



Making Each Moment Matter for 45 years



**CEDAR VALLEY
HOSPICE®**

At Cedar Valley Hospice, there are many significant moments that have led to our organization's success over 45 years – our employees; the patients, families and clients we care for; our volunteers and the support from the community.

Today, we have approximately 120 employees that carry out our mission. In 1979, when Cedar Valley Hospice

was incorporated, we had only one part-time paid employee, Evelyn Szary, who acted as the nurse and patient care coordinator. The rest were all community volunteers who were passionate about bringing the hospice concept of care to this area. At the time, it was a fairly new idea with only a handful of organizations in the state.

"We had to begin autonomously," said Karol Rae Hoth, who served as the first Board President (1979-82). "Our Board of Directors volunteered so much of their time making this happen... especially Dr. Robert Guthrie [who went on to open the Cancer Treatment Center in Waterloo]. We spent a lot of time educating the community – hospitals, doctors, religious members, funeral directors and the general public – to get the word out. It was key."

Still, the organization had no funding sources (there was not yet a Medicare hospice benefit), so the Friends of Cedar Valley Hospice Committee was established in 1981 to raise funds. It didn't take long for the community to latch onto our mission and show their support – leading to growth and thus, making an impact in so many lives.

Above: An organization is only as successful as the people who work for it.

Cedar Valley Hospice's Top 10 longest full-time employees illustrate the integrity, compassion and dedication our organization was built upon. Together, they have a combined work experience of over 250 years. Congratulations!

Front: Grief Counselor Lynette Jordan, Executive Director Michaela Vandersee, Director of Clinical Services Stacy Weinke, and Independence Office & Volunteer Coordinator Lauri McBride. Back: Quality & Education Manager Debra Card, CASS Team Lead Elizabeth Wilson, Staff Educator Sara Davis, Clinical Information Specialist Riann McMahon, Music Therapist Rachel Johnson and Hospice Aide Paula Spurlin.



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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

cvhospice.org



Message from Michaela

Executive Director Michaela Vandersee



As we embrace winter, we take a moment to celebrate Cedar Valley Hospice's legacy of care and compassion that has defined our journey.

From our early days as a community-driven initiative to our growth into the leader of end-of-life care for our communities – our commitment to our patients, families and clients has not changed. We have been privileged to walk alongside thousands, providing them with the physical, emotional and spiritual support they need during their most vulnerable moments. It is an honor to witness the resilience, love and profound human connections that flourish within our work.

As I look back over my 24 years with Cedar Valley Hospice, I am so proud that we have remained steadfast to our mission. The biggest changes for us over the years have been with technology, which brings its own set of challenges, but also helps us deliver care more effectively and efficiently. Here's a look at some of the changes I remember from the year I was hired, 2000, until now.



- Pagers and pay phones
- Sticky notes and pink phone message pads
- Floppy disks and a few computers
- Paper charting for patient records and carbon copy forms
- Cell phones for our clinical staff
- Email for everyone, accessible anywhere
- The cloud, desktops, laptops and iPads
- Electronic health records offering immediate access to patient records for our clinicians 24/7

As we look ahead, we do so with a deep sense of purpose and commitment honoring all of those who have come before us. We remain dedicated to exploring new ways to meet the evolving needs of our community. Thank you for allowing us the privilege of caring for your family, friends and neighbors.

Michaela Vandersee



Executive Director Michaela Vandersee was hired in 2000. She is pictured here early in her tenure with Development Director Jodi Deery and Director of Clinical Services JoAnn Lien.





Grundy Center Chamber Main Street held a ribbon cutting on Nov. 29, 2023 at our Grundy Center office to celebrate the remodel.



Right: The Grundy Center office in 1995.



Grundy Center office receives facelift

After months of renovations, the Grundy Center office officially reopened in November 2023. The office will remain at 310 East G Ave., and has received numerous updates, including:

- A counseling room, allowing grief clients to meet in a private, comforting environment with a trained grief counselor
- Clinical team rooms for charting and patient care collaboration
- An updated lobby to welcome guests
- A new roof and landscaping to address drainage issues
- A refreshed exterior and new windows

“The Grundy Center area is special to our organization, and we’re grateful to have served this community and the surrounding communities for over 30 years,” said Executive Director Michaela Vandersee. “This remodel cements our place in the community, and we’re looking forward to being here for the next 30-plus years.”

To celebrate the completion of the renovations, Cedar Valley Hospice hosted an open house and ribbon cutting on Nov. 29. Community members were able to tour the facility, converse with staff and enjoy refreshments. Cedar Valley Hospice partnered with the Grundy Center High School Entrepreneurship class to assist with marketing and planning the event.

Welcome!

New team members

Our team at Cedar Valley Hospice works relentlessly, living out our mission: *To enrich lives with knowledge, respect and compassionate care.* We'd like to introduce you to six new faces who have joined our team since September 2023.



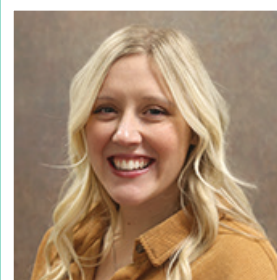
EMILY FOBIAN
Social Worker
Grundy Center



HOPE LANGEL
Receptionist
Waterloo



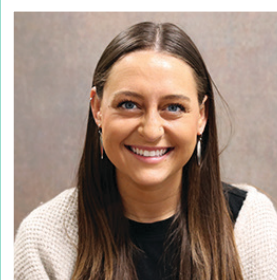
ARI REDDING
PRN Hospice
Home Aide



MARY DESOTEL
Hospice Nurse - RN
Independence



KRISTIN OLMSTEAD
PRN Receptionist
All Locations



OLIVIA BRECHT
Social Worker
Waterloo

VIEW JOB OPENINGS
cvhospice.org/careers

SAVE THE DATE:

4.12 2024

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

Doors open
at 5:30 p.m.



Boogie on down to support patients & families

The community is gearing up for an electrifying night of music, dance and philanthropy as we host our annual spring fundraiser **Friday Night Fever, Boogie Down for Cedar Valley Hospice.**

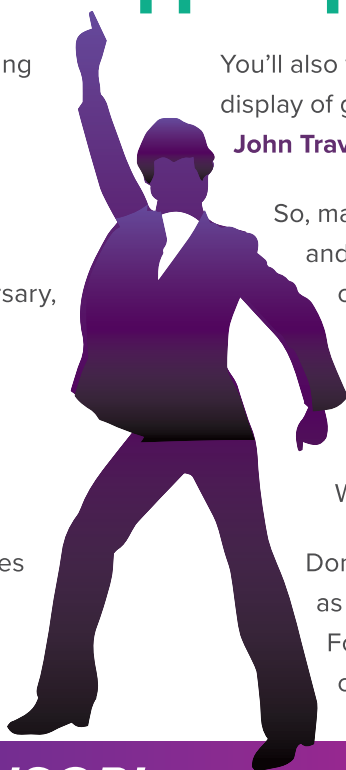
Set against the backdrop of our 45th anniversary, this event promises to be an evening to remember, blending the spirit of the 70s with our heartfelt mission.

Guests are in for a treat with the sensational band “BoogieRX,” renowned for their high energy and beats from the disco era. Activities will also include a Disco Drink Draw, selfie station, costume contest and a silent auction featuring unique items and amazing trips.

You’ll also want to be in the room for the most spectacular display of groovy moves from local talent since **John Travolta** strutted his stuff in 1977.

So, mark your calendars, dust off your dancing shoes and bell bottoms and be ready to do The Hustle at our **Friday Night Fever** fundraiser at the Hilton Garden Inn on Friday, April 12 starting at 6 p.m. Tickets are available online at cvhospice.org by scanning the QR code on the next page or stop by our Waterloo office. RSVP by Wednesday, March 27.

Don’t miss this opportunity to groove and give back as we Boogie Down for Cedar Valley Hospice! For questions or to book your tickets via phone, contact Haley Bell at 319.272.2002.



BE AN EVENT SPONSOR!

Sponsorship packages (including in-kind offerings) for businesses and individuals are available for this event and/or the year. Show your support and be listed on our website and promotional materials. Funds raised will go directly towards serving our patients, families and clients.

To support FRIDAY NIGHT FEVER, contact Suzanne Benda at sbenda@cvhospice.org or 319.272.2002.

RSVP

by March 27

70's party

GET YOUR TICKETS: \$60 each

1. Visit cvhospice.org or Scan QR Code

(All ticketing goes through our secure HANDBID site.)



2. Download the HANDBID app before the event for bidding & activities



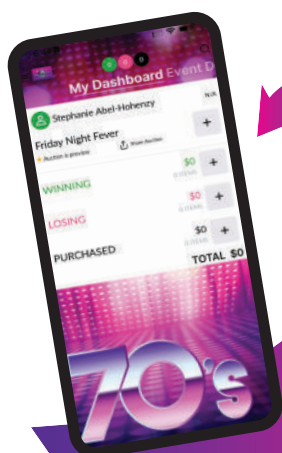
- iPhone – go to APP store to download app.
- Android – go to Google Play Store to download app.
- NO phone? NO problem! You can bid from an iPad at the event.

*NOTE: Once you have the app, create a Handbid password.
If you attended last year, simply enter your password.*

CAN'T ATTEND? GIVE & BID ON ITEMS VIRTUALLY!

You can support patients, families & clients of Cedar Valley Hospice by:

- **TEXTING TO GIVE** – Text "NIGHTS" to 99192
- **BIDDING** – Download the Handbid app on your phone. Register and enter a credit card to bid on silent auction items. OR... Bid from cvhospice.org from your computer. Visit our FRIDAY NIGHT FEVER page. Silent Auction opens Friday, April 5.



For questions, please
call Haley Bell at
319.272.2002.



Guests included: Nick and Kelly Evens and Kathy Bailey with husband, Dr. Anthony Bailey, who served on the committee.

Community gathers for 25th Anniversary Gala

The 25th Anniversary Gala was held at the PIPAC Event Centre and earned \$114,000 to help patients, families and clients of Cedar Valley Hospice. Over 475 guests attended to celebrate our Silver Anniversary in style. World-class entertainers Mark Nadler and KT Sullivan topped the evening with cabaret dancing and singing.

SPOTLIGHT ON 45TH

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Ike & Emile Leighty
were also guests.

Major milestones spark growth

1979 -80 | THE BEGINNING

In Sept. 1979, Cedar Valley Hospice was incorporated. A Jan. 16, 1980 *Waterloo Courier* article titled, *Dream of hospice care here soon to be a reality*, discussed the foundation of Cedar Valley Hospice. It included this photo highlighting our first interdisciplinary team who "have completed their training sessions and are now prepared to make the long dream about a hospice care program in this community a reality."



Front: Social Worker Josephine Dykeman, Co-Chairman Naomi Stone, Nurse/Patient Care Coordinator Evelyn Szary, Volunteer Trainer Tom Davis and Nurse Gloria Hansen. Back: Volunteer Mary Beckman, Nurse/Part-Time Chaplain Kathy Wells, Board President Karol Rae Hoth and Chaplain Rev. Ronald Matter. Not pictured: Medical Director Dr. Robert Guthrie, Volunteer Arlene Nunnally and Social Worker Jeanne Mullen.

1982 | IN-PATIENT UNIT ESTABLISHED



Above: Board President Nancy Showers chats with Head Nurse Nikki Miller and Patient Care Coordinator Cheryl Hoerner in the new unit. Photo by Waterloo Courier.



On Feb. 15, 1982, an inpatient unit opened in the Schoitz Medical Center in Waterloo on the 2nd floor. It included 6 beds/rooms, a kitchen, a meditation/solace room and two offices for nurses and administrators. Ray Burfeind, head of Schoitz, was the key player this, said Karol Rae Hoth, who remembers trying to negotiate with St. Francis and Schoitz to make this a reality. "He (Ray) finally came back and said, 'We'll do it at no cost.' This was a dream for us, and he had an entire 19-bed unit converted," said Hoth. "Every nurse who worked there had to be trained in Cedar Valley Hospice standards."

Programs take shape

1988 | CEDAR AIDS SUPPORT SYSTEM

The CASS program began at the height of the AIDS epidemic to help those diagnosed with HIV or AIDS and their families. By 1991, they were serving 28 clients. In 2023, the program served over 130 people.



Left: In 1991, the CASS program staff included: Stacy Fry (front) and Paul Ruppelt, Floralyn Flory and Jim Jochims.

*The Aman
with a life
Tree, whic
the Aman*

Sweet Serendipity...

Virgina Bisbee of Cedar Falls, at right, was the original founder of Cedar Valley Hospice. It was her idea to start the program after she had cared for a dying relative but had an inadequate support system. When the Hospice Home opened in 2000, she was the first patient to die there on Feb. 8.



In 1984, Cedar Valley Hospice became accredited by the Joint Commission on Accredited Hospitals & Organizations

(JCAHO), which showed our organization's commitment to quality patient care and safety. This led to the landmark achievement of becoming Medicare certified in 1985. With the reimbursement system in place, the organization began to grow exponentially. We went from a donor-based revenue stream with a \$100,000 budget in 1985, to four years later, having a paid staff of 15 employees and a volunteer roster of 60 community members.

1984-85 | ACCREDITATION & MEDICARE CERTIFICATION

1992, 1998 | SATELLITE OFFICES MERGE WITH CEDAR VALLEY HOSPICE



The 1994 staff in Independence: Rod Schreck, Kaye Schmidt, Bea Heffernan, Lori Decker, Terrie Sherrets, Linda Toomey and Karen Lines.

In 1992, Hospice of Buchanan County (Independence) and Grundy County Hospice (Grundy Center) merged with Cedar Valley Hospice. In 1998, Bremer-Butler Hospice (Waverly) also joined us. In 2001, all offices unified under the Cedar Valley Hospice name.



The 1997 staff in Grundy Center: Connie Strohbehn, Andrew Wixel, Cindy Plaehn, Mark Pell and Kelly Henningsen.

Right: At a ribbon cutting in 2000, Executive Director Cheryl Hoerner and Karol Rae Hoth celebrate the "dream" come true of opening the Hospice Home.

a 20-year
JOURNEY
HOME
CEDAR VALLEY HOSPICE



2000 | HOSPICE HOME OPENS DOORS

On Feb. 1, 2000, the Cedar Valley Hospice Home opened its doors. Covenant Hospital was a key player in this, giving us the former office of Dr. Bickley at 2001 Kimball Ave. in Waterloo. They still lease us the land for minimal, knowing its community importance. Allen Hospital also donated \$100,000 to help with remodeling along with community donors. Since it's opening, we've served over 7,000 families there.

1988 | AMANDA THE PANDA

1994 | EUCALYPTUS TREE

Amanda the Panda program was started to help children with a life-limiting illness. Six years later, the program blossomed into the Eucalyptus Tree program which helps comfort and educate grieving youth in our community. Above: In 1989, Amanda the Panda hugs Cindy Spragg and Carolyn Seiter, program coordinator.



2005 | LINK PALLIATIVE CARE

LINK helps those with a life-limiting illness who are still seeking curative treatment.

2011 | WE HONOR VETERANS

We joined the We Honor Veterans program to ensure the veterans we care for receive acknowledgment.

BETTER EVERY DAY

Staff improve patient experience using DiSC training

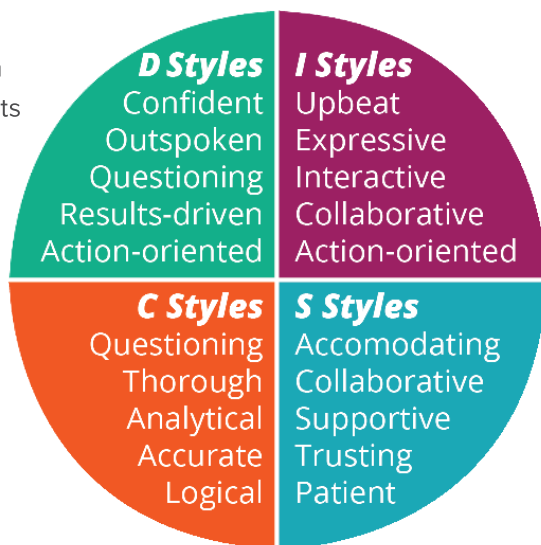
It takes a strong team to run Cedar Valley Hospice, and a good team requires people with a variety of skill sets and priorities all working toward the same goal.

Cedar Valley Hospice recognized this and chose to have staff complete the DiSC Assessment to better understand everyone's strengths. The goal: to improve teamwork and help staff work together so we can be at our best for families.

"Several staff members have commented that the training was fun and helpful to them," said Katie Unland, human resources director. "People learned things about themselves and coworkers they didn't know before, and this knowledge can help people work better with one another."

DiSC is an assessment tool used to help employees with personal development, team building and workplace culture. The test assigns people a personality profile, which helps teams build camaraderie and better understand their coworkers – resulting in building a teamwork environment that leads to better care for our families.

Staff agreed that the training was valuable for personal and team growth. "Each personality style brings so many unique strengths and gifts to our organization, and together we can collaborate to provide outstanding patient care," said Waterloo Nurse Mentor Jenny Stangl. "We have the best clinical team, and this training is going to make us even stronger!"



"This training will help us understand the way patients and their families communicate to know how to provide support to them more effectively."

Michelle Walden, RN, MSN, CHPN (DC)

"I realized that I view new encounters as opportunities to connect, and I feel this is beneficial, specifically as an admissions nurse."



Jordan Emley, RN, CHPN (I)



"This training helps me be more aware of certain signs of where people fall on the DiSC circle so I can understand them better."

Keri Daron, LPN (S)

"This helps me see that everyone is different and looks at the world in different ways. No one way is right or wrong; it's how we are wired."



Tami Mills, CBCS-CMAA (C)

Congrats Elizabeth!

Elizabeth Wilson, CASS Team Lead, was recently awarded the PITCH (Positive Iowans Taking Charge) All-Star Award by PITCH Secretary Tammi Haught for her leadership, dedication and commitment to the HIV community.

"Being chosen for this award is one of the biggest honors I could receive, because it means that I'm making a difference," Wilson said. "I am so passionate about this work and the people I work with. I cannot fully express how deeply this touches me."

Wilson has served on the CASS team for 25 years and helps those living with HIV achieve positive health outcomes through case management and connections to resources.

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Elizabeth Wilson, right, with former social worker Christin Regas O'Shaughnessy in the early 2000s.



Moments that Matter

With Elizabeth Gott, LINK Nurse - RN since 1993

Describe your position with Cedar Valley Hospice.

I was hired by former Executive Director Cheryl Hoerner on June 1, 1993 in Waterloo. I worked weeknights and on-call weekends. I did routine visits, including a nursing assessment to provide pain and symptom relief. I called their primary physician, talked to our medical director and collaborated to get each patient comfortable. I then provided them with written instructions in our Communication Journal, which they can refer to, because people may be stressed and don't remember. They can also write in any condition changes or how the medications are working, so I know if I need to do any adjustments to ensure the best care is provided.

Currently, I work as on an as-needed basis as a palliative care nurse for our LINK program. I travel to people's homes and meet with them – it's important to hear their story so I know how we can help. Then, I review their care plan, set up medications, communicate with physicians and make recommendations on their care.

How does your position support our mission?

I always try to put myself in the shoes of the patient and family and focus on active listening and respect. Teaching is the most important role of my job, and hospice nursing is, at its core, a ministry that focuses on educating about pain and symptom control and disease progression. It's rewarding to see the caregivers' confidence grow as they learn how to help provide care for their loved one. I feel honored when they tell me I've helped them.

What are the most enjoyable aspects of your job?

The most enjoyable is meeting patients in their own home, seeing how they live and where they are at. I use humor to get a smile from them on their toughest day. It takes their mind off of their illness.

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

Our expertise in pain and symptom control is superb. We are 45 years old this year – I believe our reputation precedes us. We are one of the oldest hospices in the state, and are not-for-profit serving both insured and uninsured patients. Plus, the grief services we provide to any adult or youth in our community are unmatched. It's why we are voted **Best of the Best** year after year.

Longest Serving Current Employee – 30 Years –

"I remember helping coordinate the Waverly office with Brooke Gritzner after we merged. I've probably seen the most growth in our organization, because when I started, we did not have any site offices or the Hospice Home. It's a blessing we are able to help so many families."

– Elizabeth Gott, RN



Share a story that has impacted you.

There are so many. I was assigned to a patient in the mid-90s. He was a real character. I guess that's why we got along so well. His condition was declining, and I got the call he was dying. On my way, I got a speeding ticket. The officer asked where I was going in such a hurry. He saw my name tag and quickly tore up my ticket. I made it there just in time... I think the patient was waiting for me. "Here comes the chief," he would say. The family then gave me a donation to our annual Cedar Valley Hospice Ride & Stride fundraiser, so I wore his picture on my bike ride shirt every year after that to honor him.



Liz Gott, third from left, never missed our Ride & Stride event fundraiser in 17 years.

She is seen here in the mid-90s with nurses Cindy O'Brien, Cathy Zarfis and Barb Schaefer at Meyers Lake in Evansdale.

SPOTLIGHT ON 45TH
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Dream Team

Volunteers make giving back a family affair

Note: This is Part 1 of 3 of the series featuring volunteer teams who make a difference.

For Carol McCombs and her niece Ashley Utley, volunteering together is the icing on the cake. Carol has been a volunteer since 2008, and encouraged Ashley to join the Friends of Cedar Valley Hospice Committee (Friends) with her in early 2023, which helps with fundraising and events.

In addition to being a valuable member of Friends, Carol has been a multi-faceted and dedicated volunteer with patients/families, office tasks, at the Hospice Home and plays an integral role in the “Twisted Stitchers” – five talented friends who create handmade quilts for veterans on our program.

Ashley, who is naturally creative, jumped at the chance to utilize her skills for a good cause when Aunt Carol approached her. “After losing my grandpa in January of 2018, I attended events and donated money, but I wanted to do more. I wasn’t sure what I could do, or if I could emotionally handle being a patient-family volunteer,” Ashley said. “So my aunt Carol encouraged me to go through the training and join the Friends Committee, another option for helping Cedar Valley Hospice.”

As members of Friends, they and other committee members ask for silent auction items, create décor and plan/work events.



Ashley Utley and Carol McCombs, center, attended the Release & Remember event in 2022 – Carol, as a volunteer, and Ashley as a guest with their extended family. The joy of the day helped influence Ashley's decision to join the Friends Committee. The next year, Ashley showed up to the event donning those butterfly sunglasses for workers and volunteers.

“I’ve found a place where I can put my love of crafting and party planning to good use. It’s very fulfilling,” Ashley said. “And, getting to volunteer with Aunt Carol is one of the best things ever! Getting to support such an amazing organization is very rewarding, but getting to do it with someone I greatly love and admire makes it so much better.”



Left: For our spring Margarita Nights fundraiser in 2023, Ashley created complex paper flowers and came up with the idea to make Mexican-style fringe legs for our Raffle Tent.

She is greatly appreciated for her ideas and dedication.

“My older sister was on a hospice program, and I spent lots of time with her during our journey. My mother was on the Cedar Valley Hospice program specifically, and I was her caregiver until help arrived. It was a blessing of care. She received so much from the loving staff. She thought the Hospice Home was a hotel!”

– Carol McCombs, Cedar Valley Hospice volunteer since 2008

SPONSOR SPOTLIGHT

Sponsor grateful for long-standing partnership

Q & A with Louis Hagarty

Why do you support Cedar Valley Hospice as an annual sponsor?

We have been an avid supporter for over 25 years because of the exceptional care that is shown to patients and their families. The nursing staff not only cares for the patient, but also for their family members throughout the whole process. They really become connected to the family.

What value do you believe Cedar Valley Hospice brings to our communities?

Cedar Valley Hospice offers comfort and valuable support services even after a death has occurred. The after-care support is a nice resource for families to help understand and manage their grief after the death of their loved one.

Recall a memory that touched you (personally or professionally.)

My grandma was at the Hospice Home, and when she was transitioning closer to death, I remember how caring and supportive the nursing staff was towards our family. They took time to explain things and made sure my Grandma was comfortable.



CEDAR VALLEY HOSPICE®

2024 ANNUAL SPONSORS

Thank you to this year's sponsors.

DIAMOND

**Cedar Valley Medical Specialists
KWWL**

POS Professional Office Services, Inc.

CHAMPION

Bergen Plumbing, Heating & Cooling
Bill Colwell Ford

Hagarty Waychoff Grarup Funeral Service
Hilton Garden Inn
David & Gail Huser
Grant & Nancy Jensen
Locke Funeral Services
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Scheels
Kathryn Thede
The VGM Group

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Gordon Flesch Co.
Huff Contracting
Kaiser Corson Funeral Home
Karen's Print-Rite
Magee Construction
PDCM Insurance
Print Innovations
Transport Permits
UAW #838

LEADER

Cedar Falls Community
Credit Union
Geater Machining & Mfg.
GNB Bank
Edward Jones – Garrett Akins
In Memory of Patricia
Eyestone
Peoples Savings Bank
Ryan Pharmacy –
Independence
The Sinnot Agency
Sonja Wilhau

45th Anniversary

SPONSORSHIP OPPORTUNITIES

Partner with Cedar Valley Hospice and help us carry out our mission in our 45th year for our community: To enrich lives with knowledge, respect and compassionate care.

- Exposure & brand awareness through printed marketing materials
- Benefits at every major fundraising event – including signage and spoken recognition
- Recognition on our website and social media

NOTE: Benefits increase with giving levels.

Make a difference in people's lives!

\$10,000 – Diamond

\$6,000 – Premiere

\$3,000 – Champion

\$1,500 – Hero

\$500 – Leader

In-Kind (services/goods)

Contact Suzanne Benda at
sbenda@cvhospice.org
or call 319.272.2002.



**CEDAR VALLEY
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Making Each Moment Matter.

PO Box 2880
Waterloo, IA 50704-2880

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

2024 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.*

Wednesdays, March 6 & 13, 8:30 a.m. - 4:30 p.m.

Volunteer Training (become a volunteer)

Cedar Valley Hospice, 900 Tower Park Dr., Waterloo

*Training will take place on both days. For more information or to register,
please call Chris Dunn at 319.272.2002 or email cdunn@cvhospice.org*

Friday, April 12, 6 p.m.

Friday Night Fever Fundraiser

Hilton Garden Inn, Cedar Falls

Purchase tickets at cvhospice.org

Tuesday, April 30, 5-8 p.m.

Volunteer Appreciation Dinner

Hilton Garden Inn, Cedar Falls

Watch for invitation in March

*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.*