



**ST. LUKE'S
HOSPICE**
IOWA HEALTH SYSTEM

Embracing Life

Support Groups

There is no cost to attend any support groups, and any griever may attend – whether they had hospice services or not.

Registration is required for all groups by calling 319/369-7744.

Next Steps

A free support group for adults who have lost a loved one. Next Steps meets every other month and attendees have the opportunity to share in a safe, comforting environment.

St. Luke's Hospice

Fourth Tuesday of every other month from 6 - 7 p.m.

March Topic:

"Secondary Losses and Role Changes After a Loss"

May Topic:

"Faith and Hope in Grief"

Grief Journey

An eight-week, curriculum-based support group that shares helpful bereavement information and is facilitated by Hospice social workers.

Spring Session:

Meets eight Thursdays starting April 7 from 5:30 - 7 p.m. at St. Luke's Hospice

St. Luke's Hospice
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St. Luke's Hospice

Embracing Life

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End-of-Life Education – Available to the Community

Is an organization or workplace you belong to scheduling educational opportunities for 2011? If so, you may want to consider calling St. Luke's Hospice for a variety of free educational presentations regarding end of life issues.

Trained Hospice staff and volunteers are able to present on the following topics:

- Overview of Hospice
- Bereavement Concerns
- Advance Directives and Living Wills
- Spiritual Concerns
- Hospice Volunteer Opportunities
- When Chronic Illnesses Become Terminal
- What to Expect as Death Nears
- Caregiver Burnout and Compassion Fatigue

Last year St. Luke's Hospice provided 30 community-based presentations for 2,400 people. Presentations ranged from general hospice information to information regarding bereavement and spiritual concerns.

Hospice is available to present to any company or organization at no cost. Many times clinical staff present at care facilities and other healthcare providers. Other times, non-clinical staff and volunteers often present to communities of faith, senior-based groups and civic organizations.

To learn more or schedule an educational presentation, call St. Luke's Hospice at 319/369-7744.

Did You Know?

Did you know St. Luke's Hospice has a group of dedicated, compassionate bereavement volunteers? These volunteers have a different role than other Hospice volunteers because they focus specifically on bereavement needs of patients' families and loved ones who are left behind.

Bereavement volunteers may visit in person with grievors, call grievors throughout the bereavement period or mail various bereavement materials. In fact, bereavement volunteers placed 803 bereavement phone calls and sent 2,746 mailings to grievors in 2010. In addition, 36 volunteers gave their time last year at Camp Embracing Memories – a grief camp for children and teens who have experienced the death of a loved one.

For more information, call Hospice at 319/369-7744 or visit stlukescr.org/hospice.

Community of Faith Continuing Education Opportunity

Learn the Power of Ethical Wills

St. Luke's Hospice is proud to offer a free one-hour continuing education opportunity for community of faith leaders and lay leaders. The one-hour session, titled "Ethical Wills: A tool to share values, blessings and life lessons with future generations," will be held Tuesday, February 8 from noon to 1 p.m. at St. Luke's Hospice.

Ethical wills are a way to share values, blessings, life lessons, hopes, dreams, forgiveness and more. Ethical wills are not new and are found in many faith traditions. Over time, they evolved from being transmitted orally into written documents. However, they are not legal documents, such as advance directives or living wills.

Today, ethical wills are being written by people at turning points in their lives and when facing challenging life situations. They are usually shared with family and community while the writer is still alive. Ethical wills may be one of the most cherished and meaningful gifts that someone can leave behind.

By attending, community of faith leaders and lay leaders will learn more about ethical wills and how they may support community of faith members who may be interested in creating their own lasting ethical will. Space is limited and pre-registration is required by *Tuesday, February 1st* by calling Hospice at 319/369-7744.

Meet the Staff

Hospice Chaplain Susan Sweeney



Susan Sweeney joined St. Luke's Hospice December 2009 as a spiritual care coordinator – more commonly referred to as a chaplain. Previously, Sweeney worked at Mercy Medical Center in Cedar Rapids as the Director of Pastoral Care.

"I believe that every day we are embraced by the sacred in life. Hospice provides a way to embrace the sacred story of another's life journey and become open to the gifts of compassion, respect, inspiration and courage that each patient's story unveils," said Sweeney.

Sweeney has worked in hospice and hospital spiritual care for 15 years and brings that experience to her role at St. Luke's. She graduated from Central Baptist Seminary with a Master of Divinity and is board certified by the National Association of Catholic Chaplains. She did her clinical residency in both Kansas City and Wisconsin.

In her spare time, she enjoys reading, walking, taking care of animals and having tea with friends and family.

Annual Memorial Service

Remembering Your Loved One

As time passes, you may have thoughts and feelings come to you about loved ones who have passed away. There may be times when you can and want to ponder and savor those thoughts and memories. There may also be times when you don't have the time or ability to deal with those thoughts and feelings and need to tend to them at a later time.

Every year, St. Luke's Hospice sets aside a special time for griever in our community to remember loved ones who have passed away at the Annual Memorial Service. At the service, griever are allowed to embrace the memories and lives of those they have lost.

When: Sunday, March 6 at 1 p.m.

Where: St. Luke's Hospital, Women's and Children's Building, Lower Level

Any griever in the community is welcome to attend, regardless of whether hospice services were used. Griever are encouraged to bring a framed photo of their loved one for the memorial program.

If you have questions or would like more information, please call Hospice at 319/369-7744.

Looking for online hospice resources? Visit St. Luke's Hospice online at stlukescr.org/hospice.

St. Luke's Mission: To give the healthcare we'd like our loved ones to receive.