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Virgie Hegg Hospice Partners, Inc

An independent locally established non-profit organization passionate about hospice, providing financial assistance and comfort care items for hospice and hospice eligible patients and their families in the Central St. Louis County area.

Fall Newsletter

2021 Lights of Love

The annual *Lights of Love* campaign kicks off each November to commemorate National Hospice and National Family Caregivers Month.

Lights of Love is a wonderful opportunity to remember and honor loved ones by supporting quality hospice care in our local areas. Memorials and donations can be made in any amount starting at \$5. Any donation that is received in the amount of \$100 or more will result in your loved one's name being placed on our memorial board at the Cook Hospital.

When making a general donation or memorial, you are supporting local hospice and hospice eligible patients and their families with comfort care, last wishes and needs not covered by insurance.

Your tax-deductible donation will be honored at our annual tree lighting ceremonies. Further details about the local area ceremonies can be found in the newsletter. Donations may be given *in honor* or *in memory* of a loved one(s).

With the theme of "lights" we have three levels of donations starting with \$5 – bulb; \$10 – ice candle; \$25 String of lights. You don't actually purchase these things, it is just a way to choose what level you want to support VHHP.

All *Lights of Love* contributions and dedications will be published in the local newspapers (Cook News Herald, Timberjay & Tower News) in the month of January unless marked as anonymous.

To donate, you may fill out and return via mail the form found in this newsletter, visit the website for a PayPal link, or you may print off a form from the website at www.vhhp.org and mail to PO Box 244, Cook, MN 55723

Thanks to your continued support and dedication, we have been able to help many hospice and hospice eligible patients with medical & other essential bills, groceries, comfort care items, gas & grocery cards, as well as a variety of other needed items and financial assistance. Together we make a difference!

Virgie Hegg Hospice Partners Inc.
PO Box 244
Cook, MN 55723

Honorary Members:
Verdella Musech
Joan Jordan

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Chairperson – Ivette Reing
Vice Chairperson – Liz Cheney
Secretary – Barb Boutto
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Program Director
Becca Bundy

Members at Large
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Barb Hegg
Emily Koch
Amanda Pihlaja
Valarie Annen
Jennifer Judas

Hearts for Hospice February Fundraiser

Hearts for Hospice is a fundraiser that was a result of the VHHP Board members getting creative when the pandemic shut down much of our area. While we were able to still conduct the membership and Lights of Love campaigns via mailings, we were unable to hold in person fundraising events. The board noticed a huge hit in funds due to the lack of these in-person events. The Hearts for Hospice campaign came together quite quickly with the help of partnering local businesses.

Local businesses partnered with VHHP by selling Hearts in memory of a loved one for \$5. Decorated coin buckets were also put out at partnering businesses to collect change.

VHHP also partnered with the North Woods Elementary for a week-long coin drive competition. The grade with the most coins collected for the week received an extra recess time. A great incentive for our kids last school year!

Hearts for Hospice Campaign brought in over \$1600 between hearts, coin cans and coin drive last February. VHHP plans on expanding portions of the Hearts for Hospice Fundraiser by partnering with more businesses and expanding the coin drive into the High School in 2022.

Starting the Conversation Hospice Foundation of America

The most common comment that HFA hears from patients and families is that they wish they had experienced hospice earlier in the illness.

As with any important decision, an open, frank discussion that isn't occurring in the midst of a crisis can be helpful. If you plan a discussion with loved ones about your preferences regarding medical care should you become unable to make decisions for yourself-called an advanced directive-HFA recommends expanding the discussion to include your preferences for end-of-life care.

There are many ways to start the conversation about end-of-life preferences:

- Watch the PBS Frontline documentary *Being Mortal* with loved ones.
- The *Hello* game, available from commonpractice.com, can provide a way to easily discuss issues that are difficult to bring up.
- FiveWishes.org, when completed with a loved one, can lead to conversations about care preferences.
- A "Starter Kit" with tools and tips can be found at theconversationproject.org

Many experts recommend having such a conversation around holidays, when family is gathered together. And some people may find it easier to skip the conversation altogether and to record their preferences in a living will, dated letter, other legal document, or even an email.

You can also speak with your healthcare provider about your preferences and options during a routine appointment. As long as you can competently communicate, none of your decisions are permanent; you can always change your mind about your course of treatment and type of care at a later date.

If the conversation does not happen until an advanced serious illness or condition exists, which is often the case, you or a healthcare provider may initiate the discussion about treatment and care. Sometimes, a healthcare provider does not suggest alternatives to curative efforts. It is then incumbent on you to raise the issue with your provider. Remember that anyone associated with your care may be helpful in this case. If you are more comfortable discussing these issues with a nurse, a nurse's aide, or a physician's assistant than with your physician, start there and ask them to help.

Reference from the Hospice Foundation of America website www.hospicefoundation.org

Virgie Hegg Hospice Partners
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Lights of Love Tree Lighting Ceremonies

Cook: Friday, December 3rd 5:30 pm Gazebo

Orr: Saturday, December 4th 6:30 pm Orr Center

Tower: Sunday, December 5th 4 pm Civic Center

Ceremonies will be held outdoors

Board Opening

VHHP currently has a board position open. If you are interested in servicing on our board please let us know by contacting Program Director Becca Bundy for an application.

vhhpdirector@gmail.com

VHHP Welcomes New Board Member

Virgie Hegg Hospice Partners is happy to welcome Jennifer Judas to the Board.



Check out our website
www.vhhp.org

Patient Support

VHHP is here to offer support to hospice and hospice eligible patients and family in areas that insurance does not cover such as comfort care, gas and/or grocery cards, final visits and other needs that may fall in to the areas of comfort care.

Patient Support requests are taken through a hospice program or directly from the patient or family. For hospice eligible patients making requests, VHHP asks for a doctor's note supporting eligibility of hospice.

Patient Support forms can be found on our website at www.vhhp.org or by contacting the VHHP program director via email at vhhpdirector@gmail.com

2021 VHHP Scholarship Recipients

Each Spring VHHP awards two North Woods high school seniors each a \$500 scholarship and one college student \$1000 scholarship as they pursue careers in a medical field.

Brynn Simpson and **Emily Fosso** were the recipients of the two HS scholarships of \$500 each. Brynn is attending UND pursuing a nursing degree. Emily is attending Itasca Community College pursuing an Occupational Therapy Assistant degree.
Best of luck to the both of you!

Bria Chiabotti was the recipient of the college scholarship.
Congratulations Bria!

Reminder:
VHHP is an
option for your
Thrivent
Choice Dollars

VHHP
PO Box 244
Cook, MN 55723

Fall Issue Newsletter

TO:

XX-----Please clip & mail to: *Lights of Love*, PO Box 244, Cook, MN 55723 -----XX
Virgie Hegg Hospice Partners, Inc.
2021 Lights of Love

Categories: **A single bulb \$5** **A string of bulbs \$25**
 Ice Candle Luminary \$10 **Other _____**

In Honor of (*living*) _____

In Memory of (deceased)

Name _____ e-mail _____

Address _____

Is this an anonymous donation? yes no (by checking yes, IHO/IMO name(s) will not be printed in newspaper or on website)

For further information visit us on the web: www.vhhp.org