

A Little Dose of Sunshine

Winter 2016

We hope you enjoy this edition of our Sunshine Memorial Foundation newsletter - A Little Dose of Sunshine. In an effort to keep in touch with our volunteers, event participants, donors and supporters, we bring you this publication and hope to continue to connect on a routine basis.

Enjoy and we welcome your input and suggestions for future publications.

Sunshine Memorial Foundation contact information:

Donovan Larson
President and CEO
701.388.9357

Donovan@sunshinememorial.org

Theresa Garbe
Chief Development Officer/
Coordinator
952.465.9466

Theresa@sunshinememorial.org

Foundation Office
701.738.2462
4200 James Ray Dr.
Grand Forks, ND 58203
info@sunshinememorial.org



Room Pledges

We're super excited to announce rooms that have been sponsored since our last newsletter!

Hugo's-Community Kitchens & Pantries

Hugo's Family Marketplace has graciously pledged to sponsor both of the Community Kitchens and Pantries! Thank you so much Hugo's!

Gate City Bank-Community Dining Rooms

Gate City Bank loves to help out its community. They were kind enough to sponsor both of the Community Dining Rooms that will be in the Sunshine Hospitality Home. Thank you so much, Gate City, for everything you do for our community!

Bremer Bank-Volunteer Room

In the spirit of volunteerism and to support all of our gracious volunteers, Bremer Bank has decided to sponsor our Volunteer Room. A big thank you to them!

Vaaler Insurance/HCIS-Women's Locker Room

Vaaler Insurance has provided their dedication and support through the sponsorship of the Women's Locker Room. Thank you for your community support!

The Hansen Family-Community Room

Jim and Mary Dale Hanson graciously decided to sponsor the Community Room. Thank you so much for your continued support!

June Erlendson Guest Room

June has decided to sponsor a Guest Room. Part of her donation is in memory of Lynn D. Ebert of Grafton, North Dakota. Thank you so much, June, for your kind and gracious soul!



With how busy life seems to be these days, we all know that time flies by, and as we grow older, that seems to ring increasingly true with each passing year. Nine years ago this fall, Shannon passed away, and it changed our family forever. What I didn't know at the time was how that change was going to happen. What I found about the name Sunshine that can best describe the journey are the terms compassion, dedication, and gratefulness.

#GRATEFULNESS, from Donovan Larson

It has been truly astonishing to see the commitment and dedication from so many people to an intangible idea, invisible need and a perceived solution to that need.

The Sunshine Hospitality Home project.

- » As I think back to those that brought up the initial idea five years ago, I've watched that idea become validated by so many others and for that... *I'm grateful.*
- » At the beginning, a handful of concerned citizens committed their time daily, weekly, monthly, and yearly to make this become a reality and for that... *I'm grateful.*
- » We've had so many bighearted people get involved over the years that have inspired others, dedicated their time, and enacted change, and for that... *I'm grateful.*
- » Your passion and caring has driven so many people to gravitate towards this project, not knowing how or when it would be built, and for that... *I'm grateful.*



Your belief, commitment, and trust has meant so much and the reward is that the project is breaking ground in 2017! **We are over 60% of the funding needed and our momentum is truly exciting!**

In the beginning, our hope and faith at Sunshine was that if we set out to help others in Shannon's honor, only good could come of it. You have believed. You have helped others. Your actions and efforts will have made this journey all worthwhile and changed your community and neighbors lives and for that... *I'm grateful.*

A few years ago, our son was confirmed and I'll never forget what he said back then, "God knows all our steps; He just lets us take them." Now while he may have heard that somewhere or something similar, I haven't seen it written elsewhere the same. The take away is that we are all on a journey and we need to have hope and faith. Thank you to so many of you for those two things as we've built the Sunshine Hospitality Home together and for that... **I'm grateful.**



Mandi and her kids, Ruby and Sumner

MANDI JOHNSON: This is where we take a moment and feature a "sunny" person. Our volunteers work so hard, daily, weekly, monthly, and are so appreciated by everyone! This time, we want to recognize Mandi Johnson.

Dr. Mandi Johnson practices medicine in Park River's First Care Clinic. Over the years, she's had to refer patients to Altru. Mandi has seen first-hand the impact traveling to Grand Forks can have on patients. When board member Carma Hanson approached Mandi and asked her to get involved with the Walsh County Team, Mandi was eager to accept.

Mandi has inspired many to get involved and has spent a considerable amount of her own time visiting businesses and groups to share the need for this project. Mandi's enthusiasm, organization, and commitment to helping the Walsh County Team reach their \$150,000 goal to adopt a guest suite in the Home has been instrumental to this project. She shares this passion with her young children (who have been known to drop off donations at local banks), her staff and colleagues, and many others from the region. We are proud to shine the Sunny Person Spotlight on Dr. Mandi Johnson!

Roseau County

The Sunshine Hospitality Home will benefit those that need to travel to Grand Forks for medical needs. Surrounding communities understand the need for a home like this and have banded together to fundraise.

The Roseau County Team includes the towns of Roseau, Warroad, Greenbush, and others throughout the county.

Roseau County has had a lot of activity in the last couple of months. They have been setting up accounts at local banks and talking to different businesses and churches. Kya Lee and her mom Connie of Roseau were gracious enough to share their story of staying at a Ronald McDonald House. Penny Turgeon-Kimble and her company T-Shirt Barrel was also kind enough to create and sell T-Shirts for us. Other activities include a booth at the County Fair and two community youths donating the money they raised from a lemonade stand.

"Whether we've known people in the past or that could currently benefit from the Sunshine Hospitality Home, we will certainly know people in the future," said team member Abigail Johnston. "Any efforts made in advance to support this cause will leave a multitude of people forever grateful."



Matt Danielson and Kenly Hallstrom

Welcome Theresa

Sunshine Memorial Foundation is pleased to announce that Theresa Garbe has joined us as Chief Development Officer and Coordinator!

Theresa spent the past five years as the Regional Clinic Supervisor at Altru Health System. When asked why she wanted to join the foundation, she said, "There is a great need for the Sunshine Hospitality Home, and I have witnessed this through my personal and professional experiences in health care."

In her free time, Theresa loves to be outdoors or at the lake. "Whether there is snow or sun, we always find something fun to do outside." She also enjoys painting and does art projects to relax.

Welcome aboard, Theresa!



Theresa and her son, Lucas

SAVE
the
DATE

Sunshine Fest and Giving Hearts Day!

The new year is almost upon us, which means that Sunshine Fest and Giving Hearts Day are almost here!

Giving Hearts Day 2017 will be on Thursday, February 9th. Sunshine Fest will be the following Saturday. Online registration is now available.

We're super excited and hope you can join us!



Giving Hearts Day

← FEBRUARY 9TH ←
givingheartsday.org

Arnold Had A Place: Let's Make Sure Others Do, Too!!

Written by Carma Hanson after coffee with Ken & Loretta Svedjan

Recently I met with Ken and Loretta Svedjan and they recalled when Ken's mother (Evelyn) was in her mid-70's and was experiencing some medical issues that were diagnosed outside of our community. Ken relayed to me the importance of a facility such as this and that he had firsthand experience where a home like the Sunshine Hospitality Home would have benefited his family. Because Ken's mother needed hospitalization, the Svedjans convinced Ken's parents to come to Grand Forks so they could be close by and offer a place for Ken's father (Arnold) to stay. Arnold was 78 at the time and a retired farmer that hailed from Enderlin, ND.



Shortly after being admitted to the hospital in Grand Forks, Ken had been up to see his mother on Christmas Eve. He had just stepped out of the room but decided to go back and tell her good night one last time before leaving. When he entered the room, Evelyn had stopped breathing. A physician and the staff revived her and it was later learned that she had a tumor on her brain. She underwent a 5-6-hour surgery and that began what Ken and Loretta describe as "a month-long roller coaster in the ICU". His mom was in the ICU and "hooked up to every possible monitor". In

fact, her hospital stay ended up being sixty nights in the hospital and another forty at the rehab facility.

Evelyn's hospitalization happened back in the day when there was a hostel on the 6th floor of the hospital. This floor served as a "hotel" of sorts, much like the Sunshine Hospitality Home will do once it is built. It offered a patient-style room for family members to rent at a low cost to be near their loved ones that were hospitalized. As the patient census changed over the years, the hostel was taken over for patient rooms, leaving no place for families to stay that was close and at little to no cost if they needed overnight accommodations.

This incident happened during what the Svedjans remember being a very cold and brutal winter, one in which Ken's dad did not like going outside. While the Svedjans could offer Arnold a place to stay at their home, he was more comfortable being by his wife's side. While he found comfort in being by his wife's side, Arnold also noted it was

important to find a place to "take a break" from the routine and surroundings of his wife's hospital room. The lounges in the hostel area offered a place where Arnold could relax in an easy chair and play cards with fellow family members. He had a bed of his own in a space that offered him privacy. The Sunshine Hospitality Home, much like the hostel did, will offer a place of **Comfort**.

During Evelyn's hospitalization, Arnold enjoyed being around other folks who were supporting their loved ones through a medical crisis and to whom he could relate and seek support from. He would reach out to the chaplains that offered care and concern to him during this crisis. With Arnold staying in the hostel, he was in close proximity to collaborate with health providers about care routines for his wife. During our visit, Ken and Loretta spoke of the **Compassion** that a facility such as the Sunshine Hospitality Home could provide to someone in a like-type situation to his father and mother's.

While Arnold stayed in the hostel, he could sneak away from his wife's bedside and get a nap when he needed. He loved the convenience of the cafeteria at the hospital and being able to get "comfort" food while remaining close by since Evelyn's condition often changed rapidly. While there was not much for Arnold to do, he still found it hard to leave his wife's side and found a peace about being close at her side. Ken spoke of the **Convenience** of the hostel and what the Sunshine Hospitality Home will be able to provide for the family of hospitalized loved ones.

Comfort ~ Compassion ~ Convenience

As we spoke over coffee, Ken and Loretta beamed when they talk about the vision to make the Sunshine Hospitality Home a reality. They state, "Dad was fortunate to have the hostel but there will be other Arnolds and they currently don't have something to meet that need." Ken stated it is not hard to put one's self in the position of a patient and their family coming from out of town to seek medical care in Grand Forks, away from the comforts of their own home and community. The benefit that the Sunshine Hospitality Home will have to those from around the region is immeasurable.

**ARNOLD HAD A PLACE TO STAY. . . .
the Svedjans are hoping the community
and region will come together and help
make sure that others do, too!!**