowaRiverHospice.org

There are currently many hospice agencies serving patients in our area. While competition can make us all stronger, there are some overriding reasons to choose Iowa River Hospice over other agencies.

Low patient to staff ratio insures that our patients and their loved ones receive the attention from the whole team that they deserve. Nurses, Hospice Aides, Chaplains and Social Workers are all a part of your care as well as our Medical Director and Pharmacist. We have the only Hospice Home in Marshalltown for those who need additional 24/7 care.

Our wonderful volunteers can't be matched by any other agency in number, dedication or heart. Travel time is minimized because we live in the communities we serve. When you need us, we are here for you.

We are truly a local agency that lives, works and plays in the communities we serve. We belong to other civic groups, serve on boards of local agencies and attend local schools and churches. We pay both property and sales tax, participate in local events and buy our groceries here. We buy houses and cars locally, hire local staff, and support "main street business" so to speak. We roll up our sleeves to help our community when a crisis occurs because it is our community too.

We are honored to be part of a tender time of life. We care for you like family because we are your neighbors.

Volunteer **Virginia Goettsch-Palmisano** *makes memory bears with patients' clothing. You may recognize Virginia from being one of the top ten volunteers at Nationwide the last few years. Virginia goes above and beyond when it comes to volunteering at Iowa River Hospice. Thank you Virginia for choosing Iowa River Hospice for your volunteer service!*

THANK YOU!

Due to the generosity of donors like you, we are able to dedicate ourselves to providing specialized care for our patients. Doing 'whatever it takes' to support our patients and their loved ones is at the core of our work and we couldn't do that without you. Your donation helps your friends and neighbors at one of life's most challenging times.

CLUBS & ORGANIZATIONS

Alliant Energy
American Legion Auxiliary Conrad Unit #681
Benevity
Blackbaud Giving Fund
Bruin Manufacturing Co.
Electric Supply of Marshalltown
Fidelity Charitable Gift Fund
Hubbard Community Fund
Independent Insurance Services
Lamoille Women's Fellowship
McFarland Clinic Physicians & Staff
Nationwide
Nationwide Foundation
Night of Stars
Peace United Church of Christ Women
State Bank of Toledo
Women of the ELCA
Womens Guild First United Church of Christ
YourCause, LLC Trustee for Boeing

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MARSHALLTOWN AREA UNITED WAY

Marshalltown Area United Way

PT WISHES DAY OF CARE

Todd & Lori Kruse
Night of Stars

STATE OF IOWA ONE GIFT DONATIONS

State of Iowa One Gift

UNITED WAY OF CENTRAL IOWA

United Way of Central Iowa

UNITED WAY OF STORY COUNTY

United Way of Story County

HONOR & MEMORY | JULY - DECEMBER, 2020

HONOR

Marilyn Andrews
Daleen Michel
Rick & Becky Engelking
Audrey Kuhl
Carol Ann Feld
Mark Feld

MEMORY

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Kathy Alexander
Frances Anderson
Carol Anderson
Diane Hart
John & Janet Jansen
Kim & Janine Muckler
Nancy Pontier
Phyllis Runner
Dennis & Vicki Walker
Lyle Wall
Kenneth & Vicky Wall
Lavonne F. Anderson
R. Anderson
Joseph Armbrecht
Joseph Armbrecht Estate
Michael Armbrecht
Jane Butler
Gordon Eurom
Jane Ann & Loran Frericks
Joseph Armbrecht *(continued)*
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Brian & Denise Maddick
The Waldinger Corporation
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Barbara L Pickard
Lou Behrend
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Bob Johnson
Virginia Johnson
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