

GREATER MANKATO AREA

KATO JOURNEY GUIDE DOULAS

Share your hopes, fears and goals around serious illness and receive resources, support and care.



The following individuals are available for a free conversation.

Please contact one of these trained Doulas directly, for more information.

KATO JOURNEY GUIDE DOULAS



DENA PAGEL

eolddenapagel@gmail.com

I am a registered nurse by trade who has worked with hospice patients at the end of life. I am offering a listening ear to examine the individual's wishes for end of life care (wishes, fears, and goals). I can assist with the Best Three Months Coaching and Care Planning for those who are interested in examining their goals and wishes. I can provide comfort care for the family and individual, hold space in silence, respite care, hugs, and light massage.



JESSICA ROEMHILDT

507-380-5085

info@luluswellnesscenter.com

Provide comfort care and relaxation techniques customized for you and family members. This can be helping you set up your space to create a more peaceful environment, massage, oils, energy work, PEMF (pulsed electromagnetic frequency) therapy, breathe work, meditation techniques, Triom, Hugs, etc. Also provide Best Three Months Coaching and Care Planning for those who have had a serious illness diagnosis.

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DONNETTE WHEELOCK

507-380-5265

donnettedwheelock@gmail.com

As a certified Death Doula I support individuals and loved ones before, during and after death. Services: Lead honest conversations. Assist with end-of-life planning to determine priorities and explore options. Recommend a variety of resources. Facilitate life review and legacy projects. Provide respite/relief for caregivers and a non-medical presence during the dying process to bring peace, comfort, sacredness and meaning to final days. Work cooperatively with hospice. Give presentations as a Public Speaker/Educator about death and end-of-life issues.



JANET PREHN

507-995-3334

jsprehn@gmail.com

I am an elder offering to be an anchor companion of support as you or your loved one may be navigating a sea of challenges filled with fears, loneliness, loss, change, a serious diagnosis, or grief. You are not alone. I can help you find greater empowerment to chart your own journey with confidence. Give me a call to learn more.

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MARY ANN BOE

651-303-0744

maryann@nicblucare.com

Available as a journey guide to engage in 'what matters most' conversations and to help build caring networks of support through experiences of loss, loneliness, or serious illness. Will facilitate Caring Circle Conversations in the community or for family or friends as we gather in a safe and sacred virtual space to acknowledge life's challenges, to listen without judgement or fixing, and to experience belonging and care.



MARY BETH TREMBLEY

507-387-4747

mbtrembley@gmail.com

I am a psychiatric RN now available for non-medical end of life companionship. By addressing your hopes and fears related to death and the dying process, you will be well prepared for crucial conversations with yourself, your loved ones, and your health care team. There is no need to feel alone. I am your neighbor. Please feel free to contact me so we may prepare for your sacred transition.



KIMBERLY EVANS

507-327-4600

kimevansdoula@gmail.com

Kim is a trained End of Life Doula giving voice to those living through dying, memorial planning, legacy work and walking with the family through grief. She is passionate about helping you develop a “Best 3 Months’ plan giving permission to live your best life today. She will also work with you to compose the type of obituary and memorial that is about you and for you. Each of us has a unique journey that can be shared. Kim will work with you in a medium of your choosing. Whether written, recorded, or video, your legacy is your story to tell. Kim also realizes that grief is personal and each person, child to adult, processes loss differently. She will walk with you, listen to you, and help you move through the fog into a safe and nurturing space where there is light. Kim is able to meet one on one, with families and for speaking engagements. It isn’t about dying, it is about living.