



Hospice Ties



FALL 2010

WWW.NORTHWESTWISCONSINHOMECARE.ORG

VOLUME 16, ISSUE 3

A NEWSLETTER FOR THE BEREAVED COMMUNITY OF HOSPICE AND THEIR PROFESSIONAL

How To Help Ourselves Through The Holidays

In our lives there are many holidays or special days, such as birthdays, anniversaries, graduations, weddings, and Easter, to name a few. These are all difficult days for the bereaved, but for many, the most difficult holiday of the year is Christmas.

This day more than any other means family together. They are synonymous and it is at this time we are so acutely aware of the void in our lives. For many the wish is to go from Dec. 24 to Dec. 26. We continually hear Christmas Carols, people wishing everyone, "Merry Christmas"; see the perfect gift for our loved one and suddenly realize they will not be here.

Listed below are some ideas and suggestions that others have found helpful in coping with the Holiday Season. Choose the ones that will help you.

1. Family get-togethers may be extremely difficult. Be honest with each other about your feelings. Sit down with your family and decide what you want to do for the holiday season. Don't set expectations too high for yourself or the day. If you wish things to be the same, you are going to be disappointed. Do things a little differently. Undertake only what each family member can handle comfortably.
2. There is no right or wrong way to handle the day. Some may wish to follow family traditions, while others may choose to change.
3. Be careful of "shoulds." It is better to do what is most helpful for you and your family. If a situation looks especially difficult over the holidays, don't get involved if possible.
4. Set limitations. Realize that it isn't going to be easy. Do the things that are very special and/or important to you. Do the best that you can.
5. Once you have made the decision on the role you and your family will play during the holidays, let relatives and friends know.

6. Emotionally, physically, and psychologically it is draining. You need every bit of strength. Try to get enough rest.
7. What you choose to do the first year you don't have to do the next.
8. Donate a gift or money in your loved one's name.
9. Don't forget, anticipation of any holiday is much worse than the actual holiday.



GriefNet



Inside this issue:

| | |
|--------------------------------------------|---|
| How to Help Ourselves Through The Holidays | 1 |
| Memorial & Donations | 2 |
| Memorial & Donations | 3 |
| Holiday Memories | 4 |
| Words to Share | 5 |
| 2009 Hospice Remembrance Quilt | 6 |
| Hospice Holiday Gathering | 6 |

"We've put the Care in HomeCare...since 1984."

Northwest Wisconsin HomeCare & Northwest Wisconsin Supportive HomeCare

PO Box 2060
Eau Claire, WI 54702
(715) 831-0100
1-800-236-8408

1515 Stout Road
Menomonie, WI 54751
(715) 235-7800
1-800-235-7850

202 Memorial Drive
Mondovi, WI 54755
(715) 926-5616
1-800-926-5650

P.O. Box 74
Bloomer, WI 54724
(715) 568-2607
1-800-923-7668

1443 E. Division Ave
Barron, WI 54812
(715) 458-0803
1-866-255-1803



Memorial **donations** can be a meaningful and lasting way to keep the **memory** of a loved one alive. We thank each and every one of you for these special gifts. These "tributes of love" were received between June 1, 2010 to August 31, 2010

Memorials

- Alvin G Mathews**
Ms Elaine Siniff
- Arlene Luther**
Mr Lyle Luther
Mrs Helen Bechel
- Arnold & Elaine Wing**
Ms Deborah Wing
- Bruce Johnson**
Miss Bonnie Johnson
- Carl A Lund**
Ms Donna Lund
- Carol Ann McMiller**
Anonymous
- Charles Johnson**
Miss Bonnie Johnson
- Cheri M Wheeler**
John & Roberta Shervey
- Cheryl Janke**
Lester & Jean Janke
- Clara Kaiser**
Charles & Jean Bates
Gregory & Susan Kaiser
Mr & Mrs Tom Bauer
Richard & Peggy Snyder
- Clarence Poppe**
Mrs Bonnie Poppe
- Conrad S Nelson**
Mr & Mrs Hugh Erickson
Mr & Mrs Roger Ziebell
- Darlene R Horton**
Ms Loren Horton

- Donald L Hanson**
Ms Donna Hanson
- Douglas Walter Robarge**
Mr Kent Robarge
- Duane R Evenson**
Mike & Kathy Anderson
- Earl F Cinatl**
Mrs Dorothy Cinatl
- Earl R Hanson**
Mrs Esther Hanson
- Edward Staron**
Mr Frances Staron
- Emil Maas**
Mr & Mrs Russell Maas
- Ernest W Myhre**
Mrs Helen Myhre
- Eunice Stai**
Mr Allen Stai
- Faye Fredson**
James & Mary Karker
Dr & Mrs Michael R. Wolfson
Dr & Mrs Ralph Fitz
Dr Abdulla & Christine Akfaly
Dr David & Stacy Dibbell
Dr James & Rosemary Bounds
Dr Lon & Nancy Christianson
Dr Richard & Susan Cochrane
Dr Steven & Mary Swanson
Michael & Ann Johnson
Mr & Mrs Nison Sabin
Mr & Mrs Rudolph Carlson
- Fern Elizabeth Reuter**
Ms Suzanne Kulig
- Florence Bailey**
Harold & Linda Frank
- Francis A Furlong**
Ms Marijean Davis
- Francis Rogness**
Mrs Shirley R. Olson
- Frieda Lee**
Mr Alfred Lee
- Gayle Dague**
Miss Sandy Dague
- Gerald Hell**
Mrs Martha Hell
- Gertrude Bratsven**
Anton & Esther Larson
- Harold Merton Peterson**
Ms Kathleen Peterson
- Hilda Behlke**
Ms Alice Johnson

- Hugh MacMillan**
Ms Virginia MacMillan
- Ida Crusen**
Mr & Mrs Keith Ryan
- Jane Mahoney Donnellan**
Mr David Donnellan
- Jean Alf;**
Mr & Mrs David Gullicksrud
Mr & Mrs Steven Alf
- Jill Lewis**
John & Roberta Shervey
- John Alf**
Mr & Mrs Steven Alf
- Judy A Gleason**
Mr Phillip Gleason
- June Gehring**
Mr & Mrs Arnold Prissel
- Junior W Dahms**
Mr & Mrs Gerald Boots
- Kaye Heinrichs**
Mrs Geraldine Loppnow
- Lincoln R Walker**
James & Mary Karker
Dr & Mrs James A. Walker
Dr & Mrs Ralph Fitz
Dr & Mrs Stanley G. Norman
Dr Abdulla & Christine Akfaly
Dr Chris Humphreys
Dr Daniel & Mary Bowman
Dr David & Stacy Dibbell
Dr Donald & Kathleen Weber
Dr James & Rosemary Bounds
Dr Morris Pasternack & Ms Shelley Fredson
Dr Paul & Linda Kuehn
Dr Philip & Sheril Gilberstadt
Dr Randall & Peggy Casper
Dr Steven & Mary Swanson
Francis & Miriam Carr
Marvin & Mary Hanson
Miss Carolyn A. Bryce
Miss Janet Rablin
Mr & Mrs Dale Young
Mr & Mrs Daniel McNicoll
Mr & Mrs David Barnes
Mr & Mrs David Haake
Mr & Mrs Donald Lee
Mr & Mrs Douglas Adams
Mr & Mrs Felix Jungerberg
Mr & Mrs Gary Knock
Mr & Mrs Gil Flaig
Mr & Mrs Jack Quaid
Mr & Mrs John Staszczuk
Mr & Mrs Kim D. Walker
Mr & Mrs Ray Casper

Memorials and Donations
continued on page 3





Memorials and Donations.....continued

Mr & Mrs Ronald Kielpinski
 Mr David Donnellan
 Mrs Avis Grambo
 Mrs Diane L. Nelson
 Mrs Dorothy Jensen
 Mrs Elda Kelley
 Mrs Jacque Falk
 Mrs Jean Walker
 Mrs Joan Larsen
 Mrs Marian Cochrane
 Mrs Mary Lee
 Mrs Norma Christopher
 Mrs Patricia Ness
 Mrs Vila Nygaard
 Ms Bernice Geitz
 Ms Beverly Hill
 Ms Darlene Cornell
 Ms Gwenn Nyhagen
 Ms Judith Blackstone
 Ms Norma Rabedeaux
 Ms Ruth Downer
 Ms Susan Strangfeld
 Ray & Betty Larson, Jr.
 Rev Laura J Kelley
 Robert & Gloria Williams
 Thomas & Karen Nelson

Lorene C Wachter
 Andrew & Michele Sutton
 L.E. Phillips Family Foundation Inc
 Mr & Mrs Richard Wachter
 Thomas & Jill Barland

Lucille Anderl
 Ms Jan Sisti
 Ms Joanna Sisti

Margaret Smith
 Ms Judith Smith

Mary Ann Johnson
 Mr Lloyd Johnson

Mary K Race
 Robert & Julia Race, Jr

Melvin Strand
 Anonymous

Orville Hoveland
 Ms Arlene Hoveland

Oscar Mahlum
 Mr & Mrs Richard Mahlum

Pastor Maynard Midthun
 Ms Lorraine Norrish

Perry Branville
 Ms Ardell Branville

R Calvyn Romsos
 Ms Carol Romsos

Rev Arthur Morten Vorhes
 Mrs Barbara Vorhes

Richard Trott
 Mrs Judy Trott

Robert Bricco
 Ms Nancy Bricco

Robert M Race, Sr
 Robert & Julia Race, Jr

Robert Van Gorder
 Arthur & Dorothy Hotvedt

Roger E Washburn
 Ms Cynthia Washburn

Ruth Peterson
 Ms Kathleen Peterson

Sister Mary Hermana
 Anonymous

Stanley Kowalczyk
 Ms Wanda Hankus Tee

Thorwald A Olson
 Mrs Shirley R. Olson

Vernon P Kortness
 Mrs Caroline Kortness

Virginia Deacon
 Donald & Janice O'Donnell

Wally Hunstad
 Mr & Mrs Kirk Olson

Walter J Oster
 Ms Irma Oster

Walter Rusch
 Mrs Carol Rusch

Wayne Bertelson
 Mrs Alyce Bertelson

Donations

Anonymous
 Marvin & Janice Kufahl



Celebrate the memory of a loved one by giving a gift to hospice.

In memory of _____

Please acknowledge the donation of

\$ _____ to:

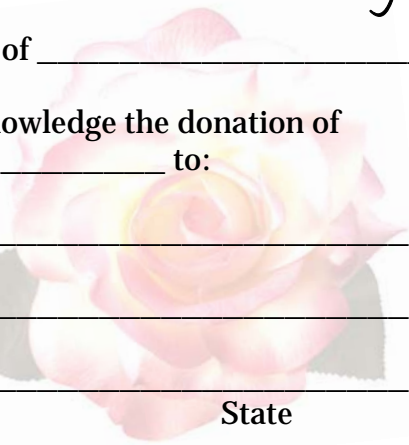
Name

Address

City State Zip

Please make your donation payable to

NWHC
PO BOX 2060
Eau Claire, WI 54702



Holiday Memories

The power and comfort of personal rituals can be therapeutic gifts. Of course, each family must decide individually how best to commemorate their loss as they celebrate the holidays. The following are suggestions of how some bereaved people have mingled their tinsel with tears.



"We start with a moment of silence or someone offers a toast or prayer whenever it seems appropriate."

"We write special notes to my mother, put them in her Christmas stocking and then read them to one another during dinner."



"My brother always munched on jelly beans, so we have a few around and remember him and smile."

"Grandma loved flowers so we place a single rose on the festival table in her memory."



"During the meal, I ask, 'What leaps into your mind when I mention Uncle Bill.' We go

around the table, starting with children to adults. It's a memorable and spontaneous stream of stories that bring enjoyment, laughter, and pleasure." (A tape recorder may be placed near each speaker to be later transcribed for a permanent scrapbook of memories.)

"We look through photo albums and show home movies and recall those 'good ole days'."



"Ceremoniously putting a special ornament on the tree symbolizes Dad's favorite hobby."



"Our sixteen-year-old son wrote a poem that he reads in his sister's memory."



"In memory of our child, we dedicate the 'shammes, the 'servant' or 'pilot light' from whose flame the other Chanukah candles are lit."



"The chair where my grandfather always sat is given to the youngest grandchild to designate the continuity of generations."



"We play his favorite recording: Frank Sinatra's 'I Did It My Way.'"



For many, moments of reminiscences are one of the truest measurements of their enduring love. For as Solomon said in the Song of Songs: "Love is greater than death."



Reprinted from: Hospice Foundation of America
http://www.hospicefoundation.org/publications/holiday_memories.htm

Northwest Wisconsin HomeCare Mission Statement...

Northwest Wisconsin HomeCare is committed to providing the best quality, professional, personal and supportive care to people of all ages in the place they call home.

Words to Share...

NWHC receives cards and letters from caregivers and family members of hospice patients served by NWHC. Below is a sampling of the kind words shared by family and friends of patients served by our hospice program...

We want to thank all of you so much for your excellent care, your concerns and sincere devotion to our mother; as well as, your faithful support and your always cheerful presence.

We had 2 1/2 extra years with our mom thanks only to your continual assistance and tender guidance.

We think of you all as "God's special angels"... so here is ONE MORE HUGE "Thank You!"

N.H & K.K.

Dear Mike, Amy, Diane, Shannon, Jeanne, Valerie, and Billie,

Thank you is not sufficient to express our gratitude for your care of our J. over the past several months. Your skill, compassion, and professionalism greatly comforted her and us. Without your help, she would not have been able to die at home. We cherish the memory and that last week with her with all of us together, laughing and crying. May God bless you all as you continue to do a very difficult job, which brings so much comfort to others. You are truly exceptional people.

*With gratitude,
The Family of J.S.*

Dear Ones at Hospice,
Your help at time of illness and earth of our mom E. L., will be remembered. Each one of our team, was so special together you all made our time of sorrow less painful.

Thank you to the staff and field workers of this wonderful program that allows people to die at home in the arms of the family. We will never be sorry we chose hospice for this special job!

*The Family of E. L.
J. & B. R.; P.L.; R. B. & T.M.*

We simply can't express our gratitude for the excellent care you all provided our mom, G. L., and for the support you gave to family members. You are all God's angels here on earth! God bless you as you continue your work with this excellent service

D.H.

To the Folks at Northwest WI HomeCare,

Thank you for the beautiful rose and for walking me and my family through such an incredibly difficult journey...I honestly don't know how you do that kind of work on a daily basis, but I'm so thankful that we have angels on earth like you all.

*Much Love,
T. A. & L. W.*





Northwest Wisconsin
HomeCare
PO Box 2060
Eau Claire, WI 54702-2060

Please share this newsletter with a friend

Non-Profit Org
U.S. Postage
Paid
Eau Claire, WI
Permit No. 1557

Return Service Requested



2009 Hospice Remembrance Quilt

Each December, NWHC holds a Holiday Gathering. This is a time to remember patients our agency has served and to visit with their families in a time of mutual support.

This year's Hospice Remembrance Quilt, titled "A Tribute to Wisconsin Farm Families", memorializes the patients cared for in 2009 through the Hospice Program of Northwest Wisconsin HomeCare. Components and inspiration for this quilt were used with the permission of McKenna Ryan and Pine Needles Designs, Inc. The quilt was created and stitched by the members of Clearwater Quilters of Eau Claire, Wisconsin.

If you are unable to join us at one of these events, we invite you to view the quilt at our Central Office in Hallie, Wisconsin until January 2011. After that, the quilt will be displayed at various area locations. Please see our website for the dates and the locations.



*Save the
Date!*

Hospice Holiday Gathering

This is a gathering to remember patients our agency has served and to visit with their families in a time of mutual support.

Tuesday, December 7th
Barron Electric Cooperative
Conference Center
7:00 p.m.

Thursday, December 9th
29 Pines and Sleep Inn and
Community Room
7:00 p.m.