



Above: The Virginia McBride family

THE PERFECT GIFT

Patients, families grateful for memorable experiences



**CEDAR VALLEY
HOSPICE**

Making Each Moment Matter.

It was a moment the family will remember forever. As Virginia McBride was wheeled from her room at the Hospice Home into the Solace Room, her eyes lit up with joy as the family serenaded her with Christmas tunes in perfect harmony. The family asked if they might be able to give Virginia (or Jeanie as they called her) a special gift by using one of the home's rooms to throw a party.

"Her one last wish was to have an Old Fashioned Christmas," said daughter Mary Hicok. She, along with several of her siblings,

came and decorated a tree using homemade sentiments sent in by family members from across the country. There were ornaments made from old photographs and cutout snowflakes, along with popcorn garland and a gold star. They also brought in yummy treats and food for the extended family that would soon join them. It was a perfect day – first made possible by the Hospice Home staff. Then the staff notified the marketing department of their plans, so we could come and record video and take photos for the family.

"Mom died shortly after that," said Mary. "It's like she was waiting for exactly this moment, and once she had met her goal, she could go."

Jeanie was 96, but her spirit will live on forever. When Mary caught

Story continued on page 3

**BACK BY
POPULAR
DEMAND!**

Inside:

***Spring Fundraiser,
Pages 4-5***



**Purchase your ticket and help local families
Make Each Moment Matter!**



**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

www.cvhospice.org



Message from Michaela

Executive Director Michaela Vandersee



I can't believe it's 2023 already! 2022 went by quickly it seems. I'm very proud of our staff who have worked very hard to ***Make Each Moment Matter*** for all our patients, families and clients throughout the year. Here are some stats on how many we've positively affected in our community.

CARE & SUPPORT IN 2022

- Total visits made by all clinicians: **44,464**
- Total patients served: **886** • Ave. length on hospice: **73 days**
- Total adults and youth served through grief counseling, phone calls, monthly mailings, support groups and events: **3,000+**
- Total recorded volunteer hours: **10,188**
- Total clients living with HIV served by CASS: **135** – a record #
- Total patients with a serious illness served by our LINK palliative care program: **53** • Ave. length on program: **175 days**

In addition, we celebrated many successes, including:

- Being named Best of the Best and Employer of Choice by the community through *The Waterloo-Cedar Falls Courier*.
- Earning the Gallup Exceptional Workplace Award for engaged culture. This is the third year in a row we have received this honor.
- Margarita Nights, our spring fundraiser, boasted its highest attendance ever (and it's BACK this year for 2023 – see pages 4-5 to get your tickets!)

I'd also like to give a special thanks to our outgoing board members, Dennis Clark, Dr. Patricia Connell, Kim Krizek and Kelly Turner. The new board president will be Chris Schildroth, and we plan to welcome three to five more community members to the board within the next month.

In 2023, we will continue to raise the bar for ourselves by integrating specialized disease-specific training for end-of-life care as well as increasing grief service partnerships to provide the community with more resources to help cope with end of life and death. For our employees, we plan to add new initiatives to further increase wellness and engagement.

Ultimately, it is our goal to serve even more in the community, as this means our families, friends and neighbors are receiving the care and support they deserve. If you ever have questions about our programs, services and resources, please do not hesitate to reach out!

Michaela Vandersee

GEM program helps boost quality of life for patients, families

a sneak peek of this cover, she said, "It's perfect. Mom loved to read and write. She used to send us family newsletters for nearly 40 years. They were 8 pages, front and back, and would talk about our family, trips or other happenings."

The talent in the family didn't stop with Jeanie. Her husband, Anthony, who also died on our hospice program 8 years ago, was a great musician. Mary said their home was always filled with music, which is why it is no surprise two of her siblings are music teachers, others are in community theatre and several grandchildren play instruments. There's even a successful band in the bunch from Independence, Flatland Ridge (who happened to play at our Release & Remember event this last year). It's a hospice story that truly came full circle.

Another patient, Gerald (Jerry) Himes was also so grateful for our efforts to improve his quality of life. His limited mobility had confined him to his third-floor apartment for weeks. He expressed to our staff that he wanted to go outside, feel the sun on his face and get his coffee like he used to. His nurse, Meggan, was determined to make this happen. After coordinating with the Cedar Falls Fire Rescue to come help Jerry down his stairs, Meggan wheeled him a couple blocks to his favorite java joint. When he came in, his favorite seat by the window was open, "as it should be" quipped the owner. "Everybody knows that is Jerry's spot," he said. "Nobody sits in his chair no matter how busy it is."

"It was a great afternoon," said Jerry. "Cedar Valley Hospice people are wonderful. People think hospice is the end, but that's not true! If you're willing to let them help you, you can go on for quite some time and make some memories. It's really up to you. Do you want it to be the end or perhaps another beginning?"



Above: Jerry enjoys a cup of coffee at Cottonwood Canyon, the same place he visited every morning for nearly 20 years. Owner Randolph Bryan, left, was so glad to see his old friend. "I love this guy," Randolph said. "He's like family."

Below: Jerry is proud of his accomplishments as a former VP of Joe Kennedy & Associates. Joe and his partner, Art Davis, co-owned Black Hawk Publishing before Joe opened his own media publishing company in Cedar Falls. Jerry also is quite the poet, although he'd never say so himself. He is also proud of his work with the local Teddy Bear Round-up event held annually. Jerry did it to honor the legacy of his twin brother, Gene, who died at age 53.



Every day, Cedar Valley Hospice goes above and beyond to help **Make Each Moment Matter** for all our patients, clients and families. What we arranged for Jeanie and Jerry are perfect examples of our compassionate care.

Sometimes a patient may need something extra that we can provide to help improve their quality of life. Maybe it's purchasing a box fan to keep them comfortable at home if they don't have

GEM PROGRAM

Gifts Enhancing Moments

- Helps patients with non-medical needs
- Purchasing items to improve their quality of life
- Arrangements for a special day out or family gathering

Examples: family photos, sheets, box fan, Lifeline for a month, a lunch outing at a café

Donate to the GEM program online at cvhospice.org or mail a donation in the envelope provided.



A Book to Remember a Gem
Baby Ayla was a patient of ours in November 2022. To help the family honor her, we came and took photos and printed them in a keepsake book for the family. They were so grateful to have these treasured memories of her.

air conditioning, paying for Life Line for a month or arranging a special family gathering and taking family photos and making a book as a keepsake. For these expenses, we have a small gifts program we've recently named GEM, which stands for **Gifts Enhancing Moments**.

Donations to GEM support non-medical needs to potentially relieve stress and bring a smile to their faces. They aren't necessarily high-dollar items, but are just as meaningful for the patient and family.

SAVE THE DATE:

4.21.23

Hilton Garden Inn
Cedar Falls
6-10 p.m.

Doors open
at 5:30 p.m.



🍹 FLAVORED MARGARITA FLIGHTS 🍹 TACO & NACHO BAR 🍹 LIVE SALSA BAND: ORQUESTA ALTO MAIZ
🍹 SILENT AUCTION 🍹 ISLAND FUN 🍹 CASH RAFFLE 🍹 WINE/LIQUOR PULL

Spring fundraiser brings back beach fun with a twist

Back by popular demand is our happy-hour style event, **Margarita Nights 2.0**. *Sippin' & Salsa for Cedar Valley Hospice*, with a twist!

Come dressed in your laid-back island attire and set your mind on island time to enjoy a night out of fun and fundraising for Cedar Valley Hospice. Salsa band Orquesta Alto Maiz will have you moving and swaying to the beat of the steel drum band –you'll feel just like you're on a beach in Mexico. Wanna learn some Salsa moves? Grab a dance instructor, and they will guide you to the steps of the music. Otherwise just sway and groove to the island vibes!

Gather your friends and family to join in the festivities on Friday, April 21, at 6 p.m. inside the Hilton Garden Inn in Cedar Falls. Enjoy a tasty taco bar, nachos, flavored margarita mixers, liquor pull, cash raffles and a variety of island fun with Paulie the Parrot!



Visit cvhospice.org/Nights to purchase your ticket and reserve your seat by Monday, April 10. If you'd like to be seated with other people attending, please call Suzanne Benda at 319.272.2002.

NOTE: If you attended last year's event, you can purchase tickets from

the Handbid app you've already downloaded. All you need to do is open the Handbid app, enter your email and password, search for Margarita Nights 2 and follow prompts to purchase tickets.

Mobile bidding on the Handbid app returns for our silent auction with many wonderful items, including trips to sunny locations!

Please download the Handbid app prior to your arrival to expedite table seating.

Sponsorships are also available for this event, including our Diamond sponsorship with its VIP package (see green box on the next page)! Funds raised will go directly towards serving our patients, families and clients.

We will follow CDC recommendations to keep each person attending safe. For questions regarding this event, contact Haley Bell at hbelle@cvhospice.org or call 319.272.2002.

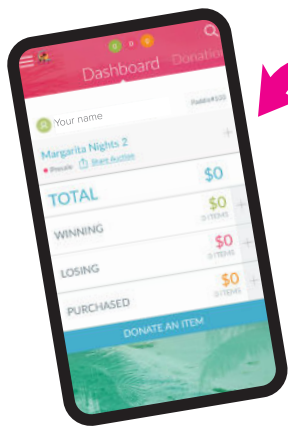
RSVP



by April 10

TO BUY TICKETS: (\$60 each)

1. Visit cvhospice.org/Nights (from our website)



2. Download HANDBID app before event for bidding & activities

- iPhone – go to APP store – you will need to know your Apple ID password to download the app.
- Android – go to Google Play Store.
- NO phone? NO problem! Bid from an iPad at the event.



NOTE: Once you have the app, you will need to create a Handbid password. If you attended last year, enter your password.

*For questions, please
call Haley Bell at
319.272.2002.*

VIRTUAL ATTENDEES:

You can still support Cedar Valley Hospice through this fundraiser by:

- **TEXTING TO GIVE** – Text "NIGHTS" to 99192
- **BIDDING** – Download the Handbid app on phone. Register and enter a credit card to bid. You can also bid from the link on our Margarita Nights website page. Silent Auction opens April 14.

SPONSORSHIP OPPORTUNITIES

Partner with Cedar Valley Hospice and help us carry out our mission: To enrich lives with knowledge, respect and compassionate care in the communities we serve!

- Exposure & brand awareness to a variety of audiences through 30,000+ copies of printed marketing materials plus signage & spoken recognition at our events
- Benefits at every major fundraising event – including signage and shout outs
- Recognition on our website and social media

Make a difference in people's lives!

\$10,000 – Diamond (receives Nights Event VIP package – see above)

\$6,000 – Premiere

\$3,000 – Champion

\$1,500 – Hero

\$500 – Leader

NOTE: Benefits increase with giving levels.

DIAMOND VIP Nights Package:

- ❖ 8 FREE tickets
- ❖ Special reserved seating
- ❖ Margarita Mixer tickets
- ❖ 2 , 1-night-stays at Hilton Garden Inn (night of event)
- ❖ Swag bag
- ❖ 8 Margarita glasses

*Available to Diamond
Sponsors (see below)*

**For more information,
contact Suzanne Benda at
sbenda@cvhospice.org
or call 319.272.2002.**

BE COURAGEOUS

Gain the most knowledge you can about your illness

A diagnosis of a serious illness is difficult and can cause strain on a person or their family members who often help care for them. From managing doctor's appointments, medications and bills to trying to muster the strength to make it through the day – it is all very overwhelming.

Be your own advocate

Even if you feel you aren't ready for palliative or hospice care, it's important to ask your physician the right questions so you can be more knowledgeable about your disease. Some providers are hesitant on how to approach difficult conversations regarding your illness, so it makes it even more important to be your own advocate.

"It's so important to prepare yourself and your family for what is going to happen with your illness," said Dr. Michael Deters, Cedar Valley Hospice physician. "This starts with gaining knowledge about your disease."

We can be a resource

At Cedar Valley Hospice, our experts understand those pressures an illness can put on a family. That is why our support system and team-centered approach can help – offering services based on a person's unique care needs and wishes. Making the choice to call Cedar Valley Hospice can turn a difficult situation into one that is manageable, so patients and families can focus on living. If anything, we are there to answer your questions – with no obligation to use our services.

Advance directives are an important tool

In addition to being knowledgeable about your illness, it's just as important to make sure your wishes regarding end of life are documented and shared with your loved ones. Even if you think you are nowhere near that point in your life, it will provide you, along with your family, peace of mind knowing those decisions have already been discussed and are in writing. Without it, families can become very stressed trying to guess what you would have wanted. It's the best gift you can give your family. Learn more about advance directives on page 8.



Questions to ask your doctor when you have a serious illness

1. What do you see in my future?
2. What can I expect with this illness? How does it progress?
3. Are there other treatments or medications that you have not used at the present? Why?
4. I know other patients who have the same illness and they are doing very well. Why?
5. What can my family and I do to help me/my illness?
6. Do you feel comfortable managing my illness or do we need to consider a referral to evaluate any other treatment?



CEDAR VALLEY
HOSPICE

KNOW THE FACTS

Cedar Valley Hospice programs help life-limiting diagnoses

Starting a conversation about healthcare options when someone you love has a serious illness is difficult. However, you do not have to take the journey alone. At Cedar Valley Hospice, a team of experts are available to help you cope with an illness and provide education regarding treatment options.

We understand that having a serious illness can cause a number of stressors. That's why we believe in care that encompasses the entire family. We enhance communication

between patients and their healthcare providers, offer personalized care in the comfort of your own surroundings and improve the quality of life for everyone involved.

Hospice and palliative care is often misunderstood. Nobody likes to hear the word hospice because it is often associated with death, and most people aren't even aware what palliative care is or what it encompasses. How do you know if you're ready for our services? See the table below.

“*Hospice & palliative care is for people that have an illness that is going to cut their life shorter than if they didn't have it... and this team helps you take better care of yourself.*”

– Dr. Micheal Deters, Cedar Valley Hospice Physician

Palliative care might be right for you if:

- A life-limiting diagnosis is made.
- You are looking for guidance on treatment options.
- You are experiencing reoccurring hospital or ER visits.
- Symptoms have become more difficult to manage.
- You need medication recommendations & monitoring.
- Family wants to discuss advance care planning.

Hospice care might be right for you if:

- Pain and symptom management is necessary.
- Extra care is needed to help you in the comfort of your home.
- You have decided to no longer seek curative treatment for your serious illness.

Thank you to all who gave for **GIVING TUESDAY!**

WE RAISED \$22,013!

- We received 60 gifts
- Gifts ranged from \$5 - \$3000
- The community gave \$13,013 in donations
- 6 sponsorships were given for 2023 totaling \$9,000 (see above)

A big shout out to these sponsors!

- Benda Team with Lockard Realty
- Bill Colwell Ford
- Casey & Laurie McLaughlin
- C.R. Clark & Co
- Cy & Charley's
- Duane D. Jasper, M.D.

**GIVING
TUESDAY**
11.29.22

Advance Directives: Honoring your and your loved one's wishes

As you or your loved ones begin to reach the end of life, it can be difficult for you and close friends to make necessary medical decisions.

Completing and distributing advance directives before they're needed can relieve stress and ensure a person's wishes are known to their family and medical professionals.

"We see too many times where a family is struggling to decide what to do for their loved one because they don't know what their loved one would have wanted in this situation," said Kortni Huibregtse, LINK social worker.

"It's never too early to start having those conversations, and it is so important to make sure you have it in writing."

We can help facilitate the process

Cedar Valley Hospice's clinical staff can help with advance directives and ask your preferences regarding CPR, hospitalization and other life sustaining measures. Regardless if you have any affiliation with Cedar Valley Hospice, our staff can help you or the family review advance directives to ensure documents are in place as needed. Advance directives that Cedar Valley Hospice assists with include: a Living Will, Durable Power of Attorney, Iowa Physicians Order for Scope of Treatment (IPOST) and a Do-Not-Resuscitate order (DNR). See full descriptions below.

Start the conversation about Advance Directives

For Patients

Be open and honest with your wants and needs.

Convey your wishes clearly to those who are listening.

Provide specific information.

Discuss your wishes before signing any advance directives.

For Families

Be willing to listen, and be open to dialogue.

Recognize the importance of the conversation.

Don't be afraid to ask questions.

Remember - these are your loved one's wishes. Be supportive.

Don't be anxious – be relieved

Some individuals may have anxiety about filling out advance directives because it encourages them to actively discuss difficult topics. Cedar Valley Hospice staff helps with that process by working with you to fill out the forms and properly communicate your wishes with loved ones and other medical professionals.

"It isn't as scary as it might seem.

Honestly, talking about your wishes for end-of-life care gives you a sense of relief, knowing your wishes will be upheld and respected," Huibregtse said. "It often relieves some anxiety people might hold onto, thinking about the 'what ifs' of those situations."

ADDITIONAL RESOURCES:

- FiveWishes.org
- IowaBar.org
Living Will and DPOA information
- Idph.iowa.gov
IPOST and DNR information.
Ask your healthcare provider about completing these forms.
- **Book: *Talking About Death Won't Kill You*, by Virginia B. Morris**

To learn more about advance directives, go to cvhospice.org/knowledge-center/advancedirectives. If you're interested in having Cedar Valley Hospice speak to your business or organization about advance directives, contact Annika Wall at 319.272.2002.

VOCABULARY

Living Will:

- *Puts an individual's wishes concerning life-sustaining procedures among other wishes in writing.*
- *Becomes effective only if the individual is considered terminal and unable to communicate his/her wishes.*
- *Completed by persons 18 years or older*
- *Must be signed by a notary.*

IPOST (Iowa Physician Orders for Scope of Treatment):

- *Puts an individual's wishes concerning healthcare treatment choices in writing.*
- *Signed by a physician, PA or ARNP, it gives guidance to other medical professionals on how to handle decisions.*

Durable Power of Attorney (DPOA) for Health Care:

- *Designates someone to make all health care decisions in the event the individual's physician determines the patient is unable to make decisions.*
- *Includes the decision to remove nutrition and hydration when provided by feeding tubes or intravenous feeding.*
- *Completed by persons 18 years or older and is different from a Durable Power of Attorney, which is financial.*
- *Must be signed by a notary.*

DNR (Do Not Resuscitate Order):

- *Provides a written directive of the individual or family's wishes and instructs all medical staff not to initiate any emergency life-saving procedures, including CPR.*



"I pride myself on holding open and honest conversations with patients and families, ensuring they have been educated regarding their illness and meeting them where they are in their hospice or palliative care journey."

– Erica Jensen, ARNP

Moments that Matter

With Erica Jensen, Nurse Practitioner since 2017

Describe your position with Cedar Valley Hospice.

I have a number of roles with our organization as a nurse practitioner, including traveling to all the different service areas to perform face-to-face visits, which is required for hospice recertification. I am another set of eyes on patients to ensure symptoms are being managed while checking hospice qualifications.

I also am one of the providers at our Hospice Home who helps manage our patients' needs. I will collaborate with patients and families to come up with a treatment plan to help with uncontrolled symptoms such as pain, nausea or shortness of breath. I am on call close to 50% of the time, available 24/7 if our team needs orders or guidance for patients.

Another role I hold is the manager of our palliative care team, LINK. In palliative care, we work with patients facing a life-altering illness who may not be ready for hospice, but still need support and help.

How does your position support our mission?

Our patients come to us at some of the most vulnerable moments in their life. Understandably, this can be a very emotional experience. I pride myself on holding open and honest conversations with patients and families, ensuring they have been educated regarding their illness and meeting them where they are in their hospice or palliative care journey. Everyone deserves a peaceful and comfortable death, and I do my best to provide staff and families with the tools to do this, whether it is a medication to manage pain, or even just a moment of reassurance.

What are the most enjoyable aspects of your job?

I love traveling to the different service areas and getting to know our patients and families on a more personal level. I am able to take my time and make sure all their questions are answered. I have met so many neat people during my career here!

Share a story that has impacted you.

This is tough to just pick one! Often the ones that impact me the most are when I see we manage their symptoms successfully and provided them with the ability to enjoy their time with us.

Recently I had a patient who was very reluctant to come to the Hospice Home for pain management, but did so because his pain was unbearable and he needed help. He was kind of irritable and not thrilled the first day there to be honest. We started him on a medication and was able to send him home with his pain well controlled. When he left he stated 'I am going to sing the praises of the Hospice Home to everyone I know.' He had a great quality of life for a few months and his pain was managed.

He did return to the Hospice Home at his end of life and we had the privilege of caring for him until he died. His wife could not thank us enough for giving him, '...the best three months he had in over a year.' People often ask me how I can work in hospice. 'Isn't it depressing?' they ask. Helping that patient is a prime example of why I do what I do.

What makes Cedar Valley Hospice stand out above other hospice providers in the area?

We truly care and want the best for our patients and families. Our team has some of the most knowledgeable providers in end-of-life care, and we are experts in symptom management. A huge asset we have is the Hospice Home, where we can bring our patients to address uncontrolled symptoms in a peaceful, home-like environment.

This year's Tree of Love event included a Tree & Wreath Silent Auction.



Tree of Love fundraiser honors loved ones

Our long-lasting tradition of giving continued with our annual Cedar Valley Hospice Tree of Love fundraiser held Dec. 4 at the Waterloo Center for the Arts. New this year, we offered a Holiday Tree & Wreath Auction that featured more than a decade of past Tree of Love ornaments.

People gathered from our entire service area to support the programs and services of Cedar Valley Hospice. Guests viewed and bid on beautifully decorated trees and wreaths while they sipped on hot chocolate or punch and had yummy cupcakes donated from Rach's Kitchen. A short program included entertainment by the Union Carolers and a chance to hear from Cedar Valley Hospice Grief Team Lead Heather Peiffer on memories and traditions during the holidays. Each donor received a bookmark or special ornament as an expression of our sincere appreciation for supporting our ongoing mission of *Making Each Moment Matter* at a very meaningful time of year.

Thank you to our sponsors: Bank Iowa, Cedar Valley Medical Specialists, Geater Machining & Mfg., KWWL, CPM Roskamp, The VGM Group, Tyson Fresh Meats, Bergan Plumbing Heating & Cooling, Burk & Julie Miehle, Dave & Gail Huser, Hagarty Waychoff Grarup Funeral Service, Kathryn Thede, Locke Funeral Services, Bill Colwell Ford, Heritage United Methodist Church, Scheels, Casey & Laurie McLaughlin, Pixel Labs, Ameriprise – Brian Power, Red Lab, UAW Local 838, Magee Construction, Kaiser Corson Funeral Homes, Lincoln Savings Bank, PDCM Insurance, FRA Financial Resource Advisors – Mike Hulme, Huff Contracting, Bergen KDV, Cardinal Construction, Chapman Electric Inc., Edward Jones – Garrett Akins, First Bank Waverly, Gordon Flesch Company, GNB Bank, Meyer Pharmacy, Nu Cara Pharmacy & Home Medical, People's Savings Bank, The Sinnott Agency, Wendy Troutman D.D.S. P.C., Roth Jewelers

VOLUNTEER FOCUS

VOLUNTEER VOICES

EDUCATIONAL MOMENT: Cedar Valley Hospice Grief Services

The fog of grief can be overwhelming. People often experience a wide range of emotions. While some of us are

GET SIGNED UP!

Send us your email address for the upcoming Volunteer Voices eNewsletter!

Email Chris Dunn at cdunn@cvhospice.org

New volunteer eNewsletter starts this year

Knowledge is an important part of the Cedar Valley Hospice mission, and that extends from our patients and families to our staff and volunteers. When the COVID-19 pandemic hit, all volunteer education was transitioned to monthly mailed newsletters. Even when our volunteers started meeting again, they expressed their appreciation for the newsletters so we continued them through 2022. In 2023, we'll be transitioning to an email newsletter, which will help us save on cost while ensuring our volunteers receive all the information they need more efficiently.

This eNewsletter, titled "Volunteer Voices," will be sent every other month beginning this Spring. Volunteers in every site and all disciplines can receive it, and it'll serve as one more way to connect and provide education.

Each eNewsletter will feature:

- Education on various programs and volunteer opportunities
- Volunteer Spotlight section, highlighting their experience
- Upcoming events for volunteers and Cedar Valley Hospice
- Volunteer opportunities (patient/family openings, event needs)
- Hospice Home volunteer schedule, and more

If you're interested in volunteering, contact Chris Dunn, volunteer coordinator, at 319.272.2002.

VOLUNTEER SPOTLIGHT

Joan Nanke, volunteer since 2012

Friends of Cedar Valley Hospice Committee Member

Q: Why did you become a Cedar Valley Hospice Volunteer?

JOAN: "Like many of the volunteers, our family was supported by Cedar Valley Hospice in caring for loved ones. We would not have been able to care for our family members without them. They provided needed support anytime, day or night, and for our family, the information provided helped us tremendously to better understand the disease progression and care options. They truly are the most genuinely compassionate people I know. Every member of the Cedar Valley Hospice Team exemplifies their mission: 'To enrich lives with knowledge, respect and compassionate care.'

Cedar Valley Hospice has been a leader in our community for care since 1979, continuing to expand and improve their services. We are so fortunate to have the Cedar Valley Hospice Home as a resource in our community. When we were not able to provide pain management at home, our loved one was able to be comfortable at the Hospice Home. This enabled us to relax and focus on supporting our loved one and each other through their end of life."

"I think the following quote from a patient family member best summarizes Cedar Valley Hospice. They said, 'To me that is Cedar Valley Hospice – a warm hug in your coldest moment.'"

– Joan Nanke, volunteer



Joan Nanke, above, is pictured with her husband, Tracy, who also volunteers at our events. He is a talented photographer. Here at Release & Remember, the two of them meet up before the event begins. Joan's very important job that day is to babysit the 1,000 butterflies until they are released.

Q: Why is volunteering rewarding for you?

JOAN: "Volunteering for Cedar Valley Hospice has been very rewarding. I have witnessed so many examples of grace from patients and staff. Knowing how important Cedar Valley Hospice support was to the care of our loved ones, I appreciate the opportunity to volunteer for such a wonderful organization, and hopefully, by volunteering, more families will be able to receive the compassionate care needed at such a critical time in one's life."

A Family Affair

Joan's sister, Beth Wagner, left and mother, Mary Montgomery, right, are also Cedar Valley Hospice volunteers. They are pictured here at our 40th anniversary gala with Mary's husband, Louis, who died on our program in 2020.



Left: Tracy, Joan, Mary and Beth, all volunteers, brought members of their family to support us at Margarita Nights last year.

Want to become a volunteer?

**Call Chris Dunn
at 319.272.2002.**



**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

2023 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.*

Tuesday, Feb. 28

Hospice 101 presentation

St. Paul's Lutheran Church, Waverly, 10:30 a.m.
RSVP for the lunch online at stpaulswaverly.org/register
or call the church office at 319.352.3850

Wednesday, April 5

Volunteer Appreciation Dinner

Waterloo Center for the Arts, 5:30 p.m.

Wednesday, April 12

Youth Grief presentation

Waterloo Career Center, 6 p.m.

Friday, April 21

Margarita Nights 2.0

Hilton Garden Inn, Cedar Falls, 6 p.m.
Purchase tickets at cvhospice.org/Nights

*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.*