About Hospice of Mercy

Hospice of Mercy is a non-profit organization providing our community the only hospice house in the area.

Vision
Hospice of Mercy provides compassionate, exceptional end-of-life care, inspiring patients and families to embrace life throughout their journey.

Our Promise to Patients & Families
As we share the journey with you, our team promises to provide a compassionate presence, professional care, education and ongoing support to you and your loved ones.

Speakers & Educational Programs for Groups & Organizations
As part of our mission, Hospice of Mercy offers a variety of educational topics and support at no charge. If you know of a group looking for a guest speaker, presentation or Oldorf Hospice House tour, please contact Hospice of Mercy at (319) 398-6496.

Hospice Memorial Service

Twice a year, Hospice of Mercy honors and remembers deceased loved ones at a memorial service. This candlelight service is open to all families and friends, and features special music, prayers and a brief message. Fellowship and refreshments will follow the service.

We will be remembering those who died between September 1, 2015, and February 29, 2016. RSVP is not required.

“Walk on, walk on with hope in your heart and you will never walk alone.”
Rodgers and Hammerstein, Carousel

Hospice of Mercy Advisory Committee

Allen Fisher, Hospice Volunteer
Ann Havel, Hospice Community RN
Bill Warhauer, Hospice Chaplain
Brian Meeker, D.O., Physician
Cindy Stotan, Hospice-Massage Therapist
Jasmine Nabi, M.D., Oncology Associates
Ken Cearlock, M.D., Hospice-Medical Director
Leanna Thrapp, Director Senior Services Hospice
Lisa Richardson, Hospice Home Health Aide
Lorie Bruns, Hospice House RN
Mary Brock, Senior Director Patient Care
Mike Olinger, Murdoch Funeral Home
Pat Giroje, Evergreen Estates

Rene Stancil, Hospice-Bereavement Coordinator
Shelby Walker, American Cancer Association
Stephaney Kuehl, Administrative Assistant
Sue Hown, President, Mercy Foundation
Terri Bollard, Hospice-Nurse Manager
Vicki Keegan, Community Representative
Volunteer Opportunities

Hospice
Are you interested in becoming a hospice volunteer?

The Volunteer Orientation series will be held from 5:30 to 8:30 p.m. at the Dennis & Donna Oldorf Hospice House of Mercy, 315 18th Avenue in Hiawatha on the following dates:

- April 5
- April 7
- April 11
- April 13
- April 19

If you or someone you know is interested, please call the Hospice Volunteer office at (319) 398-6628 for an application.

Family Caregivers Center of Mercy

The Family Caregivers Center of Mercy is recruiting task volunteers to help family caregivers who are caring for individuals living with Alzheimer’s, Parkinson’s, arthritis, diabetes, cancer, strokes and other chronic conditions.

Volunteers are needed to provide help with mowing lawns, shoveling sidewalks, grocery shopping, being a companion, accompanying the caregiver, taking a care receiver to an appointment, etc.

If you are interested, please contact Mary Rink at (319) 221-8866. Completion of the Mercy Medical Center volunteer process is required.

A Daughter’s Grief

Our mothers are the link to our past: they maintain family ties and become their daughter’s role models for aging.

The duration of the parent-child relationship is longer than at any other time in history. Debra Umberson, author of *Death of a Parent: Transition to a New Adult Identity*, reports that demographic trends toward increased longevity have created a situation in which, during most of her adult years, a daughter will have at least one living parent, usually her mother.

This relationship is likely to be the longest relationship she will have with anyone in her lifetime. Several studies have described the mother-daughter relationship as one of the strongest family bonds as women grow into middle age. Daughters tend to become friends and companions with their mothers, discovering like views, values and increased closeness. Many daughters will also become the primary caregiver to their mothers during this time.

In a culture where the death of an old person is seen as expected and timely, a woman whose mother dies may be surprised by the intensity of her grief. She may experience a lack of support from those closest to her, changes in family relationships and a coming to terms with her own mortality. In this three-session series, Hospice of Mercy will deliver insight into the unique type of grief experienced by adult daughters whose mothers have died. The facilitator will provide curriculum-based education about this distinctive grief as well as opportunities for participants to share their experiences through group support.

Grief support/workshop for adult daughters who have lost their mothers:

- 6 to 8:30 p.m. on Thursdays:
  - April 14
  - April 21
  - April 28

Dennis & Donna Oldorf Hospice House of Mercy, 315 18th Avenue in Hiawatha

Pre-registration is required. Please call (319) 398-6735.
**Numbness**

Doug Daher begins his book, *And the Passenger Was Death*, with his description of brokenness and shock after receiving a phone call telling him his twenty-something son had died from an accidental fall from a roof:

“I am a figure of glass on a glass mantel, attached to a glass wall, in a glass house, located within a glass community. A part of a glass country, which is located on a glass earth. The delivery is made and a small crack begins to spread, and all the glass is breaking. All is in shambles. One of the parts left is large enough to rise in order to walk, eat, talk, cry and sleep, but it is all shattered glass.”

Whether a death was expected or unexpected, most of us will probably feel a sense of disbelief and shock when we are told that the person we loved so much is gone. This initial numbness serves to “soften the blow” as we become intensely aware that our loved one has really died. Some people say it felt like “someone kicked me in the gut,” “everything stood still,” or “it was as though someone had pulled my heart out of my chest.”

These initial reactions, sometimes called “safeguarding,” serve to limit the enormity of the loss. Our mind allows us the necessary energy to do the things we need to do. This numbness protects us from being overwhelmed.

During the initial phase of grief, some people experience ongoing shock and confusion: “everything was a blur; I was just going through the motions.” Some may also find themselves searching for their loved one. One man said he was certain he saw his wife in the parking lot of the grocery store. Even though he knew his wife was dead, he found himself staring at this woman until she got in her car and drove off. Bargaining is also a defense we may employ to limit our feelings of loss. “God, I promise I will ______ if you only give me one more day with ______.”

All of these safeguarding defenses are like anesthesia, numbing the initial pain of the wound of grief. Feelings usually last days or weeks and eventually give way to more intense feelings of loneliness and sorrow as the loss is fully realized.

**Other Support Resources**

**Parents Living With Loss Support Group** is for any parent who has lost a child at any age. No reservation needed. Meets from 7 to 9 p.m. on the first Sunday of each month at Cedar Memorial. Contact Jim Coyle at (319) 393-8000 or email at jcoyle@cedarmemorial.com.

**GriefShare** is a non-denominational support group that features Biblical teaching on grief and recovery topics. Contact St. Mark’s Lutheran Church at (319) 447-0100 or New Covenant Bible Church at (319) 395-0021. For more information, go to www.griefshare.org or email GriefShare@faith-life.org.

**LADOS (Life After the Death of a Spouse)** meets at 2 p.m. on the second Tuesday monthly. Contact Sandie Allen, St Mark’s Lutheran Church, at (319) 393-3862.

**Heartprints** is one-on-one counseling for parents who have lost a baby. Contact Mercy Birthplace at (319) 398-6332.
Commemorating your loved one

You can honor your loved one this year by making a memorial gift in their name to Hospice of Mercy or the Oldorf Hospice House of Mercy.

Give online at: www.mercycare.org/foundation

or send a check to: Mercy Foundation 701 10th Street SE Cedar Rapids, IA 52403

Please designate “hospice” on the note line.

For information on bricks, donor wall recognition or planned gifts such as bequests, please call the Foundation office at (319) 398-6206.

Thank you for your support of Hospice of Mercy!

Generosity Heals

Caregiver’s Grief

Grief is not always associated with negative feelings. For a caregiver, the end of a person’s suffering can come as a relief. With the burden of caregiving lifted, there can be a release from the physical and emotional drain of caregiving.

Psychologist Holly G. Prigerson, PhD, Yale University, reports that one in three people caregivers meets the criteria for clinical depression. She says it is not unusual for depression to lift after the loss. This does not mean you are glad that your loved one is gone; rather, the illness that limited their ability to live a full life has been removed.

Other positive feelings may come from finding a sense of comfort in being able to provide care for your loved one at home. It may have been fulfilling and satisfying to have given them this final gift.

It is likely you will still experience some feelings of sadness, loneliness, stress and anger. Feelings of hopelessness may emerge as you struggle to fill the gaping hole that was once filled by caregiving. You may question your purpose and mission in life now.

It is not uncommon to put personal goals and relationships on hold while caring for a loved one. Feelings of anger may be present as you realize the effect that caregiving had on your career, your social/family life and pursuit of your own dreams. These are all a normal part of working through your grief as you adjust to the changes in your life. If you are struggling with how you think or feel, consider talking to a trusted friend, therapist or clergy member. Support groups can also provide you with an outlet for your feelings. If you feel you are depressed, consult your primary care provider.