



**CEDAR VALLEY  
HOSPICE**

*Making Each Moment Matter.*

Summer 2023



## The Ultimate Experience of Love

### Larry Shollenbarger's hospice journey

Larry and Mary Shollenbarger's love story began in May of 1980. Four months later, they were married at the United Methodist Church in Fayette. It was their zest for life and their kind souls that meshed perfectly. They lived in Waterloo and spent their days traveling, boating, skiing and loving their family and friends with their whole hearts.

"I was lucky I got Brett and Stan, his sons, in the deal," said Mary. "Stan liked me because I drove a sports car, and Brett because I had an Irish Setter – and I continued to supply him with doggies until he was old enough to have his own."

Right away, they clicked, and Mary could tell that Brett and Stan's mom and Larry had done a super job raising them, even after going through a divorce.

In the early 90s, Larry was diagnosed with prostate cancer. He was 52 years old. They removed the prostate at that time, but doctors were uncertain whether they were able to remove all the cancer. With no chemotherapy at that time, the cancer returned in six years. He underwent radiation, but in another five years, it came back again. He then underwent hormone treatments, but by 2015, the cancer had invaded other areas of the body, requiring many painful procedures.



*Mary and Larry Shollenbarger were married in 1980.*

### 4 generations of love

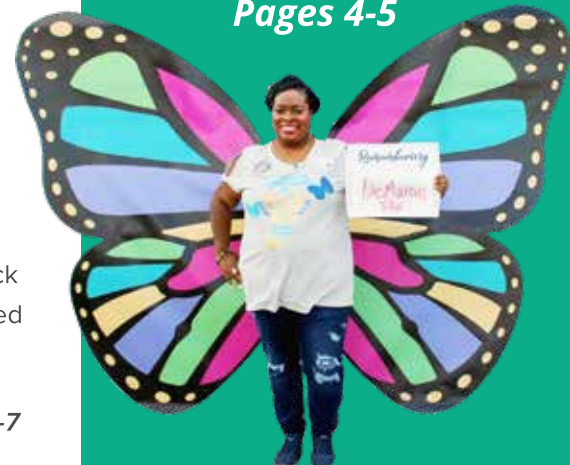
*Above: This day was special for Larry Shollenbarger, which included a visit with four generations of his family.*

*From left: Larry with his great-grandson Noah Schrum, son Stan Shollenbarger, grandsons Hunter and Dar Shollenbarger and son Brett Shollenbarger.*

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butterfly event**

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**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*

Summertime is in full swing, and I hope everyone is taking time to enjoy the sunny days with the people that you love.

When I first received a letter from Mary Shollenbarger (from front page story), I was moved to tears as she described how much Cedar Valley Hospice was able to help her family. I am humbled by her willingness to share her story with all of you in this newsletter. We know that hospice can be a scary word to begin talking about for many families. I hope that her experience will help others understand that hospice is all about the quality of life for the patient and the family – *Making Each Moment Matter* with the time that you have left together.

I am proud to announce that Cedar Valley Hospice has recently received the 2023 Hospice CAHPS Honors Award! This honor is given by HealthcareFirst and acknowledges the highest performing hospice agencies by analyzing the performance of the Hospice Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey.

This honor is very important to us, as this survey is filled out by the families of those we care for. Every day, we strive to exceed the expectations of patients and families, and this is a testament to the quality of care that our staff deliver. This does not happen by accident – it starts at the very beginning with our hiring process and ensuring that we hire staff that fit with our commitment to quality and our culture. Our staff undergo rigorous and ongoing training to understand what is most important to those we serve and how to meet those needs effectively.

I am equally honored to announce that for the fourth year in a row, Cedar Valley Hospice has won The National Gallup Exceptional Workplace Award for 2023. The true impact of this award comes from creating a culture where people can thrive at work. At Cedar Valley Hospice, our goal is to ensure that people are engaged, experience a positive work-life balance and have the knowledge and tools to do their job. We understand that when our employees know they are cared for and happy at work, it directly impacts the quality of care we provide.

Thank you for choosing Cedar Valley Hospice to care for your family, friends and neighbors.



*Michaela Vandersee*



## Cedar Valley Hospice nurse earns Reader's Choice honor

On May 10, The Courier recognized Cedar Valley Hospice Nurse Andrea Burgart, along with 9 other nurses, as the Cedar Valley Top Nurses of 2023 with a special ceremony. She was awarded the Reader's Choice Winner out of the group.

Andrea has been serving the Waverly area in this role since 2021. She was inspired to work as a nurse after being diagnosed with a brain tumor in 2010. She immersed herself in the oncology world, often helping patients at the end of life. It led her to Cedar Valley Hospice.

"I often form a strong bond with my patients as they are going through a unique time in their life," said Andrea. "Going through some of these experiences myself and having similar thoughts has allowed me to connect with them on a deeper level. It formed me as a nurse."

Congratulations also goes to Cedar Valley Hospice Nurses Connie Hansen and Abbie Frost for receiving top nurse nominations.



### 2023 TOP CEDAR VALLEY NURSES

Front row: Carol Ratchford, Jake Powers, Allie Boyle, Christiara Deese, Amanda Vervaecke.

Back row: Tina Styron, Salem Fauser, Sarah Kutz, Danette Christensen and Andrea Burgart.

# Congrats!

### 2023 TOP CEDAR VALLEY NURSE READER'S CHOICE WINNER



Andrea Burgart, RN  
Cedar Valley Hospice  
Nurse – Waverly

*"I treat my patients as if they were my family."*

– Andrea Burgart



## SAVE THE DATE: 8.26.23 Independence, IA



**Proceeds from the 2023 BrewBQ benefit Cedar Valley Hospice**



## Release & Remember honors our community's loved ones

Mark your calendar for our annual Release & Remember event on Sunday, Sept. 10 at the RiverLoop Amphitheatre in downtown Waterloo. This family-friendly experience is free and open to the public featuring activities for kids, a picnic lunch and live music by the band Flatland Ridge. Our event starts at 1 p.m. and will conclude with a short program at 2:30 p.m. and the release of **1,000 monarch butterflies**.

This fundraising event is an opportunity to remember and celebrate those we love in an extraordinary way. For each memorial or honorary gift of \$30, a butterfly will be released and donors will receive a keepsake certificate to personalize and keep as a reminder of the day.

**CELEBRATE A LOVED ONE!  
DEDICATE A BUTTERFLY FOR A \$30 DONATION**

This year, as something special, you can purchase a chance for \$10 to be able to open a box of butterflies at our event. We will be drawing two names during our program. You must be present at our event to have this once-in-a-lifetime opportunity. For your chance to open a butterfly box or to dedicate a butterfly for your loved one, please complete and return the registration form, which can be found on the following page, or visit [cvhospice.org](http://cvhospice.org).

T-shirts commemorating this year's event are also available for \$20 starting mid-July and are sure to go quickly. Pick yours up at any of our offices. 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 be limited.*

# SUNDAY SEPTEMBER 10

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

**PROGRAM: 2:30 PM**

**RELEASING  
1,000 MONARCH BUTTERFLIES**

**RIVERLOOP AMPHITHEATRE  
225 COMMERCIAL ST., WATERLOO**

## FOR EACH GIFT OF \$30

- 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. 25.



**T-shirts (Youth M – Adult 3XL) for this event are available for \$20:**

- at any Cedar Valley Hospice location (excluding the Hospice Home).
- at the event (while supplies last).

## OPEN A BUTTERFLY BOX AT THE EVENT!

Enter the Butterfly Box Raffle for the chance to open 1 of the 10 butterfly boxes at the Release & Remember event on Sunday, Sept. 10. Cost is \$10 per chance. Two lucky people will be drawn at the event. Fill out the form at right or visit [cvhospice.org](http://cvhospice.org). Must be 18 years of age or older.



# CEDAR VALLEY HOSPICE

# RELEASE & REMEMBER

2023

Butterfly dedications can be made by visiting [cvhospice.org](http://cvhospice.org),  
scanning the QR code at right  
OR by mailing the form below in the enclosed envelope.



## DEDICATION FORM

*Tribute name(s) will be recognized on banners at the Sept. 10 event if dedication is received by Aug. 25.*

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

\_\_\_\_\_ # of butterfly dedications @ \$30 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: \$ \_\_\_\_\_



**BUTTERFLY BOX RAFFLE: The chance to open 1 of 10 butterfly boxes at the event on Sept. 10.**

\_\_\_\_\_ # of raffle chances @ \$10 each = \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED : \$ \_\_\_\_\_** ☐ Check ☐ Credit Card

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: \_\_\_\_\_



Continued from page 01

## Hospice patient's wife grateful for Cedar Valley Hospice staff and

*Mary was the love of Larry's life. At the end, she felt relieved to have the support of our care team.*



"Larry never complained," said Mary.

In 2018, the cancer invaded his bones. He underwent oral chemo but tried to continue living his life to the fullest.

"He loved to play golf with his buddies, and he always loved his Scotch," added Mary. "He read recipe books like novels and enjoyed genealogy, college basketball and hanging out with his family and friends. He also had a Wednesday morning breakfast club where the problems of the world were discussed (not solved)."

In February 2022, they visited Mesa, AZ, and his pain began to increase. Doctors prescribed pain medicine, but it wasn't helping much – to which Mary said, "We basically managed to live with it until coming home in April."

Larry continued his ongoing relationship with Mayo Clinic, making 10 or more trips over the next several months. By this time, palliative care doctors were involved, trying to manage Larry's pain, but without a lot of success. Mary was the best caregiver she could be, picking up medicines, taking him to appointments and doing whatever Larry needed. It was hard for her to see him in such pain. He had always been so independent and to see him struggle became exceedingly difficult. Meanwhile, Larry's positivity kept shining despite the pain he endured.



***Larry's favorite pastime was golf. In June, his wife, Mary, held a Celebration of Life at Irv Warren Golf Course in Waterloo. Over 150 of Larry's family and friends attended the special gathering.***

"Larry asked his new palliative care doctor when he could play golf again," said Mary. "She told him, 'Larry, the pain in your back is caused by the cancer, and it is destroying your spine. I don't think you will ever play golf again.' I saw his eyes die; I don't know how else to describe it."

By July 2022, Mayo Clinic approved an experimental procedure that could possibly prolong his life by 6-8 months. While visiting there, Mayo suggested Larry have his spine cemented, which he did, but it still didn't help the pain. At that time, the palliative care doctor also talked to Larry about personal choices and quality of life. That is when Larry made the decision to call Cedar Valley Hospice. He was done with the trips to Mayo, the procedures and the stress of it all. He wanted peace, and he found that with his Cedar Valley Hospice care team.



***Larry's longtime friends Don Faris and Clark Goltz surprised Larry when he was at the Cedar Valley Hospice Home for a short stay in August 2022. The two friends were on their way to volunteer at Irish Fest.***

They came to Larry and Mary's home, managed Larry's pain levels successfully and helped to calm him. For Mary, this brought her relief, having "professional problem-solvers and caregivers" at their fingertips. Now she could just focus on being "the love of Larry's life."

For the next three months, Larry surrounded himself with family and friends, making lasting memories – especially during his visits to the Cedar Valley Hospice Home.

"The Hospice Home is filled with peace and love. Their staff welcomed all of us with open arms," said Mary. "Larry, of course, brought his Scotch, which he continued to research and taste test high-end, single malts... So, we sure had a lot of fun with that."

Larry's hospice journey ended on Oct. 24, 2022, nearly 30 years after his first diagnosis. He died peacefully at the Hospice Home. Larry's youngest son, Brett, and his family, along with Larry's siblings and many friends were able to enjoy his final days with him.

# 2023 ANNUAL CAMPAIGN

## extra support



### WATCH A SPECIAL TRIBUTE TO LARRY



*Larry was a Scotch aficionado – and he liked to bring it nearly everywhere he visited, even at the Hospice Home, where this photo was taken in his final days. Cheers Larry!*

Mary called his journey “the ultimate experience of love” and expressed deep gratitude to Cedar Valley Hospice for their care and compassion.

“I am not sure what we would have done without your guidance and your support,” said Mary in a letter she wrote to Cedar Valley Hospice. “Each nurse, aide, doctor, nurse practitioner, housekeeper and volunteer will forever be in my heart. I especially loved your visits that often brought us laughter. You made his final days comfortable and happy. You truly are remarkable people and having you there at the end was truly a gift.”

continues to help in those difficult times, providing the extra assistance and professional expertise a family needs.

We help families focus on spending precious, quality time with their loved one. We also teach and support them in caring for their loved one at home. We helped hospice patient Larry Shollenbarger and his wife, Mary, put a lot of life into Larry’s last months before he died in October 2022.

For 44 years, Cedar Valley Hospice has been making an impact in peoples' lives. Your donation today will help ensure we are able to continue *Making Each Moment Matter* for your family and friends into the future.

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

*Your support helps us continue our mission:  
To enrich lives with  
knowledge, respect and  
compassionate care.*

At Cedar Valley Hospice, we are dedicated to providing the highest level of care to our community.

Many of us have experienced the terminal diagnosis of a loved one and wondered how we would be able to provide the best care in their end-of-life journey. Thanks to support from people like you, Cedar Valley Hospice

*“My sincere thanks  
for all you’ve done for us.  
I’m not sure what we would have  
done without your guidance and  
support. You made such a  
difference in Larry’s life and in  
mine along with our family and  
friends... It truly was a gift in the  
end. I will continue to support  
Cedar Valley Hospice in any way  
I can, and I will sing your  
praises forever.”  
– Mary Shollenbarger*

Please  
**DONATE  
TODAY!**





## Margarita Nights 2.0 brings flavor and fun

**Margarita Nights 2.0, Sippin' and Salsa for Cedar Valley Hospice** was held on April 21 at the Hilton Garden Inn (venue sponsor) in Cedar Falls. Back by popular demand, this happy hour style fundraiser featured palm trees, a taco bar, margarita mixers, live music and salsa dancing.

More than 400 people registered and bid on 180 amazing silent auction items donated by community businesses and individuals. Guests took a chance on a \$1,000 raffle, a luau liquor pull and supported us with ticket purchases for a

50/50 raffle. A record amount was raised to help support the programs and services that Cedar Valley Hospice provides to patients, families and clients.

We are extremely grateful for the amazing support we received in our community from all those who attended, donated or supported our fundraising efforts. A huge shout out to the Cedar Valley Hospice Friends Committee volunteers whose gifts of time and talent always contribute to the success of this event.



The "island style" photo booth with fun props was a huge hit. Picture It Now Photo Booths donated the booth.



*Sponsored by Lost Island, Orquesta Alto Maiz, right, the popular Latin-jazz-dance band made up of Iowa musicians, was a hit. Guests also watched the UNI Orchesis Dance Company perform and then do some salsa instruction.*



*Board member Dr. Matthew Sojka and wife, Kim, along with other guests enjoyed the flavored margarita mixers.*







*"I feel honored that people share their stories with me. I just enjoy listening and serving them in any way I can."*

– Rusty Van Wey

## Moments that Matter

*With Rusty Van Wey, Spiritual Care Counselor (employee since 2020)*

### Describe your position with Cedar Valley Hospice.

I help patients with their spiritual journey by meeting them where they are at with their faith. I am a companion along the way, and listen to try to identify as much as possible with their suffering both physically and spiritually. I help by being present for them to find resolve and peace amidst the areas of life that become a focus as they face death. Above all, I show them support and offer comfort to know they are not going through this difficult time alone.

### How does your position support our mission?

I respect all spiritual beliefs, and each patient's individuality. It is important for people to know they are cared for, and I do this by helping them see the positive impact they've made in their lives. Sometimes simply having these conversations brings them dignity and helps them deal with other issues they may be struggling with. It is my privilege to be there for them during their journey.

### What are the most enjoyable aspects of your job?

Being a blessing to others is a blessing to me! I feel honored that patients share their personal stories with me. I just enjoy listening and having meaningful conversations with them.

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

At Cedar Valley Hospice, genuine care for our patients is evident from every discipline. This care also spills over as part of our workplace culture. We care about one another. From the top down, there is a real sense of teamwork, respect and the desire to give our best to our patients and to each other.



### Share a story that has impacted you.

I had a patient, both he and his wife were receiving hospice services and in their late 90's. After many visits the husband told me, 'Rusty, you know what my biggest regret is? I never learned to read. I have a Bible that I've never been able to read myself.'

On my next visit, I asked him if anyone has ever told him the gospel story and he said, 'No,' so I opened my Bible and spent over an hour reading The Word and discussing its meaning.

He told me after that visit that he needed to ponder this. I went back two weeks later, and he began to ask questions about what I shared with him. He told me he wanted to ask Christ Jesus into his life, so we prayed together, and he invited Jesus into his heart.

I returned again, which became my last visit with him. We talked for a while, I read scripture, and we had a prayer together. As I was leaving, he held out his hand. I shook his hand, and he held onto my hand with both of his and said to me, 'Rusty that Bible has sat back there for years covered in dust, because I could never read it.' With tears in his eyes he continued, 'But now I understand it.'

## Cedar Valley Hospice volunteer receives Mayors' Volunteer Award

For the second year in a row, a Cedar Valley Hospice Friends Committee Volunteer has earned top honors at the Mayors' Volunteer Awards.

Janis Hansen has been a volunteer since 2012. Even before then, she was advocating, educating and raising money for Cedar Valley Hospice. Janis's husband, Jerry, died on our program in 1996. By her own initiative, she started an annual golf outing to honor his memory (Jerry loved golf) and raised money for Cedar Valley Hospice. For 16 years, she held the Jerry Hansen Memorial Tournament at South Hills in Waterloo and raised over \$100,000 for patients and families in our community.

In addition to her efforts with the golf tournament, Janis has been a leader on our Friends committee, including two years as its chairperson, helping to plan and raise money for our fundraisers. With over 1,800 hours of volunteering at our various events such as Tree of Love, Release & Remember, Nights events and, of course, the golf tournament, she has been involved in every aspect of planning, set up and day-of activities.

Janis always makes herself available when we need assistance with tasks like entering in email addresses, constructing centerpieces or asking for silent auction items. She is always the volunteer that sells the most Release & Remember T-shirts every year and encourages others to volunteer at our events.

"Even though it was a while ago that Jerry died, the memories of him are there and volunteering at Cedar Valley Hospice keeps them alive," said Janis,



*Mayors Rob Green of Cedar Falls, DeAnne Kobliska of Evansdale and Quentin Hart of Waterloo congratulate Janis Hansen on her award.*



**More than two dozen Cedar Valley residents were nominated for their selfless service. Congratulations also to Cedar Valley Hospice Patient-Family Volunteer Beth Cole (fourth from right, top row) for her nomination and dedication to her patients.**

who also has had two brothers and her mother use Cedar Valley Hospice services.

Janis is generous with her time and talents, bringing a bright light to our organization and our community. She is patient, creative, compassionate and so very humble – the first to pitch in and help wherever she is needed, but she would be the last to expect a nomination to be recognized.

Ultimately, she is personally invested in our organization and lives and breathes the mission of Cedar Valley Hospice every day, while she quietly and sincerely



**Janis, back, welcomes guests at our Release & Remember event in 2016 with volunteer Gloria Spiegel, who also was a Mayors' Award recipient.**

advocates and promotes our good works. We are so grateful for her many contributions over the years.





# New volunteers ready to serve

On June 14, we welcomed eight new volunteers.  
 From left: Shannon Arjes, Marilyn Schons,  
 Gretchen Honsel, Dr. Robert Savereide, Mick Staebell,  
 Jon Foote, Christina Scruggs and Lisa VanZoest.  
 Not pictured: Kristin Olmstead.

If you are interested in signing up for our volunteer training, please contact Chris Dunn at 319.272.2002.

# Volunteers needed for summer & fall events

We are seeking volunteers to help us with some upcoming events. If you are interested, please call Suzanne Benda, development director, at 319.272.2002.  
 Thank you for considering the following volunteer shift needs:

## Saturday, Aug. 26 BrewBQ at Riverwalk Parks, Independence

- Set up (requires some lifting)
  - 8–11 a.m.
- Beverage Sales
  - 12–2 p.m. 2–5 p.m., 4:30–7 p.m., 7–9 p.m.
 (shifts are separate & only 2-3 hours as listed above & below)
- Craft Brew Zone Gate
  - 3–5 p.m., 5–7 p.m.
- Craft Brew Zone Server
  - 3–5 p.m., 5–7 p.m.
- Craft Brew Zone Clean-Up
  - 7–8 p.m.
- Wrist Band & Brew Sales
  - 2:30–5 p.m., 3:30-5:30 p.m.
- Wrist Band & Token Sales
  - 1–3 p.m., 3–5 p.m., 5–7 p.m.
- 5:30– 7 p.m.
- 7– 9 p.m.

## Sunday, Sept. 10 Release & Remember, RiverLoop Amphitheatre, Waterloo

- Set up (requires some lifting)
  - 9–11:30 a.m.
- Information Tent, Sales Tent, Food Serving, Kids Activities
  - 12:30–3 p.m.
- Clean-Up
  - 3-4:30 p.m.



CEDAR VALLEY  
 HOSPICE®

# 2023 ANNUAL SPONSORS

Thank you to this year's sponsors.

## DIAMOND

Cedar Valley Medical Specialists  
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## PREMIER

Tyson Fresh Meats

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## HERO

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 Bowers Masonry, Inc.  
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 Dreamweaver Therapy  
 Edward Jones – Garrett Akins  
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 Eystone  
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 Gordon Flesch Co.  
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 D.D.S., P.C.



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PO Box 2880  
Waterloo, IA 50704-2880

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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](http://cvhospice.org) or our Facebook page.*

### **Saturday, Aug. 26**

#### **BrewBQ (Third-party event)**

Riverwalk Parks, Independence, 7 a.m. - 9 p.m.  
Proceeds from event benefit Cedar Valley Hospice

### **Sunday, Sept. 10**

#### **Release & Remember fundraiser**

#### **12th Annual Event**

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

### **Thursday, Sept. 21**

#### **Physician Education Event**

#### **TOPIC: Advanced Cancers in Hospice & Palliative Care**

Hilton Garden Inn, 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.*

### **Tuesday, Nov. 28**

#### **Giving Tuesday**

Support Cedar Valley Hospice for this charitable day

*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](mailto:hello@cvhospice.org).*