



take time

to appreciate life.



Cedar Valley
Hospice

heavenly adventure

On a beautiful Sunday morning last September, Kitty Myers and her friend of more than 40 years, Lorraine Mochal, set off to rural Vinton for a thrilling adventure. Kitty, 75 “years young” as she likes to say, was scheduled to embark on an experience of a lifetime with Paradise Skydives, Inc.

A year earlier Kitty, Lorraine and a group of ladies from Independence attended the Cedar Valley Hospice 30th Anniversary Gala where Kitty bid on and won the skydive. A long time supporter of Cedar Valley Hospice, Kitty thought, “why not?” when the auctioneer began taking bids during the live auction at the fundraiser. As she started bidding, the excitement began to build in the room. Once Kitty knew she had bid high enough, she told the auctioneer she would up her bid by \$500 if she could give him a hug and he readily agreed! In all the excitement, Kitty had forgotten she hadn’t brought her wallet to the event. Lorraine offered to purchase the item with her credit card and did so happily knowing her friend would have a unique opportunity. Kitty’s intent was to take the skydive for a purpose – to remember her late husband, Dr. Dick Myers, and to promote the programs and services of Cedar Valley Hospice.

Kitty and Dick met as freshmen at the University of Iowa. Dick eventually joined the Navy so he would have enough money for them to get married and they started their life as a military family. Dick spent five years as a navy pilot flying in Vietnam during two tours

continued on next page

Our Mission

Cedar Valley Hospice provides the leadership and sets the standard for excellence in delivering comprehensive palliative and end-of-life care to patients and services to those who grieve.

Our Locations

Waterloo Central Office
2101 Kimball Ave., Suite 401
Waterloo, IA 50702
319.272.2002
800.617.1972

Grundy Center Office
310 East G Ave.
Grundy Center, IA 50638
319.824.3868
888.878.3868

Independence Office
801 First St. East
Independence, IA 50644
319.334.6960
888.273.8957

Waverly Office
207 20th St. NW
Waverly, IA 50677
319.352.1274
877.485.7081

Hospice Home
2001 Kimball Ave.
Waterloo, IA 50702
319.272.1771

of duty on the USS Coral Sea. Their first child was born right after his first tour, and eventually they had three children. Dick's military career took them to live in Florida, Texas and California but after completing medical school, they decided to head back closer to family in the Midwest. They met Dr. John and Lorraine Mochal while the men interned at Broadlawns Hospital in Des Moines and the two families decided to settle in Independence and start a medical practice together.

In 1983, another Independence resident, Dorothy Burkhart, came to the two doctors and their wives and asked them to be involved with bringing a new concept in health care to the community. She told them that it was called "hospice" and her daughter had benefited greatly from the services while dying of cancer in Florida. Dorothy believed hospice services were needed by many and she asked these community leaders to be involved in bringing the services to Eastern Iowa. So, in a number of meetings headquartered in the Myers' backyard, the Myers, Mochals, Dorothy and others started Buchanan County Hospice. The efforts of these community pioneers were eventually joined with Cedar Valley Hospice and the office building once used by Dr. Myers and Dr. Mochal was donated to Cedar Valley Hospice to be used as the Independence site.

Dr. Myers was served by Cedar Valley Hospice at the end of his life, and Kitty was very thankful for the "angels" she says helped her through such a difficult time. "You don't know what it is going to be like until you go through it," Kitty said. Although she says it has been hard since her husband's death, seven years ago, Kitty says everyone has choices in life and she chooses to live hers to the fullest. She exercises everyday, has a black and gold sports car that plays the Iowa Hawkeye Fight Song and stays mentally alert by simply "getting out and doing."

On September 26, 2010, as Lorraine and several other supporters were on hand for the skydive, Kitty's courage never once wavered as she enjoyed her celebrity status. "I wasn't scared at all. I wore my husband's orange jumpsuit in honor of him, and I knew he was right there with me making the jump!" Kitty said. "It was a heavenly experience. You can't believe how beautiful it was looking down on the Iowa countryside." She said the free falling was very cold at 13,000 feet and the time went quickly as she landed on the ground with a video to

prove the experience really happened. Her first thought after reaching the ground was, "I DID IT!!!"

Cedar Valley Hospice is very thankful for the support of people like Kitty Myers. She is truly an example of *Making Each Moment Matter*.



from the director

Hospice care has changed greatly since 1979, when Cedar Valley Hospice began as one of the first three hospices in Iowa. Our communities have, and will, see many more changes in the days, months and years to come. Cedar Valley Hospice is no longer the area's only hospice, but we are still *the* hospice that served your parent, your sibling, your spouse, your neighbor or your child.

We are *the* hospice chosen in 2010 as an Employer of Choice, *the* hospice voted Best of the Best in the Cedar Valley and *the* hospice chosen by the National Hospice and Palliative Care Organization to lead innovative programs.

Our organization has grown from a small grassroots volunteer organization to a multi-faceted agency serving more than a thousand hospice patients in 2010. Even more community members are touched

through grief support programs, HIV/AIDS services, palliative care offerings, or cared for at the Cedar Valley Hospice Home. All hospices are *not* the same. All hospices are *not* Cedar Valley Hospice. We have been the leader and will remain the leader in hospice care in our area for years to come.

Our services are available to anyone, regardless of ability to pay. We count on community support to ensure each and every person receives the health and supportive care they need at the time they need it. We have long prided ourselves on being a community organization to serve patients and their families with the best services. This will not change despite the change in our environment. Now, more than ever, you must know why the choice is not just hospice, but **Cedar Valley Hospice.**

Marvin Fagerlind, LISW
Executive Director

19th annual ride n' stride

The 19th Annual Cedar Valley Hospice Ride N' Stride will be held on Saturday, July 30 at Gateway Park in Cedar Falls. The biking and walking event will once again raise funds and awareness for Cedar Valley Hospice.

Events will begin at 7:30 a.m. with a 40-mile expert ride, followed by a 20-mile distance ride at 8:30 a.m. and a 10-mile family fun ride at 9:30 a.m. The strollin' stride walks begin at 9:30 a.m. and 10 a.m. A picnic and award ceremony will immediately follow.

Registration is \$35 per person, \$15 for youth ages 6-18 and free for children five and under. Additionally, participants are asked to raise funds from friends and family to sponsor their ride or stride. All participants receive a commemorative t-shirt, picnic lunch and are eligible for door prizes.

Riders and walkers may pre-register by completing and mailing in the registration form on the following page, calling their local Cedar Valley Hospice office or by visiting our website, www.cvhospice.org and printing a registration form. Registration will also be held on Friday, July 29, in the lobby of the Kimball Ridge Center in Waterloo, from 11 a.m. to 6 p.m.



Thank you to our Ride N' Stride Sponsors

Champions

PFG Best
Waterloo Implement

Heroes

Grundy National Bank
The Mudd Group
Transport Permits
UAW Local 838

Leaders

Advanced Systems
Cedar Valley Medical Specialists
Criterion Machine
Heaton Adams
Magee Construction
Dr. Onuigno
Samson Fabrication
Scheels All Sport - Waterloo
Swisher & Cohrt
Veridian Credit Union
Wilson Eye Care

Contributors

BankIowa
Bergen Paulsen
Financial Decisions Group
Frank & Joan Kneeland
Networking Solutions
ServiceMaster by Harris



REGISTRATION FORM

Last Name First Name Age

Address City State Zip

I will be participating as part of a team.

Team name: _____

I/we will be participating

In honor of _____ In memory of _____

I hereby agree not to hold the organizers, Cedar Valley Hospice, Cities or County government agencies, or the sponsoring organizations, liable for any damages I may incur during my voluntary participation in this event. I am entering at my own risk with the full understanding of the inherent dangers of biking or walking. I also agree to conduct myself in a safe manner during the ride or walk. I grant full permission for the organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Entrant's Signature Parent's Signature if under 18

Entrant's Signature Parent's Signature if under 18

_____ individuals @ \$35 each

_____ youth @ \$15 each
(ages 6-18)

Event participating in:

- 40 mile bike ride*
- 20 mile bike ride*
- 10 mile bike ride*
- 5 mile walk
- 2 mile walk

**helmets required for all bike riders*

Registration fees enclosed

Donations enclosed

Total enclosed

I am unable to participate but enclosed is my contribution.

Saturday, July 30 Gateway Park, Cedar Falls

EVENT SCHEDULE

- 7:30 a.m. Expert Ride (40 miles)
- 8:30 a.m. Distance Fun Ride (20 miles)
- 9:00 a.m. Fitness Walk (5 miles)
- 9:30 a.m. Family Fun Ride (10 miles)
- 10:00 a.m. Strollin' Stride Walks
- 10:30 a.m. Picnic begins for all participants
- 11:00 a.m. Awards and Prizes



grief education

On Wednesday, April 13, community members gathered to participate in the 18th Annual Living With Grief® Educational Program. This year's topic was *Spirituality at the End of Life*, participants discussed the differences and relationship between spirituality and religion, while also addressing spirituality during illness, death and grief, spiritual assessment and empowerment and life review.



bowlers donate

The Thursday night ladies bowling league, the Lucky Strikers, from Crystal Bowl in Grundy Center recently donated a check to Cedar Valley Hospice in support of breast cancer awareness. The donation comes from a program where ladies paid each time they failed to get a strike or spare. Over the winter months the league raised \$500 for Cedar Valley Hospice.



top teen award

Cedar Valley Hospice volunteer, Kiley Morgan was presented with the Mayor's Top Teen Award at an evening presentation on April 12. Along with volunteering, Kiley demonstrates a great ability to balance classes at Waterloo West High School while taking college courses at Hawkeye Community College and working. Kiley has brought joy, hope and a youthfulness to the Cedar Valley Hospice patients she visits.

Congratulations, Kiley!



quilt-a-thon

The 12th annual Cedar Valley Hospice Quilt-a-thon was held Saturday, February 19 at the Wellsburg Memorial Building. Over 40 quilters worked to make 100 quilts that were donated to Cedar Valley Hospice. These quilts will be distributed to patients and families throughout Grundy and Tama counties. A special thank you to Deb Poland for her work on yet another successful quilt-a-thon!



strictly business

Again this year Cedar Valley Hospice participated at the Strictly Business event hosted by the Greater Cedar Valley Chamber of Commerce. This event draws businesses from around the Cedar Valley area to exhibit the products and/or services they provide.

The Cedar Valley Hospice booth displayed all the services offered from our organization, including the Caring Connections program. This program is specifically targeted to helping businesses provide support to their employees when dealing with caregiving and end-of-life issues in the workplace.



volunteer awards

Linda Smith was presented with the Mayor's Volunteer Award at a luncheon on April 12. Linda volunteers on a weekly basis for Cedar Valley Hospice. Linda shines in the area of customer service; providing an enormous contribution by volunteering at the reception desk answering phones and greeting clients. Linda has a way of showing compassion to our clients and patients' families and conveying that they are in good hands and their needs will be met quickly.

Congratulations, Linda!



golf anyone?

Cedar Valley Hospice has the great pleasure of being involved with four exciting golf tournaments throughout our service area. Our first tournament takes place in Winthrop and is sponsored by the Cedar Valley Hospice Independence site. This tournament is proud to celebrate 10 years of raising funds to benefit terminally ill and grieving patients and families served by Cedar Valley Hospice in Buchanan, Fayette & Benton Counties.

Our other tournaments consist of events hosted by community supporters. Whether these events are held in memory of a loved one whom Cedar Valley Hospice was privileged to serve, or by a business in support of the services we provide, we are most appreciative. Those who take time to plan and play have made a tremendous impact to our agency throughout the years not only through the funds raised, but also through the friendships formed.

Please note these tournaments on your calendars and contact us at (319) 272-2002 if you are interested in participating.

10th Annual Independence Golf Tournament

Saturday, June 18

Buffalo Creek Golf Club, Winthrop

8 a.m. Shotgun start

15th Annual Jerry Hansen Golf Outing

Saturday, June 25

South Hills Golf Course, Waterloo

7 a.m. Shotgun start



Bill Colwell Ford-Isuzu Annual Golf Tournament

2-Person Best Shot

Sunday, September 18

South Hills Golf Course, Waterloo

9 a.m.

Charlie Hogan Memorial Golf Tournament

3-person best shot

Saturday, September 24

South Hills Golf Course, Waterloo

1 p.m.



nautical nights event a success

On March 25, more than 285 guests gathered at the Park Place Event Centre in Cedar Falls for “Nautical Nights – Making Waves for Cedar Valley Hospice.” In honor of the occasion, community members donated over \$40,000 to benefit the patients and families served by Cedar Valley Hospice throughout Northeast Iowa. We are profoundly grateful for this outpouring of generosity.

We offer special thanks to our generous sponsors, including presenting sponsor The VGM Group, Inc. We also extend our appreciation to Tim Hurley and Kathy McCoy who served as host and hostess for the event, to UNI’s Phi Sigma Epsilon fraternity whose members served as auction assistants and to the many community members who donated amazing items for the silent auction.

Finally, our deepest gratitude to the Cedar Valley Hospice Board of Directors and Friends of Cedar Valley Hospice Committee for their assistance with this fundraising event, as well as countless other volunteers who helped to make the event a success. Their dedication to our mission and involvement in agency fundraising is invaluable.



thank you to our nautical nights sponsors

Presenting



Champions

PFG Best
Waterloo Implement

Hero

VGM Forbin

Leaders

Jennifer’s on Main
NuCara Pharmacy/
NuCara Home Medical
PDCM Insurance

Contributors

BankIowa
Olympic Dentistry
- Drs. René Dutkowski
& Brent Ludens

development news

Every spring, Cedar Valley Hospice asks donors to financially support our programs and services through our Annual Campaign. Traditionally this has been done in late March. Because of our newest spring fundraising event, we moved the 2011 Annual Campaign to late April. We are grateful for the gifts given to this campaign in the past and hope that our new timeline will be convenient for our donors whose gifts will support:

- A full range of services to patients and families, regardless of age, diagnosis or ability to pay
- Grief support and counseling to anyone in our communities affected by a death
- Expanded medical and emotional support through our Hospice Home, LINK palliative care and CASS (Cedar AIDS Support System) program

Our 2011 theme is centered around the concept that every act of kindness causes a ripple effect, and each donation received will help others in need.

Last year we began including a remittance envelope with each Cedar Valley Hospice newsletter as an opportunity for giving should readers choose to donate in response to one of the stories or programs featured. The envelope ensures giving is easy and convenient. Since February of 2010, donors have given \$27,485 through our newsletter envelopes. Thank you for responding in such a tremendous way to this giving opportunity!

rest assured program

In an ongoing effort to always provide the best care, the rest assured program or “RAP” has been implemented. A special group of volunteers make weekly telephone calls to home and assisted living patients and caregivers. Designed to maximize the role of the volunteer in assisting other Cedar Valley Hospice team members to operate more effectively and efficiently, this program assures necessary

supplies, medications and support is offered prior to the weekend. RAP is one more example of our commitment to our mission of providing the leadership and setting the standard for excellence in delivering comprehensive end-of-life care. We thank our volunteers who have committed their time to this important program.

honoring volunteers

During the month of April, we celebrated volunteers and the value they bring to Cedar Valley Hospice. Volunteers were honored at annual recognition dinners held in Waterloo, Grundy Center, Independence and Waverly. Volunteers and their guests enjoyed an evening of sharing stories, good food and entertainment.

“Hospice volunteers play an indispensable role in enabling Cedar Valley Hospice to offer the best care

possible for patients living with life-limiting illness, their families and caregivers. By sharing their time, energy and expertise, our volunteers bring compassion and caring to the lives of those in need,” commented Marvin Fagerlind, Executive Director.

Thank you to all of our volunteers! No matter the role you play at Cedar Valley Hospice, you are a vital part of our organization.





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

2101 Kimball Ave., Suite 401 | PO Box 2880 | Waterloo, IA 50702 | 319.272.2002 | 800.617.1972

calendar of events

Mark your calendar for these upcoming Cedar Valley Hospice events.

Saturday, June 18, 2011

*Independence Golf Tournament
Buffalo Creek Golf Club, Winthrop
8 a.m. Shotgun start*

Saturday, July 30, 2011

*19th Annual Ride N' Stride
Gateway Park, Cedar Falls
7 a.m. - Noon*

Saturday, June 25, 2011

*Jeerry Hansen Golf Outing
South Hills Golf Course, Waterloo
7 a.m. Shotgun start*

Sunday, September 18

*Bill Colwell Golf Tournament
2 - Person Best Shot
South Hills Golf Course, Waterloo
9 a.m.*

Saturday, September 24

*Charlie Hogan Golf Tournament
3 - Person Best Shot
South Hills Golf Course, Waterloo
1 p.m.*



Join us on
Facebook

If you no longer wish to receive our newsletter, please call 319.272.2002,
toll free at 800.617.1972 or email us at cedarvalleyhospice@cvhospice.org