

## Upcoming Events

### Next Steps

A free support group for adults who have lost a loved one.

Specific topics are presented each month and attendees have the opportunity to share their thoughts in a safe, comforting environment with their peers. Registration is not required.

### St. Luke's Hospice Office

Fourth Tuesday of every month from 6:30 - 7:30 p.m.

July Topic:

*"Secondary Losses and Role Changes After a Loss"*

August Topic:

*"Helpful Activities that Bring Comfort After a Loss"*

### Jones Regional Medical Center

First Thursday of every month from 9:30 - 10:30 a.m.

July Topic:

*"Helping Children and Teens Cope with the Death of a Loved One"*

August Topic:

*"Secondary Losses and Role Changes After a Loss"*

## Providing End-of-Life Education for Communities of Faith

Providing end-of-life education to community members is an important St. Luke's Hospice goal. To meet this need for communities of faith, St. Luke's Hospice recently held three End-of-Life Community of Faith conferences for area faith leaders.

Hospice found that both ordained and lay leaders have a great desire to learn more and expand their comfort with end-of-life issues. At each conference leaders attended an entire day of educational presentations that covered medical care, advanced care planning and psychological, grieving and spiritual concerns.

Presentations were provided by St. Luke's Hospice Medical Director James Bell, MD, Social Worker Pamela Agan and Spiritual Care Coordinator Jeremy Hudson – all were available to answer attendee questions. In addition, a panel discussion was held during lunch where volunteers and staff shared their end-of-life care experiences.

"Overwhelmingly, faith leaders told us that they have become more comfortable with providing end-of-life care after attending one of our conferences," said Jeremy Hudson. "We are incredibly pleased with this outcome since our conference goals were to further educate leaders about the many issues surrounding a peaceful, dignified dying process and about bereavement issues that may arise afterward with loved ones."

Two additional end-of-life conferences are being planned for fall, and more information will be released when dates are set. If community of faith leaders have questions or concerns in the meantime, please contact Jeremy Hudson at 319/369-7744.



## Meet the Staff – Beth Pruessner

Beth Pruessner, RN, joined St. Luke's Hospice almost three years ago. Pruessner joins Lolly Burger as one of the supervisors of Hospice and also works as a patient care coordinator.

"I'm excited to take on this expanded role at Hospice," said Pruessner. "I look forward to continue working with our dedicated, compassionate staff to meet our patients' needs, as well as patients' families needs."

Pruessner is a graduate of Mount Mercy College and began her career at the University of Iowa in med/surg Oncology, followed by several years as an oncology nurse at Oncology Associates. She has been actively involved in the Oncology Nursing Society and is currently a member of Sigma Theta Tau and the Hospice and Palliative Nursing Association.

## Second Annual Children's Grief Camp – Camp Embracing Memories

Camp Embracing Memories is a free overnight camp for children ages seven to 16. St. Luke's Hospice is proud to offer this unique camp to help children and families cope with the death of a loved one.

**Saturday, September 11, 2010: 10 a.m. – overnight**

**Sunday, September 12, 2010: Morning – 1 p.m.**

**Location: YMCA Camp Wapsie, Coggon, IA (Lodging & meals included)**

**Address: 2174 Wapsie Y Road, Coggon, IA, 52218**

This camp helps children effectively cope with the death of a loved one or friend in a safe, accepting environment. The activities focus on the grieving process, encouraging interaction with others who have experienced similar losses.

Camp Embracing Memories is designed to normalize children's feelings of loss so they know they are not alone. Trained hospice staff and volunteers provide education and support to enhance coping skills and abilities, while still allowing children to feel connected to the loved one who died.

For more information or registration materials, please call St. Luke's Hospice at 319/369-7744 and ask to speak with one of our social workers. Or visit [stlukescr.org/hospice](http://stlukescr.org/hospice) and click on the "Bereavement" link on the left side of the screen.

**Thank you to our  
Corporate Partner:**



**CEDAR MEMORIAL**

*Everything for your family.*

### Hospice Educational Presentations

Would you or an organization you are a part of like to learn more about hospice care? If so, you may want to contact St. Luke's Hospice.

Trained St. Luke's Hospice staff and volunteers are available to provide informative, value-added educational presentations to anyone in the community. These free presentations can be geared toward healthcare providers, communities of faith, civic organizations or any other groups that would like hospice education.

To learn more, contact Megan McGurk, community relations coordinator, at 319/369-7744 or [mcgurkma@ihs.org](mailto:mcgurkma@ihs.org).

### Giving Back – Volunteer Opportunities

St. Luke's Hospice volunteers use their interests, skills and experiences to comfort and enrich the quality of life for Hospice patients and their families. Volunteers can give their time companionship patients and their families, helping with bereavement support or assisting with administrative needs in the office.

All Hospice volunteers receive extensive training in a team setting at no cost. If you or someone you know is interested in volunteering with St. Luke's Hospice, please contact Lynette Oliver, volunteer coordinator, at 319/368-5632 or [oliverlm@crstlukes.com](mailto:oliverlm@crstlukes.com).

## Online Hospice Resources – Grief Support at Your Convenience

St. Luke's Hospice recently presented a live grief support webcast, titled "You're Not Alone! Understanding Normal Grief Response." If you were not able to watch live, the pre-recorded bereavement support webcast is online for you to watch anytime, at your convenience.

Viewing the Hospice online support webcast is easy. Go to St. Luke's Hospice Web site at [stlukescr.org/hospice](http://stlukescr.org/hospice) and click on the link on the left side of the screen, titled "Online Hospice Resources." From there, click on a link to watch the pre-recorded online support group, which was presented by a licensed hospice social worker. You may listen to questions that griever's asked during the live webcast. In addition, you may type in your own questions and receive timely answers to your questions via email from St. Luke's Hospice.

To learn more, call St. Luke's Hospice at 319/369-7744 or visit [stlukescr.org/hospice](http://stlukescr.org/hospice).

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