



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.**



## END OF LIFE DOULA COLLABORATIVE - SOUTHERN MN



**TINA**

**507-779-9026**

**[Tinamarie@hopeatlastdoula.com](mailto:Tinamarie@hopeatlastdoula.com)**

Tina Marie has been a Hospice RN for the last 11 years providing end-of-life care to patients of all ages including children. She has also worked at Crescent Cove, a Hospice and Respite Home for chronically ill and terminally ill children in Minneapolis. For several years she was a licensed foster care parent providing a home for chronically ill and terminally ill children as well. Tina Marie's heart has always been with people nearing the end-of-life. Her desire is to provide support, comfort, peace, guidance – to walk alongside the men, women, and children who are at or nearing that point in their lives. To offer the sweet fragrance of hope.



**COLLEEN HOKENSON**

**507-276-0202**

**[colleenmhokenson@gmail.com](mailto:colleenmhokenson@gmail.com)**

Death comes and we're never quite ready. The end of life is a difficult reality to face for so many of us. As an End of Life Doula, I can assure you that you will not be alone. We are trained in how to hold vigil, find resources to support the whole family, be a listening witness as they journey with their loved one, honor wishes with the goal of creating the best possible transition for the client and their loved ones. Holding hands, holding space and holding hearts is our sacred responsibility.

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**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.



## END OF LIFE DOULA COLLABORATIVE - SOUTHERN MN



**MARY ANN BOE**

**651-303-0744**

**maryann@nicblucares.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.