



Slayton MN 56172
36 Park Drive * PO Box 86

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Hospice of Murray County – Tree of Lights

The Holiday Season is approaching fast, and many find comfort in remembering their loved ones through a shining light on the **Hospice “Tree of Lights.”** This season, honor those who have brightened our lives by donating **\$5.00 per name** in *memory* or *in honor* of a loved one to **Hospice of Murray County**. Each light on the tree serves as a glowing tribute, making the Holiday Season a time of cherished memories and warm thoughts.

Hospice of Murray County thanks you for your support and remembrance.

Trees are located in Slayton, Fulda, Dovray, Currie, Hadley, Lake Wilson, Iona, Tracy and Chandler.

The Slayton tree is located in front of Our House on Park Drive.

In Memory or Honor of: _____

In Memory or Honor of: _____

Donor's Name: _____

Phone: _____

Enclosed is my check for _____ lights @ \$5.00 each= \$ _____

Please place lights on tree located in:

- | | |
|-------------------|-----------------|
| _____ Slayton | _____ Tracy |
| _____ Lake Wilson | _____ Chandler |
| _____ Fulda | _____ Iona |
| _____ Dovray | _____ Westbrook |
| _____ Currie | _____ Hadley |

Our Annual Tree Lighting Ceremony will be held on
Sunday, November 23rd, 2025, at 5:30 p.m. in Slayton.

We hope to see you all





Fall 2025

PO Box 86 * 36 Park Drive * Slayton MN 56172
Phone : 507-836-8114 * Fax : 507-836-6462 *
Email : hospicemc@hospiceofmurraycounty.com

Why Hospice? Why Me?

Many people wonder if hospice is the right choice for themselves or a loved one. Hospice is not about giving up—it's about **choosing quality of life, comfort, and support** when facing a serious illness.

Why Hospice?

Hospice focuses on **relief from pain and symptoms**, emotional and spiritual support, and guidance for both patients and families. It helps individuals live fully and with dignity, no matter the stage of their illness.

Why Me?

Hospice is for **anyone with a life-limiting illness** who could benefit from extra support—patients, families, and caregivers alike. It empowers you to make choices, receive expert care, and spend meaningful time with those you love.

Choosing hospice is a personal decision, but it's one that can bring **comfort, peace, and reassurance** during a challenging time.

Learn more about how Hospice of Murray County can support you or your loved one.

*"Your #1 Choice for Hospice Care in the Community
Since 1987"*

Our Staff

Krista Bassett
Mary Baune
Eden Bengtson–Carney
Kelli Bosma
Audrey Braun
Ashley Carlson
Kim Carlson
Lucille Deslauriers
Heather Engelkes
Marti Engelkes
Brianna Hargis
Cathy Kor
Dr. Carol L Lang
Sadie Lappegard
Michelle Kalas
Olivia Lewis
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Volunteer Board of Directors

- Dave Kaup
- Heidi Winter
- Neal Everson
- Nancy Fell
- Austin Quade
- Mary Mesner
- Jan Cuperus
- Martin Pieske

Administrator— Marti Engelkes

I hope you are enjoying the beautiful fall weather and looking forward to the Holiday seasons. At Hospice of Murray County, we have been busy preparing for the month of November, which is National Hospice Month. This year's theme is "Courageous Conversations." No one likes to talk about it, but a conversation about end-of-life wishes is one of the most loving and meaningful gifts you can offer your family. Often called a "courageous conversation," discussing your final wishes with loved ones and health care providers ensures your care aligns with your values, reduces stress for your family, and allows you to live more fully in the present.

Why this conversation is so courageous

Our culture often avoids the topic of death, and the health care system is frequently centered on intervention. This can make it difficult to bring up the subject, and it's why these talks are considered "courageous". Yet, hospice professionals know that facing this topic head-on has a profound and positive impact on patients and their families. Studies have even shown that families who have these discussions and put advance directives in place experience less anxiety and depression at the end of life.

What to talk about

A courageous conversation can cover many topics, but it typically centers on advance care planning. It's not just about a legal document; it's about a dialogue that clarifies what matters most to you.

- **Who will decide for you?** You can name a health care power of attorney—a person you trust to make medical decisions on your behalf if you are unable to do so.
- **What medical treatments do you want?** It's helpful to communicate your preferences for or against certain treatments, such as life support.
- **What does quality of life mean to you?** Discuss what living well means and how your values shape your end-of-life journey.

When is it time for hospice? Many people don't know the right time to start hospice care. A courageous conversation can help you discuss this possibility and ensure you receive comfort and support when needed.

A gift of peace of mind

By having these discussions early, before a health crisis, you empower your loved ones to act with confidence and clarity, knowing they are honoring your wishes. It protects them from having to make painful, uninformed decisions during an already emotional time. Hospice of Murray County is here to help facilitate these conversations and provide guidance.

Start today

The thought of starting a courageous conversation may be uncomfortable, but the benefits for you and your family are immeasurable. It is truly a gift of peace of mind for everyone involved.

We encourage each and every one of you to have Courageous Conversations as it could be the most important gift you can give your family.

Best,

Marti L. Engelkes, LSW, Administrator



Supporting Patients and Families: The Role of Hospice in Nursing Care

Hospice care is a specialized approach focused on improving quality of life for patients with life-limiting illnesses. As nurses, you play a vital role in providing compassionate care that addresses not only physical symptoms but also emotional, spiritual, and social needs.

Collaboration is Key

Hospice teams work closely with nurses, physicians, social workers, and volunteers to ensure patients and families receive comprehensive support. By collaborating with hospice, nurses can help manage symptoms effectively, facilitate difficult conversations, and ensure that patient wishes are honored.

Symptom Management and Comfort Care

Pain, shortness of breath, anxiety, and other distressing symptoms can be challenging for patients and families. Hospice provides guidance, resources, and protocols to assist nurses in delivering comfort-focused care, helping patients maintain dignity and quality of life.

Support for Families

Hospice care extends beyond the patient. Families often experience emotional, practical, and logistical challenges during end-of-life care. Nurses can act as a bridge, connecting families to hospice resources, education, and counseling to navigate this journey with support and understanding.

Education and Resources

Hospice of Murray County offers ongoing education for nursing staff, including workshops, in-services, and informational resources on best practices in end-of-life care. These opportunities enhance knowledge, improve patient outcomes, and foster confidence in addressing complex care needs.

Conclusion

Integrating hospice services into nursing care strengthens patient-centered practice, eases the burden on families, and ensures compassionate care during one of life's most critical times. By partnering with hospice, nurses help create a supportive environment where patients and families can experience comfort, dignity, and peace.



Licensed Social Worker — Haley Rhode

Coping with Grief During the Holidays

The holidays can be especially difficult when you've lost a loved one. It's normal to feel sadness, anger, or even guilt during this time.

Tips for navigating the season:

- **Acknowledge your feelings**—grief is personal and there's no "right" way to feel.
- **Create new traditions**—light a candle, share stories, or prepare a favorite dish in memory of your loved one.
- **Set boundaries**—attend events as you feel able; it's okay to step back.
- **Seek support**—talk to friends, family, or Hospice of Murray County for guidance and comfort.
- **Take care of yourself**—rest, nourish your body, and allow moments of peace.

Hospice of Murray County is here to support you. **Contact us at 507-836-8114**

"Let Us Walk This Journey With You"

Grief Support Group

Hospice of Murray County will hold a bereavement group for adults at the Hospice of Murray County office in Slayton. It is 6 sessions, on Tuesdays from 4pm – 5:30pm. The Winter group will begin on Tuesday November 11th and continue through Tuesday December 16th, 2025.

There is no cost for the bereavement support group as it is sponsored by Hospice of Murray County. Pre-registration is appreciated so materials can be put together. You can pre-register by calling the Hospice office at 507-836-8114 by Friday November 7th, 2025.

This bereavement group is not just for family members served by hospice, but all adults who have lost a loved one.



Volunteer Coordinator—Mary Baune

Dear Volunteers & Patrons,

On behalf of everyone at Hospice of Murray County, we are ever so grateful for the continued support from our community and surrounding areas. Hospice of Murray County would like to say thank you! We appreciate all your hard work in making it possible for a great turnout at our annual hospice rummage sale. All our volunteers, staff, family, and friends: your donations of time, organizing, building, vehicles, trailers, meals, and more are greatly appreciated! Your donations and money made at the rummage sale will be used to purchase durable medical equipment, bereavement services, volunteer services, pharmaceuticals, and to provide care to our patients and families. Ensuring they have the highest level of services when they need them the most. To our volun-

teers: there were over 151+ volunteers who put in over 3,920+ volunteer hours! Your dedication and hard work ensured the event was a success. From organizing items to setting up and assisting customers, your commitment truly shines through. We couldn't have done it without your support. To our patrons: thank you for choosing to shop with us. Your purchases not only provided you with unique items but also directly benefit those we serve. Knowing our community stands behind us inspires Hospice of Murray County to continue our mission, providing the number one choice of hospice care in the community. We are grateful for everyone's generosity.

Hospice of Murray County



"Quality Care you know and expect"

Make a Difference as a Hospice Volunteer!

Hospice of Murray County is always looking for caring volunteers to support patients and families—especially when some of our regular volunteers head south for the winter. Flexible hours mean you can help after work or on your days off. If you're looking for a meaningful way to give back to your community, we'd love to have you join our team! please E-mail me @

mary.baune@hospiceofmurraycounty.com Mary Baune Volunteer Coordinator

Up coming events

November is National Hospice Month

November is National Hospice Month—a time to recognize and honor the compassionate care hospice provides to patients and families at the end of life. Hospice of Murray County is proud to support our community with comfort, dignity, and personalized care.

This year, we're celebrating with **fun activities for the whole community:**

- A coloring contest
- A medallion hunt
- Turkey giveaways

Our Annual Tree Lighting Ceremony will be held on **Sunday, November 23rd, 2025, at 5:30 p.m. in Slayton.**

We also celebrate the dedication of our volunteers, staff, and caregivers who make a meaningful difference every day.

Stay up to date with all our events and activities on our Facebook page!

Learn more about our services and how hospice can help you and your loved ones.

Join Us for Lunch and Learn!

Hospice of Murray County is hosting **Lunch and Learn sessions** in communities throughout our area.

Follow us on **Facebook** to stay up to date on dates and locations, and come join us for a **soup and sandwich lunch** while learning more about hospice services and resources.

Support Hospice of Murray County Through Our Amazon Wish List!

Did you know you can help Hospice of Murray County from the comfort of your own home? Our **Amazon Wish List** makes it easy to donate items that directly support our patients, families, and volunteers.

Here's how you can help:

1. Visit our Amazon Wish List [insert link].
2. Select an item (or several!) that you'd like to donate.
3. Have it shipped directly to Hospice of Murray County.

Every donation—big or small—helps us provide **comfort, support, and care** to those who need it most.

Thank you for making a difference in our community!

Our House Wish List

Eggs	-paper plates, cups & silverware
Brownie/cake mixes	Ziplock Bags
Large body pillows	Cases of Water
Cribbage board	Ground Beef
Bird seed	
New -Large Coolers	
Deep pocket Single Sheet Sets	
Towels & Wash Cloth Sets	
New- Electric Razors (men/women)	
Paper Products	
-paper towels	
-toilet paper	
-napkins	