

**2006 Hospice Love Light Trees  
Strengthen Community**

“Lighting the tree is a powerful way of acknowledging the deeply felt loss and sadness that we share,” said guest speaker Nancy Parlin, ADORAY Hospice volunteer. Each light at the Love Light Tree Memorial Observance held in December burns brightly to honor and remember our loved ones. “What really makes the tree so beautiful is the combination of lights connected together. We are like that string of lights. Connected together, we strengthen and brighten each others’ lives and our own lives.”

Whether it is to honor someone special in your life or to remember a loved one that has passed away, the Love Light Tree has become a family tradition for many area residents. Beautiful Christmas trees twinkled brightly for the holiday season at our four owner hospitals - Baldwin Area Medical Center, Hudson Hospital, River Falls Area Hospital, and Westfields Hospital in New Richmond.

**In Memory Of ....**

<b>A. L. Lindell</b> Mag Lindell	<b>Cole Butler &amp; Hazel Butler</b> Jerry & Terry Butler	<b>Elmer Rudesill &amp; Lynne Anderson</b> Carole Rudesill	<b>Grandpa Otto Smith &amp; Don DuBois</b> Dr. Doug, Lori, Luanne Alina & Taylor Stai
<b>Adolf &amp; Angela Pearson</b> Dick & Jean Pearson	<b>Daniel G. Affolter</b> Mom, Judy, Jeannie, Dale, Gary Affolter	<b>Elsie J. Olson, Faye M. Donaghue &amp; Lona L. Christensen</b> Richard K. Olson	<b>Grant Simmon, Frank Niccum, Gene VanDien &amp; Marge Niccum</b> Nancy & Tom Simmon
<b>Al &amp; Lu Sabol</b> Neil & Rita Smith	<b>David Stanek</b> Shirley Stanek	<b>Ethel Gettinger</b> Russell Gettinger	<b>Gregg D. Iverson</b> Don & Mary Iverson
<b>Audley Larson</b> Myrna Larson	<b>Doc &amp; Tee Heiser</b> Mike & Claudia Traynor	<b>Ethel Gettinger</b> Sharon Gettinger Lovell Family	<b>Gregory &amp; Evelyn McElwain, Louise Meyer, Thomas Halstead &amp; Jody Rockwell</b> Melbern & Kathryn McElwain & family
<b>Bernard Kobus, Josephine Kobus, Rosa Voiles, Walter Voiles &amp; Rich McNurlin</b> Anita & Duane Voiles	<b>Don Hauser</b> Donna Hauser	<b>Everett Erickson</b> Marsha Shafer	<b>Harold &amp; Lorraine Brathall</b> Jo Ann Reisinger
<b>Beverly Mortensen</b> John & Bernie Mortensen	<b>Don Krupkat</b> Ann Krupkat	<b>FISH's deceased members</b> FISH Volunteer Services	<b>Harold Ruckle</b> Delores Ruckle
<b>Bill &amp; Carmen Frye, &amp; Marion &amp; Irma Van Dien</b> Roger & Edee Van Dien	<b>Donald Armstrong</b> Shirley Armstrong	<b>Flo McNamara &amp; Raymond McNamara</b> Jean Jensen	<b>Hazel Martell</b> Jim & Marilyn Doomink
<b>Brandon Gunderson &amp; Bette Jablonske</b> Doris Denzer	<b>Donald Johnson</b> Nancy Johnson	<b>Floyd Swanson &amp; Austin Swanson</b> Mildred Swanson	<b>Herb &amp; Esther Brummand</b> Anita Brummund Justen
<b>C. Sabin Arnquist</b> Mabel Arnquist	<b>Donald Peterson</b> Dolores Peterson & Diane Singerhouse & Families	<b>Frank Huser</b> Shirley Huser	<b>Howard Hutton</b> Betty Hutton
<b>Carol Wikkerink</b> Earl & Marlys Newton	<b>Dorothy Jones</b> Wallace & Bernie Gregerson	<b>Frank R. LaPlante</b> Florence LaPlante	<b>Howard Zane Baker</b> Alice A. Baker & family
<b>Carolyn Snyder- Stonebraker, Corwin Snyder, Margaret Snyder, Merle Troftgruben &amp; Edroy Troftgruben</b> Mary, Lynn, Kristine & Laura Troftgruben	<b>Dorothy Phillips</b> Robert L. Phillips family	<b>George Hansen, Marcella, Hansen, Darlene Krear, Bonny Peskar, Norma Jean Thompson, John Thompson, Pam Wong, John Reinart, Lois Lentz, Darlene Nicholson, Peery Johnston &amp; Dennis Chamberlin</b> Judith Hansen Jorgenson	<b>Irvan Gleason</b> Rose Lundell
<b>Cherrill R. Hirst</b> John Hirst	<b>Douglas Iverson</b> James D. Filkins, Ogden Engineering Company, Inc.	<b>Glenn Smith</b> Glenora Berres	<b>Jill Ngcheed</b> Jerry & Colleen Reichert
<b>Clair &amp; Ethel Austrum</b> Jan & Jerry Conwell	<b>Dr. E. M. &amp; Wylanta Drury, Wallace Belisle</b> Dr. C. J. & Marge Drury	<b>Gladys Misselt, Joshua Misselt, Michael Misselt</b> Sandra Schwartz	<b>Jim &amp; Millie Savage</b> Maralee Savage
<b>Clarence Ziegel</b> Evelyn Ziegel	<b>Dr. Leonard Torkelson &amp; Nellie Torkelson</b> Carol Rens	<b>Glenn Smith</b> Glenora Berres	<b>Jim Stewart</b> Laurie Fyksen Beise & Betty Fyksen
<b>Claude &amp; Laura Stephenson &amp; Chuck Frey</b> Patricia Frey	<b>Dyllon Pedersen</b> Gerald & Bonnie Wilk	<b>Joe &amp; Emma LaMirande, Pearl &amp; Hartford Anderson</b> Curtiss & Elaine Anderson	<b>Joyce O. Lohman</b> William & Judy Hammond
	<b>Edna Murray</b> Douglas & Betty Fyksen		<b>Lois Anderson</b> Bruce & Julie Fleming
	<b>Elmer Fyksen</b> Douglas & Betty Fyksen		

**In Memory Of (continued) ....**

<b>John &amp; Harriet Hurda, Randy Luehmann</b> Arlen & Judy Luehmann family	<b>Mike Prine &amp; Dan Prine</b> Colleen Prine	<b>Robert Eggen, Mary Eggen, &amp; Tom Kelley</b> Dorothy Eggen	<b>Violet Packer</b> Patricia Turner
<b>John Denucci</b> Janet Denucci	<b>Mildred Pfluger</b> Trudy Achterhof	<b>Robert H. Lee</b> Charlotte Lee	<b>Walker D. Isaacson</b> Lois Isaacson
<b>John F. Kinney</b> Karen & Mike Humphrey	<b>Monica Jaris</b> Bob Jaris	<b>Roland &amp; Edna Hoyer, Jacob Hoyer, Jesse &amp; Gladys Symes &amp; Edsel Vergin</b> Kirby & Dorothy Symes	<b>William (Bill) D. Foerster</b> Jerry & Rosie Reis
<b>Joseph S. &amp; Velma Powell</b> Dr. Joseph E. & Lorel Powell	<b>Mr. &amp; Mrs. Paul Westberg, &amp; John Westberg</b> Wayne & Joan (Westberg) Tubbs	<b>Rose Durand</b> David Durand	<b>William J. Johnston</b> Mr. & Mrs. Jeff Lind & Willy
<b>June &amp; Howard Brathol</b> Joyce Ducklow, Jim Tuttle, Debbie Tuttle, Darlene Ducklow	<b>Nellian Clark</b> Larry & Debbie Clark	<b>Russ &amp; Lucille Thorsen &amp; Leo Lyons</b> Mary Thorsen	<b>William J. Miller</b> Lois D. Miller
<b>Kathy Ross &amp; John Ross</b> Kelley Ross	<b>Nick Rosandick</b> Eileen Rosandick	<b>Ruth Herbers</b> Debi Bauer	
<b>Kay Krumm</b> Doug Krumm	<b>Norene &amp; Gordon Baumgartner</b> Donna Brookshaw	<b>Ruth Thomson</b> Harriet Thomson	
<b>Kenneth Wernlund</b> Lois Wernlund	<b>Otto Smith</b> Mary Lou Smith	<b>Ruth Herbers</b> Debi Bauer	
<b>Lauren Johnson &amp; LeRoy Johnson</b> Joyce A. Johnson	<b>Pearl Severson</b> Don & Elizabeth Frazier	<b>Scott &amp; Robert Lindquist</b> Paul & Joan Sawyer Eugene & Jean Sebion	
<b>Laverne Bertelson</b> Alice Bertelson	<b>Ray &amp; Gladys Ruhnke</b> Ron Ruhnke	<b>Selena McLeod</b> Ingrid Kizen	
<b>Leon Pratt</b> Alice Pratt	<b>Raymond E. Erbst</b> William & Judy Hammond	<b>Shirley Brewer</b> Mark & Beth Johnson	
<b>Lloyd VanSomeren &amp; Robert Margotto</b> Dolores VanSomeren	<b>Reuben Schultz, Roger Schultz, Pat Hughes, Joe &amp; Marge Hawkins</b> John & Diane Schultz	<b>Stan Anderson</b> Bruce & Julie Fleming	
<b>Loren Lewerer &amp; Sharon Rothe</b> Dick & Jodi Simma	<b>Richard Rosendal, Johanna Rosendal, Hazel Rens, Elaine Kooiman &amp; Lloyd Van Someren</b> John & Diane Schultz	<b>Stella Bohm</b> Douglas & Betty Fyksen	
<b>Lorraine Pribnow</b> Janet Pribnow	<b>Riley &amp; Donahue Families, Drs. Olson &amp; Torkelson</b> Helen & Pat Donahue	<b>Susan K. Johnson</b> Dr. Kenneth Johnson	
<b>Luella &amp; Ray Clymer, Florence &amp; Bill Boumeester</b> Bill & Jeanne Boumeester	<b>Rob Lindquist &amp; Scott Lindquist</b> Curt & Kay Lindquist	<b>Susan Olson, Kathy Ross, Carol Wikkerink &amp; Jeanne Afdahl</b> Don & Delores Lind	
<b>Mark Veenendall &amp; Bud Veenendall</b> Mabel Veenendall	<b>Robert &amp; Mark Erickson</b> Nila Erickson & family	<b>Ted Firth, Jr., Tom Green</b> Nancy Firth	
<b>Michael Machones</b> Thomas & Barbara Hess		<b>Timothy Michael Neck</b> Dennis & Rosemary Neck	
		<b>Tonia Nelson</b> Chad Anderson	
		<b>Vance &amp; Bonnie Benson</b> Terry Benson	

**In Honor Of ....**

<b>ADORAY Volunteers</b> Nancy & Tom Simmon	<b>Lucille Giese, Ruth Irl, Arlene Warner &amp; Mary Nelson</b> Loyal Chapter No. 67 O.E.S.
<b>Jack Carson Montgomery &amp; ADORAY Staff</b> Bill & Kay Montgomery	<b>Margaret Doornink</b> Jim & Marilyn Doomink
<b>Joyce O. Lohman</b> William & Judy Hammond	<b>Men &amp; women serving our country</b> Harold & Lenore Moll
<b>Lois Anderson</b> Bruce & Julie Fleming	<b>Phyllis Willink &amp; Joni Van DuSartz</b> Dale & Judy Crowley
	<b>Rick Johnson</b> Joyce A. Johnson

**And With Appreciation To....**

Wanda Breitbach	<p><b>We are all one.</b></p> <p>- Lakota Prayer</p>
Jeff & Bonnie Conwell	
A.I. Cronk	
Dr. Robert & Mary Johnson	
Paul & Donna Karis	
Donna Pittman & Kirk Jacobson	
Dona & Carol Kriegl	
Lois Michaelson	
John & Evy Nerbonne	
Baldwin Telecom, Inc	



Julia Rajtar, Westfields Hospital Chaplain, and Nancy Parlin, ADORAY Hospice Volunteer.

**Your 2006 Hospice Gift**

We appreciate gifts given in honor and memory of loved ones. Your generosity allows us to continue caring for patients and their families. With your continued support, we add quality to an end-of-life situation.

**In Memory Of ....**

- |   |   |
|---|---|
| <b>Alice Weber</b><br>Joyce A. Johnson<br>R.D. & T.S. Ray   | Joseph & Barbara Rosell<br>Wayne E. Sampson<br>Thomas & Patricia Sherley<br>Edward & Anne Simonet<br>Keith & Karen Solimar<br>Marge C. Sonju<br>Richard C. Stuart<br>Carol A. Tobeck<br>Carolyn J. Willett<br>E. H. & Lynn Betker<br>St. Croix Valley Community<br>Foundation   |
| <b>Betty Lein</b><br>Joyce A. Johnson<br>D. & C.B. Kriegel  |   |
| <b>Burdell McGinley</b><br>J.A. Johnson   |   |
| <b>Carl Ptacek</b><br>Paul & Doris Ptacek   |   |
| <b>Carol Jean McDaniel</b><br>Joyce A. Johnson  |   |
| <b>Claire Ausrure</b><br>Lawrence & Cynthia Johnson   | <b>Dr. Torkelson</b><br>C. Pat & Helen Donahue  |
| <b>Donald (Ronnie) Larson</b><br>Roger O. Bollinger<br>Donald & Beverly Larson  | <b>Dwaine Halverson</b><br>Donald Amundson<br>S. Jeanne Halverson<br>Christine Horvath, Academy Of<br>Dynamic Integrative Therapy<br>Michael Keefe<br>Werner & Jacquelin Knuth<br>Gordy & Bonnie Lindquist<br>Catherine M. Wavrin<br>Architectural Lighting Designs,<br>Inc.  |
| <b>Donna Pace</b><br>Max & Elizabeth Merriman<br>James & Betty Slocum   |   |
| <b>Doris Lee</b><br>Kathleen Harris<br>Kay & Cindy Lee  |   |
| <b>Dorothy Brown</b><br>William & Mary Allds<br>Dianna & Robert Benoy<br>Deborah K. Bixby<br>John & Mary Cameron<br>Dale & Nancy Carmichael<br>Peter J. Clements<br>Corrine Dahl<br>Scott & Therese Detmar<br>M.C. Goulette<br>Julia P. Heil<br>Anita K. Iten<br>Myrna E. Johnston<br>Kim Kolashinski<br>Audrey & Dean Larson<br>Thomas & Carol McConaughy<br>Robert & Lorraine McGrew<br>Delores R. McGuire<br>William & Darlene Nash<br>Robert & Mary Olson<br>Brenda & Donald Oseland<br>Bradley & Hope Pederson<br>David & Jane Petersen<br>Shirley Raduenz | <b>Eugene Langlois</b><br>Denise Langlois<br><b>Eugene McCormick</b><br>Sharon Johnson<br><b>George Grace</b><br>Leo & Patsy Lofgren<br>Paul & Bonnie Stratton<br>Lawrence & Cindy Testa<br>Jason & Barbara Winget<br>Steven & Deborah Wros<br>Bernard Abrahamson<br>Wayne & Kathleen Svoboda<br><b>George Kannis</b><br>Edward & Phyllis Hanson<br><b>Gerry Ulvilden</b><br>Richard Ulvilden<br><b>Gerry Ulvilden &amp; Alice Nelson</b><br>Ina Murray<br><b>Glen Kanten</b><br>Ina Murray<br><b>Mother</b><br>Robert G. Bastian |

- |   |  |
|---|--|
| <b>Irene Greene</b><br>Barbara & Gary Nahey   | Dorothy Voshart<br>Jim, Judy & Steven Voshart<br>Bruce Young<br>Orlan & Rita Youngren<br>Blair family  |
| <b>Jeanne Afdahl</b><br>Lee Afdahl family<br>Baldwin Area Medical Center<br>Auxiliary   | <b>Jens Jensen</b><br>Lillian A. Jorgenson   |
| Louis & Kathleen Barber<br>Charles & Judith Bird<br>Ronald E. Blackmore<br>Dean & Linda Henderson<br>Cindy & Lawrence Johnson<br>Lloyd & Jeanette Luchwaldt<br>Norman & Hilda Nelson<br>Michael & Gretchen Perkins<br>Mary & Otto Schoeneck<br>Charlene Snyder<br>Carol E. Zillmer  | <b>Joan Littlefield</b><br>Milton & Mary Carlson<br>Dennis & Lucille Conley<br>Mary E. Farley<br>Mary V. Farley<br>Mark & Cheryl Hall<br>Margaret Purtell Hansen<br>Dorothy & Michael Hayes<br>John & Mary Hayes<br>Michael & Maryellen Hayes<br>Patricia & Patrick Joyce<br>Max & Beverly Kroll<br>Alice & Edward Lecher<br>Phyllis M. Menke<br>Katherine & Donald Miller<br>Jerome & Kathleen Patterson<br>James & Carolyn Peiffer<br>Betty J. Rogstad<br>Ed & Bonnie Schulze<br>Joanne & Donald Sobania<br>John & Shannon Stroh<br>Dorothy & Patrick Whaley<br>Mardell, Carlson &<br>Neuenschwander, DDS, PA<br>Roxanne D. Stickney |
| <b>Jeff Just</b><br>Alice, David, Donald & Barbara<br>Butkiewicz<br>Charles Church<br>Joan Diehl<br>Steve Dzubay Family<br>Tim Fuller<br>Larry Gilbertson<br>Dave & Ruthie Hawkenson<br>Beata Holthaus<br>Judy & Dick Jakes<br>Mildred Janz<br>Jules Jensen<br>Walter & Janet Just<br>Paul & Barb Juszczak<br>Scott & Patti Juszczak<br>Theresa Juszczak<br>Gary & Carol Kruger<br>Judy LeFeber<br>James & Cathryn McIntyre<br>Flo Montgomery<br>Bill Neely<br>Terry & Helen Pisarek<br>Karen Randall<br>Bruce & Beverly Ranis<br>John & Vivian Rupinski<br>Dan Schmidt<br>Rebecca Schroedl<br>Pat & Bob Slabek<br>Trnka Family | <b>John Karras</b><br>Max & Elizabeth Merriman<br>Rolf Tiedemann<br><b>Julie Berndt &amp; Dick Aamodt</b><br>Sarah Circle<br><b>Lois Rudeen</b><br>John & Diane Randall<br>John & Lois Rudeen<br>Antoinette & Albert Seaver<br>Jon & Susan Severson<br><b>Many friends that were lost<br/>this year</b><br>Donna Arne<br><b>Margaret Peterson</b><br>Max & Elizabeth Merriman  |

**Volunteers Make a Difference**

From reading aloud at a patient's bedside, to making copies in the office, ADORAY's volunteers contribute to the lives of our patients.

In 2006, we utilized over 270 volunteers in many facets of our organization.

Over 220 volunteers helped generate funds through our Treasures from the Heart® stores in Baldwin and River Falls. They keep the stores operating by sorting incoming donated goods, tagging and steaming clothing, helping customers, and stocking the floor with merchandise for sale.

Treasures volunteers helped to support a 46% growth in the number of hospice patients we served from 2005 to 2006, and a 30% growth in home health. In sheer numbers, this means we served 133 more



Carol Zillmer, Evie Rademaker, and Rena Sandfort, volunteers

patients in 2006. We would not have been able to meet this need without funding support from our stores and our stores could not be successful without the help of community volunteers. About 50 volunteers helped provide care directly to our hospice and home health care patients. This care came in many forms; reading to a patient; sitting with a patient while they slept so the caregiver could get out; or helping with a very special meal for the patient and their loved ones. Our hospice volunteers give a gift beyond measure.

Office volunteers, about ten in all, regularly copy forms, put information packets together, process mailings and help with other tasks. These behind-the-scene tasks are very important to the care and service we provide.



Mabel Veenendall, volunteer

We are fortunate to have multi-talented volunteers, some who give their time in more than one area and a few who do it all. For more information about becoming a hospice or home health volunteer, volunteering in our office, or helping at Treasures from the Heart, Baldwin, please contact Volunteer Coordinator Debbie Milligan at 715-684-5020. To volunteer at Treasures from the Heart, River Falls, contact Volunteer Coordinator Jenny Henneman at 715-425-9771.



Audrey Miller, volunteer

**Hospice Volunteers in Polk County**

After opening our office in St. Croix Falls early in 2006, we invited Polk County residents to become hospice volunteers. We were happy to welcome nine new volunteers from Polk County, in addition to four from St. Croix County, who completed two days of specialized training last September. We appreciate the time they give patients and their families.



Pictured front row, left to right: Betsy Dressler, River Falls; Pat Davis, Balsam Lake; Patricia MacDonald, Luck; Ellen Dillon, St. Croix Falls and Sue Phillips, Hudson. Back row, left to right: Mary Lou Negard, St. Croix Falls; Carla Hagen, Balsam Lake; George Boldizar, Hudson; Bill Swanson, St. Croix Falls; Ken Seguine, Pairie Farm; Kate Gilbertson, Frederic; Kathryn Calvert, Frederic and Mary Camber, River Falls.

**"Life is a Celebration" Dinner**

ADORAY Hospice offers a special dinner to our hospice patients and their families in celebration of their lives. Local restaurants donate meals of favorite foods selected by the patient, and local florists provide beautiful fresh flowers for the tables. ADORAY Hospice volunteers deliver the meal, set a lovely table and clean up afterwards.

We send our thanks to the volunteers who give their time, and the businesses who have contributed meals and flowers to make it a special event. Their efforts are appreciated by ADORAY Hospice, our patients, and their families.

**A special thanks** to participating businesses in 2006.



Philand Bert Dille, and Jean Anderson, volunteers

- Allan's Flower Shop, New Richmond
- Baldwin Greenhouse
- Indian Creek Tavern, Frederic
- Mama Maria's Ristorante, Hudson
- Pearson's Florist, River Falls
- Rose Garden Floral, Frederic
- Sneakers Pub & Eatery, Spring Valley
- The Bellarietta Bistro, New Richmond
- The Coachman Supper Club, Baldwin
- West Wind Supper Club, River Falls

**Who We Are**

ADORAY is a not-for-profit program of St. Croix Valley Shared Services, Inc., formed in 1994 by the four hospitals in St. Croix County including Baldwin Area Medical Center, Hudson Hospital, River Falls Area Hospital, and Westfields Hospital, New Richmond.

This newsletter is published periodically and sent to area health care providers and other interested parties.

If you have comments or suggestions, please contact our editor Donna Karis, Marketing and Development Coordinator, at 715.684.5020 or 800.359.0174, or email at [d.karis@adorayhomecare.org](mailto:d.karis@adorayhomecare.org).

**Mission Statement**

ADORAY Home Health and Hospice provides care and comfort at home to the acutely, chronically or terminally ill."

[www.adoray.org](http://www.adoray.org)

and can help a patient feel comfortable with massage.

"Sometimes the family is afraid their loved one is too fragile to touch," she explained. "I show them it is okay, and they feel more comfortable holding their loved one's hand or giving a gentle shoulder rub."

"The need to have human touch is very important," said Straining. "Touch gets lost sometimes for cancer patients or patients that are dying. Touch helps, both physically and emotionally."

Koponen also introduces essential oils if the patient is interested. She talks to them first about what scents the patient likes, for example, fruit, florals, or spices, then creates a mixture based on their likes, the location of their pain, and their anxiety level.

"Rebecca created magnificent, wonderfully soft blends," Whall said of the two oils Koponen uses during her massage. "The oils are so pleasant and help me to relax."

Koponen found that the families also love the scents, and the aromas become linked to their loved one. "The sense of smell often induces good memories," she explained.

"I'm a great believer in massage therapy," Whall stated. "Rebecca is very in tune to my needs. She has a gift. She truly is a blessing for me."



**What is Aromatherapy?**

Essential oils, fragrances distilled from plants, like lavender, rose, jasmine or bergamot are used in aromatherapy. The oils, about 40 in all, may be used one at a time or in combination, and applied during massage, inhaled, or added to bathwater.

Aromatherapists find that using essential oils for hospice care brings tranquility, acceptance and joy to the people in their care. The choice of oils must be the ones most enjoyed, or asked for by the patient. Often, the aroma helps everyone to relax, including patients, family and visitors.

Research suggests aromatherapy may help reduce chronic pain, nausea, stress and depression.

Some believe aromatherapy triggers scent receptors in the nose to send chemical messages through the olfactory nerve to the brain's limbic region, which influences emotional responses, heart rate, blood pressure, and respiration. This also explains why memories are often associated with smells, for example, the scent of apple pie reminds you of grandma. Another explanation is that the oils are absorbed directly into the system through the skin.

References:  
American Cancer Society, [www.cancer.org](http://www.cancer.org). *Aromatherapy*.  
Davis, P. (1991), *Subtle Aromatherapy*. Walden, England. Saffron  
Worwood, V. A. (1996). *The Fragrant Mind, Aromatherapy for Personality, Mind, Mood and Emotion*. Novato, CA. New World Library.

**In Memory Of (continued)....**

- George & Connie Wanner
- Margaret Wynven**  
Joan M. Lindquist
- Mary Miller**  
Betty Slocum
- Maryane Cernohous**  
Diane Dado
- Maureen Weiss**  
Janell Laursen  
Jan L. Weiss
- Merton Timmerman**  
Ina Murray  
Richard & Carla Timmerman
- Mike Kearns**  
Joyce A. Johnson
- Millie Christopherson**  
Ina Murray
- Nancy Hanson**  
Diane & C. M. Bye
- Renee Spott**  
Curtis & Kay Lindquist

- Richard Sherley**  
Bonnie L. Richert  
James & Linda Sherley
- Robert Margetto**  
Larry & Barbara Anderson  
Bennie & Evelyn Muffett
- Roy Wolf**  
Betty Slocum
- Russell Thomson**  
Harriet Thomson
- Sharon Nelson**  
Roger & Roxanne Shaide
- Theodore Larson**  
Class of 1947 River Falls High School
- Velda Best**  
Arnold & Janet Tjelta
- Verleen Wagner**  
Jerry & Joyce Breen  
Pamela Wagner

**In Honor Of ....**

- Dorothy Brown**  
Roger and Patricia Evenson

**And With Appreciation To....**

- William & Judy Barker
- Loren Croone
- David Durand
- Marion Erlandson
- Michael & Jody Graese
- Dr. Grant & Amy Hutchins
- Rowland and Helen Klink
- Jason and Rebecca Liegl
- Doug and Kathy Mathison
- Alice E. Michels
- Mary J. & Jon E. Palmer
- Susan, James and William Phillips
- Bonnie L. Richert
- E. L. & Muriel Riley
- James & Betty Slocum
- Women of St. Patrick's
- Dick and Toots Torkerson
- Vycella Waxon, Vycella M. Waxon Trust
- English Lutheran Church Women
- Wal-Mart, Hudson
- Wal-Mart, New Richmond
- Women of the ELCA



ADORAY Hospice is grateful for funding provided by United Way. United Way of River Falls United Way of St. Croix County Greater Twin Cities United Way

Additional copies of this newsletter can be found at [www.adoray.org/annualnewsletter.htm](http://www.adoray.org/annualnewsletter.htm).

**"Friends of ADORAY Hospice" Host 6th Annual Golf Benefit**

The Ladies Golf League from the Hammond Golf Club did it again, hosting their sixth golf benefit for ADORAY Hospice. Friendly competition, prizes, and dinner were highlights during the evening of fun.

We are sincerely grateful for the golf league's support and kindness.

**Our thanks for your generous donations:**

- Asphalt Associates
- Sarah Bader
- Bakke Norman, S.C.
- Jean Juneski
- Jeff & Ruth Kay
- Karri & Robert Krinke
- L&M's Bar & Grill
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- Liquor Haus
- Dennis & Rhonda Malecek
- Heather Maney
- James & Ruth O'Connell
- Jodell O'Connell
- Pamela O'Keefe
- Jeffery and Jody Olson
- Roberts Grocery



- Baldwin Bulletin
- Baldwin Telecom, Inc
- Brian & Katherine Bath
- Julie Boumeester
- Jeanne Clark
- Cody Plumbing
- Contour Plastics, Inc
- Rita Danielson
- Danielson Maintenance, Inc
- Scott & Kelly DeGross
- Scott & Brenda DeMotts
- John & Cynthia Engebretson
- F&K Trucking & Excavating, Inc.
- Bryan Gotland
- Charles & Vera Grant
- Heidi & Timothy Hackbarth
- Gary & Jennifer Hawkins
- Sandra Hermundson
- Eldon & Sharon Johnson



- Christine Ross
- Kelley Ross
- Shelly's Northside Cafe, LLC
- Deborah Shock
- Sidetrack Saloon
- The Resco Company
- Arden & Trudy Timm
- Randy & Sharon Walker

*The person who says it cannot be done should not interrupt the person who is doing it.*  
- Chinese proverb



A Program of St. Croix Valley Shared Services, Inc.

ADORAY Home Health and Hospice  
990 Hillcrest St, Suite 104  
Baldwin, WI 54002

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& OFFICERS

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*President and CEO, Hudson Hospital*

Randy Farrow, Vice-Chairman  
*President, River Falls Area Hospital*

Jean Needham, Secretary  
*President and CEO, Westfields Hospital*

Gregory Burns,  
*CEO, Baldwin Area Medical Center*

Jerry Tack,  
Community Member New Richmond

Charles White,  
Community Member River Falls

Richard Whitcomb,  
Community Member Hudson

Joan Lindquist,  
Community Member Baldwin

Mary Troftgruben, President

Mary Aaby, Treasurer

**ADORAY Says Goodbye to Longtime Board Member**

In 2006, board member Richard Range announced his retirement as CEO of Baldwin Area Medical Center, after 35 years of service. His tenure on the St. Croix Valley Shared Services Board of Directors and Officers (doing business as ADORAY Home Health and Hospice) also came to an end.

Range helped form the corporation and served as a board member since its inception in 1994. The four hospitals in St. Croix County: Baldwin Area Medical Center, Hudson Hospital, River Falls Area Hospital, and Westfields Hospital, New Richmond, formed St. Croix Valley Shared Services, Inc. and created Heartland Home Care Network, now ADORAY, to offer home health and hospice care to the community.

"All four hospitals worked together in collaboration, cooperation and with commitment," said Range. "We pooled our resources to make this a successful and unique organization."

"I was pleased to be able to contribute to the development of the organization," added Range. "ADORAY is running well and doing great things. It was like raising a child - help it grow and develop and then it can do even better things."

"Richard brought a lot of wisdom to the board," said ADORAY President and Executive Director Mary Troftgruben. "He was a visionary thinker and a risk taker." She also noted that he had a great sense of humor and always brought that to board meetings, as well.

"It was hard to say goodbye to a board member that has been with us since the beginning," said Troftgruben. "We miss him and will always appreciate his contribution to our organization."

Gregory Burns, named as CEO of Baldwin Area Medical Center, began serving on the board in January 2007.

News from  
**ADORAY®**

**Home Health and Hospice  
Summer 2007**



Where the Heart Is...  
Home Health and Hospice Care

**Offering Comfort, Care and Relief through Touch**

We often welcome a gentle spring breeze by opening a window, embracing the fresh aromas, and letting the warm air touch our skin.

Introducing hospice patients to touch therapy is done in a similar way.

On her visits to a hospice patient's home, Massage Therapist Rebecca Koponen brings a tender touch to the skin, aromatic oils for the sense of smell, a soft voice, and quiet time. She offers comfort, relaxation and stress reduction.



Rebecca discusses with the patient what he or she wants from her visits, like pain reduction or stress relief.

"It's not just what you do with your hands," Koponen said. With a soothing voice and relaxed breathing, she is open, and ready to listen and talk.

"Ninety percent of my job is to listen." Hospice nurse Leanne Brown proposed massage services for one of her patients, Kathy Whall, a year ago. "She was in a lot of pain with her right hip," explained Brown. "I thought touch therapy would be beneficial in reducing her pain."

Once the order came from Whall's physician to proceed, Koponen made her initial visit.

"The pain was so severe, no one could touch my leg," said Whall. "Rebecca offered very, very light touch at the beginning, but can do a deeper massage now."

Her pain decreased, what was then a 5 or 6 on a 10-point pain scale, is now only a 2.

"The pain is pretty manageable now," Whall said, who continues to receive a weekly massage.

Using complementary therapies, like massage, was part of an effort to "offer more than medications for pain and anxiety," explained Hospice Manager Kristen Straining.

Koponen was integral in developing touch therapy within the program. With her desire to work with hospice patients and her training, her skills matched the service we wanted to offer. Her massage training was in relaxation, Swedish, and deep tissue massage, in addition to acupressure, reflexology, aromatherapy and healing touch.



Kathy Whall, with husband Daniel

"Offering touch therapy was a new venture for us," Straining said. "We didn't know how our patients would accept it, how to fit the therapy into our program, or how many hours it would take each week."

"We were really lucky to find Rebecca," Straining said. "She was adaptable, willing to get us started, and make it work."

Physical relief of pain is one of the benefits of massage for hospice patients. Tight muscles and stiff joints receive relief, and the techniques can also help in preventing pressure sores for patients that are less mobile or bedridden. In addition, massage may improve circulation, which can ease breathing, induce more restful sleep, and improve digestion and elimination.



Rebecca Koponen  
Massage Therapist

See **Offering Comfort** continued on page 2

**Complementary Services**

Massage and aromatherapy were two of four therapies added to the hospice program in June 2005, at no cost to patients.

"Our goal in adding complementary services was to offer a compassionate, comprehensive, and progressive hospice program to our patients," said Hospice Manager Kristen Straining.

Through research and surveys of families of past hospice patients, humor, massage therapy and a music presence program were the most requested.

Humor Therapy was developed, with humorous movies purchased and made available to our hospice patients.

Then, through a generous donation from the wife of a former hospice patient, CD's and CD players were purchased to implement a Music Presence program, allowing patients to use music for relaxation and stress reduction.

"We hope to expand the music program in the future with a music therapist," said Straining.