

HeartLINE

Connecting with our Volunteers



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

COPING WITH HOLIDAY GRIEF

ADORAY is pleased to once again co-sponsor a presentation by Dick Obershaw, a nationally known speaker on grief. He is scheduled for November and December presentations in our area.

Thursday, November 19, 6:30 – 8:30pm,
O'Connell Funeral Home, Hudson,
715-386-3725, Co-sponsored by ADORAY

Sunday, December 6, 2pm,
Mabel Tainter Theater, Menomonie,
sponsored by Olson Funeral Home, 715-235-2154

Dr. Janice Nadeau, an international presenter on loss and grief, will speak about navigating the holidays, holding onto the past and moving forward.

Saturday, December 5, 2pm,
Cashman-Hill Funeral Home, River Falls, 715-425-5644

All presentations are free and open to the public. Call the numbers listed or Dorothy at 715-684-5020 for more information.



Annual Love Light Tree Memorial Observance

to be held at:

*Westfields Hospital,
New Richmond*

*Tuesday, December 1 at 6:30pm
Snow date Tuesday, December 8*

Please join us for this time of remembrance that many cherish as a meaningful holiday tradition. There will be a reception immediately following the lighting ceremony.



Happy Birthday! November 2009

- 1 Robert Muller
Sam Quist
- 6 Linda Mulheron
- 7 Don Hale
- 9 Bev Hoppe
- 10 Dennis Rank
- 11 Marcy Franz
- 12 Karen Gilbertson
- 15 Jackie Mathison
Rachel Renner
- 16 Michael Carlson
- 18 Faye Nelson
Magdalena Pala
- 21 Audrey Miller
- 22 Michael Hamerski
- 23 Teri Hildebrandt
Shirley Rademaker
Aaron Taylor
- 24 Jerry Sather
Margaret Thorne
Mary Wiskerchen
- 25 Heidi Eliason
- 27 Lucy Smith
- 29 Rita Fosterling
Ted Schieffer
- 30 Nancy Parlin

Grieving During the Holidays

Suggestions for coping this time of year

Take care of yourself. Take time to rest and relax. Eat right and exercise. Remember that you are going through a physically and emotionally stressful time.

Change traditional routines, but not too many. There may be some holiday traditions that you cannot bear to do this year. Let others know how you feel beforehand so they will respect your wishes. However, making too many changes may lead to increased stress. Try to find balance.

It's okay to feel sad. Give yourself permission to feel sad. Don't block memories of your loved one; let them come, feel them and let them go.

It's okay to feel happy. Give yourself permission to feel good, to laugh, and even to have

some fun. Feeling good and laughing is the body's way of letting a person relax and regain some strength for a few moments during grief.

Compromise on greeting cards. If you can't write out greeting cards, yet you feel you have to let distant friends know of the death, tuck one of those little funeral service cards inside the greeting card. You need say no more.

Share your holidays with someone – anyone. There are a lot of lonely people who could use your love and caring.

Start a new tradition. Buy a gift for your absent loved one and give it to someone who would otherwise not have a gift.



from
Debbie's desk

Hospice Volunteers

I have a few reminders:

- Please turn in both copies (white and yellow) of the Volunteer Charting Form.
- There should be an ADORAY calendar in the home/room of each patient. Write in your name and the time you will visit in future weeks.
- If you visit a patient in a skilled nursing or assisted living facility, there is often a notebook in the room. Families really appreciate when you sign in and write comments.
- Please let me know if a visit is cancelled by you or by the patient/family.

I hope to see you at the Christmas party at the office on December 15!

We can never thank you enough for all you do!

Happy Birthday! December 2009

6	Ginny Genco
8	Melissa Barbey
11	Nancy Christensen Ruth Rebischke Donna Tilly
12	Gary Baribeau Kathie Baribeau Sheila Vlack
14	Joanne Matysik
15	Barb Hutchinson
19	Sylvia Betlach Debbie Smith
20	Marlys Gretz Eleanor Tulgren
22	Ann Martinson Cheryl Schommer
23	Kaylee Booth Judy Wolf
24	Karen Haselman Nancy Johnson Donna Karis
25	Leanne Brown
26	Lorraine Schouten
28	Avon Karpenske
30	Christa Walz



A Friend of ADORAY-

- Cassie Lokker-



If you have called the ADORAY office in recent months, you may have heard a helpful voice answer, "ADORAY Home Health and Hospice. This is Cassie. How may I help you?" Cassie Lokker began volunteering just over a year ago and has brought joy and laughter to the office, along with much needed help for the staff who answer phones most of the time.

Volunteering is nothing unusual to Cassie. Along with her work at ADORAY, she leads worship at her church, speaks to groups about visual impairment, and volunteers one morning a week at the Baldwin Library. Her volunteer experience will be expanded when Cassie takes ADORAY's Hospice volunteer training classes in November, preparing her to visit hospice patients.

Cassie was born and raised in Baldwin and grew up singing with her mom, dad and three sisters. After graduating from Dordt College in 2006, Cassie again made Baldwin her home. Since college, she has written and published three historical novels set in New Richmond during and after the time of the 1899 tornado. She is a gifted singer and pianist, perform-

ing at many events in the area including this year's Volunteer Appreciation

Dinner, and in 2008 had a full-length CD released. Cassie's current challenge is fitting all this activity into studying for her master's degree.

When asked what she likes about answering phones at ADORAY, Cassie replied, "I enjoy interacting with those who call into the office. I may not know how to answer every question, but I do my best to find the right person who can be of assistance."

"She's been a lifesaver," said Barb Prinsen, who handles patient medical records. "It's so nice to have her answering the phones because when I'm handling incoming calls, it's a distraction from my work."

"I have learned so much in my time at ADORAY, and every day there is something new to experience," said Cassie.

"She's a gem," Barb added.

Baldwin Store News – from Jennifer Soergel, Manager's Assistant

What happened to apple picking, hayrides, and drives to see the colors? I guess we are in for another Halloween snowstorm! The store has been buzzing with adults as well as children looking for the perfect Halloween outfit. Baldwin will be full of goblins, fairies and geeks

dressed in polyester leisure suits!

Our volunteers are now busy cleaning up boots, checking zippers on winter coats and filling our baskets with hats, scarves and mittens.

Linda will again open her home for us to thank all of our wonderful volunteers. She is busy preparing her home for another magical Christmas get-together. We hope to see all of you there!

*Blessed is the season which engages
the whole world in a conspiracy of love.*

~Hamilton Wright Mabie

River Falls Store News - from Bonnie Blue, Manager

Just as October brought snow, November brings winter lighting, trees and Santas to Treasures. Picnic baskets and flowers of summer are replaced with gloves, scarves, boots and heavy coats. Christmas items are selling fast; shop soon for the best selection.

Our snowbirds are flying in flocks now and the need for volunteers on Saturdays is at an all time high. We especially need help at the cash register in the afternoon. If you can help out, even for 2 hours, please contact Jenny at 715-425-9771.

Treasures staff is busy planning our annual holiday party. We will gather at 6pm on Friday, December 4 to visit, and share stories, smiles and great food. Treats to share are always welcome. Y'all come!

November is National Home Health and Hospice month, the perfect time to thank each of you for your many gifts so graciously given to support the ADORAY mission. Together we change the world into a more loving and caring place. Thank you volunteers for making it all happen.



TREASURES from the HEART®

Great used goods  at pennywise prices

Baldwin

Store hours:

Tuesday	9 - 5
Wednesday	9 - 5
Thursday	9 - 5
Friday	9 - 5
Saturday	9 - 5

River Falls

Store hours:

Tuesday	9 - 7
Wednesday	9 - 7
Thursday	9 - 7
Friday	9 - 5
Saturday	9 - 5

December Holiday Parties

The entire staff at ADORAY sends you their warmest wishes for the season. All volunteers are invited to gather for fun, food, and frolic at the following parties:

Baldwin Treasures Volunteers –

Monday, Dec. 7, noon
Potluck lunch at Linda Booth's home.

2042 120th Ave., Baldwin

Hospice Volunteers –

Tuesday, Dec. 15, noon
Potluck at ADORAY office
2231 Highway 12, Baldwin

River Falls Treasures Volunteers –

Friday, Dec. 4, 5:30pm,
Entrée provided
Sign up in the break room.



Where the Heart Is...
Home Health and Hospice Care
A program of St. Croix Valley Shared Services, Inc.
2231 Highway 12, Suite 201
Baldwin, WI 54002-9248

