



**CEDAR VALLEY
HOSPICE**

Making Each Moment Matter.

**CEDAR VALLEY
HOSPICE**

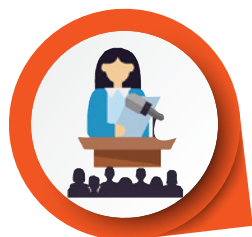


We're more than just hospice experts

Our name Cedar Valley Hospice makes it clear that we offer hospice care. As a non-profit, we rely on a set daily reimbursement for each hospice patient's services from Medicare, Medicaid, VA or private insurances to pay for their care. Many times, that daily reimbursement does not cover the full cost of services OR the patient is not covered by insurance... but no one is ever turned away for their inability to pay.

Our palliative care program helps those with a serious illness who are still seeking curative treatments. Care is paid by the patient through a sliding-fee scale. Again, any cost that the patient is not able to cover, we take care of. Donors like you make this possible!

Story continued on pages 6-7



Speakers On Site
(S.O.S.) offers education on a variety of topics.



Grief Services
offers support to adults and youth grieving the death of a loved one.



Cedar AIDS Support System
(CASS) provides case management for those living with HIV.



Happy 1st Anniversary Waterloo Support Center!

A group of Cedar Valley Hospice staff members gathered in front of the new Waterloo Support Center to mark its 1-year anniversary.

The building is home to 70 employees and was built with the community in mind. It provides private counseling rooms and convenient access to our services.

Inside:

Release & Remember
butterfly event

Pages 4-5





**CEDAR VALLEY
HOSPICE®**

Making Each Moment Matter.

Our Mission

*To enrich lives with knowledge,
respect and compassionate care.*

Our Locations

Central Office

900 Tower Park Dr.
Waterloo, IA 50701
319.272.2002
800.626.2360

Mailing Address:
P.O. Box 2880
Waterloo, IA 50704

Grundy Center Office

310 East G Ave.
Grundy Center, IA 50638
319.824.3868

Independence Office

801 First St. East
Independence, IA 50644
319.334.6960

Waverly Office

209 20th St. NW
Waverly, IA 50677
319.352.1274

Hospice Home

2001 Kimball Ave.
Waterloo, IA 50702
319.272.1771

Message from Michaela

Executive Director Michaela Vandersee

*"...Because it's summer and
the memories are just waiting
to happen." – Unknown*



We passed quickly through spring and straight into the heart of summer. The sun, warmth and longer days are just right there beckoning us to create new memories – by Making Each Moment Matter with the ones we love. I bet many of us have special memories that we can recall when the sun is on our face and there is laughter in the air.

A very special one for me: One late summer evening, my mom ventured out to our backyard with all of her granddaughters to blow bubbles with big and small bubble wands. The kids had done this many times before, but this night was magical for me to watch. They had a blast dancing in and around the bubbles, watching with amazement the shapes and wondering how far they would fly. And the laughter – pure joy. When I close my eyes, I can still see and feel the love that was shared that evening. It is a memory that I will never forget.

In this newsletter, we highlight some very important services and programs that Cedar Valley Hospice offers to our communities. We are proud of our services and want to ensure that we are meeting community needs in a relevant way. Please take some time to read through this information so that you have what you need to help yourself, family members, neighbors and friends in a time of need.

We were super excited to bring back our Nights event this year with Margarita Nights. Speaking of making memories - we had record attendance and a great time was had by all. It felt really good to be able to celebrate in person with our community all while raising funds for Cedar Valley Hospice. See more on page 8.

Mark your calendars for Release and Remember on Sunday, Sept. 11 from 1-3 p.m. We will celebrate the 11th year of this event that we know is now a tradition for so many families in our community. We look forward to bringing everyone together and honoring and memorializing those we love with the release of 1,000 monarch butterflies.

Thank you for your ongoing support and advocacy for Cedar Valley Hospice. It is a privilege to serve your family, friends and neighbors.

Michaela Vandersee

Longtime Cedar Valley Hospice Nurse earns top nurse honors

Laura Skillen has wanted to be a nurse since she was 7 years old. Why? "I love to help people," she says.

She has been a nurse for over 38 years, 16 of those years with Cedar Valley Hospice. Currently, Laura is a Clinical Services Manager for the Waverly and Grundy Center offices. In this role, she oversees and assists the nursing staff with patient related questions, admissions when needed and patient visits during the day and when she is on-call. If Laura feels she can help in any way, she will jump in and do what she can to assist.

"I enjoy that every day is different. I may have my day planned out as I walk in the door but know that can change very quickly, and we all just roll with it," she adds. "I enjoy interactions with patients and their families when I have the chance, and I really enjoy doing admissions. I feel honored that patients and families choose Cedar Valley Hospice and trust us to help them during a very difficult time... and that is what we do."

On May 10, The Courier recognized Laura along with 14 other nurses as the Cedar Valley Top Nurses of 2022 with a special ceremony. During National Nurses Week (May 6-12), Cedar Valley Hospice honored all its nurses for their dedication and for providing compassion to our patients and families.

To see Laura's interview with The Courier, visit wfcourier.com/exclusive/nurses/.

Congrats!



Laura Skillen, RN
Cedar Valley Hospice
Clinical Services Manager

2022 TOP CEDAR VALLEY NURSE

*"Hospice has been my true calling.
I cannot imagine working anywhere else!"*

— Laura Skillen



The Courier's 2022 Top Cedar Valley Nurses recipients, from left: Chelsea Kullen, Jennifer Sherrets, Wendy Potter, Betty Marshall, Cindy Powell, Crystal McCarty Peters, Yolanda Wilson, Roberta Murray, Julie McCleary, Claudia Robinson, Laura Skillen, Shawn Pierce, Traci Hewitt and Judy Owen. Not pictured: Emily Babinat.

**Congrats to the
following
Cedar Valley Hospice
Nurses for receiving
votes in 2022:**

Diane Kramer
Jaimie Peterson
Nicole Ryden
Jenny Stangl
Michelle Walden



SUNDAY SEPTEMBER 11

1-3 PM | FOOD, FAMILY FUN & LIVE
MUSIC BY *FLATLAND RIDGE*

PROGRAM: 2:30 PM
BUTTERFLY RELEASE: 2:45 PM
- 1,000 MONARCH BUTTERFLIES -

RIVERLOOP AMPHITHEATRE
225 COMMERCIAL ST., WATERLOO

FOR EACH GIFT OF \$25

- One butterfly will commemorate a loved one.
- One keepsake certificate will be included with your acknowledgment for you to personalize and keep.
- You may include one name to be celebrated.
- Tribute name will be displayed at event if dedication form is received by Aug. 26.

Release & Remember honors our community's loved ones

Mark your calendar for this year's Cedar Valley Hospice Release & Remember event on Sunday, Sept. 11 from 1-3 p.m. Join staff, volunteers, families and friends of Cedar Valley Hospice to celebrate someone you love.

This event brings hundreds of community supporters to the banks of the Cedar River for an afternoon that has become an annual tradition of celebrating loved ones with a unique experience.

Join us for a short program and the release of **1,000 monarch butterflies** at 2:30 p.m. at the RiverLoop Amphitheatre in downtown Waterloo. Family-friendly activities, live music by the band *Flatland Ridge* and a picnic lunch begin at 1 p.m. Lunch is available while supplies last.

**CELEBRATE A
LOVED ONE!**

**DEDICATE A
BUTTERFLY
FOR A \$25
DONATION**

This event is an opportunity to remember and celebrate those we love in an extraordinary way. For each memorial or honorary gift of \$25, a butterfly will be released and donors will receive a keepsake certificate to personalize and keep as a reminder of the day.

We invite you to be a part of this meaningful day by supporting one or several butterflies as a tribute to someone you love. To do so, please complete and return the dedication form, which can be found on the following page, or visit our website at cvhospice.org. For more information, contact us at 319.272.2002 or 800.626.2360.

Event note: Wheelchair ushers will be on hand at the accessible entrance to the Amphitheatre by the Phelps Youth Pavilion where handicap parking is reserved. Due to site construction, mobility assistance via cart shuttle service will not be available.

THANKS TO OUR SPONSORS:

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DIAMOND

BANKIOWA • CEDAR VALLEY MEDICAL SPECIALISTS
GEATER MACHINING & MANUFACTURING • KWVL

PREMIER

CPM ROSKAMP • TYSON FRESH MEATS • THE VGM GROUP

CHAMPION

BERGEN PLUMBING, HEATING & COOLING • BILL COLWELL FORD
HAGARTY WAYCHOFF GRARUP FUNERAL SERVICE
HERITAGE UNITED METHODIST CHURCH • DAVE & GAIL HUSER
LOCKE FUNERAL SERVICES • CASEY & LAURIE MCLAUGHLIN
BURK & JULIE MIEHE • KATHRYN THEDE
PIXEL LABS • SCHEELS

HERO

AMERIPRISE – BRIAN POWER
FRA – MIKE HULME • HUFF CONTRACTING
KAISER CORSON FUNERAL HOMES
LINCOLN SAVINGS BANK • UAW LOCAL #838
MAGEE CONSTRUCTION CO.
PDCM INSURANCE • RED LAB TECHNOLOGIES

LEADER

BERGAN KDV • CARDINAL CONSTRUCTION
CHAPMAN ELECTRIC • FIRST BANK WAVERLY
EDWARD JONES – GARRETT AKINS
GNB BANK • GORDON FLESCH COMPANY
MEYER PHARMACY • PEOPLE'S SAVINGS BANK
NUCARA PHARMACY & HOME MEDICAL
THE SINNOTT AGENCY
VERIDIAN CREDIT UNION
WENDY TROUTMAN D.D.S., P.C.



Butterfly dedications can be made by visiting cvhospice.org OR by mailing the form below in the enclosed envelope.

DEDICATION FORM

PLEASE RETURN BY AUGUST 26*

Tribute name(s) will be recognized on banners at the Sept. 11 event if received by Aug. 26.

YES! I/we would like to celebrate loved ones by donating to Release & Remember!

_____ # of butterfly dedications @ \$25 each = \$ _____

Please print names clearly.

In memory/honor of: _____

(Please circle one)

In memory/honor of: _____

(Please circle one)

In memory/honor of: _____

(Please circle one)

In memory/honor of: _____

(Please circle one)

AND/OR

I/we would like to support the Release & Remember event with a contribution of: \$ _____

TOTAL AMOUNT ENCLOSED : \$ _____ ☐ Check ☐ Credit Card

NOTE: Dedications can also be made at cvhospice.org OR fill out the form below and return for credit card processing.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Please charge my credit card. Amount: \$ _____ Exp. Date: _____ CVV/CVC Code: _____

Visa / Mastercard / American Express

Card Number: _____

Signature: _____



\$15

T-shirts commemorating this event featuring a NEW butterfly logo are available for purchase separately while supplies last at the event or at any Cedar Valley Hospice location (excluding the Hospice Home).

Continued from page 01

Community members, families benefit from our no-cost services

What many don't know is that every year, we serve thousands of people through adult and youth grief support, our Speakers On Site (S.O.S.) program and the Cedar AIDS Support System (CASS). These services are provided to anyone who seeks them – at no cost.

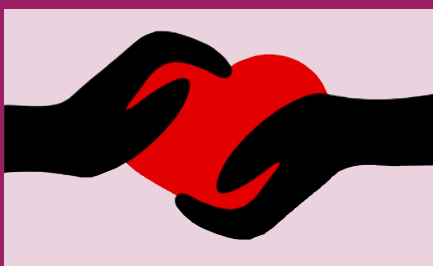
These programs are labors of love and the ultimate representation of our mission: To enrich lives with knowledge, respect and compassionate care.

"Over the years, these services were added because the organization responded to the community's need for additional support and education," said Executive Director Michaela Vandersee. "Every day, our employees see firsthand how these services makes a positive difference in people's lives... and that is truly the essence of our work."

Grief Services

Run by a team of four, the grief support program helps family members and friends cope with the death or chronic illness of someone close to them. As part of the program, employees offer private counseling, support groups, phone consultations, bereavement mailings and more. Counseling is the most popular form of support, but our support groups is where people bond and make a lasting impact on one another.

"The group helped me open up about my feelings and thoughts since we were all going through the same experience," said Kenny Johnson, support group member. "Listening to the story of each person's journey was amazing to me. They give advice on how to cope... The communication channels that were opened in my mind were the most important. I hope we all keep in touch."



Grief Services

offers support to adults and youth grieving the death of a loved one.

3,476

clients served in 2021

- Grief Counseling
- Support Groups
- Bereavement Mailings

For youth, we have a special program called *Eucalyptus Tree* which helps those ages 5-17 understand their grief. In 2020, TreeTV was launched on YouTube and features videos of crafts, activities and book readings about experiencing the death of a loved one.

Speakers On Site (S.O.S.)

The more we educate the public on the benefits of our services, the more lives we are able to enrich. Through S.O.S., hospice experts offer presentations to businesses, professional groups, human resource or healthcare professionals, civic groups, schools and churches.

There are a variety of topics to choose from including Myths of Hospice and Advance Care Planning. These presentations offer guidance with difficult choices and increase your awareness of your healthcare options.

Continuing education is also available for the healthcare community. Cedar Valley



Cedar AIDS Support System (CASS) provides case management for those living with HIV.

118

clients served in 2021

- Case Management
- Benefit Coordination
- Financial Assistance

Hospice is an Iowa Board of Nursing Provider, which allows nurses to receive credit for attending educational events. A popular topic for clinicians is 'Pain & Symptom Management at the End of Life'.

Cedar AIDS Support System (CASS)

CASS is staffed by three professional case managers who offer medical case management and benefit coordination services for those living with HIV.

Additionally, they provide counseling to meet the psychosocial needs of clients and their families. This includes emotional support, health education, risk reduction education and treatment adherence counseling to ensure readiness for complex HIV treatments.

CASS also connects clients to a variety of HIV resource funding avenues and health care providers. The goal is to assist clients and caregivers with finding medical and emotional care.

2022 Annual Campaign



Speakers On Site
(S.O.S.) offers education on
a variety of topics.

70+
presentations in 2021

- Guidance from Hospice Experts
- Awareness of Healthcare Options

COMING UP: Physicians Event, Sept. 29

The CASS program is funded by grants and private donations, which helps us provide clients with financial assistance for medication and insurance co-pays, transportation to appointments, groceries and sometimes rent or utilities.

Supporting Cedar Valley Hospice

These no-cost services make a daily, positive impact. By supporting us through donations, you are helping enrich the lives of thousands in our community each year – THANK YOU!

Spread the Word

Many community members are unaware that we offer these additional services, which is why your advocacy is so vital. If you know someone who is grieving, tell them about our free grief support. Could your group or business use some education from hospice experts? Call us! Do you have a friend with HIV that needs assistance? We can help them, and we will – it's what our organization was born to do... serve the community.

There's no place like home...

*& There's no one
who cares like*

Cedar Valley Hospice



*When you find yourself on a road that is unknown,
let Cedar Valley Hospice walk beside you & your family.*

“ Their team was invaluable to me.

Their expertise and knowledge of Betsy's disease is what allowed me to continue caring for my best friend and wife of 40 years in my own home for over another year. Now, I pay it forward, because tomorrow you may be the one who needs their support... and when you do, you're going to be extremely grateful you chose them for the journey.”

– Dan McDougall, husband



Making Each Moment Matter

Your support helps us continue our mission:

*To enrich lives with
knowledge, respect and
compassionate care.*

Please
**DONATE
TODAY!**

Over 23,000 hospice patients served since 1979
Served 3,476 grief adults & youth in 2021 - at no cost
Provided case management for 118 clients with HIV
Home to the area's only Hospice Home
Palliative care for those with a serious illness
Over 120 experts, 300 volunteers
Serving 15 counties



To give a gift to the Annual Campaign, scan the QR code at right or send a check to: **Cedar Valley Hospice, PO Box 2880, Waterloo, IA 50704-2880.**

Margarita Nights fundraiser marks success with a fun evening

Margarita Nights *Tikis Tapas and Tequila* for Cedar Valley Hospice was held on April 22 at the Hilton Garden Inn in Cedar Falls. More than 350 attendees came dressed in their island attire and swayed to the sounds of the band *Whole Yachta Love* from Milwaukee, WI, sponsored by Lost Island. Guests enjoyed Palm Tree Pork Sliders and the Quesadilla Cabana as they sipped on margaritas and had the opportunity to try a tequila tasting.

The event included a silent auction with open-to-all mobile bidding of more than 160 amazing items, a \$1,000 raffle prize and a 50/50 raffle.



The event netted \$38,000 to help support Cedar Valley Hospice programs and services in over 15 counties.

Thank you to everyone who attended this island fun celebration or supported our fundraising efforts in any way. A special thanks to our Friends of Cedar Valley Hospice Committee whose gifts of time and talent always contribute to the success of this event.



Tiki huts, surfboard signage and island decor welcomed guests to the annual Nights spring fundraiser.



Guests enjoyed the evenings offerings, including a Luau Liquor Pull, Tequila Tasting and Pool Yacht-zee.



KWWL was a Diamond Sponsor for the event. Daniel Winn joined former anchor Abby Turpin and employee Jaclyne Heller for a pic.



The "island style" photo booth with fun props was a huge hit.



Cedar Valley Hospice Nurse Angie Mohn brought her friends to the event. They came dressed with their colorful leis.



The *Whole Yachta Love* band entertained guests with yacht rock and smooth island tunes.





“Our philosophy is that grief is natural, normal and needed. We feel that grieverers do not need a diagnosis to be helped; they simply need their pain witnessed.”

– Lynette Jordan

Moments that Matter

With Lynette Jordan, Grief Counselor (employee since 1999)

Describe your position with Cedar Valley Hospice.

I have been a grief counselor for three years. Prior to that, I was a social worker at Cedar Valley Hospice for 20 years. Our grief team of four employees provide unlimited free grief counseling to anyone in the community who has lost a loved one (regardless of their affiliation with Cedar Valley Hospice). We help people who have experienced a death due to natural causes, tragic death, infant death and suicide death.

How does your position support our mission?

We support the mission by providing support, education and compassionate care as we walk beside our clients who are grieving the loss of someone they loved. Our philosophy is that grief is natural, normal and needed. Unlike therapists, we feel that grieverers do not need a diagnosis to be helped; they simply need their pain witnessed. By providing acknowledgment to those suffering from loss, we give them the opportunity to feel hope again and begin to heal. I feel so proud to be a small part of that journey of healing.

What are the most enjoyable aspects of your job?

First of all, I work with some of the best people. They are here because they care about others and want to lean in when the rest of the world has to go back to their own lives and problems. I enjoy both individual sessions with grieverers and group sessions. As for the individual sessions, I love building relationships with the client, engendering trust and giving the client the tools to cope. The closed grief groups provide opportunities for sharing the pain of loss with others. When people connect with others, they find the strength to tell their own story and have it validated by the others. We also developed a private Facebook group called Cedar Valley Grief Support that allows grieverers to connect through social media and be supported.

In your opinion, what makes Cedar Valley Hospice stand out above other hospice providers in the area?

Cedar Valley Hospice provides a variety of services to our community without regard for reimbursement. I think that speaks volumes about the integrity of our agency and its priority of putting people first. Like Mr. Rogers said, “When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’” The people that work at Cedar Valley Hospice care deeply and are helpers – that is why we are the best.



Share a story that has impacted you.

I have had a few patients over my years as a hospice social worker hold a sort of confession with me at the end of their lives. They confided in me things that they could not share with anyone. They knew that due to confidentiality, their secrets were safe and this could be cathartic in order for them to die peacefully. How often in life are we given such a privilege? I feel like this work paved the way for me to become a good grief counselor. Grieving people need to feel that they are in a safe place where their regrets, anxieties, anger and pain can be seen without judgment. I get the opportunity every day to walk beside the most beautiful people, crippled with pain, and hold their hand through the path to healing.

Cedar Valley Hospice Volunteer receives Mayors' Volunteer Award

On May 12, longtime Cedar Valley Hospice Volunteer Deb Niermann was awarded the 2022 Mayors' Volunteer Awards for her impact and service to our organization.

"I don't really have the words to express how much it means to me that Cedar Valley Hospice wanted to honor and support me in this way," says Deb. "I have so much respect for the mission of hospice, and I admire and am humbled by the people who fulfill its mission to the community."

Deb is "proud and happy" to be a volunteer for Cedar Valley Hospice. She is a quiet and loyal leader who has been volunteering for Cedar Valley Hospice since 2010. She focuses on actions instead of words.

After recognizing her passion as a vendor working with the organization on media production, she was asked to join the Friends Committee to help raise funds and awareness for Cedar Valley Hospice through events and advocacy. Most recently, she gladly accepted the opportunity to serve as Chairperson of the Friends Committee, which communicates directly to our Governing Board of Directors.

"The Friends Committee is an amazing group of creative, dedicated volunteers and employees, and I'm so proud to serve alongside them," Deb adds.

We are grateful for Deb's dedication and talents. She is an accomplished video producer at Mudd Advertising, a musician, vocalist and photographer who encompasses an all-around wealth of knowledge and abilities.



Mayors Rob Green of Cedar Falls and Quentin Hart of Waterloo share a laugh with Deb Niermann after they presented her with her award.

On countless occasions, we have utilized her gifts to extend our efforts in providing education on making Cedar Valley Hospice the first choice for people needing our services. She is known to respond with a smile, careful consideration and exceptional wisdom and creativity.

From commercials, educational videos and presentations to capturing thoughtful video and images at our events, she emulates our organization's tagline, *Making Each Moment Matter*. On this selfless journey, she leads volunteer efforts, connects with our supporters all while dancing along with our entertainment and grinning from ear to ear. She understands that the soul of Cedar Valley Hospice can often be found through sharing a hug, lending an ear, celebrating a loved one or a million other behind-the-scenes acts.

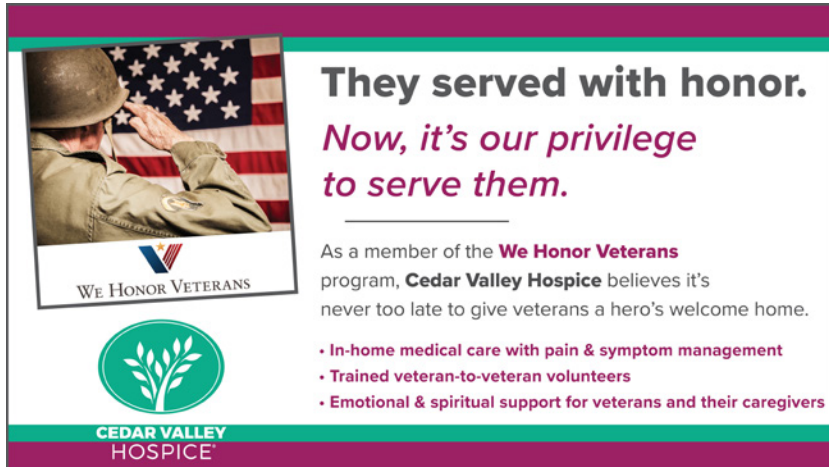
When new challenges arise, Deb quickly responds with a "What resources do I have to help?" attitude... and it has saved the day numerous times. She has a keen understanding and ability to see the whole picture directly relating to Cedar Valley Hospice's ability to continue providing expert care to our community.



"My favorite event we do each year is Release & Remember, where the community can dedicate butterflies in memory of loved ones. The first year I dedicated butterflies in memory of my parents, I had two monarchs land on me and hang on for quite some time after the release. The symbolism there is obvious, and I loved it. There is so much emotion, joy and community spirit packed into one event, it leaves an emotional impression on me every year."



Ultimately, her integrity and compassion are inspiring, and Cedar Valley Hospice is so grateful to have her as part of our team. Congratulations Deb on this honor!



They served with honor.
Now, it's our privilege to serve them.

As a member of the **We Honor Veterans** program, **Cedar Valley Hospice** believes it's never too late to give veterans a hero's welcome home.

- In-home medical care with pain & symptom management
- Trained veteran-to-veteran volunteers
- Emotional & spiritual support for veterans and their caregivers

CEDAR VALLEY HOSPICE

We Honor Veterans program honors local heroes, seeks vet volunteers

Each year, dozens of veterans and their families find themselves in need of Cedar Valley Hospice services. As partners of the national program We Honor Veterans, we connect hospice patients who are vets with veteran volunteers. We also present each patient with a one-of-a-kind patriotic quilt, pin and certificate.

There are four levels a hospice can achieve in the We Honor Veterans program. It requires doing activities to raise awareness about quality, end-of-life care with local veterans organizations and the community. Outreach is the key (which has been difficult during the pandemic); however, we are excited to continue on this journey dedicated to honoring veterans.

This also requires a vast volunteer commitment to match veteran patients with veteran volunteers and also to create patriotic quilts. Over the years, several quilting groups have dedicated their time to just this. One particular group of volunteers, the Orchard Hill Quilters, have made over 100 quilts and dedicated nearly 800 hours to the endeavor. In 2020, the group made up of Sally Baker, Barb Fluent, Norma Peters, Dee Harp, Joan Rozendaal, Nancy Foss and Hazel Messer were nominated for the Mayor's Volunteer Award for their efforts. We thank you for your dedication to recognizing our nation's heroes.

Would you like to become a veteran volunteer or donate a quilt to the We Honor Veterans program? Call Chris Dunn at 319.272.2002.

"Cedar Valley Hospice has been like a Godsend. They handle all my health concerns and provided me with a veteran volunteer to share some time with. I relate to him, we have a good laugh and he helps me feel better in the best way I can. For their services, I am forever grateful."

- Bob DeHart, patient and Navy Veteran

Outreach specialist transitions into volunteer lead role

Hello! I am Chris Dunn, and I have worked for Cedar Valley Hospice for over five years in the marketing department, building relationships



Chris Dunn

in the community and creating awareness about our programs and services. I am excited to continue that journey, but as Volunteer Services Team Lead, communicating with and organizing our volunteers.

I have deep respect for our volunteers, who for over 43 years, have helped us provide compassionate end-of-life care for thousands of patients and families. The work we do would not be possible without the dedication of our volunteers, and we are so grateful to them for giving their time to support and advocate for us. I look forward to continuing to build on that foundation. I also plan to begin to recruit and retain new volunteers.

We are in the process of recruiting new patient-family volunteers as well as veteran volunteers and Friends of Cedar Valley Hospice Committee volunteers.

If you would like to learn about volunteering or are interested in joining our team, I encourage you to visit our website and complete the form or simply reach out to me by calling 319.272.2002 or emailing cdunn@cvhospice.org.

— Chris Dunn



**CEDAR VALLEY
HOSPICE®**

Making Each Moment Matter.

PO Box 2880
Waterloo, IA 50704-2880

Non-profit
Organization US
Postage Paid
Waterloo, IA
Permit No. 238

2022 Calendar of Events

*Mark your calendars for these upcoming Cedar Valley Hospice happenings.
You can also stay up-to-date by visiting cvhospice.org or our Facebook page.*

Sunday, Sept. 11

Release and Remember

11th Annual Event

Waterloo RiverLoop Amphitheatre, 1-3 p.m.
Program & butterfly release at 2:30 p.m.

Thursday, Sept. 29

Physician Education Event

Bien Venu Event Center, 6-9 p.m.
To register, call Karen Sullivan at 319.272.2002.

November

National Hospice & Palliative Care Month

*To schedule a presentation for your group,
call Annika Wall at 319.272.2002.*

Sunday, Dec. 4

Tree of Love Fundraiser

Waterloo Center for the Arts, 2 p.m.

*If you no longer wish to receive our newsletter or prefer
to receive our eNewsletter instead, please call us at 319.272.2002,
toll free at 800.626.2360 or email us at hello@cvhospice.org.*